

East-the-Water Primary School

**Physical Education – Invasion Games Curriculum Skills Progression Map**

<b>Benchball</b>		
<b>End of KS1 expectations</b>		
<ul style="list-style-type: none"> <li>● Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities</li> <li>● Develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>● Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
	<b>Skills progression</b>	<b>Assessment Statements 2025/26</b>
<b>Year 1</b>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>● Demonstrate some understanding of what makes a successful and unsuccessful pass and receive</li> <li>● Begin to understand ball control by using the ‘W’ shape</li> <li>● Develop a simplified understanding of the different types of benchball passes (chest and bounce)</li> <li>● Make simple passes and receives in isolation and simulated game play</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Demonstrate some understanding of the concept of attacking</li> <li>● Practice simple attacking techniques in familiar games (dodging, changing direction of pass, communication, finding a space etc.)</li> <li>● As goalkeeper, starting to use movement and callouts to organise your team</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Demonstrate some understanding of the concept of defending</li> <li>● Practice simple defensive techniques in familiar games (e.g. close but not contact, reaching high, body position, game observation etc.)</li> <li>● Begin to recognise the concept of 1 on 1 marking</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>● Develop a basic understanding of the different areas of a benchball court</li> <li>● Form a basic understanding that in benchball you cannot move with the ball.</li> </ul>	<p>AS (1): I can begin to catch confidently</p> <p>AS (2): I can work with a peer to perform a taught skill</p>
<b>Year 2</b>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>● Demonstrate some understanding of what makes a successful and unsuccessful pass and receive</li> <li>● Begin to understand ball control by using the ‘W’ shape</li> </ul>	<p>AS (1): I can catch confidently</p> <p>AS (2): I can work with a peer and a group to perform a taught skill</p>

- Use the different types of benchball passes to manoeuvre past opponent (chest and bounce)
- Make simple passes and receives in isolation and simulated game play

**Attacking**

- Demonstrate some understanding of the concept of attacking
- Practice simple attacking techniques **within a game setting** in familiar games (dodging, changing direction of pass, varied speed, communication, finding a space etc.)
- As goalkeeper, use movement and callouts to organise your team and create space for your team to attack into.
- Demonstrate a real understanding that teamwork is necessary to score

**Defending**

- Demonstrate an understanding of the concept of defending in group settings and 1 on 1 settings.
- Practice and apply simple defensive techniques (e.g. close but not contact, reaching high, body position, game observation etc.)
- Begin to recognise the concept of 1 on 1 marking and utilise within a game setting.

**Rules**

- Know the different areas of a benchball court.
- Form a basic understanding that in benchball you cannot move with the ball by introducing the terms 'sticky feet' and 'pivot'.
- Being able to recognise when teammates and opponents have not followed the rules correctly within a game setting.

AS (3): I can follow a games rules accurately

Netball		
End of KS1 expectations		
<ul style="list-style-type: none"> <li>● Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities</li> <li>● Develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>● Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
Year 2	Skills progression	Assessment Statements 2025/26
<p><i>This skill progression will match/ complement the skills progression from <b>Benchball</b>.</i></p> <p>The skills progressions for netball in this year group will be almost identical to benchball to build upon the fundamental skills and attributes needed for <b>invasion games</b>.</p> <p>Children will transition from benchball into more complex and club-based sports whilst still building upon the sports skills.</p>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>● Demonstrate a sound understanding of what makes a successful and unsuccessful pass and receive</li> <li>● Understand ball control by using the ‘W’ shape consistently when passing and receiving</li> <li>● Develop a concrete understanding of the different types of netball passes (chest, bounce and shoulder)</li> <li>● Make accurate passes and received in isolation and simulated game play and in a variety of formations</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Provide a simple description about the concept of attacking.</li> <li>● Perform simple attacking tactics simulated game play (dodging, changing direction of pass, varied speed, communication, finding a space etc.)</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Provide a simple description about the concept of defending</li> <li>● Perform simple defensive techniques in simulated game play (e.g. close but not contact, reaching high, body position, game observation etc.)</li> <li>● Demonstrate 1 on 1 marking without causing contact</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>● Develop a good understanding of the different areas of a netball court, specifically the location of different thirds and shooting areas</li> <li>● Demonstrate some ability to carry out ‘sticky feet’ and ‘pivot’ when catching a ball in conjunction with netball rules</li> </ul>	<p>AS (1): I can begin to catch confidently</p> <p>AS (2): I can work with a peer to perform a taught skill</p> <p>AS (3): I can follow a games rules accurately</p>

