

**PHYSICAL EDUCATION – Cycle A**

Subject	Key vocab.	Declarative knowledge	Procedural knowledge
Autumn 1 (A) Phase: EYFS	dodge travel backward forward space rules teamwork jump gallop  rolls position canon praise rock log roll egg roll	<p><u>PE Passport Unit: Locomotion 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know how to play fairly and accept decisions in games. [Physical Development: Gross Motor Skills]</li> <li>I know how to dodge. [Physical Development: Gross Motor Skills]</li> <li>I know what a jump is. [Physical Development: Gross Motor Skills]</li> <li>I know how to share equipment and take turns. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know how to travel backward safely. [Personal, Social and Emotional Development: Self-Regulation]</li> <li>I know how to play by the rules. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: Rocking and Rolling (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to share apparatus with others in my group. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know how to perform rolls safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know to be aware of the position of others before rolling. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know what canon is and how to time its use effectively. [Physical Development: Gross Motor Skills]</li> <li>I know how to start to link my moves more effectively. [Physical Development: Gross Motor Skills]</li> <li>I know how to support my partner with positive praise. [Personal, Social and Emotional Development: Building Relationships]</li> </ul>	<p><u>PE Passport Unit: Locomotion 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can negotiate space successfully. [Physical Development: Gross Motor Skills]</li> <li>I can work as part of a team. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can move freely and with pleasure and confidence in a range of ways. [Physical Development: Gross Motor Skills]</li> <li>I can jump in different ways, and in control. [Physical Development: Gross Motor Skills]</li> <li>I can dodge. [Physical Development: Gross Motor Skills]</li> <li>I can gallop confidently. [Physical Development: Gross Motor Skills]</li> <li>I can show understanding of the need for safety when tackling new challenges. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: Rocking and Rolling (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can rock on different body parts. [Physical Development: Gross Motor Skills]</li> <li>I can perform a log and egg roll with control as part of a sequence. [Physical Development: Gross Motor Skills]</li> <li>I can roll sideways and forwards with control. [Physical Development: Gross Motor Skills]</li> <li>I can leap. [Physical Development: Gross Motor Skills]</li> <li>I can jump from low apparatus in different ways. [Physical Development: Gross Motor Skills]</li> <li>I can perform in canon with a partner. [Physical Development: Gross Motor Skills]</li> <li>I can rock and roll. I can demonstrate 3 different ways of rolling with good control. [Physical Development: Gross Motor Skills]</li> <li>I can move from one roll to another by rocking. [Physical Development: Gross Motor Skills]</li> <li>I can give good feedback to a partner. [Personal, Social and Emotional Development: Building Relationships]</li> </ul>
Autumn 2 (A) Phase: EYFS	balance slide travel right left evade	<p><u>PE Passport Unit: Stability 2 (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I know to keep my arms out to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know to focus my eyes to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know how to slide. [Physical Development: Gross Motor Skills]</li> <li>I know my left from right. [Physical Development: Gross Motor Skills]</li> <li>I know how to travel with my head up. [Physical Development: Gross Motor Skills]</li> <li>I know what good dodging looks like. [Physical Development: Gross Motor Skills]</li> <li>I know how to share space safely. [Physical Development: Gross Motor Skills]</li> <li>I know how to evade being caught. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Stability 2 (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I can follow instructions and play games. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can maintain balance while twisting, bending and reaching. [Physical Development: Gross Motor Skills]</li> <li>I can slide. [Physical Development: Gross Motor Skills]</li> <li>I can travel safely, considering others. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can dodge off either foot. [Physical Development: Gross Motor Skills]</li> <li>I can evade others. [Physical Development: Gross Motor Skills]</li> </ul>

	<p>twisting bending reaching bend land jump leap half turn quarter turn apparatus shape position</p>	<p><u>PE Passport Unit: Flight – Bouncing, Jumping and Landing (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know to bend my legs when landing to cushion the impact. [Physical Development: Gross Motor Skills]</li> <li>• I know that a good sequence involves using the floor imaginatively, as well as the apparatus. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>• I know what a half turn and quarter turn are. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>• I know to be aware of others when I am jumping. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I know some different jumping shapes.</li> <li>• I know how to jump onto and off apparatus safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I know the difference between a leap and a jump. [Physical Development: Gross Motor Skills]</li> <li>• I know how to gain extra elevation. [Physical Development: Gross Motor Skills]</li> <li>• I know to start my work with an interesting shape and finish it with style.</li> <li>• I know how to carry equipment safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>	<p><u>PE Passport Unit: Flight – Bouncing, Jumping and Landing (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can jump in a variety of ways. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>• I can construct a simple jumping sequence with a partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>• I can jump, showing good technique through take-off and landing. [Physical Development: Gross Motor Skills]</li> <li>• I can control a star jump and pencil jump. [Physical Development: Gross Motor Skills]</li> <li>• I can jump through turns with control. [Physical Development: Gross Motor Skills]</li> <li>• I can jump as part of a sequence of other movements. [Physical Development: Gross Motor Skills]</li> <li>• I can jump and show a tucked body shape in the air. [Physical Development: Gross Motor Skills]</li> <li>• I can change leg positions whilst I am in the air. [Physical Development: Gross Motor Skills]</li> <li>• I can execute a variety of jumps and leaps with control. [Physical Development: Gross Motor Skills]</li> <li>• I can include jumps and leaps in sequence work on the floor and apparatus. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>
<p>Spring 1 (A) Phase: EYFS</p>	<p>warm up receive strike balance</p> <p>airborne volley dig rally</p>	<p><u>PE Passport Unit: Fantasy Fairy Tale (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I know how to prepare my body for physical activity (warm up).</li> <li>• I know how to work together to move around the area safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: Net and Wall Game Skills (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know what a ready position looks like. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I know to leave a ball which is going to land out of play. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>• I know what the T position is and how it can help me. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>• I know that the ball needs to be struck over the net.</li> <li>• I know not to turn my back on the ball. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>	<p><u>PE Passport Unit: Fantasy Fairy Tale (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I can listen and follow instructions. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I can move in different directions. [Physical Development: Gross Motor Skills]</li> <li>• I can balance on different body parts. [Physical Development: Gross Motor Skills]</li> <li>• I can run quickly in a straight line. [Physical Development: Gross Motor Skills]</li> <li>• I can throw a ball to hit a target. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Net and Wall Game Skills (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send a ball with some degree of accuracy. [Physical Development: Gross Motor Skills]</li> <li>• I can receive a ball. [Physical Development: Gross Motor Skills]</li> <li>• I can strike a ball with one hand while it is airborne. [Physical Development: Gross Motor Skills]</li> <li>• I can dig a ball by getting underneath it. [Physical Development: Gross Motor Skills]</li> <li>• I can keep a rally going with a partner. [Physical Development: Gross Motor Skills]</li> <li>• I can keep my eye on the ball at all times. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>

<p>Spring 2 (A) Phase: EYFS</p>	<p>shape movement feelings speed sequence</p> <p>bouncing following rolling mirroring target underarm</p>	<p><u>PE Passport Unit: Seasons (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to use words in a poem to create shape, movements or feelings. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know that we need to control our speed to ensure safety. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know that we need to look forward to safely move around. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to listen to other people’s ideas and vocalise my own thoughts. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know control is important when performing.</li> <li>I know to be aware of people’s feelings when giving and receiving simple feedback. [Personal, Social and Emotional Development: Building Relationships]</li> </ul> <p><u>PE Passport Unit: Object Manipulation (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know how to find a space. [Physical Development: Gross Motor Skills]</li> <li>I know that I need to concentrate to work well with a partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know what following means. [Physical Development: Gross Motor Skills]</li> <li>I know what mirroring means. [Physical Development: Gross Motor Skills]</li> <li>I know what good positions are. [Physical Development: Gross Motor Skills]</li> <li>I know how to make a target with my hands to receive a throw. [Physical Development: Gross Motor Skills]</li> <li>I know how to stand when throwing underarm. [Physical Development: Gross Motor Skills]</li> <li>I know that I need to keep my head up when bouncing. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Seasons (Dance)</u></p> <ul style="list-style-type: none"> <li>I can use my body to create shapes, movements and actions. [Physical Development: Gross Motor Skills]</li> <li>I can show good listening skills. [Communication and Language: Listening, Attention and Understanding]</li> <li>I can travel safely and creatively in a space. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can work with a partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can look at pictures and create shapes, movements and actions.</li> <li>I can identify what good movements like. [Physical Development: Gross Motor Skills]</li> <li>I can remember and perform a basic sequence of movement when led by a teacher.</li> </ul> <p><u>PE Passport Unit: Object Manipulation (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can find a good space. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can play games, taking turns. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can twist and turn. [Physical Development: Gross Motor Skills]</li> <li>I can reach and bend. [Physical Development: Gross Motor Skills]</li> <li>I can move a ball with control, and in different directions. [Physical Development: Gross Motor Skills]</li> <li>I can roll a ball. [Physical Development: Gross Motor Skills]</li> <li>I can stop a ball when it is rolled to me. [Physical Development: Gross Motor Skills]</li> <li>I can catch an object. [Physical Development: Gross Motor Skills]</li> <li>I can throw underarm accurately for my friend to catch. [Physical Development: Gross Motor Skills]</li> <li>I can bounce and catch a ball. [Physical Development: Gross Motor Skills]</li> <li>I can travel around, bouncing safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>
<p>Summer 1 (A) Phase: EYFS</p>	<p>communicate batter school games values bowl crease fielding striking retrieve</p>	<p><u>PE Passport Unit: Striking and Fielding Games (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know when to run and when not to. [Physical Development: Gross Motor Skills]</li> <li>I know that I need to communicate with my partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know that, as a batter, I don’t always have to run. [Physical Development: Gross Motor Skills]</li> <li>I know how to demonstrate the school games values. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know that I have to bowl on or behind the crease. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Striking and Fielding Games (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can use both hands while fielding. [Physical Development: Gross Motor Skills]</li> <li>I can stop a ball with two hands. [Physical Development: Gross Motor Skills]</li> <li>I can bowl a ball overarm at a target. [Physical Development: Gross Motor Skills]</li> <li>I can chase and retrieve a ball. [Physical Development: Gross Motor Skills]</li> <li>I can make good decisions when batting, about when to run and when not to. [Physical Development: Gross Motor Skills]</li> <li>I can apply a range of skills. [Physical Development: Gross Motor Skills]</li> </ul>

