



SKILLS

Invasion Games Progression Ladder (invasion, handball, netball, basketball, football, tag rugby and hockey)

Knowledge



Get Set 4 PE

ending & receiving : s&r consistently using a range of techniques with increasing control under pressure.

dribbling: dribble consistently using a range of techniques with increasing control under pressure and create and use space for self and others.

pace: move to the correct space when transitioning from attack to defence or defence to attack

tracking: confidently change direction to lose an opponent

defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.

ending & receiving: develop control when s&r under pressure.

dribbling: dribble with some control under pressure.

pace: explore moving to create space for themselves and others in their team.

tracking: use a variety of techniques to lose an opponent e.g. change of direction or speed.

defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.

ending & receiving: develop passing techniques appropriate to the game with increasing success.

pace: catch a ball using one and two hands and receive a ball with feet/object with increasing success.

dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.

pace: develop moving into space to help my team.

tracking: change direction to lose an opponent with some success.

defending: develop defending one on one and begin to intercept.

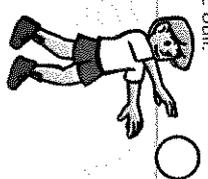
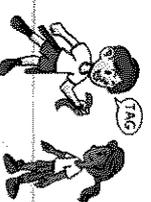
ending & receiving : explore s&r abiding by the rules of the game.

dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.

pace: develop using space as a team.

tracking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.

defending: develop tracking opponents to limit their scoring opportunities.



Year 6

Sending & receiving: understand and make quick decisions about when, how and who to pass to.
Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.
Tactics: know how to create and apply a tactic for a specific situation or outcome.
Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.

Year 5

Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control.
Dribbling: know that dribbling in different directions will help to lose a defender.
Space: know that by moving to space even if not receiving the ball will create space for a teammate.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.

Year 4

Sending & receiving: know that cushioning a ball will help me to control it when receiving it.
Dribbling: know that protecting the ball as I dribble will help me to maintain possession.
Space: know that moving into space will help my team keep possession and score goals.
Attacking: recognise when to pass and when to shoot.
Defending: know when to mark and when to attempt to win the ball.
Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.
Rules: know and understand the rules to be able to manage our own game.



Year 3

Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.
Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defender.
Space: know that by spreading out as a team we move the defenders away from each other.
Attacking and defending: know my role as an attacker and defender.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.
Rules: know the rules of the game and begin to apply them.

Year 2

Sending & receiving: know to control the ball before sending it.
Dribbling: know that keeping my head up will help me to know where defenders are.
Space: know that moving into space away from defenders helps me to pass and receive a ball.
Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.
Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.
Tactics: understand and apply simple tactics for attack and defence.
Rules: know how to score points and follow simple rules.

Year 1

Sending & receiving: know to look at my partner before sending the ball.
Dribbling: know that moving with a ball is called dribbling.
Space: understand that being in a good space helps us to pass the ball.
Attacking: know that being able to move away from a partner helps my team to pass me the ball.
Defending: know that staying with a partner makes it more difficult for them to receive the ball.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.



EYFS

Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it.
Dribbling: know that keeping the ball close will help with control.
Space: know that being in a space gives me room to play.
Attacking & defending: know that there are different roles in games.
Tactics: make simple decisions in response to a task.