

PE-Strands

	<p>Gymnastics- flexibility, strength, control and balance.</p> <p>I can plan a sequence successfully</p>	<p>Fundamentals- develop and apply</p> <p>To know how to throw and catch accurately and consistently.</p>
Nursery	<p>3–4 Year Olds</p> <p>Focus: Exploration, imitation, and enjoyment of movement.</p> <p>Gymnastics (Flexibility, Strength, Control, Balance)</p> <p>I can skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Alternate feet when climbing up apparatus.</p> <p>Balance (scooters and bikes)</p>	<p>Fundamentals (Early Development)</p> <p>Focus: Continue to develop their ball skills</p> <p>I am beginning to throw and catch a ball or object.</p> <p>I know I need to look at the ball and get my hands ready to try and catch it.</p>
Reception	<p>4–5 Year Olds</p> <p>Focus: Demonstrate strength, balance and co-ordination.</p> <p>Gymnastics (Flexibility, Strength, Control, Balance)</p> <p>Rolling, crawling, walking, jumping, running, hopping, skipping and climbing with increasing confidence and accuracy.</p> <p>I can copy and link actions together with control.</p> <p>I can balance with increasing confidence and accuracy including stillness.</p>	<p>4-5 year olds</p> <p>Focus: Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming.</p> <p>I can throw and catch accurately and consistently.</p> <p>I know the body position for overarm and underarm throws.</p> <p>I know I need to look at the ball, show I am ready, and make a “net” with my hands to catch a big ball.</p>
Y1	<p>I can plan a sequence individually with 4 different actions and components.</p>	<p>Fundamentals (Develop and apply)</p> <p>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.</p>

Y2	I know how to plan a sequence individually to link the 4 actions together with 4 different components.	Fundamentals (Develop and apply 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.	<p>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)</p> <p>Apply</p> <p>Fielding</p> <p>I know the difference between different throws. I know when to change my body position to throw more accurately.</p>
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