	<p>power dip jump land overarm lane</p>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I know that I need to be focussed and avoid distractions. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I know what a good position of readiness looks like. [Physical Development: Gross Motor Skills]</li> <li>• I know to land with really soft knees. [Physical Development: Gross Motor Skills]</li> <li>• I know to use my arms to power me forward when jumping. [Physical Development: Gross Motor Skills]</li> <li>• I know the importance of my non-throwing arm. [Physical Development: Gross Motor Skills]</li> <li>• I know why it is important to dip at the finish. [Physical Development: Gross Motor Skills]</li> <li>• I know that I need to throw from the side-on position. [Physical Development: Gross Motor Skills]</li> <li>• I know which parts of my body are really important when jumping high. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I can react quickly. [Physical Development: Gross Motor Skills]</li> <li>• I can co-ordinate a run with a jump. [Physical Development: Gross Motor Skills]</li> <li>• I can jump one foot to two feet and two feet to two feet. [Physical Development: Gross Motor Skills]</li> <li>• I can throw accurately. [Physical Development: Gross Motor Skills]</li> <li>• I can share equipment and take turns. [Physical Development: Gross Motor Skills]</li> <li>• I can run efficiently and within a lane. [Physical Development: Gross Motor Skills]</li> <li>• I can jump for height. [Physical Development: Gross Motor Skills]</li> <li>• I can throw for distance. [Physical Development: Gross Motor Skills]</li> <li>• I can throw with good technique. [Physical Development: Gross Motor Skills]</li> <li>• I can throw a variety of pieces of equipment well. [Physical Development: Gross Motor Skills]</li> </ul>
<p>Summer 2 (A) Phase: EYFS</p>	<p>take turns balance hurdles control poise</p> <p>equipment tagging rushing defend attack</p>	<p><u>PE Passport Unit: An Adventure with the Emergency Services (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I know to take turns fairly. [Personal, Social and Emotional Development: Building Relationships]</li> <li>• I know how to balance on one leg. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Fine Motor Skills (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I know how to share equipment and take turns. [Personal, Social and Emotional Development: Building Relationships]</li> <li>• I know how to choose a good space to stand in. [Physical Development: Gross Motor Skills]</li> <li>• I know how to play tagging games safely. [Physical Development: Gross Motor Skills]</li> <li>• I know what I need to do with my arms and eyes to balance on one leg. [Physical Development: Gross Motor Skills]</li> <li>• I know to avoid rushing and trying to do things too quickly. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: An Adventure with the Emergency Services (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I can run and jump over hurdles. [Physical Development: Gross Motor Skills]</li> <li>• I can throw an object towards a target. [Physical Development: Gross Motor Skills]</li> <li>• I can move around, negotiating space. [Physical Development: Gross Motor Skills]</li> <li>• I can work as part of a team. [Personal, Social and Emotional Development: Building Relationships]</li> <li>• I can walk with balance, control and poise. [Physical Development: Gross Motor Skills]</li> <li>• I can move creatively.</li> </ul> <p><u>PE Passport Unit: Fine Motor Skills (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I can run skilfully. [Physical Development: Gross Motor Skills]</li> <li>• I can pick up, carry and put down with care. [Physical Development: Fine Motor Skills]</li> <li>• I can attack and defend in chasing games. [Physical Development: Gross Motor Skills]</li> <li>• I can thread with control. [Physical Development: Fine Motor Skills]</li> <li>• I can build carefully, using small objects. [Physical Development: Fine Motor Skills]</li> <li>• I can negotiate space successfully. [Physical Development: Gross Motor Skills]</li> <li>• I can explain some effects of activity on my body. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>• I can show increasing control over an object. [Physical Development: Gross Motor Skills]</li> </ul>

<p>Autumn 1 (A) Phase: Y1/2</p>	<p>shapes movements levels sequence flow</p> <p>focussed aware take off foot adjacent</p>	<p><u>PE Passport Unit: Pirates (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words and ideas into theme relates shapes, movements and actions.</li> <li>• I know that we need to look forward to safely move around in space.</li> <li>• I know that we need to control our speed to ensure safety.</li> <li>• I know how to listen to other people’s ideas and vocalise my own thoughts.</li> <li>• I know how to link ideas and movements together so that they start to flow.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 2 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I know that focussing my eyes and using my arms helps me to balance better.</li> <li>• I know to use my arms to help me to hop.</li> <li>• I know potential dangers if I am not sensible.</li> <li>• I know to glance periodically over both shoulders when travelling backwards.</li> <li>• I know to make a W shape when I want to receive a catch.</li> <li>• I know which my preferred take off foot is.</li> <li>• I know to stay focussed and keep my head up when moving around.</li> <li>• I know to be focussed and aware of what is happening around me.</li> <li>• I know when to attack and when to defend.</li> <li>• I know that a punt is a kick from my hands.</li> <li>• I know that, when kicking from the ground, I need to place my standing foot adjacent to the ball. I can move carefully, retaining my balance.</li> </ul>	<p><u>PE Passport Unit: Pirates (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can use my body to create theme related shapes, movements and actions.</li> <li>• I can use poems and pictures to create shapes, movements and actions.</li> <li>• I can show good listening skills.</li> <li>• I can travel safely and creatively in a space.</li> <li>• I can show different levels when I travel.</li> <li>• I can communicate effectively with a partner.</li> <li>• I can remember and perform a simple sequence of movement.</li> <li>• I can give feedback to help my partner improve.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 2 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I can hop.</li> <li>• I can travel backwards safely.</li> <li>• I can share space considerately.</li> <li>• I can jump in a variety of ways.</li> <li>• I can land safely from different jumps.</li> <li>• I can combine a run and a jump.</li> <li>• I can dodge.</li> <li>• I can move safely with awareness of others.</li> <li>• I can evade others.</li> <li>• I can attack and defend.</li> <li>• I can punt a ball.</li> <li>• I can strike a ball accurately, with power, with my laces.</li> </ul>
<p>Autumn 2 (A) Phase: Y1/2</p>	<p>shapes movements levels sequence flow</p>	<p><u>PE Passport Unit: Mini Beasts (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words and ideas into theme relates shapes, movements and actions.</li> <li>• I know that we need to look forward to safely move around in space.</li> <li>• I know that we need to control our speed to ensure safety.</li> <li>• I know how to listen to other people’s ideas and vocalise my own thoughts.</li> <li>• I know how to link ideas and movements together so that they start to flow.</li> </ul>	<p><u>PE Passport Unit: Mini Beasts (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can use my body to create theme related shapes, movements and actions.</li> <li>• I can use poems and pictures to create shapes, movements and actions.</li> <li>• I can show good listening skills.</li> <li>• I can travel safely and creatively in a space.</li> <li>• I can show different levels when I travel.</li> <li>• I can communicate effectively with a partner.</li> <li>• I can remember and perform a simple sequence of movement.</li> <li>• I can give feedback to help my partner improve.</li> </ul>

	<p>patches counter balance counter tension transitional twist flight inversion</p>	<p><u>PE Passport Unit: Spinning, Turning and Twisting (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know what patches are.</li> <li>• I know the difference between symmetry and asymmetry.</li> <li>• I know what a twist is.</li> <li>• I know ways of twisting with different parts of the body.</li> <li>• I know how to perform a fluent routine that is controlled.</li> <li>• I know how to work with others to get out and put away apparatus safely.</li> <li>• I know what the difference between a turn and a twist is.</li> <li>• I know how to counter balance using apparatus.</li> <li>• I know how to coordinate movements in time with my partner.</li> <li>• I know what the difference is between a counter balance and counter tension.</li> <li>• I know how to use transitional movements to link ideas.</li> </ul>	<p><u>PE Passport Unit: Spinning, Turning and Twisting (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can devise a sequence of balances and spins on patches.</li> <li>• I can twist in flight.</li> <li>• I can perform a twist and then roll.</li> <li>• I can change my pathway after each roll by spinning.</li> <li>• I can change the point of contact in balances by leading into the next balance by twisting.</li> <li>• I can twist my body whilst in motion.</li> <li>• I can twist my body when balancing.</li> <li>• I can work at all three levels.</li> <li>• I can twist whilst in inversion.</li> <li>• I can perform counter balances against apparatus.</li> <li>• I can work in synchronisation with a partner.</li> <li>• I can create a sequence of work with a clear start and controlled twists, spins and turns.</li> </ul>
<p>Spring 1 (A) Phase: Y1/2</p>	<p>arches curls stretches</p> <p>vertical jump broad jump cushion distance</p>	<p><u>PE Passport Unit: Stretching, Curling and Arching (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know what a curled shape looks like.</li> <li>• I know that I can imitate the ideas of others.</li> <li>• I know what points are.</li> <li>• I know how to form arches with my body.</li> <li>• I know the importance of working at different levels.</li> <li>• I know how to give good feedback to a partner.</li> <li>• I know the difference between stretching and curling.</li> <li>• I know how to share apparatus and space with others.</li> <li>• I know a range of different types of jumps which are stretched and curled.</li> <li>• I know that timing is important in a routine.</li> <li>• I know to perform with changes of level, direction and speed.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 3 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I know that there are different ways of jumping a rope.</li> <li>• I know to push down on the ball using my fingers.</li> <li>• I know how to turn my foot to cushion a pass sent to me.</li> <li>• I know that good bounce passes are easier to receive.</li> <li>• I know the difference between a vertical and broad jump.</li> <li>• I know how to measure a vertical jump.</li> <li>• I know to cushion the impact of the ball.</li> </ul>	<p><u>PE Passport Unit: Stretching, Curling and Arching (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can travel in curled positions.</li> <li>• I can support my own body weight in curled positions.</li> <li>• I can stretch whilst in balance.</li> <li>• I can create a sequence which flows and involves arching and stretching.</li> <li>• I can create a sequence with seamless transitions between stretches and curls.</li> <li>• I can arch my body.</li> <li>• I can stretch and curl whilst performing a variety of gymnastics movements.</li> <li>• I can show inversion and counter balance using apparatus.</li> <li>• I can form front and back supports.</li> <li>• I can demonstrate a variety of travelling into and out of supports.</li> <li>• I can perform a sequence with clear starting and finishing points.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 3 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>• I can skip using a rope.</li> <li>• I can jump in a variety of ways.</li> <li>• I can dribble a ball with either hand.</li> <li>• I can travel with a ball with my head up.</li> <li>• I can receive a ball and trap it.</li> <li>• I can cushion a pass that is sent to me.</li> <li>• I can pass accurately.</li> <li>• I can jump for height.</li> <li>• I can broad jump for distance.</li> <li>• I can signal that I want the ball.</li> </ul>
<p>Spring 2 (A) Phase: Y1/2</p>	<p>punt force</p>	<p><u>PE Passport Unit: Target Games 3 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know which part of my foot to use to strike the ball.</li> <li>• I know how to punt high.</li> <li>• I know to hold the ball over to the side when I punt the ball.</li> <li>• I know that I need to be in a ready position to catch my friend's punts.</li> <li>• I know that I have to keep my head still when striking.</li> <li>• I know that I have to take turns and share equipment.</li> <li>• I know how I should stand when I am throwing overarm.</li> <li>• I know when to throw underarm and when to throw overarm.</li> </ul>	<p><u>PE Passport Unit: Target Games 3 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can work with a friend to advise them on how to improve their punt.</li> <li>• I can punt a ball with increasing accuracy.</li> <li>• I can strike a ball at a target.</li> <li>• I can strike with force.</li> <li>• I can choose correctly when it is best to throw overarm or underarm.</li> <li>• I can receive a ball after one bounce.</li> </ul>