End of KS2 expectations		
<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Play competitive games and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<p><b>Year 3</b></p>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>• Use recognised throwing techniques with accuracy to develop basic netball passes (chest, bounce and shoulder)</li> <li>• Show some signs of applying different types of passes in simulated game play</li> <li>• Begin to use signals to indicate where a team mate should throw a ball to be received</li> <li>• Develop some accuracy when shooting at a target</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>• Use a sequence of passes with team mates with some accuracy moving towards a scoring zone</li> <li>• Begin to recognise where space is during simulated game play</li> <li>• Vary the speed at which an attacker runs to receive a successful attacking pass</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>• Practice different techniques for defending</li> <li>• Begin to vary the position of the body when defending a player and a ball</li> <li>• Start to understand the concept of peripheral vision and how it could be used to defend</li> <li>• Use different body movements to intercept a ball</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• Have some understanding of the main rules of netball with developing awareness in simulated game play</li> <li>• Demonstrate how to use 'sticky feet' and the 'pivot' with control and apply this in isolation</li> </ul>	<p>AS (1): I can perform a range of passes using different throwing techniques</p> <p>AS (2): I can use my whole body to defend in a range of situations</p>
<p><b>Year 4</b></p>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>• Use the basic netball passes (chest, bounce and shoulder) with developed accuracy in isolation and in simulated game play</li> <li>• Make decisions about which is the best type of pass to use during simulated game play</li> </ul>	

	<ul style="list-style-type: none"> <li>● Use signals to identify the most successful area a team mate should throw a ball for it to be received</li> <li>● Adjust power and hand position to improve accuracy when shooting at a target</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Develop increasing accuracy when using a sequence of passes with team mates moving towards a scoring zone</li> <li>● Build attacking play by identifying space to move into and show a clear target to receive a pass</li> <li>● Begin to use strategic movements to receive a successful attacking pass</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Use peripheral vision to defend in isolation from simulated game play</li> <li>● Mark another player with increasing success</li> <li>● Vary the position of the body when defending to get the best results</li> <li>● Attempt interceptions in most defensive game play</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>● Become aware of high five netball positions (C, GA, GD, GS, GK) and start to recognise where these are allowed on court</li> <li>● Begin to demonstrate and implement some basic high five netball rules in game situations</li> <li>● Demonstrate the concept of ‘sticky feet’ and the ‘pivot’ more consistently in simulated game play</li> </ul>	
<p><b>Year 5</b></p>	<p><b><u>Throwing and catching</u></b></p> <ul style="list-style-type: none"> <li>● Use all three passes (chest, bounce and shoulder) correctly and consistently.</li> <li>● Consistently reflect on the best type of pass to use during simulated play and apply this to game situations</li> <li>● Begin to develop an awareness of square (across the court) and straight (up and down the court) passes</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Use tactical attacking moves to lose a defender and receive a pass</li> <li>● Make informed choices about when to move into space to receive a ball and when to hold back</li> <li>● Make informed choices about when to pass a ball to a team mate for the success of attack</li> <li>● Use strategic movements to receive a successful attacking pass</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Consistently aim to use snatch &amp; catch to make successful interceptions when playing as a team</li> <li>● Where snatch &amp; catch interceptions are not possible, deflect a ball to alter game play</li> </ul>	

