Grove School

Striking and fielding Progression document

At Grove school, children explore basic movement patterns as their bodies and minds develop. Children are taught to control movements through skill based learning and are encouraged to explore their surrounds using a variety of movement patterns. A Grove school child will learn to assess risk, analyse performances and problem solve through sport.

KS1

By the end of KS1, a Grove School PE student, will be beginning to show accuracy in hand eye co-ordination. Children will be exposed to a variety of sports and skills designed to improve hand-eye co-ordination. Children will begin to problem solve to find efficient ways to move an object. A KS1 pupil will be using vocabulary appropriate to the level of work they are working at.

KS2

By the end of KS2, a Grove School PE student, will become competent in playing striking and fielding games/sports with an understanding of the rules and skills involved. Children will be able to play, officiate and develop a game using their knowledge of rules and skills. Children will be able to give supportive feedback to peers which will be used to self-assess and then develop skills.

Year Group	Agility Ability to change direction with control	Balance Ability to hold a position for a given time.	Co-ordination Ability to perform two or more actions at the same time
Nursery	I can crawl using my arms and slide on my tummy without wobbling (Gross Motor) I am able to negotiate space and obstacles safely. I can move energetically in games and exercises. (Running, jumping, hopping, skipping)	I can use a variety of Gross motor skills (walk, jump, roll, push, pull) With increasing accuracy and control. I can crawl using my arms and slide on my tummy without wobbling (Gross Motor) I can move a large object with my hands (Gross Motor) I am beginning to move small objects around my learning space (Fine Motor)	I am starting to use my hands to show I can move in interesting ways. I can move an object with my hands across the floor. I am beginning to throw an object towards a large target (i.e. Hula Hoop). I am able to pick up objects with both hands. I know which hand I prefer to use when throwing.
Reception	I can change direction of my movements when crawling, rolling, walking, running and jumping (Gross Motor) I can use words to explain to an adult the direction I am moving.	I am able to hold an object in my hands and move around a space. I am able to keep my balance when rolling an object across the floor (whilst travelling).	I can use my hands to help me travel around an area (Bear crawl, Bunny Hops, Frog jumps, Giraffe walks) I can use my hands to move an object across the floor (Gross Motor)

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Grove School

	I am moving into a space when asked to by an adult.	I can move an object, with my fingertips, whilst standing (Fine Motor) I can use a variety of Gross motor skills (walk, jump, roll, push, pull) With accuracy and control.	I am able to move an object towards a target in a variety of ways (Gross Motor)
Year 1	I am able to change the direction of an object and change the direction of my body to respond to this. I can move my body at a variety of speeds which is appropriate to the game I am playing.	I am starting to move my body in response to a stimulus (such as catching a ball). I understand that I need to track an object before I can receive it.	I can use my hands and my feet to move objects around a large space. I am beginning to show control over an object in a large space. I am able to find space in a large area, where I can work safely.
Year 2	I am able to find interesting ways to move an object. I am beginning to find efficient ways of moving and stopping an object at speed. I am able to move my body quickly in response to a stimulus for retrieval and receiving (such as throwing a ball).	I am able to maintain and move into positions in order to catch a ball. I can control the direction of an object using my hands and my feet. I can keep my posture when sending a ball by throwing. I am beginning to throw with accuracy using a variety of throwing techniques.	I can move an object in a variety of ways with my hands (Hand-eye co-ordination) and feet (foot-eye co-ordination) I know the fundamental movement patterns to throwing and catching. I can confidently keep an object under control in a large space and I am starting to do this in smaller areas.
Year 3	I am able to find space in order to send and receive an object. I am starting to look for space in a game situation. I can move using a variety of speeds, into and out of space.	I can move at a variety of levels to increase and decrease my ability to balance. I can maintain my balance when receiving an object thrown towards me. I can move towards and away from an object in order to catch.	I can send and receive different sized objects with control. I can use my hands to catch and my feet to trap a ball. I am beginning to find efficient and quick ways of sending an object.
Year 4	I am able to find space in a game situation. I am able to discuss how finding space quickly is beneficial to the sport. I am able to move into a space in order to defend. I can find a space in order to receive a ball.	I can throw and catch with confidence, moving into the correct positions as required. I can maintain control and balance when catching items that are moving away from my body.	I can send variety of objects with accuracy and control. I am able to discuss the most effective way to move an object. I am starting to use my skills in competitive situations, with speed and accuracy.

Grove School

	I can find space in order to send a ball.	I understand that moving on the balls of my feet helps me to move quicker.	
Year 5	I am starting to create and limit space by moving into attacking and defending areas. I am able to move at speed to find space. I am starting to change my speed and direction as part of tactics in a game. I can play competitive, organised games and sports. I am able to take and give instructions to my team.	I understand how my foot and body position can affect my balance. I am able to maintain a solid base position in combination with receiving an object. I am able to move into and out of stable positions in response to a stimulus.	I am applying my sending and receiving skills in competitive situations. I am starting to discuss the positives and negatives of individual movements in a competitive scenario. I am using space efficiently to support the accuracy of my movements (finding space to send and receive an object) I am beginning to use running and throwing/catching in combination with each other.
Year 6	I can confidently move at a variety of speeds in order to create and limit space. I can send an object into space in order to benefit my team. I can change my body position and striking stance in order to create space for myself and my team. I am able to discuss with my team positions and strategies in order to limit and create space. I am able to organise a team by using positions and movement.	I understand how I can alter my balance based up centre of mass and centre of gravity. I understand how my balance can effect agility and co-ordination. I can analyse my performance and the performance of others, discussing how balance can affect our performance.	I understand the concept of Fitts' law and how this can impact the efficiency of my movements. I am able to analyse my performances and the performances of others. I can explain how finding space and creating space will impact on performance. I can use running and throwing/catching in combination with each other.