	backhand short tennis	<p><u>PE Passport Unit: Net and Wall Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know what a ready position looks like.</li> <li>• I know to track the flight of the ball with my eyes.</li> <li>• I know that I have to position myself under the ball to strike it upwards over a net.</li> <li>• I know that I need to move quickly to get into good positions to return the ball.</li> <li>• I know how to play a game of short tennis against an opponent.</li> </ul>	<p><u>PE Passport Unit: Net and Wall Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send and receive a ball with some accuracy.</li> <li>• I can move quickly into good positions to catch.</li> <li>• I can volley a ball by positioning myself in line and underneath it.</li> <li>• I can keep a short rally going with a partner.</li> <li>• I can develop a good grip and stance.</li> <li>• I can return a ball after one bounce that has been thrown to me by a partner.</li> <li>• I can strike a backhand from my own feed.</li> <li>• I can move around the court.</li> </ul>
Summer 1 (A) Phase: Y1/2	attack defence light on my feet shield possession	<p><u>PE Passport Unit: Invasion Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know how far to throw the ball.</li> <li>• I know to stand in a position of readiness to receive the ball on the first bounce.</li> <li>• I know to track the flight of the ball right into my hands.</li> <li>• I know to stay light on my feet and prepare to move quickly.</li> <li>• I know to turn my body so that I can see my opponent and the ball when defending.</li> <li>• I know to close the space down quickly when defending.</li> <li>• I know to attack at speed.</li> <li>• I know to keep my body between the ball and my opponent to shield it.</li> <li>• I know to work hard in attack and defence to help the team.</li> </ul>	<p><u>PE Passport Unit: Invasion Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can throw overarm for my partner to catch after one bounce.</li> <li>• I can track an opponent.</li> <li>• I can intercept a pass.</li> <li>• I can dodge to beat an opponent.</li> <li>• I can close the space down that attackers have to work in.</li> <li>• I can pass the ball with control.</li> <li>• I can retain possession of the ball.</li> <li>• I can compete with some spatial awareness in team games.</li> <li>• I can pass and move decisively.</li> </ul>
	sprinting stamina core strength relaxation	<p><u>PE Passport Unit: Social Distance 1 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I know the importance of a good start.</li> <li>• I know to cushion my knees when landing.</li> <li>• I know how to improve my technique to increase the height and distance of my jumps.</li> <li>• I know the difference between a leap and a jump.</li> <li>• I know what core strength is.</li> <li>• I know what stamina is.</li> <li>• I know why relaxation is important.</li> <li>• I know how to start and finish a sprint race.</li> </ul>	<p><u>PE Passport Unit: Social Distance 1 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I can coordinate a run with a jump.</li> <li>• I can leap, jump and hop.</li> <li>• I can show determination and perseverance.</li> <li>• I can run for a period of time, maintaining a good pace.</li> <li>• I can demonstrate a good sprinting technique.</li> </ul>
Summer 2 (A) Phase: Y1/2	return	<p><u>PE Passport Unit: Striking and Field Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to run between wickets.</li> <li>• I know the stance to adopt when keeping a wicket.</li> <li>• I know why it is important to be adept at picking the ball up with both hands.</li> <li>• I know the correct technique for throwing overarm.</li> <li>• I know the importance of good communication with my teammates.</li> </ul>	<p><u>PE Passport Unit: Striking and Field Game Skills 2 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can catch a ball after one bounce.</li> <li>• I can strike a ball off a tee.</li> <li>• I can bowl overarm with a straight arm.</li> <li>• I can stop the ball as a wicket keeper.</li> <li>• I can pick up a ball one handed and return it underarm.</li> <li>• I can return the ball quickly.</li> <li>• I can strike a ball from a short delivery.</li> <li>• I can chase a ball and throw it back accurately.</li> <li>• I can play a game by applying the skills that I have learned.</li> <li>• I can demonstrate the school games values.</li> </ul>
	cushion distance react	<p><u>PE Passport Unit: Athletics 2 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I know to cushion my knees when landing.</li> <li>• I know the techniques for different types of jump.</li> <li>• I know how to improve my technique to increase the height and distance of my jumps.</li> <li>• I know the difference between a leap and a jump.</li> <li>• I know how to increase the distance of my jumps.</li> <li>• I know why it is important to warm up.</li> <li>• I know how to increase the distance of my throws.</li> <li>• I know how to keep others safe when I am throwing,</li> <li>• I know to share equipment and take turns. I can react quickly.</li> </ul>	<p><u>PE Passport Unit: Athletics 2 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I can jump in a variety of ways.</li> <li>• I can coordinate a run with a jump.</li> <li>• I can discover and develop different styles of jumping.</li> <li>• I can leap, jump and hop.</li> <li>• I can jump in a variety of ways competently.</li> <li>• I can add a short run to my jump.</li> <li>• I can throw with good technique.</li> <li>• I can throw with a run up.</li> <li>• I can help a peer improve their performance with good feedback.</li> <li>• I can demonstrate a variety of athletic techniques competently.</li> </ul>

<p>Autumn 1 (A) Phase: Y3/4</p>	<p>timing execution performance static agility</p> <p>possession space position</p>	<p><u>PE Passport Unit: Vikings (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words and ideas into actions.</li> <li>• I know how to listen to others and share my own ideas.</li> <li>• I know how to use canon, direction and level to improve me ideas.</li> <li>• I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to be on the balls of my feet when waiting to receive a pass.</li> <li>• I know to move into space after passing.</li> <li>• I know to use the inside of my foot to send the ball when passing.</li> <li>• I know how to position my body in relation to the ball and my opponent when shielding.</li> <li>• I know what it is important to take touches with different parts of the foot when dribbling.</li> <li>• I know to use the full width of the pitch.</li> <li>• I know that the team needs to be balanced which means that I may not always be able to play in my favourite position.</li> <li>• I know to pass and move into space.</li> <li>• I know to plan ahead when out of possession.</li> </ul>	<p><u>PE Passport Unit: Vikings (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can demonstrate some agility, balance, co-ordination and precision.</li> <li>• I can creatively change between static actions and travelling movements.</li> <li>• I can show different levels and pathways when I travel.</li> <li>• I can communicate with my partner or group.</li> <li>• I can improve my ideas. I can evaluate the work of others using technical language.</li> </ul> <p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can trap a ball and cushion it when receiving it.</li> <li>• I can pass the ball accurately.</li> <li>• I can dribble the ball using my feet.</li> <li>• I can shield a ball from an opponent.</li> <li>• I can turn confidently with a ball.</li> <li>• I can play a small game and demonstrate my turns.</li> <li>• I can work with a partner to overlap.</li> <li>• I can focus and retain my concentration when the ball isn't in my area of the pitch.</li> <li>• I can show my skills in a competitive environment.</li> </ul>
<p>Autumn 2 (A) Phase: Y3/4</p>	<p>uplevelling point patch contrasting levels</p> <p>tactics aim opposition peripheral</p>	<p><u>PE Passport Unit: Linking Movements Together (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know the difference between a point and a patch.</li> <li>• I know how to spin with control.</li> <li>• I know how to move from one shape to another smoothly.</li> <li>• I know how to perform symmetrically and asymmetrically.</li> <li>• I know the importance of being in control of everything I do.</li> <li>• I know how to use the space available to me.</li> <li>• I know the importance of a good starting and finishing position.</li> <li>• I know the importance of uplevelling my work and acting upon feedback.</li> </ul> <p><u>PE Passport Unit: Dodgeball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to aim low and throw down to make it harder for the other team to catch me.</li> <li>• I know when to attack and when to defend.</li> <li>• I know to keep on the move to make myself more difficult to hit.</li> <li>• I know the consequences of dropping an attempted catch.</li> <li>• I know to evaluate and improve the performance of my team.</li> <li>• I know the rules of dodgeball.</li> <li>• I know that tactics need to be decided as a team.</li> </ul>	<p><u>PE Passport Unit: Linking Movements Together (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can step gracefully with control.</li> <li>• I can turn through 90, 180, 270 and 360 degrees.</li> <li>• I can spin on points and patches.</li> <li>• I can hold balances with good control.</li> <li>• I can find ways of moving out of one balance and into another.</li> <li>• I can show graceful ways of getting from floor to ground and vice versa.</li> <li>• I can link high and low moves.</li> <li>• I can explore a variety of rolls.</li> <li>• I can create a sequence of rolls and balances.</li> <li>• I can travel on patches close to the ground.</li> <li>• I can perform when working at contrasting levels.</li> <li>• I can perform a range of gymnastic movements at my own level.</li> <li>• I can link movements seamlessly.</li> </ul> <p><u>PE Passport Unit: Dodgeball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can throw overarm powerfully and accurately.</li> <li>• I can keep my eye on the opposition at all times.</li> <li>• I can time when to move to the net to throw.</li> <li>• I can judge which balls to catch and which to dodge.</li> <li>• I can show good peripheral awareness.</li> <li>• I can adapt to different rules quickly.</li> <li>• I can attack decisively.</li> <li>• I can defend skilfully.</li> <li>• I can work alongside others to agree tactics.</li> <li>• I can compete with passion, self-belief, respect, honesty, determination and teamwork.</li> </ul>



