

Outdoor Games Coverage Overview



EYFS Statutory Educational Programme and National Curriculum

EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Subject content Key stage 1

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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum – yellow highlights where this links more with the outdoor games strand of the curriculum

Outdoor Games Annual Overview



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	No specific fundamentals sessions (all in provision)	Locomotion 1	Fine Motor Skills	Locomotion 1	Athletics 1	Personal Challenges
Reception	Fundamental Movement 1	Invasion Games 1	Locomotion 2	Target Games 1	Athletics 1	Net and Wall Games 1
Year 1	Fundamental Movement 2	Invasion games 2	Target games 2	Net and Wall games 2	Athletics 2	Striking and fielding games 1
Year 2	Fundamental Movement 3	Invasion Games 2	Target Games 3	Net and Wall Games 2	Athletics 2	Striking and Fielding 2
Year 3	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket
Year 4	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket

Year 5	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket
Year 6	Tag Rugby	Football	Hockey	Tennis	Athletics	Cricket

Specific Objective Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery		Locomotion (L1) Finding a space Walking forwards and backwards Hop on either leg Negotiate space successfully Move freely with confidence in a range of ways Dodge Gallop	Fine motor Pick up, carry and put down with care Thread with control Use strength in hand to manipulate objects Build carefully using small objects	Locomotion (L1) Finding a space Walking forwards and backwards Hop on either leg Negotiate space successfully Move freely with confidence in a range of ways Dodge Gallop	Athletics Maintain balance whilst lifting and carrying Picking something up whilst balancing on one leg Push down up forward backward and high Pull down up forward backward and high	Personal Challenges Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Demonstrate strength, balance and coordination when playing

						Negotiate space and obstacles safely, with consideration for themselves and others
Reception	<p>Fundamental movement (FM1)</p> <p>Run skillfully</p> <p>Negotiate space successfully</p> <p>Use tools to manipulate objects</p> <p>Show increasing control over an object</p> <p>Balance on one leg</p> <p>Move through an obstacle course skillfully</p> <p>Thread objects</p>	<p>Invasion games (IG1)</p> <p>Pass the ball from chest using a bounce pass</p> <p>Get into ready position to receive a bounce pass</p> <p>Change direction confidently</p> <p>Move around safely in limited space</p> <p>Bounce a ball and track it with eyes</p> <p>Dribble a ball with feet</p> <p>Track a ball using foot</p>	<p>Locomotion 2</p> <p>Can run, hop, jump and balance with control</p> <p>Uses space and awareness within their performance</p> <p>Shows increasing understanding of different ways of doing things (techniques)</p>	<p>Target games TG1)</p> <p>Throw a ball under arm with some accuracy at a target</p> <p>Throw under arm accurately</p> <p>Strike a ball by foot for power</p> <p>Kick a ball with accuracy with both feet</p> <p>Roll a ball with some accuracy</p> <p>Roll with some accuracy with both hands</p>	<p>Athletics (A1)</p> <p>Share space and run with my head up</p> <p>React quickly</p> <p>Jump one foot to two feet and two feet to two feet</p> <p>Co-ordinate and run with a jump</p> <p>Throw accurately</p> <p>Run efficiently in a lane</p> <p>Sustain my form during a race</p> <p>Jump for height</p> <p>Time my take off to clear an obstacle</p>	<p>Net and Wall games (NWG 1)</p> <p>Send a ball with some degree of accuracy</p> <p>Receive a ball by moving swiftly into the right position</p> <p>Strike a ball with one hand whilst it's airborne</p> <p>Strike and volley a ball with some degree of accuracy</p> <p>Strike a ball using an open palm</p> <p>Receive a ball using an open palm</p> <p>Strike a small ball with an</p>