	<p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Use awareness of high five netball positions (C, GA, GD, GS, GK) to ensure that the ball and players stay 'onside' during play</li> <li>● Consistently demonstrate and implement basic high five netball rules in game situations</li> <li>● Apply the rule of 'sticky feet' and the 'pivot' consistently</li> </ul>	
<p><b>Year 6</b></p> <p><i>Celebration of skills</i></p>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>● Use all three passes (chest, bounce and shoulder) correctly and consistently, varying power to ensure the most accurate and successful pass</li> <li>● Consistently apply the best type of pass to use during game situations</li> <li>● Use a range of square and straight passes to change the direction of the ball</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>● Develop an awareness of passing into 'zones' when moving up the court to a scoring area</li> <li>● Begin to use the landing foot to change direction to lose a defender and receive a pass</li> <li>● Frequently informed choices about when to move into space to receive a ball and when to hold back</li> <li>● Consistently make informed choices about when to pass a ball to a team mate for the success of attack</li> <li>● Use strategic movements to receive a successful attacking pass consistently</li> </ul> <p><b>Defending</b></p> <ul style="list-style-type: none"> <li>● Position the body to defend effectively, making successful interceptions that change game play</li> <li>● Use the whole body (e.g. wide spread, jumping etc.) to make successful deflections that change game play</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Use awareness of high five netball positions (C, GA, GD, GS, GK) to ensure that the ball and players stay 'onside' during play</li> <li>● Consistently demonstrate and implement basic high five netball rules in game situations</li> <li>● Apply the rule of 'sticky feet' and the 'pivot' consistently</li> </ul>	

<b>Hockey</b>		
<b>End of KS1 expectations</b>		
<ul style="list-style-type: none"> <li>● Master basic movements including running and jumping and begin to apply these in a range of activities</li> <li>● Develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>● Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
	<b>Skills progression</b>	<b>Assessment Statements 2025/26</b>
<p><b>Year 2</b></p> <p><i>This skill progression will complement the skills progression from <b>Benchball</b>.</i></p> <p>The skills progressions for <b>Hockey</b> in this year group adapt the tactical skills introduced in <b>Benchball</b> in order to transitional smoothly into a new <b>invasion game</b>.</p>	<p><b><u>Stick Skills</u></b></p> <ul style="list-style-type: none"> <li>● Begin to hold a hockey stick correctly.</li> <li>● Begin to dribble a ball with basic and increasing control.</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Find space to help their team keep possession and score a goal.</li> <li>● Begin to send and receive a ball with basic control when stationary in a variety of formations.</li> <li>● Provide a simple description about the concept of attacking.</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Provide a simple description about the concept of defending.</li> <li>● Stick with another player when defending and start to prevent them receiving the ball.</li> <li>● Demonstrate 1 on 1 marking without causing contact.</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>● Know how to score points for their team.</li> <li>● Understand when they are an attacker and when they are a defender.</li> <li>● Demonstrate honesty and fair play when in a game situation with others.</li> </ul>	<p>AS (1): I can control a ball while stationary</p> <p>AS (2): I can pass a ball with some accuracy</p>

End of KS2 expectations		
<ul style="list-style-type: none"> <li>• Use running and jumping in isolation and in combination</li> <li>• Play competitive games and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<p><b>Year 3</b></p>	<p><b><u>Stick Skills</u></b></p> <ul style="list-style-type: none"> <li>• Hold a hockey stick correctly.</li> <li>• Move with the ball towards the goal with increasing control.</li> <li>• Dribble, pass, receive and shoot the ball with some control and accuracy whilst on the go.</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>• Move into a space to support their team score a goal.</li> <li>• Move with the ball towards the goal with increasing control.</li> <li>• Begin to use signals to indicate where a team mate should pass a ball to be received</li> <li>• Develop some accuracy when shooting at a target</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>• Defend an opponent with 1 to 1 marking and start to practice interceptions.</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>• Learn the rules of the game and begin to use them in game situations.</li> <li>• Identify when they were successful.</li> </ul>	<p>AS (1): I can control a ball on the go</p> <p>AS (2): I can pass a ball with accuracy</p>
<p><b>Year 4</b></p>	<p><b><u>Stick Skills</u></b></p> <ul style="list-style-type: none"> <li>• Hold a hockey stick correctly with an appropriate stance for the game situation.</li> <li>• Dribble, pass, receive and shoot the ball with control and accuracy.</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>• Help their team keep possession and score goals when they play in attack.</li> <li>• Use simple tactics and techniques to help their team score and gain possession by receiving the ball.</li> <li>• Build attacking play by identifying space to move into and show a clear target to receive a pass</li> <li>• Begin to use strategic movements to receive a successful attacking pass</li> </ul> <p><b><u>Defending</u></b></p>	<p>AS (1): I can control a ball around obstacles</p> <p>AS (2): I can develop techniques to receive a ball</p> <p>GD: I can change the direction of my movement with speed and control</p> <p>GD: I can evaluate the choice of attacking and defending strategy that I employ</p>