<p>Spring 1 (A) Phase: Y3/4</p>	<p>clarity inversion cartwheel motion</p> <p>shielding backswing jab tackle</p>	<p><u>PE Passport Unit: Receiving Body Weight (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know the difference between symmetrical and asymmetrical work.</li> <li>I know the importance of clarity in my shapes.</li> <li>I know what inversion is.</li> <li>I know how to give feedback constructively to my partner.</li> <li>I know how to perform a cartwheel.</li> <li>I know a variety of moves where I can take weight on my hands.</li> <li>I know the importance of good timing and control in my movements.</li> <li>I know the technique for rolling safely on my shoulders and in a teddy bear roll.</li> <li>I know how to share apparatus space with others.</li> </ul> <p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to hold the hickey stick.</li> <li>I know the importance of good close control.</li> <li>I know to put my body between the ball and my opponent when shielding it.</li> <li>I know the technique of push passing.</li> <li>I know not to raise the stick above waist height.</li> <li>I know to use a short and flat backswing, with the stick parallel to the ground when hitting a slap pass.</li> <li>I know what to do if the ball hits someone's feet.</li> <li>I know how to jab tackle.</li> <li>I know how to make a plan before each game.</li> </ul>	<p><u>PE Passport Unit: Receiving Body Weight (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can take weight on patches.</li> <li>I can create symmetrical and asymmetrical shapes and balances on patches.</li> <li>I can take body weight on my back and shoulders both in balance and in motion.</li> <li>I can go into inversion.</li> <li>I can take weight on my hands as part of a sequence of moves.</li> <li>I can take my weight on my back, bottom and shoulders both in balance and in motion.</li> <li>I can perform shoulder and teddy bear rolls.</li> </ul> <p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can dribble a ball confidently.</li> <li>I can stop a ball.</li> <li>I can develop my dribbling technique.</li> <li>I can change direction easily.</li> <li>I can pass a ball accurately.</li> <li>I can control a ball sent to me.</li> <li>I can pass in a variety of ways, using good technique.</li> <li>I can receive a pass on the run.</li> <li>I can perform a jab tackle.</li> <li>I can compete in a hockey game.</li> <li>I can work effectively as part of a team.</li> </ul>
<p>Spring 2 (A) Phase: Y3/4</p>	<p>unison</p> <p>BEEF</p>	<p><u>PE Passport Unit: Symmetry and Asymmetry (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to use feedback to improve my sequencing work.</li> <li>I know the importance of working with control and good transitions between movements.</li> <li>I know what symmetrical and asymmetrical shapes look like.</li> <li>I know the importance of clear starting and finishing positions.</li> <li>I know how to work constructively with a partner.</li> <li>I know how to work in time with a partner.</li> <li>I know how to listen to peer assessment and use the comments to uplevel my work.</li> </ul> <p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to vary movement to control the ball.</li> <li>I know when to do a chest pass or bounce pass in basketball.</li> <li>I know how to maintain possession when under pressure, through quick passing, movement and communication.</li> <li>I know how to work as a team to find space.</li> <li>I know how to communicate with teammates to attack and defend in a competitive game.</li> </ul>	<p><u>PE Passport Unit: Symmetry and Asymmetry (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can create a sequence using different spins on patches.</li> <li>I can perform with smooth transitions.</li> <li>I can create a sequence at different levels.</li> <li>I can spin symmetrically and asymmetrically.</li> <li>I can perform a forward roll.</li> <li>I can perform in unison with others.</li> </ul> <p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can control a basketball using both hands.</li> <li>I can control the ball on the move (dribble) whilst keeping my head up and being aware of my environment.</li> <li>I can step in the direction of the pass.</li> <li>I can pass the ball whilst moving.</li> <li>I can use balance, elbow, eye-line and follow through (BEEF) to shoot a basketball.</li> <li>I can dribble, pass and shoot the ball.</li> </ul>
<p>Summer 1 (A) Phase: Y3/4</p>	<p>sprint technique</p>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I know how to start a sprint race.</li> <li>I know the importance of keeping my first few metres low and powerful.</li> <li>I know which foot is my take off foot.</li> <li>I know the technique associated with hurdling.</li> <li>I know that my furthest point backwards in long jump and triple jump is the point measured in the competition.</li> <li>I know to position my body sideways when throwing.</li> <li>I know the pull technique in throwing.</li> <li>I know how to receive a transfer baton safely.</li> <li>I know how to measure my own and others' performances.</li> </ul>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I can use the correct technique to start a sprint race.</li> <li>I can develop my coordination to improve speed.</li> <li>I can hurdle efficiently and consistently.</li> <li>I can sprint between hurdles.</li> <li>I can develop the technique and consistency of my jumps.</li> <li>I can jump consistently off the same foot.</li> <li>I can scissor kick.</li> <li>I can throw overarm accurately.</li> <li>I can throw overarm with power for distance.</li> </ul>

	<p>strength weakness opponent</p>	<p><u>PE Passport Unit: Tennis (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to try to position myself in the centre of the court after playing each shot.</li> <li>• I know to hit the ball with a full backswing.</li> <li>• I know that I can play backhand with one hand or two hands.</li> <li>• I know to volley by deflecting the ball downwards.</li> <li>• I know how to score a point in tennis.</li> <li>• I know my own strengths and weaknesses.</li> </ul>	<p><u>PE Passport Unit: Tennis (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can move into good positions to strike a ball.</li> <li>• I can hit forehand returns.</li> <li>• I can volley a ball, striking it downwards.</li> <li>• I can use tactics against an opponent.</li> </ul>
<p>Summer 2 (A) Phase: Y3/4</p>	<p>no ball bowl base</p> <p>plyometric adapt flexibility core strength personal best</p>	<p><u>Y3: PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to position myself sideways when striking the ball and bowling.</li> <li>• I know how to grip a ball so that it comes out of my fingers smoothly when bowling.</li> <li>• I know what a 'no ball' is.</li> <li>• I know why fielders might start off at a base and then move to it after a strike.</li> <li>• I know what happens when I miss a rounders ball or hit it behind me.</li> <li>• I know how to keep score.</li> <li>• I know to run after the ball when it goes out of play.</li> </ul> <p><u>Y3: PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"> <li>• I know what stamina is and how to sustain physical exertion over periods of time.</li> <li>• I know how to adapt exercises to make them easier or harder.</li> <li>• I know what flexibility is and why it is important in life.</li> <li>• I know why relaxation is important.</li> <li>• I know why core strength and flexibility are important in almost every sport.</li> <li>• I know a range of exercises that can help to develop my fitness.</li> <li>• I know what area of fitness plyometric is developing.</li> <li>• I know why it is important to cool down and stretch after vigorous exercise.</li> </ul> <p><u>Y4: Swimming</u></p> <ul style="list-style-type: none"> <li>• I know how to stay safe in the water.</li> <li>• I know how to swim using a range of strokes.</li> </ul>	<p><u>Y3: PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send a ball using a good throwing technique.</li> <li>• I can receive a ball using a good catching technique.</li> <li>• I can develop basic bowling skills.</li> <li>• I can develop basic batting skills.</li> <li>• I can communicate with players for the good of my team.</li> <li>• I can catch high balls comfortably.</li> <li>• I can backpedal to catch balls over me.</li> </ul> <p><u>Y3: PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"> <li>• I can warm up and cool down after exercise.</li> <li>• I can sustain my performance even when tiring.</li> <li>• I can perform a variety of yoga poses.</li> <li>• I can retain my focus and concentrate on the quality of my own work.</li> <li>• I can demonstrate good core strength.</li> <li>• I can keep going even when my muscles are really fatiguing.</li> <li>• I can jump dynamically.</li> <li>• I can land safely.</li> <li>• I can demonstrate good sprinting technique.</li> <li>• I can improve on previous personal bests.</li> </ul> <p><u>Y4: Swimming</u></p> <ul style="list-style-type: none"> <li>• I can enter and leave the water safely.</li> <li>• I can swim competently, confidently and proficiently over distance of at least 25m.</li> <li>• I can use a range of strokes effectively (for example front crawl, back stroke, breast stroke).</li> <li>• I can perform safe self-rescue in different water based situations.</li> </ul>
<p>Autumn 1 (A) Phase: Y5/6</p>	<p>Arabesque contrasting synchrony</p>	<p><u>PE Passport Unit: Matching, Mirroring and Contrast (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know some interesting ways of transitioning from one move to another.</li> <li>• I know how to perform Arabesque.</li> <li>• I know how to mirror in unison with my partner.</li> <li>• I know the importance of timing and how to ensure I work in synchrony with my partner.</li> <li>• I know how to communicate to negotiate in order to agree a sequence as a group.</li> <li>• I know how to perform effectively in canon.</li> </ul>	<p><u>PE Passport Unit: Matching, Mirroring and Contrast (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can perform matching moves with a partner within a sequence.</li> <li>• I can hold balances on different numbers of point of contact.</li> <li>• I can control an arabesque.</li> <li>• I can contrast my partner's moves so that we work at different levels in different ways.</li> <li>• I can perform a sequence mirroring a partner's symmetrical and asymmetrical shapes.</li> <li>• I can perform a sequence with a partner which moves between matching and contrasting movements.</li> <li>• I can work within a group to demonstrate fluent routines involving mirroring and contrasts.</li> <li>• I can perform elements of unison and canon in a group routine.</li> </ul>

	<p>discipline overlap underlap committing</p>	<p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to move into a space after passing.</li> <li>• I know that the ball may come to me at any moment.</li> <li>• I know how to get free from a defender.</li> <li>• I know to dribble with the ball close to me, with my head up.</li> <li>• I know to run at pace when trying to dribble past a defender.</li> <li>• I know how to make it harder for the attacker when I am defending.</li> <li>• I know what an underlap and overlap are.</li> <li>• I know the importance of concentration.</li> <li>• I know the importance of discipline.</li> <li>• I know the rules of the game.</li> </ul>	<p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can demonstrate close control of the ball.</li> <li>• I can pass the ball and move into space.</li> <li>• I can combine skills to help my team to retain possession.</li> <li>• I can dribble at different speeds.</li> <li>• I can choose which shooting technique to use to be successful.</li> <li>• I can keep the ball moving when running at an opponent.</li> <li>• I can communicate with my teammates.</li> <li>• I can defend thoughtfully, slowing down attackers and not overcommitting too soon.</li> <li>• I can cooperate, communicate and collaborate with others to achieve shared goals.</li> </ul>
<p>Autumn 2 (A) Phase: Y5/6</p>	<p>signal disguise pivot rebounds</p> <p>timing execution agility coordination</p>	<p><u>PE Passport Unit: Netball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know how to signal for a pass.</li> <li>• I know that I need to move to new space after passing.</li> <li>• I know how to disguise my passes.</li> <li>• I know that that receiving the ball in a sideways position opens up the court.</li> <li>• I know the rules for shooting.</li> <li>• I know some attacking principles.</li> <li>• I know to communicate non-verbally on court.</li> <li>• I know where I am allowed on court when playing in specific positions.</li> </ul> <p><u>PE Passport Unit: Natural Disasters (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words or ideas into actions and combine them together.</li> <li>• I know how to translate theme related actions into travelling movements.</li> <li>• I know how to translate images into actions to communicate meaning.</li> <li>• I know how to use choreography to create a sequence.</li> <li>• I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>• I know how to recognise good timing, execution and performance skills.</li> </ul>	<p><u>PE Passport Unit: Netball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send a netball in a variety of ways.</li> <li>• I can receive a ball and already know what I want to do with it.</li> <li>• I can pass accurately, using a variety of passes.</li> <li>• I can anticipate the play and release the ball quickly and efficiently.</li> <li>• I can shoot with good technique.</li> <li>• I can land and pivot to pass the ball.</li> <li>• I can shoulder pass accurately, with force.</li> <li>• I can create space for myself.</li> <li>• I can position myself to take rebounds from missed shots.</li> <li>• I can apply some tactics that we have decided as a team.</li> </ul> <p><u>PE Passport Unit: Natural Disasters (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can demonstrate agility, balance, co-ordination and precision.</li> <li>• I can creatively change static actions into travelling movements.</li> <li>• I can show different levels and pathways when I travel.</li> <li>• I can communicate effectively with a partner and within a group.</li> <li>• I can evaluate the work of others using accurate technical language.</li> </ul>
<p>Spring 1 (A) Phase: Y5/6</p>	<p>scramble consistent tempo</p>	<p><u>PE Passport Unit: Synchronisation and Canon (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know how to use feedback to uplevel my work.</li> <li>• I know how to coordinate my moves in time with my partner.</li> <li>• I know what counter tension balances are.</li> <li>• I know how to work in symmetry and asymmetrically.</li> <li>• I know how to work cooperatively and collaboratively with others.</li> <li>• I know how to perform to an audience.</li> </ul>	<p><u>PE Passport Unit: Synchronisation and Canon (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can slide, scramble, push and spin.</li> <li>• I can work with a partner to create a sequence.</li> <li>• I can perform in canon to a consistent tempo so that my sequence flows.</li> <li>• I can create a sequence working at different levels with different dynamics.</li> <li>• I can perform balances on patches and in unison and rolls in canon.</li> <li>• I can work symmetrically and asymmetrically.</li> <li>• I can perform a routine in a group, displaying canon and unison.</li> <li>• I can work in different pathways with my group.</li> </ul>