		Push-pass a hockey ball Receive a hockey ball Stop a ball with feet by trapping			Throw a variety of pieces of equipment well	open palm Throw with accuracy and power
Year 1	Fundamental movement (FM2) Hop Move carefully retaining balance Travel backwards safely Jump in a variety of ways Land safely in different jumps Combine a run and jump Dodge Move safely with awareness of others Attack and defend	Invasion games (IG 2) Throw overarm to partner to catch after one bounce Catch a ball consistently after one bounce Catch a ball consistently on the full Move my opponent around the court when playing against them Track an opponent Intercept a pass Dodge to beat an opponent	Target Games (TG2) Co-ordinate the skill of kicking a ball consistently Co-ordinate the action of kicking with either foot Kick a ball with increased accuracy with both feet Strike a ball at a target using equipment Strike a ball at a target with some degree of force Strike into spaces Choose correctly when it's best to	Net and Wall Games (NWG 2) Send a receive a ball with some degree of accuracy Move quickly into good positions to catch Strike a ball with some degree of accuracy Volley a ball by getting in line and underneath it	Athletics (A2) Show anticipation ahead of work React quickly Retain focus Jump in a variety of ways Cushion knees when landing Discover and develop different styles of jumping Leap, jump and hop Add a short run to the jump Throw with good technique Throw with a run up	Striking and fielding (SF 1) Use both hands whilst fielding Get into line with the ball and field it Stop a ball with two hands, create a barrier behind it with my feet or body Bowl a ball overarm at a target Strike a ball off a tee Pick up a ball with one hand and throw it underarm

	Strike a ball accurately with power with lace	<p>Close the space down attackers have to work in</p> <p>Pass the ball consistently with control</p> <p>Retain possession of the ball</p> <p>Compete with special awareness in team games</p> <p>Pass and move decisively</p>	<p>throw underarm or overarm</p> <p>Throw a ball overarm with some accuracy at a target</p> <p>Throw overarm on one bounce to a friend</p> <p>Receive a ball consistently well after one bounce</p>	<p>Send a ball with increasing accuracy</p> <p>Keep a rally going with a partner</p> <p>Develop a good grip and stance</p> <p>Begin to strike with more consistency and accuracy on the fore-hand</p> <p>Return after one bounce that has been thrown by a partner</p> <p>Begin to rally a few shots with more success</p> <p>Strike a back hand from my own feed</p> <p>Play a game against an opponent using a variety of shots</p>	Demonstrate a variety of athletic techniques competently	<p>Chase and retrieve a ball</p> <p>Make good decisions when batting about when to run and when not to</p> <p>Bowl either underarm or overarm with some accuracy</p>
Year 2	Fundamental movement	Invasion games (IG 2)	Target Games (TG3)	Net and Wall games	Athletics (A2)	Striking and fielding

	<p>(FM 3)</p> <p>Skip using a rope</p> <p>Jump in a variety of ways</p> <p>Dribble a ball with either hand</p> <p>Travel with a ball with head up and the ball under control</p> <p>Receive a ball and trap it</p> <p>Cushion a pass sent</p> <p>Pass in different ways</p> <p>Pass accurately</p> <p>Jump for height</p> <p>Broad jump for distance</p> <p>Catch consistently well</p> <p>Signal to show wanting the ball</p>	<p>Throw overarm to partner to catch after one bounce</p> <p>Catch a ball consistently after one bounce</p> <p>Catch a ball consistently on the full</p> <p>Move my opponent around the court when playing against them</p> <p>Track an opponent</p> <p>Intercept a pass</p> <p>Dodge to beat an opponent</p> <p>Close the space down attackers have to work in</p> <p>Pass the ball consistently with control</p> <p>Retain possession of the ball</p>	<p>Throw a ball underarm with either hand and with some accuracy at a target</p> <p>Kick a ball with accuracy with both feet</p> <p>Strike at targets that move</p> <p>Roll with good technique with either hand</p> <p>Roll with some accuracy with either hand</p> <p>Kick a ball with some accuracy with both feet</p> <p>Strike with more control over the height of kick</p> <p>Strike a ball with racket or bat at a target with some degree of force</p>	<p>(NWG2)</p> <p>Recap:</p> <p>Send a receive a ball with some degree of accuracy</p> <p>Move quickly into good positions to catch</p> <p>Strike a ball with some degree of accuracy</p> <p>Volley a ball by getting in line and underneath it</p> <p>Send a ball with increasing accuracy</p> <p>Keep a rally going with a partner</p> <p>Develop a good grip and stance</p> <p>Begin to strike with more consistency and</p>	<p>Demonstrate agility, balance and co-ordination</p> <p>Co-ordinate a run with a jump</p> <p>Recap:</p> <p>Discover and develop different styles of jumping</p> <p>Leap, jump and hop</p> <p>Add a short run to the jump</p> <p>Throw with good technique</p> <p>Throw with a run up</p> <p>Demonstrate a variety of athletic techniques competently</p>	<p>(SF2)</p> <p>Catch a ball after one bounce</p> <p>Strike a ball off a tee</p> <p>Bowl overarm with a straight arm</p> <p>Stop the ball as a wicket keeper</p> <p>Pick up a ball one handed and return it under arm</p> <p>Return a ball quickly from bootlaces</p> <p>Back team mates up whilst fielding</p> <p>Chase a ball and throw it back accurately</p> <p>Strike a ball off a tee whilst on the move</p> <p>Apply the above to a game</p>
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		<p>Compete with special awareness in team games Pass and move decisively</p> <p>Adaptation from Y1 (as above, with this threaded through)</p> <p>Attack and defend As a group, defend effectively As a group, attack effectively Apply tactics to a game</p>	<p>Strike with a degree of accuracy Aim with accuracy at a target so it hits on second bounce Throw flatter with more force</p>	<p>accuracy on the fore-hand</p> <p>Return after one bounce that has been thrown by a partner Begin to rally a few shots with more success Strike a back hand from my own feed Play a game against an opponent using a variety of shots</p> <p>Adaptations: Applying the above to different games and scenarios</p>		
Year 3	Tag rugby	Football	<p>Hockey</p> <p>Dribble a ball confidently</p>	<p>Tennis</p> <p>Take up a 'ready position' and move into</p>	<p>Athletics</p> <p>Use the correct technique to</p>	<p>Cricket</p> <p>Stand sideways-on, with a high</p>

