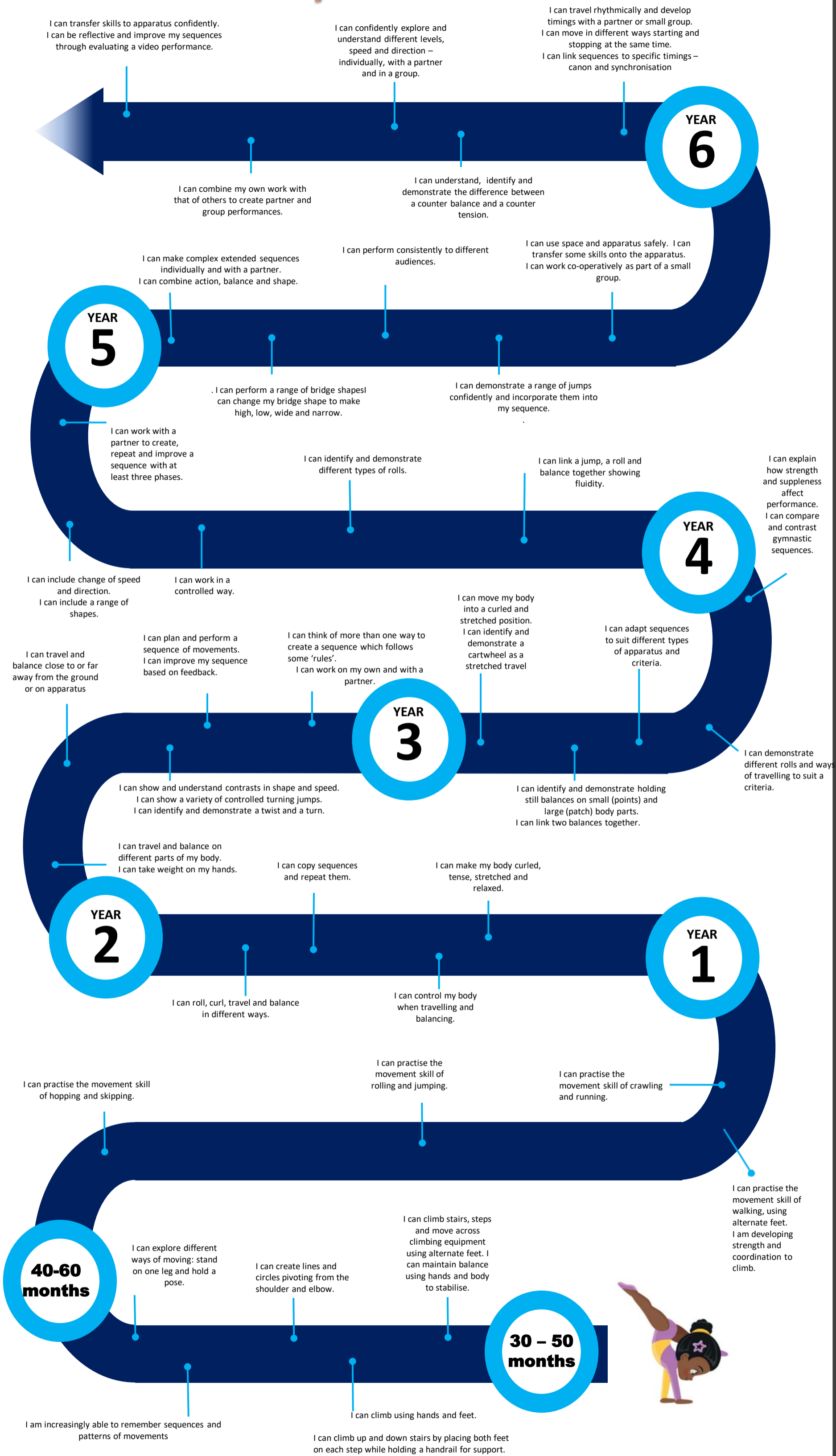
