

PE

	Gymnastics- flexibility, strength, control and balance. I can plan a sequence successfully	Fundamentals- develop and apply To know how to throw and catch accurately and consistently.
EYFS	I can copy a modelled action, travel, jump, roll and balance.	I know the body position when throwing over arm and underarm through different themes. I know I need to look at the ball to show I am ready, get my hands ready to make a net to catch a big ball.
Y1	I can plan a sequence individually with 4 different actions and components.	I know what my body position should be including opposite legs and aiming arm. I can begin to throw underarm at a range of targets, over-arm throw with a level of accuracy and distance. I know I need to look, make my hands into a net to catch the big ball.
Y2	I know how to plan a sequence individually to link the 4 actions together with 4 different components.	I know and apply the body position to throw underarm accurately into a target, overarm accurately, overarm for distance, using the correct amount of force, speed and knowledge of when to let go). I can catch a big ball more accurately using the correct eye contact, making a net with hands and feet are positioned correctly.
Y3	I know how to plan a sequence individually to include 4 different components. 6 actions. I can include a change of level.	Skills I know the correct body position for throwing underarm with accuracy (using correct amount of force, speed and strength, to know when to let go). I can catch a small ball within a game with 2 hands moving into position to do so. Underarm throw with accuracy and control. Apply I know which throw to choose to make the game hard for opponents.

Y4	I know how to plan a sequence with a partner including 5 actions and 4 different components I can include change of level and direction.	Skills I know how to adapt my positioning for throwing and catching different size balls with control and accuracy. I know how to use different passes e.g. bounce, chest Apply I know which throw to choose to make the game hard for opponents and accurately throw it back to help fielders.
Y5	I know how to plan a sequence with a partner including 6 actions with 5 different components. I can include a change of level, direction and speed.	Skills I know how to use a range of different throws and position my body for a push (shot) and pull (javelin) throw. Apply I know the difference between different throws and when to use which throw to become more accurate.
Y6	I know how to plan a sequence with 6 different components in a group.	I know how to use a range of different throws accurately. I know how to position my body to perform a fling (discus) and heave (throw for distance using 2 hands e.g. overhead throw) Apply Fielding I know the difference between different throws. I know when to change my body position to throw more accurately.