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	<ul style="list-style-type: none"> <li>● Start to delay oncoming attacks through positional play and help prevent the other team from scoring when they play in defence.</li> <li>● Use simple tactics and techniques to help gain possession</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Understand the rules of the game and use them often in game situations.</li> <li>● Identify when they were successful and what they need to do to improve.</li> </ul>	
<p>Year 5</p>	<p><b>Stick Skills</b></p> <ul style="list-style-type: none"> <li>● Hold a hockey stick correctly with an appropriate stance for the game situation – showing an awareness for teammates.</li> <li>● Dribble, pass, receive and shoot the ball with control under pressure.</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>● Know what position they are playing in and how to contribute effectively when attacking.</li> <li>● Start to shoot with an awareness of opponents position and goal location</li> </ul> <p><b>Defending</b></p> <ul style="list-style-type: none"> <li>● Know what position they are playing in and how to contribute effectively when defending.</li> <li>● Delay oncoming attacks through positional play and help prevent the other team from scoring when they play in defence.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Understand that there are different skills for different situations and begin to use these.</li> <li>● Understand the rules of the game and use them most of the time in game situations.</li> <li>● Recognise their own and others’ strengths and areas for development, as well as suggest ways to improve.</li> </ul>	<p style="text-align: center;"><b>CURRENTLY NOT IN UPCOMING CURRICULUM BUT MAY CHANGE IN FUTURE</b></p>
<p>Year 6</p> <p>Celebration of skills</p>	<p><b>Stick Skills</b></p> <ul style="list-style-type: none"> <li>● Dribble, pass, receive and shoot the ball with increasing control under pressure.</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>● Create and use a variety of tactics to help their team e.g. change in direction.</li> <li>● Select the appropriate action and skill for the situation.</li> <li>● Create and use space to help their team.</li> <li>● Select and apply different movement skills to lose a defender.</li> </ul> <p><b>Defending</b></p> <ul style="list-style-type: none"> <li>● Use marking, tackling and/or interception to improve their defence.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Use the rules of the game consistently.</li> <li>● Identify their own and others’ strengths and areas for development and can suggest ways to improve.</li> </ul>	<p style="text-align: center;"><b>CURRENTLY NOT IN UPCOMING CURRICULUM BUT MAY CHANGE IN FUTURE</b></p>

<b>Handball</b>		
<b>End of KS2 expectations</b>		
<ul style="list-style-type: none"> <li>● Use running, jumping, throwing and catching in isolation and in combination</li> <li>● Play competitive games and apply basic principles suitable for attacking and defending</li> <li>● Develop flexibility, strength, technique, control and balance</li> <li>● Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<p><b>Year 4</b></p> <p><i>This skill progression will complement the skills progression from <b>Netball and Hockey</b></i></p> <p>The skills progressions for <b>Handball</b> in this year group adapt the throwing skills found in <b>Netball</b> and the tactical skills found in both <b>Hockey and Netball</b> in order to transition smoothly into a new <b>invasion game</b>.</p>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>● Control a handball in the correct way.</li> <li>● Perform recognised overarm and underarm handball passes with dominant hand</li> <li>● Begin to practice passing with non-dominant hand</li> <li>● Demonstrate accurate catching by moving the hands and body to make it easier</li> <li>● Begin to learn how to dribble the ball</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>● Begin to develop an accurate shot with the dominant hand by adjusting power and hand position</li> <li>● Begin to use strategic movements to receive a successful attacking pass</li> <li>● Use simple tactics and techniques to help their team score and gain possession by receiving the ball.</li> </ul> <p><b>Defending</b></p> <ul style="list-style-type: none"> <li>● Effectively defend the player and the ball and begin to recognise the most appropriate defensive stance</li> <li>● Demonstrate the defensive principles required in both 1 V 1 and 2 V 1 situations</li> <li>● Begin to track and mark an opponent</li> <li>● Perform basic goal-keeping skills in accordance with handball rules</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>● Demonstrate understanding of game rules applying to taught skills in game situations</li> </ul>	<p>AS (1): I can select the best throwing and catching method in a variety of game situation</p> <p>AS (2): I can apply my understanding of more complex rules in game play</p>