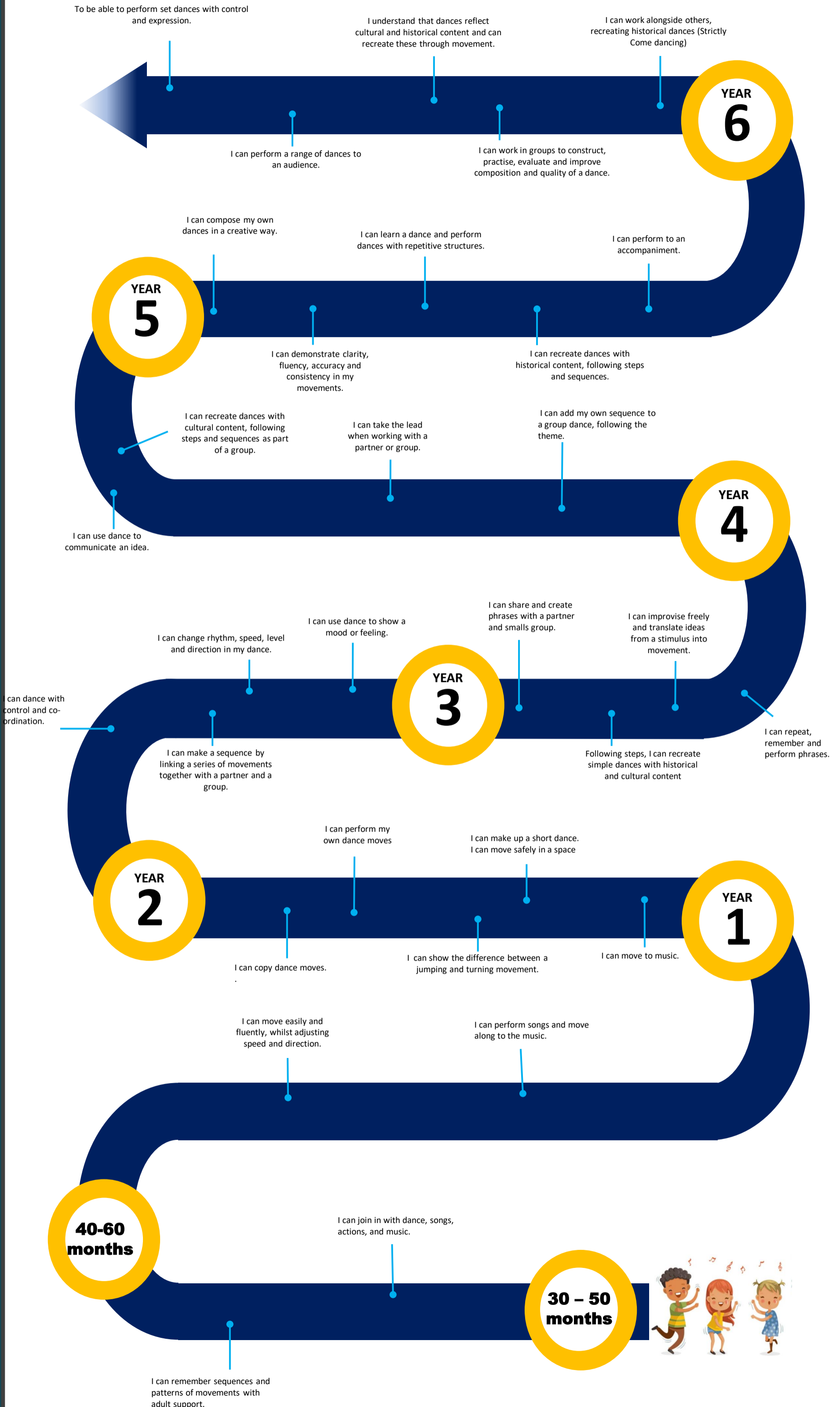