	formation pressure adapt	<p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know that I can only use the flat side of the hockey stick.</li> <li>I know that I can't lift the stick higher than my waist.</li> <li>I know the technique for push passing.</li> <li>I know how to receive a ball by cushioning its impact.</li> <li>I know that I need to move into space after passing.</li> <li>I know to use the width of the pitch when attacking,</li> <li>I know how to play in a formation.</li> <li>I know the rules of the game.</li> </ul>	<p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can hold the hockey stick correctly.</li> <li>I can dribble the ball with my head up.</li> <li>I can push pass accurately.</li> <li>I can jab tackle.</li> <li>I can send and receive the ball under pressure.</li> <li>I can pass then move.</li> <li>I can work with a partner to get past a defender.</li> <li>I can support my teammates by communicating with them.</li> <li>I can adapt tactics.</li> </ul>
Spring 2 (A) Phase: Y5/6	timing execution agility coordination  fielding adjust	<p><u>PE Passport Unit: British Values (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words or ideas into actions and combine them together.</li> <li>I know how to translate theme related actions into travelling movements.</li> <li>I know how to translate images into actions to communicate meaning.</li> <li>I know how to use choreography to create a sequence.</li> <li>I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know to try and catch the ball in line with my nose.</li> <li>I know to have a high back lift when batting.</li> <li>I know how to motivate and support my teammates.</li> <li>I know the rules of the game.</li> <li>I know that I can adjust my position when fielding.</li> </ul>	<p><u>PE Passport Unit: British Values (Dance)</u></p> <ul style="list-style-type: none"> <li>I can demonstrate agility, balance, co-ordination and precision.</li> <li>I can creatively change static actions into travelling movements.</li> <li>I can show different levels and pathways when I travel.</li> <li>I can communicate effectively with a partner and within a group.</li> <li>I can evaluate the work of others using accurate technical language.</li> </ul> <p><u>PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can catch with soft hands.</li> <li>I can throw accurately into space.</li> <li>I can bowl accurately at a consistent height.</li> <li>I can catch and throw quickly.</li> <li>I can strike with some accuracy.</li> <li>I can adapt my position during the game.</li> </ul>
Summer 1 (A) Phase: Y5/6	straight bend lead leg hurdle baton  pop pass pocket pass knock on forward pass dummy pass	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I know how running a bend differs from running a straight.</li> <li>I know to stand sideways when throwing.</li> <li>I know to use my non-throwing arm to help me to throw.</li> <li>I know the technique to throw a shot.</li> <li>I know how to generate power from the thighs.</li> <li>I know which foot and leg is my take-off foot and lead leg.</li> <li>I know how to hurdle efficiently.</li> <li>I know how to position myself to receive a baton.</li> </ul> <p><u>PE Passport Unit: Tag Rugby (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to grip a ball.</li> <li>I know the importance of carrying a ball with two hands.</li> <li>I know when to pop pass and when to pocket pass.</li> <li>I know what position I need to get into when passing left, and how it changes when I pass to my right.</li> <li>I know how to 'roll' my hands when changing position and making catches.</li> <li>I know to close the space when defending.</li> <li>I know to be wary of the dummy pass.</li> <li>I know what a knock on is.</li> <li>I know what a forward pass is.</li> <li>I know the rules of the game.</li> </ul>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I can change pace and run at different tempos.</li> <li>I can sustain my pace over longer distances.</li> <li>I can throw with accuracy and power using the pull technique.</li> <li>I can throw after a run up.</li> <li>I can throw with greater force over longer distances.</li> <li>I can throw with greater control, accuracy and efficiency.</li> <li>I can measure my accurately my performance.</li> <li>I can combine sprinting with hurdling.</li> <li>I can transfer a relay baton efficiently as part of a team.</li> </ul> <p><u>PE Passport Unit: Tag Rugby (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can pop pass and pocket pass.</li> <li>I can tag someone safely.</li> <li>I can send and receive a ball on the run when under pressure.</li> <li>I can pass accurately to my left or right.</li> <li>I can pass a rugby ball backwards with accuracy.</li> <li>I can play a dummy pass.</li> <li>I can attack in staggered lines.</li> <li>I can change my position so that I can receive passes on the run.</li> </ul>
Summer 2 (A) Phase: Y5/6	timing execution agility coordination	<p><u>PE Passport Unit: Y5/6 Concert (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words or ideas into actions and combine them together.</li> <li>I know how to translate theme related actions into travelling movements.</li> <li>I know how to translate images into actions to communicate meaning.</li> <li>I know how to use choreography to create a sequence.</li> <li>I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>I know how to recognise good timing, execution and performance skills.</li> </ul>	<p><u>PE Passport Unit: Y5/6 Concert (Dance)</u></p> <ul style="list-style-type: none"> <li>I can demonstrate agility, balance, co-ordination and precision.</li> <li>I can creatively change static actions into travelling movements.</li> <li>I can show different levels and pathways when I travel.</li> <li>I can communicate effectively with a partner and within a group.</li> <li>I can evaluate the work of others using accurate technical language.</li> </ul>

	mental benefits rehydrate determination	<p><u>PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"><li>• I know the physical and mental benefits of regular exercise.</li><li>• I know why flexibility is important.</li><li>• I know why core strength is important.</li><li>• I know why stamina is important.</li><li>• I know how to develop all round strength for my body.</li><li>• I know why relaxation and stretching is an important part of all athletes' training.</li><li>• I know why it is important to warm up prior to exercise.</li><li>• I know how drinking water can rehydrate the body.</li><li>• I know what factors have contributed to any improvement in performance.</li></ul>	<p><u>PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"><li>• I can sustain my pace when running.</li><li>• I can motivate myself to do my best in a range of exercises.</li><li>• I can show determination and perseverance.</li><li>• I can run for a period of time, maintaining a good pace.</li><li>• I can perform a variety of exercises demonstrating good technique.</li><li>• I can work with determination.</li><li>• I can show desire to improve on previous performances.</li><li>• I can prepare properly for exercise.</li></ul>
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**PHYSICAL EDUCATION – Cycle B**

Subject	Key vocab.	Declarative knowledge	Procedural knowledge
Autumn 1 (A) Phase: EYFS	rock apparatus share slide scramble tension patches spinning symmetrical asymmetrical	<u>PE Passport Unit: Parts High and Parts Low (Gymnastics)</u> <ul style="list-style-type: none"> <li>I know how to rock. [Physical Development: Gross Motor Skills]</li> <li>I know how to share apparatus. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know how to work safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to slide and scramble. [Physical Development: Gross Motor Skills]</li> <li>I know what patches are. [Physical Development: Gross Motor Skills]</li> <li>I know to show tension in my movements by using pointed toes. [Physical Development: Gross Motor Skills]</li> <li>I know how to jump and land safely. [Physical Development: Gross Motor Skills]</li> <li>I know what spinning is. [Physical Development: Gross Motor Skills]</li> <li>I know what symmetric and asymmetric look like. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know how to help put apparatus out and away safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>	<u>PE Passport Unit: Parts High and Parts Low (Gymnastics)</u> <ul style="list-style-type: none"> <li>I can travel close to the ground. [Physical Development: Gross Motor Skills]</li> <li>I can use apparatus. [Physical Development: Gross Motor Skills]</li> <li>I can travel with confidence and skill around, under, over and through. [Physical Development: Gross Motor Skills]</li> <li>I can move confidently at different levels. [Physical Development: Gross Motor Skills]</li> <li>I can make up a short sequence with a change in level.</li> <li>I can balance on patches. [Physical Development: Gross Motor Skills]</li> <li>I can roll in different ways. [Physical Development: Gross Motor Skills]</li> <li>I can make up a short sequence with a change in direction. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can jump off an object and land appropriately. [Physical Development: Gross Motor Skills]</li> <li>I can link two movements together.</li> <li>I can perform a sequence of asymmetric balances and movements on floor and apparatus. [Physical Development: Gross Motor Skills]</li> <li>I can start and finish my work in interesting ways. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can link movements together. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can create a variety of shapes using my body. [Physical Development: Gross Motor Skills]</li> <li>I can climb stairs, steps and move across climbing equipment using alternate feet. [Physical Development: Gross Motor Skills]</li> </ul>
	shapes movements feelings control	<u>PE Passport Unit: Nursery Rhymes (Dance)</u> <ul style="list-style-type: none"> <li>I know how to use the words in a poem to create shapes, movements or feelings. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know that we need to look forwards to safely move around in a space. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know that we need to control our speed to ensure safety. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to listen to other people’s ideas and vocalise my own thoughts. [Communication and Language: Listening, Attention and Understanding]</li> <li>I know how to be aware of people’s feelings when giving and receiving simple feedback. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know that control is important when performing. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>	<u>PE Passport Unit: Nursery Rhymes (Dance)</u> <ul style="list-style-type: none"> <li>I can use my body to create simple theme related shapes, movements and actions. [Physical Development: Gross Motor Skills]</li> <li>I can show good listening skills. [Communication and Language: Listening, Attention and Understanding]</li> <li>I can travel safely in a space. [Physical Development: Gross Motor Skills]</li> <li>I can travel creatively in a space. [Physical Development: Gross Motor Skills]</li> <li>I can show different levels when I travel. [Physical Development: Gross Motor Skills]</li> <li>I can work with a partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can look at pictures to create shapes, movements and actions. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can remember and perform a basic sequence of movement when led by a teacher. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>