	Scoop a ball up from the floor	Trap a ball and cushion it when receiving	Develop my dribbling technique	good positions to strike a ball (Year 3)	start a sprint race	back lift, ready to receive a ball
	Dodge to avoid being tagged by an opponent	Pass the ball accurately	Change direction easily	Hit consistent forehand returns (Year 3)	Hurdle efficiently and consistently	Step back and across to pull a short ball
	Tag safely	Dribble a ball using both feet and manipulate it using different parts of the foot	Pass a ball accurately	Get into good positions to play backhand shots (Year 3)	Develop the technique and consistency of my jumps	Bowl a ball overarm with a straight arm
	Pocket pass with accuracy from my right and left	Shield a ball from an opponent	Control a ball sent to me	Volley a ball on the forehand and backhand striking the ball downwards (Year 3 & 4)	Throw overarm accurately	Take up a wicket keeping stance and take balls bowled on both sides of the wicket
	Make a target to receive the ball	Turn confidently with a football	Pass in a variety of ways using good technique	Use tactics against an opponent (Year 3 & Year 4)	Throw overarm with power, for distance	Throw accurately and powerfully
	Send and receive a ball under pressure	Play a small game and demonstrate my turns	Receive a pass on the run		Accurately replicate the technique for running, jumping and throwing events	Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary
	Pass a rugby ball backwards accurately	Make good decisions when in possession	Perform a jab tackle		Run a relay efficiently as part of a team	Bat successfully with a partner,
	Pass backwards consistently	Compensate for a numerical	Play advantage appropriately		Replicate the techniques for running, jumping	
	Create an overlap		Compete in a hockey tournament			

	<p>Pass, missing out players in a line</p> <p>Set up defensively opposite an opponent</p> <p>Apply a range of skills effectively in a game of rugby</p> <p>Play to the rules</p>	<p>disadvantage by being very well organised</p> <p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</p> <p>Focus and retain my concentration when the ball isn't in my area of the pitch</p> <p>Show the skills and knowledge you have developed in a competitive environment</p> <p>Get into sideways positions when receiving the ball</p>	<p>Work effectively as part of a team</p>		<p>and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>	<p>communicating effectively</p> <p>Bowl with increasing accuracy</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p> <p>Back up my fellow fielders in the field</p> <p>Play purposefully in a competitive game, taking on multiple roles effectively</p>
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Year 4	Tag rugby	Football	Hockey	Tennis	Athletics	Cricket
	Scoop a ball up from the floor	Trap a ball and cushion it when receiving	Dribble a ball confidently	Play a game of hand tennis trying to move my opponent around the court (Year 4)	Use the correct technique to start a sprint race	Stand sideways-on, with a high back lift, ready to receive a ball
	Dodge to avoid being tagged by an opponent	Pass the ball accurately	Develop my dribbling technique		Hurdle efficiently and consistently	Step back and across to pull a short ball
	Tag safely	Dribble a ball using both feet and manipulate it using different parts of the foot	Change direction easily	Get into consistently good positions to hit the ball after one bounce (Year 4)	Develop the technique and consistency of my jumps	Bowl a ball overarm with a straight arm
	Pocket pass with accuracy from my right and left	Shield a ball from an opponent	Pass a ball accurately	Strike the ball on the backhand with some consistency (Year 4)	Throw overarm accurately	Take up a wicket keeping stance and take balls bowled on both sides of the wicket
	Make a target to receive the ball	Turn confidently with a football	Control a ball sent to me		Throw overarm with power, for distance	
	Send and receive a ball under pressure	Play a small game and demonstrate my turns	Pass in a variety of ways using good technique	Volley a ball on the forehand and backhand striking the ball downwards (Year 3 & Year 4)	Accurately replicate the technique for running, jumping and throwing events	Throw accurately and powerfully
	Pass a rugby ball backwards accurately	Make good decisions when in possession	Receive a pass on the run		Run a relay efficiently as part of a team	Hit a ball by driving it and then run between a set of wickets, sliding
	Pass backwards consistently		Perform a jab tackle			
			Play advantage appropriately			

	<p>Create an overlap</p> <p>Pass, missing out players in a line</p> <p>Set up defensively opposite an opponent</p> <p>Apply a range of skills effectively in a game of rugby</p> <p>Play to the rules</p>	<p>Compensate for a numerical disadvantage by being very well organised</p> <p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</p> <p>Focus and retain my concentration when the ball isn't in my area of the pitch</p> <p>Show the skills and knowledge you have developed in a competitive environment</p> <p>Get into sideways positions when</p>	<p>Compete in a hockey tournament</p> <p>Work effectively as part of a team</p>	<p>Move into the correct position to play a variety of shots (Year 4)</p> <p>Use tactics against an opponent (Year 3 & Year 4)</p>	<p>Replicate the techniques for running, jumping and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>	<p>my bat when necessary</p> <p>Bat successfully with a partner, communicating effectively</p> <p>Bowl with increasing accuracy</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p> <p>Back up my fellow fielders in the field</p> <p>Play purposefully in a competitive game, taking on multiple roles effectively</p>
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		receiving the ball				
Year 5	<p>Tag rugby</p> <p>Pop pass and pocket pass</p> <p>Tag someone safely</p> <p>Send and receive a ball on the run and under pressure</p> <p>Pass well to my left and right</p> <p>Pass a rugby ball backwards consistently</p> <p>Pass accurately</p> <p>Dummy a pass</p> <p>Pass missing out players in a line</p>	<p>Football</p> <p>Demonstrate skill and close control</p> <p>Pass the ball and move into space</p> <p>Combine skills to allow my team to retain possession.</p> <p>Dribble at different tempos</p> <p>Identify which shooting technique to use to be successful</p> <p>Keep the ball moving when running at an opponent</p>	<p>Hockey</p> <p>I can control a basketball using both hands and protect the ball under pressure</p> <p>I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass</p> <p>I can use different skills such as varying speed and direction to get past defenders</p> <p>I can mark a player or an area of the court</p>	<p>Tennis</p> <p>I can get into the 'ready position'</p> <p>Grip a racket and get into sideways positions to strike the ball</p> <p>Hit a forehand shot, consistently (Year 5)</p> <p>Get into a good position and play backhand shots with some consistency (Year 5)</p> <p>Volley accurately on my forehand (Year 5)</p>	<p>Athletics</p> <p>Change pace and run at different tempos</p> <p>Sustain my pace over longer distances</p> <p>Throw with accuracy and power using the pull technique</p> <p>Throw after a run up</p> <p>Throw with greater force and over longer distances</p> <p>Throw with greater control, accuracy and efficiency</p>	<p>Cricket</p> <p>Catch consistently well under pressure</p> <p>Throw accurately overarm</p> <p>Pull a ball from a short delivery to the leg side</p> <p>I can bowl with a short run up and straight arm with some accuracy</p> <p>Perform a range of fielding techniques confidently and consistently</p> <p>Bowl with a run up</p>

	<p>Attack in staggered lines</p> <p>Organise my position so that I receive passes on the run</p> <p>Apply skills effectively</p> <p>Develop game understanding and compete in a game of Tag Rugby</p>	<p>Use a numerical advantage to create overloading, overlapping and underlapping</p> <p>Communicate well with my teammates</p> <p>I can defend thoughtfully, slowing attackers down and not overcommitting too soon</p> <p>Combine skills to create a goal scoring opportunity</p> <p>Make the most of having and extra player/s on my team</p> <p>Cooperate, communicate and collaborate</p>	<p>to limit opportunities for the opposition</p> <p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game</p>	<p>Serve (Year 5)</p> <p>Use some tactics against an opponent (Year 5)</p>	<p>Perform the correct techniques for triple jump, high jump and standing vertical jump</p> <p>Measure accurately my performance at standing vertical jumping</p> <p>Combine sprinting with hurdling</p> <p>Transfer a relay baton efficiently as part of a team</p>	<p>Bowl with consistent accuracy and length</p> <p>Pick up and return a ball with one hand quickly and consistently well</p> <p>Use my feet to get to the pitch of the ball when batting</p> <p>Show tactical awareness as a fielder</p> <p>Bowl out of the back of my hand</p> <p>Play a square cut shot</p> <p>Link my skills and perform in a competitive game</p>
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		<div>with others to achieve shared goals</div> <div>Officiate if given the chance</div> <div>Play competitive games and control my emotions</div>				<div>Bowl by running in close to the wickets</div>
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Year 6	Tag rugby	Football	Hockey	Tennis	Athletics	Cricket
	Pop pass and pocket pass	Demonstrate skill and close control	I can control a basketball using both hands and protect the ball under pressure	I can grip a racket and get into sideways positions to strike the ball (Year 6)	Change pace and run at different tempos	Catch consistently well under pressure
	Tag someone safely	Pass the ball and move into space	I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass	Control where I hit the ball (Year 6)	Sustain my pace over longer distances	Throw accurately overarm
	Send and receive a ball on the run and under pressure	Combine skills to allow my team to retain possession.	I can use different skills such as varying speed and direction to get past defenders	I can play deft shots near the net within a small area (Year 6)	Throw with accuracy and power using the pull technique	Pull a ball from a short delivery to the leg side
	Pass well to my left and right	Dribble at different tempos	I can mark a player or an area of the court to limit opportunities for the opposition		Throw after a run up	I can bowl with a short run up and straight arm with some accuracy
	Pass a rugby ball backwards consistently	Identify which shooting technique to use to be successful		Volley accurately on my backhand (Year 6)	Throw with greater force and over longer distances	Perform a range of fielding techniques confidently and consistently
	Pass accurately	Keep the ball moving when running at an opponent		Smash & Lob (Year 6)	Throw with greater control, accuracy and efficiency	Bowl with a run up
	Dummy a pass	Use a numerical advantage to create overloading,		Play a competitive game using a	Perform the correct techniques for triple jump, high	Bowl with consistent
	Pass missing out players in a line					
	Attack in staggered lines					

	<p>Organise my position so that I receive passes on the run</p> <p>Apply skills effectively</p> <p>Develop game understanding and compete in a game of Tag Rugby</p>	<p>overlapping and underlapping</p> <p>Communicate well with my teammates</p> <p>I can defend thoughtfully, slowing attackers down and not overcommitting too soon</p> <p>Combine skills to create a goal scoring opportunity</p> <p>Make the most of having an extra player/s on my team</p> <p>Cooperate, communicate and collaborate with others to achieve shared goals</p>	<p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct technique to play in a game</p>	<p>range of ground strokes (Year 6)</p>	<p>jump and standing vertical jump</p> <p>Measure accurately my performance at standing vertical jumping</p> <p>Combine sprinting with hurdling</p> <p>Transfer a relay baton efficiently as part of a team</p>	<p>accuracy and length</p> <p>Pick up and return a ball with one hand quickly and consistently well</p> <p>Use my feet to get to the pitch of the ball when batting</p> <p>Show tactical awareness as a fielder</p> <p>Bowl out of the back of my hand</p> <p>Play a square cut shot</p> <p>Link my skills and perform in a competitive game</p> <p>Bowl by running in close to the wickets</p>
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		Officiate if given the chance Play competitive games and control my emotions				
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Invasion games

Athletics

Net and wall games

Striking and fielding

Target games