Barrow Hedges PE Journey Gymnastics



Barrow Hedges PE Journey Dance



Barrow Hedges PE Journey Games – Invasion and team games



I can show increasing skills in ball handling across a range of games.

I can show increasing skills in defending and attacking across a range of games.
I can transfer skills to different invasion games situations.

I can show that I understand the role that different people play as part of a team in different games.
I can play to agreed rules.

YEAR 6

I can lead others in a game situation.
I can develop a drill and deliver this to a younger group of children.

I can explain rules.
I can umpire.
I can make a team and communicate plans.

I can select and apply different throwing techniques and tactics in a games situation.
I know and can apply the basic rules to play a competitive dodgeball and handball game.

I can pass in different ways.
I can choose a tactic for defending and attacking.
I can use a number of techniques to pass, dribble and shoot.

I can use the whole space and change direction, stop and turn with confidence.
I can run and pass the ball, while changing direction.

YEAR 5

I can pass the ball forwards, sideways and backwards.

I can throw and catch confidently and use these within a game situation.

I can develop accuracy in throwing techniques.
I can perform passes when stationary and when in motion.

I can develop, refine and adapt the overarm and underarm throw.

I can use throwing and catching skills in a game.
I can use the footwork rule and pivot in netball.
I can shoot at a target with some accuracy.
I know the positions in netball.

I can catch with one hand.
I can throw and catch accurately.
I can catch a ball at different heights and speeds most of the time.

YEAR 4

I can keep possession of a ball.
I can pass whilst jogging and changing direction.

I can catch a ball with confidence.
I can use EYES, HANDS, READY (HER).

I can look up when I am moving with a ball.
I can weight my pass to make sure the ball travels the right distance.

I can find ways to receive a ball using my hands and feet.
I can show ball control in a game.

I can throw and catch with control, including sideways.
I can move and pass quickly.
I can move and dodge to defend/attack.

I can hold a hockey stick correctly.
I can dribble the ball using a hockey stick.
I can pass and receive a ball in hockey.

I can follow through when throwing and kicking.

YEAR 3

I can use hitting, kicking and/or rolling in a game.
I can use the inside of my foot to kick a football.

I can use my body to intercept a ball and return with some degree of accuracy to a person on their team.
I can move in different directions and awareness of spaces.

I can throw and catch with control, including sideways.
I can use my non dominant hands to throw, catch and kick.

I can control a ball using my feet, hands and a bat.

I can roll a ball along the floor.
I can throw underarm.
I can hit a ball with a bat.
I can throw and catch with both hands.

I can stop a ball with my hands and feet.
I can move a ball whilst walking.
I can hit a ball with some accuracy.
I can bounce a ball.
I can pass to a team mate.

YEAR 2

I can show I understand difference between throwing, catching and rolling.
I can pass and kick in different ways.

I can stop a ball with my hands and feet.
I can move a ball whilst walking.
I can hit a ball with some accuracy.
I can bounce a ball.
I can pass to a team mate.

I can move my body to receive a ball.
I can position my hands and feet ready to receive a ball.

YEAR 1

I can throw and catch a large ball from an adult.

I can aim a ball at a target.
I can pat a ball to bounce and bat it.

40-60 months

I can kick a stationary ball with either foot.
I can throw a ball in a desired direction.

I can kick a large ball.