<p>Autumn 2 (A) Phase: EYFS</p>	<p>jump leap balance tactics star jumps tuck jumps gallop speed pushing pulling</p> <p>pathways mirror under over through sequence high low</p>	<p><u>PE Passport Unit: Under the Sea (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know how to jump and leap safely, with soft knees. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know to fix my eyes on a point when balancing. [Physical Development: Gross Motor Skills]</li> <li>I know that I need to watch the ball when throwing and catching. [Physical Development: Gross Motor Skills]</li> <li>I know how to throw gently. [Physical Development: Gross Motor Skills]</li> <li>I know how to be kind when working as part of a team. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know that tactics involve planning. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: Travelling, Stopping and Making Shapes (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to mirror. [Physical Development: Gross Motor Skills]</li> <li>I know how to share apparatus. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to use apparatus safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to travel by pushing and pulling myself. [Physical Development: Gross Motor Skills]</li> <li>I know how to jump and land safely. [Physical Development: Gross Motor Skills]</li> <li>I know what pathways are. [Physical Development: Gross Motor Skills]</li> <li>I know what stepping is. [Physical Development: Gross Motor Skills]</li> <li>I know to keep my head up when travelling with weight on my hands. [Physical Development: Gross Motor Skills]</li> <li>I know how to help put apparatus out and away safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>	<p><u>PE Passport Unit: Under the Sea (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can leap, bend, stretch and gallop. [Physical Development: Gross Motor Skills]</li> <li>I can perform a side gallop. [Physical Development: Gross Motor Skills]</li> <li>I can move in creative ways. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can perform star jumps. [Physical Development: Gross Motor Skills]</li> <li>I can perform tuck jumps. [Physical Development: Gross Motor Skills]</li> <li>I can move at different speeds, starting and stopping safely. [Physical Development: Gross Motor Skills]</li> <li>I can balance a beanbag on different parts of my body. [Physical Development: Gross Motor Skills]</li> <li>I can balance with a partner. [Physical Development: Gross Motor Skills]</li> <li>I can throw a ball to a partner's hands. [Physical Development: Gross Motor Skills]</li> <li>I can catch a ball thrown gently from a short distance. [Physical Development: Gross Motor Skills]</li> <li>I can roll a ball. [Physical Development: Gross Motor Skills]</li> <li>I can think about tactics to move across the hall without getting tagged. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: Travelling, Stopping and Making Shapes (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can mirror a friend's movements. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can make up a short sequence. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can use apparatus safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can travel in different ways along the floor. [Physical Development: Gross Motor Skills]</li> <li>I can balance on different body parts. [Physical Development: Gross Motor Skills]</li> <li>I can make up a short sequence. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can use apparatus safely. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can jump in different ways. [Physical Development: Gross Motor Skills]</li> <li>I can use apparatus imaginatively. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can travel with confidence and skill around, under, over and through. [Physical Development: Gross Motor Skills]</li> <li>I can travel, stop and balance with control in curled or stretched shapes. [Physical Development: Gross Motor Skills]</li> <li>I can link two movements together. [Physical Development: Gross Motor Skills]</li> <li>I can travel high and low in different pathways. [Physical Development: Gross Motor Skills]</li> <li>I can travel in different ways with weight on my hands. [Physical Development: Gross Motor Skills]</li> <li>I can start and finish my work in interesting ways. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>

Spring 1 (A) Phase: EYFS	<p>dominant lean kick roll throw underarm</p> <p>backwards forwards focussing following mirroring dodge</p>	<p><u>PE Passport Unit: Target Games 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know why it is important to stand with one leg forward when I am throwing. [Physical Development: Gross Motor Skills]</li> <li>I know which is my dominant hand. [Physical Development: Gross Motor Skills]</li> <li>I know how to stand when throwing accurately. [Physical Development: Gross Motor Skills]</li> <li>I know which part of my foot to use when striking for power. [Physical Development: Gross Motor Skills]</li> <li>I know how to lean back if I want my strike to go higher. [Physical Development: Gross Motor Skills]</li> <li>I know why it is important to be able to kick with both feet. [Physical Development: Gross Motor Skills]</li> <li>I know that the ball travels all the way across the ground when I roll it. [Physical Development: Gross Motor Skills]</li> <li>I know that I need to bend, with one leg forward, when rolling. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Social Distance 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know why there is a need for safety when tackling new challenges. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to travel backwards, safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to share equipment and take turns. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know to use my arms to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know that focussing my eyes can help with my balance. [Physical Development: Gross Motor Skills]</li> <li>I know what following means. [Physical Development: Gross Motor Skills]</li> <li>I know what mirroring means. [Physical Development: Gross Motor Skills]</li> <li>I know what a jump is. [Physical Development: Gross Motor Skills]</li> <li>I know how to dodge. [Physical Development: Gross Motor Skills]</li> <li>I know what sliding is. [Physical Development: Gross Motor Skills]</li> <li>I know how to gallop. [Physical Development: Gross Motor Skills]</li> <li>I know how to play fairly and accept decisions in games. [Personal, Social and Emotional Development: Building Relationships]</li> </ul>	<p><u>PE Passport Unit: Target Games 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can throw a ball underarm with some accuracy at a target. [Physical Development: Gross Motor Skills]</li> <li>I throw underarm accurately. [Physical Development: Gross Motor Skills]</li> <li>I can work with others and take turns. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can strike a ball with my foot for power. [Physical Development: Gross Motor Skills]</li> <li>I can kick a ball with some accuracy with both feet. [Physical Development: Gross Motor Skills]</li> <li>I can roll a ball with some accuracy with one hand. [Physical Development: Gross Motor Skills]</li> <li>I can roll a ball with some accuracy with both hands. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Social Distance 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can find a space. [Physical Development: Gross Motor Skills]</li> <li>I can walk forwards and backwards, stopping when instructed. [Physical Development: Gross Motor Skills]</li> <li>I can negotiate space successfully. [Physical Development: Gross Motor Skills]</li> <li>I can balance on one leg whilst still. [Physical Development: Gross Motor Skills]</li> <li>I can maintain balance whilst moving slowly. [Physical Development: Gross Motor Skills]</li> <li>I can move a ball with control and in different directions. [Physical Development: Gross Motor Skills]</li> <li>I can apply the right amount of force to a ball. [Physical Development: Gross Motor Skills]</li> <li>I can move freely and with pleasure and confidence in a range of ways. [Physical Development: Gross Motor Skills]</li> <li>I can jump in different ways, and in control. [Physical Development: Gross Motor Skills]</li> <li>I can dodge. [Physical Development: Gross Motor Skills]</li> <li>I can slide to my left and right. [Physical Development: Gross Motor Skills]</li> <li>I can gallop. [Physical Development: Gross Motor Skills]</li> <li>I can manipulate objects whilst galloping. [Physical Development: Gross Motor Skills]</li> <li>I can gallop confidently with either leg as the lead leg. [Physical Development: Gross Motor Skills]</li> </ul>
Spring 2 (A) Phase: EYFS	pose stretch	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I know the importance of good breathing when I exercise. [Physical Development: Gross Motor Skills]</li> <li>I know to use my arms to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know what a V shape is. [Physical Development: Gross Motor Skills]</li> <li>I know that focussing my eyes on a spot helps me to balance. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I can perform a butterfly pose. [Physical Development: Gross Motor Skills]</li> <li>I can perform a lion pose. [Physical Development: Gross Motor Skills]</li> <li>I can pose like creatures that can be found in different parts of the world. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can think imaginatively. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>



	perform	<p><u>PE Passport Unit: Seasons (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate ideas into simple theme related shapes, movements and actions. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know how to use the words in a poem to create shapes, movements or feelings. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know that we need to look forwards to safely to move around a space. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know that we need to control our speed to ensure safety. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to listen to other people’s ideas and vocalise my own thoughts. [Communication and Language: Listening, Attention and Understanding]</li> <li>I know to be aware of people’s feelings when giving and receiving simple feedback. [Personal, Social and Emotional Development: Building Relationships]</li> </ul>	<ul style="list-style-type: none"> <li>I can stretch high and retain my balance. [Physical Development: Gross Motor Skills]</li> <li>I can perform a tree pose. [Physical Development: Gross Motor Skills]</li> <li>I can perform a downward dog pose. [Physical Development: Gross Motor Skills]</li> <li>I can hold poses which depict different people, places or things. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Seasons (Dance)</u></p> <ul style="list-style-type: none"> <li>I can use my body to create simple theme related shapes, movements and actions. [Physical Development: Gross Motor Skills]</li> <li>I can show good listening skills. [Communication and Language: Listening, Attention and Understanding]</li> <li>I can travel creatively and safely in a space. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can show different levels when I travel. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can work with a partner. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I can look at pictures and create shapes, movements and actions. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can remember and perform a basic sequence of movement when led by a teacher. [Expressive Arts and Design: being Imaginative and Expressive]</li> </ul>
Summer 1 (A) Phase: EYFS	<p>travel push pull shift weight down up high low</p> <p>prepare warm-up tension back-to-back side-to-side under and over poise</p>	<p><u>PE Passport Unit: Stability 1 (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I know to use my arms to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know that focussing my eyes can help with my balance. [Physical Development: Gross Motor Skills]</li> <li>I know the difference between a push and a pull. [Physical Development: Gross Motor Skills]</li> <li>I know how to travel by pulling and pushing myself across the floor. [Physical Development: Gross Motor Skills]</li> <li>I know how to jump in different ways. [Physical Development: Gross Motor Skills]</li> <li>I know which parts of my body are especially important to help me to jump well. [Physical Development: Gross Motor Skills]</li> <li>I know to shift my weight quickly from one foot to the other to dodge well. [Physical Development: Gross Motor Skills]</li> <li>I know how to dodge whilst in the move. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: A Visit to the Zoo (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know why it is important to prepare the body for physical activity. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know to use my arms to help me to balance. [Physical Development: Gross Motor Skills]</li> <li>I know that focussing my eyes can help with my balance. [Physical Development: Gross Motor Skills]</li> <li>I know how to throw a ball gently. [Physical Development: Gross Motor Skills]</li> <li>I know how to catch a ball by scooping it towards my chest. [Physical Development: Gross Motor Skills]</li> <li>I know to create tension by pointing my toes when moving with control and poise. [Physical Development: Gross Motor Skills]</li> <li>I know that tactics involve planning.</li> </ul>	<p><u>PE Passport Unit: Stability 1 (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I can balance on one leg whilst still. [Physical Development: Gross Motor Skills]</li> <li>I can maintain balance whilst moving slowly. [Physical Development: Gross Motor Skills]</li> <li>I can twist, bend and reach whilst maintaining my balance. [Physical Development: Gross Motor Skills]</li> <li>I can respond quickly to instructions. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can push down, up, forward, backwards and high. [Physical Development: Gross Motor Skills]</li> <li>I can pull down, up, forward, backwards, and high. [Physical Development: Gross Motor Skills]</li> <li>I can jump in a variety of ways. [Physical Development: Gross Motor Skills]</li> <li>I can leap. [Physical Development: Gross Motor Skills]</li> <li>I can maintain my balance whilst lifting and carrying. [Physical Development: Gross Motor Skills]</li> <li>I can pick something up whilst balanced on one leg. [Physical Development: Gross Motor Skills]</li> <li>I can dodge. [Physical Development: Gross Motor Skills]</li> <li>I can use space safely. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul> <p><u>PE Passport Unit: A Visit to the Zoo (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know some ways to prepare my body for physical activity. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can perform a stable balance. [Physical Development: Gross Motor Skills]</li> <li>I can move creatively in different ways across a space. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can bounce a ball. [Physical Development: Gross Motor Skills]</li> <li>I can gently throw a ball to a partner. [Physical Development: Gross Motor Skills]</li> <li>I can catch a ball that has been gently thrown from a short distance. [Physical Development: Gross Motor Skills]</li> </ul>

