



Football

PROGRESSION CHART

EYFS Outcomes - PE Portal Football units main outcomes covered:

- Experiments with different ways of moving.
- They move confidently in a range of ways, safely negotiating space.
- Children show good control and co-ordination in large and small movements.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.

KS1 National Curriculum Aims - PE Portal Football units teach pupils to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

KS2 National Curriculum Aims - PE Portal Football units teach pupils to:

- Use running, jumping, throwing and catching in isolation and in combination
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Pupils should develop fundamental sports skills, learning how to use and link them in different ways to make actions and sequences of movement.



Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
HEALTH & FITNESS						
Describe how the body feels when exercising	Describe and understand how they feel when they exercise	Understand what happens to the body when they exercise	Explain why it is important to warm-up and cool-down	Know some reasons for warming up and cooling down	Explain some safety principles when preparing for and during exercise	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively.
PASSING A BALL						
Kick an object at a target	Send/pass a football to another person (unopposed)	Send and receive a football with a partner	Send and receive a football with a partner under control	Send and Receive the ball with increasing speed and accuracy using appropriate techniques in a game situation	Send and Receive the ball with speed and accuracy using appropriate techniques in a game situation	Choose and make the best pass in a game situation, link range of skills together fluently (pass & move)
TRAVELLING WITH A BALL						
Move a ball in different ways, including kicking	Travel with a ball in different ways Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency	Kick a ball whilst moving Use kicking skills in a game Use dribbling skills in a game	Move with the ball in a variety of ways with some control Use left and right foot in isolation when dribbling	Move with the ball using a range of techniques showing control and fluency Use simultaneous left and right feet when dribbling	Use a variety of ways to dribble in a game with success Use ball skills in various ways, and begin to link together	Show confidence in using ball skills in various ways in a game situation, and link these together effectively
STRIKING A BALL						
Hit a ball with your foot	Practice basic striking, sending and receiving	Strike or hit a ball with increasing control, Position the body to strike a ball	Demonstrate successful striking skills Develop a range of skills in striking Strike the ball for distance	Use at least two different shots in a game situation Use hand-eye coordination to strike a moving and a stationary ball	Explore when different shots are best used Refine striking technique	Use good hand-eye coordination to be able to direct a ball when striking or hitting Strike with more power and accuracy



Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
-----------	--------	--------	--------	--------	--------	--------

TACTICS AND RULES

Follow simple rules	Follow simple rules to play games, including team games Use simple attacking skills such as dodging to get past a defender Use simple defensive skills such as marking a player or defending a space	Understand the importance of rules in games Use at least one technique to attack or defend to play a game successfully	Apply and follow rules fairly Understand and begin to apply the basic principles of invasion games	Vary the tactics they use in a game Adapt rules to alter games	Know when to pass and when to dribble in a game Devise and adapt rules to create their own game	Follow and create complicated rules to play a game successfully Communicate plans to others during a game Lead others during a game
---------------------	--	--	--	--	---	---

EVALUATE

Talk about what others have done	Begin to say how they could improve	Talk about the differences between their work and that of others	Describe how their performance has improved over time	Modify their use of skills or techniques to achieve a better result	Explain why they have used particular skills or techniques, and the effect they have had on their performance	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements
----------------------------------	-------------------------------------	--	---	---	---	--

COMPETE

Participate in simple games	Begin to perform learnt skills with some control Engage in competitive activities and team games	Perform learnt skills with increasing control Compete against self and others	Perform learnt skills and techniques with control and confidence Compete against self and others in a controlled manner	Perform and apply skills and techniques with control and accuracy Take part in a range of competitive games and activities	Consistently perform and apply skills and techniques with accuracy and control Take part in competitive games with a strong understanding of tactics and composition	Perform and apply a variety of skills and techniques confidently, consistently and with precision Take part in competitive games with a strong understanding of tactics and composition
-----------------------------	--	---	---	--	--	---