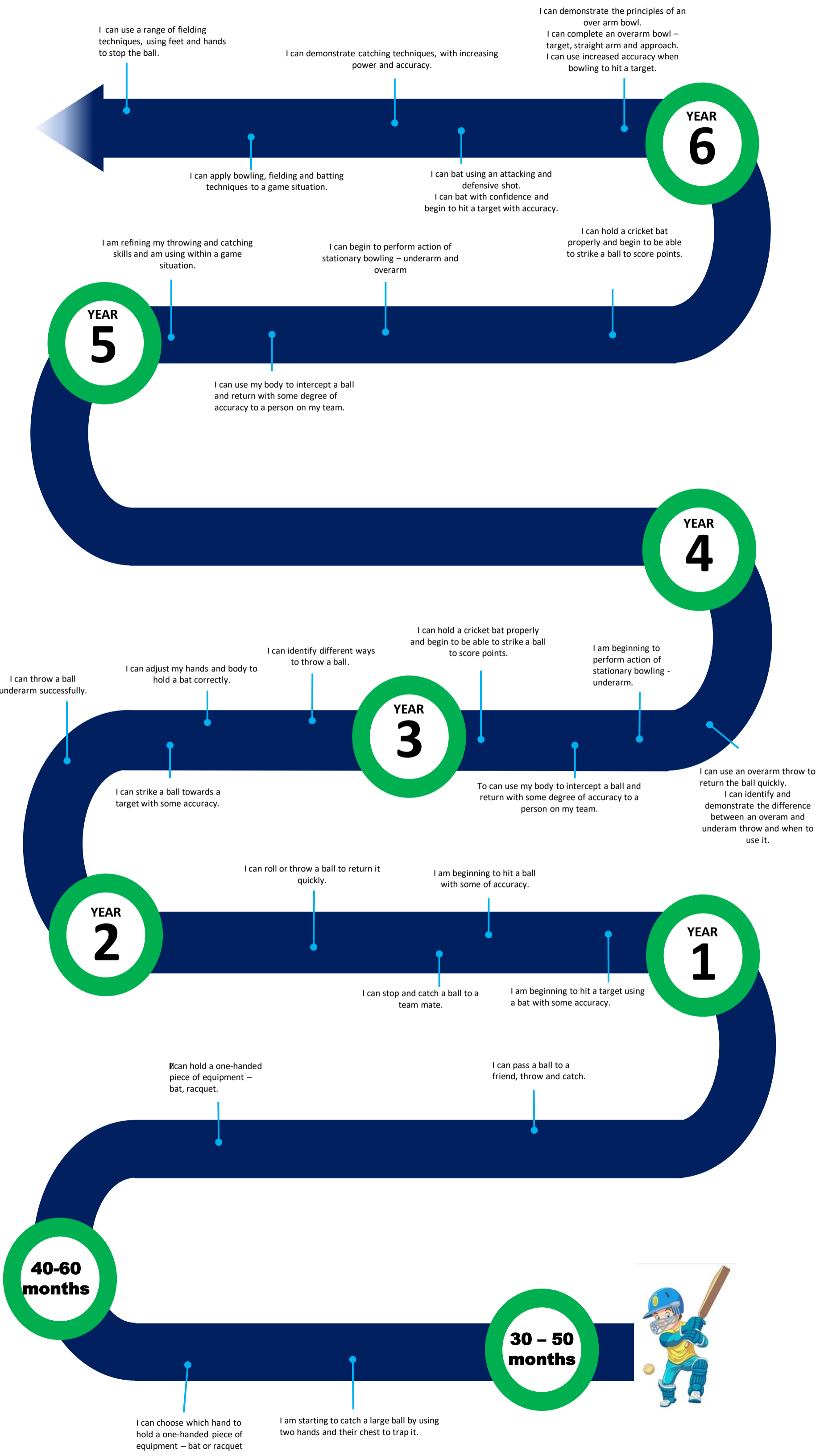
30 – 50 months

I can throw a ball with increasing force and accuracy.

I can grasp and release with two hands to throw and catch a large ball, beanbag, or an object.



Barrow Hedges PE Journey Games – Striking and fielding



Barrow Hedges PE Journey Games – Over the net games



I can successfully use the backhand "thumb" grip & forehand "v" grip
I understand and can demonstrate the forehand and backhand grips and reach.
I am developing grip changing skills

I can demonstrate chasse and lunge steps as a method of moving

I understand the rules of badminton and successfully net play in doubles
I can apply skills to a competitive match – singles and doubles

YEAR
6

I can successfully throw and catch a shuttle as part of serving.

I can demonstrate net play, lunges and when to use them.
I can use the 'split side step' travel during match play

I can perform an overarm serve, keeping the ball within the court lines.
I can run in different directions and stop with control.

I can use forehand, backhand, volley and over arm serve with a racket.
I can accurately keep a ball in play to produce a rally.

I have an awareness of court lines and keep the ball within these.
I can demonstrate a circular swing on ground strokes (forehand)

YEAR
5

I am developing skills in the smash and lob pass and try and use these at least once in a game situation.

I can demonstrate being ready in a balanced position.
I know the names of tennis shots.

I can move in different directions and show an awareness of space.
I can control a ball and watch the bounce ready to hit.

To consolidate racket and striking skills and to use these in a game situation.

I can demonstrate forehand, backhand, volley and over arm serve.
I can rally with a partner or small group.

I can explain the lines of the tennis court, including doubles.

YEAR
4

I know what the serve is used for and use it or an adaptation of it to begin a game.

I can show I am beginning to think about outwitting my opponent by placing the ball slightly out of their reach.

I can throw a ball to a tennis racket.

I can move with a ball balanced on a tennis racket.

YEAR
3

I can make small bounces on the ground and in the air with a ball and racket.

I am beginning to use a forehand position to hit a ball.

I can balance a ball on a racket standing still and when moving.

YEAR
2

YEAR
1

I can aim, catch and bat balls.

I can use one-handed equipment – tennis racquet

40-60 months

I am beginning to use one handed equipment – tennis racquet
I can throw a ball with increasing force and accuracy.

30 – 50 months



Barrow Hedges PE Journey Athletics