		<ul style="list-style-type: none"> <li>I know the differences between ‘back-to-back’, ‘under and over’ and ‘side-to-side’. [Physical Development: Gross Motor Skills]</li> </ul>	<ul style="list-style-type: none"> <li>I can create movements. [Physical Development: Gross Motor Skills]</li> <li>I can copy movements. [Physical Development: Gross Motor Skills]</li> <li>I can move with control and poise. [Physical Development: Gross Motor Skills]</li> <li>I can consider tactics when working as a team to score the most points. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> </ul>
<p>Summer 2 (A) Phase: EYFS</p>	<p>space</p> <p>tagging rushing pace pick up put down strength chasing</p>	<p><u>PE Passport Unit: Circus (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate ideas into simple theme related shapes, movements and actions. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know how to use the words in a poem to create shapes, movements or feelings. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I know that we need to look forwards to safely move around a space. [Physical Development: Gross Motor Skills]</li> <li>I know that we need to control our speed to ensure safety. [Physical Development: Gross Motor Skills]</li> <li>I know how to listen to other people’s ideas and vocalise my own thoughts. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know how to be aware of people’s feelings when giving and receiving simple feedback. [Personal, Social and Emotional Development: Building Relationships]</li> <li>I know that control is important when performing. [Physical Development: Gross Motor Skills]</li> </ul> <p><u>PE Passport Unit: Fine Motor Skills (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know at least one effect of activity on my body. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know how to share equipment and take turns. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I know what a good space to stand in is. [Physical Development: Gross Motor Skills]</li> <li>I know at least one effect of activity on my body.</li> <li>I know how to play tagging games safely. [Physical Development: Gross Motor Skills]</li> <li>I know what I need to do with my arms and eyes to balance on one leg. [Physical Development: Gross Motor Skills]</li> <li>I know to avoid rushing and trying to do things too quickly. [Physical Development: Gross Motor Skills]</li> </ul>	<p><u>PE Passport Unit: Circus (Dance)</u></p> <ul style="list-style-type: none"> <li>I can use my body to create simple theme related shapes, movements and actions. [Physical Development: Gross Motor Skills]</li> <li>I can use my body to express simple theme related shapes, movements and feelings. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can show good listening skills.</li> <li>I can travel safely and creatively in a space. [Personal, Social and Emotional Development: Self-Regulation/Managing Self]</li> <li>I can show different levels when I travel. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can work with partner. [Expressive Arts and Design: being Imaginative and Expressive]I can look at pictures to create shapes, movements and actions. [Expressive Arts and Design: being Imaginative and Expressive]</li> <li>I can remember and perform a basic sequence of movement when led by a teacher.[Expressive Arts and Design: being Imaginative and Expressive]</li> </ul> <p><u>PE Passport Unit: Fine Motor Skills</u></p> <ul style="list-style-type: none"> <li>I can run skilfully. [Physical Development: Gross Motor Skills]</li> <li>I can negotiate space successfully. [Physical Development: Gross Motor Skills]</li> <li>I can pick up, carry and put down with care. [Physical Development: Fine Motor Skills]</li> <li>I can use the strength in my hand to manipulate objects. [Physical Development: Fine Motor Skills]</li> <li>I can attack and defend in chasing games.</li> <li>I can thread with control. [Physical Development: Fine Motor Skills]</li> <li>I can build carefully, using small objects. [Physical Development: Fine Motor Skills]</li> </ul>
<p>Autumn 1 (B) Phase: Y1/2</p>	<p>sequence symmetrical asymmetrical spins levels points</p>	<p><u>PE Passport Unit: Balancing and Spinning on Points and Patches (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to observe a partner and give positive feedback.</li> <li>I know how to start and finish a sequence.</li> <li>I know what symmetrical shapes are.</li> <li>I know what asymmetrical work looks like.</li> <li>I know the difference between symmetrical and asymmetrical shapes.</li> <li>I know what points are.</li> <li>I know that it is important to comment positively on my partner’s work.</li> </ul>	<p><u>PE Passport Unit: Balancing and Spinning on Points and Patches (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can perform controlled spins.</li> <li>I can support my body weight in symmetrical balances.</li> <li>I can spin on apparatus.</li> <li>I can perform asymmetrical spins on side, front, back and bottom.</li> <li>I can balance asymmetrically.</li> <li>I can work with a partner to perform routines in different formations.</li> <li>I can perform a combination of symmetrical and asymmetrical spins on patches.</li> <li>I can spin at different levels on points.</li> <li>I can perform a sequence of spins on points, with a mixture of symmetrical and asymmetrical shapes.</li> <li>I can hold balances on different points of the body.</li> <li>I can hold balances at different levels.</li> <li>I can spin out of balances to form a sequence.</li> </ul>

	control obstacle	<p><u>PE Passport Unit: Fundamental Movement Skills 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know what a good space to stand in is.</li> <li>I know how to share equipment and take turns.</li> <li>I know to take my time and work with care.</li> <li>I know to run with my head up.</li> <li>I know to be aware of other children.</li> <li>I know which parts of my body help me with balancing.</li> <li>I know to take turns.</li> <li>I know that rushing can lead to mistakes.</li> <li>I know some effects of exercise on my body.</li> </ul>	<p><u>PE Passport Unit: Fundamental Movement Skills 1 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can run skilfully.</li> <li>I can negotiate space successfully.</li> <li>I can pick up, carry and put down with care.</li> <li>I can use tools to help me to manipulate objects.</li> <li>I can show increasing control over an object.</li> <li>I can control my emotions when playing games.</li> <li>I can balance on one leg.</li> <li>I can move through an obstacle course skilfully.</li> <li>I can encourage my teammates whilst I wait my turn.</li> <li>I can thread objects.</li> <li>I can play games fairly.</li> </ul>
Autumn 2 (B) Phase: Y1/2	shapes movements levels sequence flow  3 part breathing	<p><u>PE Passport Unit: Under the Sea (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words and ideas into theme relates shapes, movements and actions.</li> <li>I know that we need to look forward to safely move around in space.</li> <li>I know that we need to control our speed to ensure safety.</li> <li>I know how to listen to other people’s ideas and vocalise my own thoughts.</li> <li>I know how to link ideas and movements together so that they start to flow.</li> </ul> <p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I know the importance of quiet and focus whilst performing yoga moves.</li> <li>I know to breathe whilst I am stretching and warming up.</li> <li>I know what 3 part breathing is.</li> </ul>	<p><u>PE Passport Unit: Under the Sea (Dance)</u></p> <ul style="list-style-type: none"> <li>I can use my body to create theme related shapes, movements and actions.</li> <li>I can use poems and pictures to create shapes, movements and actions.</li> <li>I can show good listening skills.</li> <li>I can travel safely and creatively in a space.</li> <li>I can show different levels when I travel.</li> <li>I can communicate effectively with a partner.</li> <li>I can remember and perform a simple sequence of movement.</li> <li>I can give feedback to help my partner improve.</li> </ul> <p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I can control my breathing pattern.</li> <li>I can pose like a variety of jungle creatures.</li> <li>I can bend, stretch and reach.</li> <li>I can form balanced poses.</li> <li>I can breathe in 3 parts.</li> <li>I can work quietly, focussing on what I am doing in the moment.</li> </ul>
Spring 1 (B) Phase: Y1/2	positions aesthetically pleasing mount dismount elegant pathway  focussed aware take off foot adjacent	<p><u>PE Passport Unit: Pathways – Small and Long (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to for symmetrical and asymmetrical arm positions.</li> <li>I know how to start my sequences in clearly defined shapes.</li> <li>I know how to turn to my right and left elegantly.</li> <li>I know different ways of changing direction.</li> <li>I know how to share space considerately.</li> <li>I know how to link skills to perform actions.</li> <li>I know that changes of direction can make my work more aesthetically pleasing.</li> <li>I know how to mount and dismount apparatus imaginatively and safely.</li> <li>I know that my sequence needs to flow from one move to the next.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 2 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I know that focussing my eyes and using my arms helps me to balance better.</li> <li>I know to use my arms to help me to hop.</li> <li>I know potential dangers if I am not sensible.</li> <li>I know to glance periodically over both shoulders when travelling backwards.</li> </ul>	<p><u>PE Passport Unit: Pathways – Small and Long (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can step in controlled, elegant movements.</li> <li>I can push and pull myself along the ground on different parts of my body.</li> <li>I can create a sequence involving sideways, forwards and backwards stepping.</li> <li>I can for a sequence travelling along specified pathways.</li> <li>I can step and turn gracefully.</li> <li>I can travel at high levels to trace a pattern on the floor.</li> <li>I can create a sequence in curved pathways on the floor and on the apparatus.</li> <li>I can travel across the floor like a spider.</li> <li>I can jump in different pathways with coordination.</li> <li>I can perform a sequence in a zig zag pathway.</li> <li>I can use different pathways within a sequence.</li> <li>I can mount and dismount apparatus using different pathways.</li> </ul> <p><u>PE Passport Unit: Fundamental Movement Skills 2 (Basic Skills)</u></p> <ul style="list-style-type: none"> <li>I can move carefully, retaining my balance.</li> <li>I can hop.</li> <li>I can travel backwards safely.</li> <li>I can share space considerately.</li> <li>I can jump in a variety of ways.</li> <li>I can land safely from different jumps.</li> <li>I can combine a run and a jump.</li> </ul>

		<ul style="list-style-type: none"> <li>• I know to make a W shape when I want to receive a catch.</li> <li>• I know which my preferred take off foot is.</li> <li>• I know to stay focussed and keep my head up when moving around.</li> <li>• I know to be focussed and aware of what is happening around me.</li> <li>• I know when to attack and when to defend.</li> <li>• I know that a punt is a kick from my hands.</li> <li>• I know that, when kicking from the ground, I need to place my standing foot adjacent to the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• I can dodge.</li> <li>• I can move safely with awareness of others.</li> <li>• I can evade others.</li> <li>• I can attack and defend.</li> <li>• I can punt a ball.</li> <li>• I can strike a ball accurately, with power, with my laces.</li> </ul>
<p>Spring 2 (B) Phase: Y1/2</p>	<p>shapes movements levels sequence flow</p> <p>3 part breathing</p>	<p><u>PE Passport Unit: Fire of London (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words and ideas into theme relates shapes, movements and actions.</li> <li>• I know that we need to look forward to safely move around in space.</li> <li>• I know that we need to control our speed to ensure safety.</li> <li>• I know how to listen to other people’s ideas and vocalise my own thoughts.</li> <li>• I know how to link ideas and movements together so that they start to flow.</li> </ul> <p><u>PE Passport Unit: Yoga Storybook (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>• I know the importance of quiet and focus whilst performing yoga moves.</li> <li>• I know to breathe whilst I am stretching and warming up.</li> <li>• I know what 3 part breathing is.</li> </ul>	<p><u>PE Passport Unit: Fire of London (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can use my body to create theme related shapes, movements and actions.</li> <li>• I can use poems and pictures to create shapes, movements and actions.</li> <li>• I can show good listening skills.</li> <li>• I can travel safely and creatively in a space.</li> <li>• I can show different levels when I travel.</li> <li>• I can communicate effectively with a partner.</li> <li>• I can remember and perform a simple sequence of movement.</li> <li>• I can give feedback to help my partner improve.</li> </ul> <p><u>PE Passport Unit: Yoga Storybook (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>• I can control my breathing pattern.</li> <li>• I can pose like a variety of jungle creatures.</li> <li>• I can bend, stretch and reach.</li> <li>• I can form balanced poses.</li> <li>• I can breathe in 3 parts.</li> <li>• I can work quietly, focussing on what I am doing in the moment.</li> </ul>
<p>Summer 1 (B) Phase: Y1/2</p>	<p>bounce pass chest pass push pass dribble</p>	<p><u>PE Passport Unit: Invasion Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know where to aim to bounce the ball when passing to a friend.</li> <li>• I know how to receive a bounce pass.</li> <li>• I know how to move around whilst being aware of others.</li> <li>• I know that we only use the flat side of the stick in hockey.</li> <li>• I know that we use two hands to push a ball down in a bounce, and one hand is used to dribble the ball.</li> <li>• I know to use my fingers to push the ball down.</li> <li>• I know that my hands need to ‘give’ and be soft’ when receiving a hockey pass.</li> <li>• I know to move into space after passing a ball.</li> <li>• I know to use ‘big toe, little toe’ to dribble, keeping the ball close to me.</li> <li>• I know how to trap a ball by moving in line with it and putting my foot on it.</li> </ul>	<p><u>PE Passport Unit: Invasion Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can get into a good ready position to receive chest and bounce passes consistently well.</li> <li>• I can pass the ball from my chest using a bounce pass.</li> <li>• I can change direction confidently and competently.</li> <li>• I can move around safely in a limited space.</li> <li>• I can keep my head up and travel with control whilst dribbling a ball.</li> <li>• I can bounce or dribble a ball with my hands with good control.</li> <li>• I can move around safely whilst bouncing or dribbling a ball.</li> <li>• I can push pass a hockey ball.</li> <li>• I can receive a hockey ball.</li> <li>• I can dribble a ball with my feet with good control.</li> <li>• I can stop a ball on the run by trapping it.</li> </ul>

