



Name: _____

Year Group: _____

Beginning 4:

Striking/Fielding

- Use skills with control and reasonable accuracy.
- Hit a stationary ball and retrieve it and throw it when fielding.
- Use a range of skills and tactics in games.
- Come up with sensible solutions, given time to think about their actions.
- Recognise and explain what happens to bodies as they work.
- Carry out practises to improve their work and understand why they are useful.

Net

- Play games using modified courts and a range of throwing skills.
- Play games with limited continuity, stopping the ball and catching it.
- Hit a ball with reasonable consistency when practising.
- Use bigger target areas to aim for.
- Use a small range of tactics.
- Use simple rules fairly.
- Know and understand when their heart beats faster.
- With some help, identify practises to help them improve.

Invasion

- Throw and catch with control when under some pressure.
- Make effective decisions when they have the ball, but take time to make them.
- Move to find space when they have not got the ball, when prompted and guided.
- Follow a simple warm up routine.
- Comment on successful passes and shots at goal.
- Keep the score.

Within 4:

Striking/Fielding

- Use a range of skills eg, throwing, striking, intercepting and stopping a ball, with control and accuracy.
- Choose and vary skills and tactics to suit the situation in a game.
- Carry out tactics successfully.
- Set up small games.
- Know rules and use them fairly to keep games going.
- Explain what they need to do to get ready to play games.
- Carry out warm ups with care and awareness of what is happening to their bodies.
- Describe what they and others do that is successful.
- Suggest what needs practising.

Net

- Keep up a continuous game, using a range of throwing and catching skills and techniques.
- Use a small range of basic racket skills.
- Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent.
- Choose and use a range of simple tactics for defending their own court.
- Adapt and refine rules.
- Make up their own net games.
- Understand the point of the game.
- Keep rules effectively and fairly.
- Recognise and explain how net games make the body work.
- Talk about what they do well and recognise things they could do better.



Invasion

- Throw and catch the ball to keep possession and score 'goals'.
- Be aware of space and use it to support team-mates and cause problems for the opposition.
- Know and use rules fairly to keep games going.
- Keep possession with some success when using equipment that is not used for throwing and catching skills.
- Explain why it is important to warm up and cool down.
- Say when a player has moved to help others.
- Apply this knowledge to their own play.

Secure 4/Exceeding:

Striking/Fielding

- Play games with speed and precision.
- Hit a bowled ball with intent and force.
- Collect, stop and intercept a ball with efficiency.
- Throw a ball well from a distance.
- Play games well using a variety of skills and equipment.
- Choose and vary a range of tactics.
- Make good tactical decisions quickly, while remaining aware of what is going on around them.
- Explain what happens to their bodies as they work, and how this varies from game to game.
- Identify, describe and implement successful play.
- Identify parts of play that could be improved, giving constructive feedback.

Net

- Use a wide range of throwing, catching and hitting skills, on both sides of their body.
- Choose and use these skills with a good degree of accuracy.
- Change the pace, length and direction of their throws and shots, to outwit their opponent; know where to stand.
- Know how to defend their court.
- Use and interpret rules fairly.
- Help to choose activities that will warm them up and get them ready to play.
- Suggest ideas for practises they can do to improve their performance.

Invasion

- Play effectively with speed and precision, as a member of both small and larger teams.
- Decide quickly where and when to pass the ball, showing good awareness of what is going on around them.
- Vary tactics and adapt skills in response to the situation they face in a game.
- Play a wider range of games and use a variety of skills and equipment well.
- Lead small groups for warm up activities.

Notes:

Working at/date assessed: