**PE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Key Stage** | **Pathway** | **Topics** | **Description** | **Key Stage End Point (KSEP)** |
| KS1&2 | 1 | Fundamental Movement Skills, Gymnastics, Dance, Ball Skills, Net-wall and Target Aiming Development, Boccia, Athletics, Learning Through Play, Trampolining, Games, Cycling, Sending and Receiving | I can show control when walking, running and crawling. I can jump from the floor and from low height. I am able to climb and navigate equipment and apparatus. I am developing balance. I can copy simple body shapes. I can make large arm movements. I will spontaneously move my body to music and cooperate with an adult to make more refined movements. I can respond to requests to start and stop moving. I can hold and handle balls of different sizes. I can throw a ball underarm. I am able to kick a ball. I can roll a ball away across the floor and collect it as it returns. I can catch a large ball. I will cooperate to take part in novel sporting events and races. I am familiar with some basic sports equipment used in games. I am beginning to jump on the trampoline with adult direction. I can ride a tricycle or bicycle with stabilisers. I am beginning to ride a scooter. I can participate in exercise for short periods of time and show an awareness of the effects on my body e.g., feeling hot. I will cooperate to rest and relax. | Age 11 |
| KS1&2 | 2 | Fundamentals, Gymnastics, Ball Skills, Striking and Fielding, Games, Athletics, Sports Day, Officiating, Trampolining, Dance, Net and Wall, Cycling, Fitness, Sending and Receiving | I can explore a variety of fundamental skills and movement and apply these to different activities, e.g. using stop/starting in dance and running. I can remember and repeat different actions and movements with control and coordination. I am beginning to control a ball with my hands. I am beginning to dribble a ball with feet. I can send and receive a ball with my hands. I can send and receive a ball with my feet. I can recognise and use space when playing games. I can demonstrate understanding of when to approach or avoid another player when playing games. I can use familiar equipment with coordination e.g Move a hockey ball with a stick. I recognise changes in my body when I do exercise. I can use simple rules to play fairly. I am beginning to understand when I am a defender. I am beginning understand when I am an attacker. I know when I am successful. I can link simple gymnastic actions together to create a sequence. I can copy, remember and repeat Dance actions. I can follow instructions. I can move and handle the equipment safely. I am beginning to jump on the trampoline with control. I am beginning to control a bike. | Age 11 |
| KS1&2 | 3 | Fundamentals, Gymnastics, Net and Wall, Sending and Receiving, Team Building, Athletics, Sports Day, Invasion, Trampolining, Dance, Boccia, Striking and Fielding, Ball Skills, Fitness, Invasion, Cycling | I can select and use skills, actions and ideas appropriately, applying them with coordination and control. I can show an understanding of tactics and composition by starting to vary how I respond. I can control a ball with my hands with increasing control. I can dribble a ball with my feet with increasing control. I can send and receive a ball with increasing consistency with my hands. I can send and receive a ball with increasing consistency with my feet. I can move with a ball towards my goal. I can find space or stay close to other players at appropriate times. I can use a variety of equipment appropriately and with coordination. I can describe how my body feels during exercise. I understand the rules and can use them to keep a game going. I understand what to do when I am an attacker. I understand what to do when I am a defender. I am beginning to provide feedback using key words. I can copy simple gymnastic sequences of actions. I can copy, remember and repeat a series of Dance actions. I can follow instructions carefully. I’m aware on how to keep myself and others safe in PE lessons. I can jump with control and consistency on the trampoline. I can control a bike with increasing coordination and balance. | Age 11 |
| KS3 | 1 | Fundamentals, Gymnastics, Boccia, Athletics, Trampoline, Dance, Cycling, Games, Hiking Outdoors | I can show control and coordination when jumping and climbing. I can balance and remain upright and stable. I am able to perform a simple log roll. I can make shapes with my body and hold these for a short time. I can copy a sequence of movements. I can improve a movement sequence through practise and feedback. I can select dance movements to show a named mood or feeling. I will follow simple rules in a game. I can throw and catch different sized balls as part of a game. I can kick a ball with control towards a target as part of a game. I will strike a ball with a racket or bat. I can roll a ball towards a target in a game. I will follow a walking route alongside my peer group. I will compete in sporting events and races including the relay race. I can perform straight jumps on the trampoline with adult support. I can control a bike. I am able to participate in exercise for longer periods of time. I can communicate how my body feels when exercising. I will participate in warm-up and cool-down routines before and after exercise. I can take part in new and challenging activities and will accept reassurance when needed. | Age 14 |
| KS3 | 2 | Tag Rugby, Gymnastics, Dodgeball, Tennis, Outdoor Adventurous Activities (OAA), Athletics, Sports Day, Hockey, Trampolining, Dance, Boccia, Cricket, Football, Fitness, Basketball, Table Tennis, Cycling | I can perform simple skills with some confidence and success in isolated practices. I can transfer and adapt some of my skills when doing different PE activities. I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can move with a ball towards goal with increasing control. I can track an opponent to slow them down. I understand the benefits of exercise. I work cooperatively with my group to self-manage games. I can provide feedback using key words. I understand my role as an attacker and as a defender. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I am beginning to use simple tactics. I can perform gymnastic actions that flow well into one another. I can repeat, remember and perform a dance phrase. I’m aware how to keep myself and others safe in PE lessons. I am able to catch, throw and stop a ball with some control. I can hit a ball with a bat with increasing control. I am able to control a bike with coordination and balance. I can perform isolated gymnastic shapes/movements on the trampoline. I am learning how to perform a range of tennis strokes in isolated practice. | Age 14 |
| KS3 | 3 | Tag Rugby, Gymnastics, Dodgeball, Tennis, Outdoor Adventurous Activities (OAA), Athletics, Sports Day, Hockey, Trampolining, Dance, Boccia, Young Leaders, Cricket, Football, Fitness, Basketball, Table Tennis, Cycling | I am developing tracking and tagging an opponent and beginning to use this under some pressure. I can use a wider range of skills in pressurised/ competitive situations. I can dribble, pass, receive and shoot the ball with some control under pressure. I understand there are different skills for different situations, and I am beginning to apply this. I can communicate with my team and move into space to keep possession and score. I can identify how different activities can benefit my physical health. I can identify when I was successful and what I need to do to improve. I can use feedback provided to improve my work. I know what position I am playing in and how to contribute when attacking and defending. I understand the rules of the game and I can apply them honestly most of the time. I understand the need for tactics and can identify when to use them in different situations. I can perform gymnastic sequences using apparatus, individually and with a partner. I can accurately copy and repeat set choreography. I can use critical thinking skills to approach a task. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I am developing a wider range of batting strokes and beginning to use these under some pressure. I can work safely and use the equipment safely. I can control a bike with coordination and increasing speed. I can link moves together with some control for a trampoline routine. I am developing a wider range of tennis strokes and beginning to use these under some pressure. | Age 14 |
| 14-19 | 1 | Fundamentals, Gymnastics, Boccia, Hiking Outdoors, Trampolining, Dance, Cycling, Games, Athletics | I can throw in different ways e.g., high, low, fast and slow. I catch with control and accuracy. I can follow a route using familiar equipment and apparatus. I can run varying speed and direction. I can hit a ball with a racquet or bat in a game. I can travel with a ball by bouncing or kicking it. I can roll a ball showing variation in direction and distance. I can perform standing and kneeling balances. I will copy a movement sequence with a beginning, middle and end. I can join in with a movement sequence that reflects a chosen dance genre. I will perform straight jumps on the trampoline. I can walk and hike over different terrains. I can use a bike or scooter with balance and control. I will access a gym and use some of the equipment. I can compete in a sporting event as part of a team. I know that exercise is good for my physical and mental health. I can make simple judgements about my own and others’ performances. I will persevere when trying new or challenging sports. I can access a range of sporting venues and facilities in the community. I can attend a sporting event and be a spectator. | Age 18 |
| 14-19 | 2 | Tag Rugby, Gymnastics, Dodgeball, Tennis, Outdoor Adventurous Activities (OAA), Athletics, Sports Day, Hockey, Trampolining, Dance, Boccia, Young Leaders, Cricket, Football, Fitness, Basketball, Table Tennis, Cycling | I am developing tracking and tagging when defending. I am developing a wider range of skills and I am beginning to use these under some pressure. I can adapt my skills to help me be successful in different PE activities. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can delay an opponent and help to prevent the other team from scoring. I can explain what happens to my body when I exercise and how this helps to make me healthy. I share ideas and work with others to manage our game. I can provide feedback using key terminology and understand what I need to do to improve. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can use simple tactics to help my team score or gain possession. I can perform gymnastic sequences using apparatus. I can copy and remember set choreography. I can accurately follow and give instructions. I am able to bowl a ball with some accuracy, and consistency. I am developing my attacking and defensive batting strokes and beginning to perform with some control. I understand how to keep myself and others safe in PE lessons. I am able to control a bike at different speeds with coordination and balance. I can link moves together with increasing control as part of a trampoline routine. I can perform a forehand and backhand stroke with some accuracy and consistency. | Age 18 |
| 14-19 | 3 | Tag Rugby, Gymnastics, Dodgeball, Tennis, Outdoor Adventurous Activities (OAA), Athletics, Sports Day, Hockey, Trampolining, Dance, Boccia, Young Leaders, Cricket, Football, Fitness, Basketball, Table Tennis, Cycling | I can successfully track, tag and defend against an opponent in pressurised/competitive situations. I can use a wider range of skills with increasing control under pressure. I am beginning to make use of different tactics and strategies in pressurised/ competitive situations in several activities. I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I can create and use space to help my team. I understand that there are different areas of fitness and how this helps me in different activities. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can use feedback provided to improve the quality of my work. I can use the rules of the game consistently to play honestly and fairly. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can perform dances confidently and fluently with accuracy and good timing. I can pool ideas within a group, selecting and applying the best method to solve a problem. I can use a wider range of fielding skills with increasing control under pressure. I can use a wide range of batting stokes with increasing control under pressure. I can explain how to work safely and how to use the equipment safely. I can control a bike demonstrating speed, body position and cornering around a track. I can link moves together with control and fluency as part of a trampoline routine. I can perform a range of Tennis strokes with accuracy and consistency. | Age 16-18 |