<p><b>Year 5</b></p>	<p><b><u>Ball Skills</u></b></p> <ul style="list-style-type: none"> <li>● Consistently control a handball in the correct way.</li> <li>● Perform recognised overarm and underarm handball passes with dominant hand and begin to perform them with non-dominant hand</li> <li>● Pass accurately with non-dominant hand in necessary game situations</li> <li>● Consistently catch passes by moving the hands and body in increasing pressure situations</li> <li>● Dribble the ball with both dominant and non-dominant hands in game situations</li> </ul> <p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"> <li>● Begin to “fake” a pass to deter opponent</li> <li>● Develop an accurate and powerful shot with the dominant hand by adjusting power and hand position</li> <li>● Implement strategic movements regularly to receive a successful attacking pass</li> <li>● Use simple tactics and techniques to help their team score and gain possession by receiving the ball and looking for passing opportunities.</li> </ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"> <li>● Choose the most appropriate defensive stance (marking or interceptive passing lanes) to receive the ball off an opponent</li> <li>● Confidently demonstrate the defensive principles required in both 1 V 1 and 2 V 1 situations</li> <li>● Consistently and accurately track and mark an opponent</li> <li>● Perform basic goal-keeping skills in accordance with handball rules by altering the body based on opponents shot</li> </ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"> <li>● Explore and develop basic game principles and tactics in game play including the principles of fair play</li> </ul>	<p>AS (1): I can consistently use tactics to select the best throwing and catching method in a game situation</p> <p>AS (2): I can consistently apply my understanding of more complex rules in game play</p>
<p><b>Year 6</b></p> <p><b>Celebration of skills</b></p>	<p><b><u>Ball Skills</u></b></p> <ul style="list-style-type: none"> <li>● Consistently control a handball with either hand.</li> <li>● Consistently recognised overarm and underarm handball passes with both hands under pressure</li> <li>● Pass with appropriate power and accurately with non-dominant hand under pressure</li> <li>● Consistently catch passes with an awareness of teammates to make a quick follow-up pass</li> <li>● Dribble the ball with both dominant and non-dominant hands in pressured game situations</li> </ul>	

	<p><b><u>Attacking</u></b></p> <ul style="list-style-type: none"><li>● Be able to “fake” a pass to deter opponent</li><li>● Develop an accurate and powerful shot with the dominant hand by adjusting power and hand position</li><li>● Develop an overarm jump-shot to gain a ranged advantage.</li><li>● Implement strategic movements regularly to receive a successful attacking pass</li><li>● Use tactics and techniques to help their team score and gain possession by receiving the ball and looking for the best passing opportunities.</li></ul> <p><b><u>Defending</u></b></p> <ul style="list-style-type: none"><li>● Choose the most appropriate defensive stance (marking or interceptive passing lanes) to receive the ball off an opponent</li><li>● Demonstrate a tactical awareness in stance to force technical faults or turnover of possession</li><li>● Consistently and accurately track and mark an opponent with an awareness to a starting defensive position</li><li>● Perform goal-keeping skills in accordance with handball rules by altering the body based on opponents shot and offensive players location</li><li>● Remember to follow defensive rules as a goalkeeper (e.g maintain good posture, stand in front of goal line, position between goal and shooting attacker) at all times and make successful defensive saves in game play</li></ul> <p><b><u>Rules</u></b></p> <ul style="list-style-type: none"><li>● Apply all learnt rules and tactics to a variety of roles including umpiring, scoring and teaching</li></ul>	
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