	<p>cushion distance react</p>	<p><u>PE Passport Unit: Athletics 2 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I know to cushion my knees when landing.</li> <li>• I know the techniques for different types of jump.</li> <li>• I know how to improve my technique to increase the height and distance of my jumps.</li> <li>• I know the difference between a leap and a jump.</li> <li>• I know how to increase the distance of my jumps.</li> <li>• I know why it is important to warm up.</li> <li>• I know how to increase the distance of my throws.</li> <li>• I know how to keep others safe when I am throwing,</li> <li>• I know to share equipment and take turns.</li> </ul>	<p><u>PE Passport Unit: Athletics 2 (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I can react quickly.</li> <li>• I can jump in a variety of ways.</li> <li>• I can coordinate a run with a jump.</li> <li>• I can discover and develop different styles of jumping.</li> <li>• I can leap, jump and hop.</li> <li>• I can jump in a variety of ways competently.</li> <li>• I can add a short run to my jump.</li> <li>• I can throw with good technique.</li> <li>• I can throw with a run up.</li> <li>• I can help a peer improve their performance with good feedback.</li> <li>• I can demonstrate a variety of athletic techniques competently.</li> </ul>
<p>Summer 2 (B) Phase: Y1/2</p>	<p>T position out of play dig volley rally</p> <p>runs wicket bowl crease</p>	<p><u>PE Passport Unit: Net and Wall Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know what a ready position looks like.</li> <li>• I know to leave a ball that is going to land out of play.</li> <li>• I know that a good dig gives more time for teammates to set up an attack.</li> <li>• I know what a T position is and how it can help me.</li> <li>• I know that the ball needs to be struck over the net.</li> <li>• I know not to turn my back on the ball.</li> <li>• I know how to throw for accuracy and power.</li> </ul> <p><u>PE Passport Unit: Striking and Fielding Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know that I need to run, after striking a ball, to accumulate runs.</li> <li>• I know to touch my bat over the crease line and slide it on my final run.</li> <li>• I know when to run and when not to.</li> <li>• I know that I have to bowl from, on or behind a crease.</li> <li>• I know to try keep my arm straight when I bowl.</li> <li>• I know how to communicate with my partner.</li> </ul>	<p><u>PE Passport Unit: Net and Wall Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send a large ball with some degree of accuracy.</li> <li>• I can receive a ball by moving swiftly into the right position.</li> <li>• I can strike a large ball with one hand whilst it is airborne.</li> <li>• I can play passive and then active rallies by striking over a net with my hand.</li> <li>• I can strike and volley a large ball with some degree of accuracy.</li> <li>• I can dig a ball by getting underneath it.</li> <li>• I can strike a small ball using an open palm and move into position to receive it back.</li> <li>• I can keep a rally going with a partner.</li> <li>• I can throw with accuracy and power.</li> <li>• I can keep my eye on the ball at all times.</li> </ul> <p><u>PE Passport Unit: Striking and Fielding Game Skills 1 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can strike a ball off a tee.</li> <li>• I can get in line with a ball and field it.</li> <li>• I can stop a ball with two hands, creating a barrier behind with my feet or body.</li> <li>• I can hit a ball to the leg side.</li> <li>• I can bowl a ball overarm at a target.</li> <li>• I can strike a ball off a tee through the off side.</li> <li>• I can pick up a ball with one hand and throw it underarm.</li> <li>• I can call for runs sensibly and decisively when batting.</li> <li>• I can chase and retrieve a ball.</li> <li>• I can make good decisions about when to run and when not to run.</li> <li>• I can bowl either under or overarm with some accuracy.</li> <li>• I can wicket keep effectively.</li> </ul>
<p>Autumn 1 (B) Phase: Y3/4</p>	<p>forward roll backward roll apparatus straddle</p>	<p><u>PE Passport Unit: Rolling and Travelling Low (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I know how to perform a forward roll safely.</li> <li>• I know how to adjust my hands when rolling along or over apparatus.</li> <li>• I know the correct technique for rolling backwards.</li> <li>• I know how to roll over a partner safely.</li> <li>• I know how to mirror a partner on the apparatus.</li> <li>• I know how to present myself when performing for others.</li> </ul>	<p><u>PE Passport Unit: Rolling and Travelling Low (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>• I can perform a forward roll with good technique and control.</li> <li>• I can perform a forward roll as part of a sequence of roll.</li> <li>• I can roll along benches, nesting tables, round tables or horses.</li> <li>• I can roll backwards and come to standing without knees touching the mat.</li> <li>• I can roll backwards into straddle.</li> <li>• I can roll over a partner.</li> <li>• I can mirror a partner's rolls with good timing.</li> <li>• I can act on feedback from others.</li> <li>• I can produce a sequence of rolls which show elements of unison, canon and mirroring.</li> </ul>

	<p>possession space shielding</p>	<p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know to be on the balls of my feet when waiting to receive a pass.</li> <li>I know to move into space after passing.</li> <li>I know to use the inside of my foot to send the ball when passing.</li> <li>I know how to position my body in relation to the ball and my opponent when shielding.</li> <li>I know what it is important to take touches with different parts of the foot when dribbling.</li> <li>I know to use the full width of the pitch.</li> <li>I know that the team needs to be balanced which means that I may not always be able to play in my favourite position.</li> <li>I know to pass and move into space.</li> <li>I know to plan ahead when out of possession. I can trap a ball and cushion it when receiving it.</li> </ul>	<p><u>PE Passport Unit: Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can pass the ball accurately.</li> <li>I can dribble the ball using my feet.</li> <li>I can shield a ball from an opponent.</li> <li>I can turn confidently with a ball.</li> <li>I can play a small game and demonstrate my turns.</li> <li>I can work with a partner to overlap.</li> <li>I can focus and retain my concentration when the ball isn't in my area of the pitch.</li> <li>I can show my skills in a competitive environment.</li> </ul>
<p>Autumn 2 (B) Phase: Y3/4</p>	<p>set count</p> <p>tactics aim opposition peripheral</p>	<p><u>PE Passport Unit: Arching and Bridges (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know the importance of control in my movements.</li> <li>I know to use the floor space imaginatively.</li> <li>I know to use the apparatus imaginatively.</li> <li>I know to change direction.</li> <li>I know to use feedback to level up my work.</li> <li>I know how to support myself in a shoulder balance.</li> <li>I know how to work in tandem with a partner.</li> </ul> <p><u>PE Passport Unit: Dodgeball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know to aim low and throw down to make it harder for the other team to catch me.</li> <li>I know when to attack and when to defend.</li> <li>I know to keep on the move to make myself more difficult to hit.</li> <li>I know the consequences of dropping an attempted catch.</li> <li>I know to evaluate and improve the performance of my team.</li> <li>I know the rules of dodgeball.</li> <li>I know that tactics need to be decided as a team.</li> </ul>	<p><u>PE Passport Unit: Arching and Bridges (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can support my body weight on my hands and feet only.</li> <li>I can spin from one means of support to another.</li> <li>I can create sequences involving different controlled rolls and front and back supports.</li> <li>I can create sequences moving seamlessly between balances.</li> <li>I can perform in unison to a set count.</li> <li>I can work in a pair.</li> </ul> <p><u>PE Passport Unit: Dodgeball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can throw overarm powerfully and accurately.</li> <li>I can keep my eye on the opposition at all times.</li> <li>I can time when to move to the net to throw.</li> <li>I can judge which balls to catch and which to dodge.</li> <li>I can show good peripheral awareness.</li> <li>I can adapt to different rules quickly.</li> <li>I can attack decisively.</li> <li>I can defend skilfully.</li> <li>I can work alongside others to agree tactics.</li> <li>I can compete with passion, self-belief, respect, honesty, determination and teamwork.</li> </ul>
<p>Spring 1 (B) Phase: Y3/4</p>	<p>timing execution performance static agility</p> <p>shielding backswing jab tackle</p>	<p><u>PE Passport Unit: Dance Around the World (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words and ideas into actions.</li> <li>I know how to listen to others and share my own ideas.</li> <li>I know how to use canon, direction and level to improve me ideas.</li> <li>I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to hold the hockey stick.</li> <li>I know the importance of good close control.</li> <li>I know to put my body between the ball and my opponent when shielding it.</li> <li>I know the technique of push passing.</li> <li>I know not to raise the stick above waist height.</li> <li>I know to use a short and flat backswing, with the stick parallel to the ground when hitting a slap pass.</li> <li>I know what to do if the ball hits someone's feet.</li> <li>I know how to jab tackle.</li> <li>I know how to make a plan before each game.</li> </ul>	<p><u>PE Passport Unit: Dance Around the World (Dance)</u></p> <ul style="list-style-type: none"> <li>I can demonstrate some agility, balance, co-ordination and precision.</li> <li>I can creatively change between static actions and travelling movements.</li> <li>I can show different levels and pathways when I travel.</li> <li>I can communicate with my partner or group.</li> <li>I can improve my ideas.</li> <li>I can evaluate the work of others using technical language.</li> </ul> <p><u>PE Passport Unit: Hockey (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can dribble a ball confidently.</li> <li>I can stop a ball.</li> <li>I can develop my dribbling technique.</li> <li>I can change direction easily.</li> <li>I can pass a ball accurately.</li> <li>I can control a ball sent to me.</li> <li>I can pass in a variety of ways, using good technique.</li> <li>I can receive a pass on the run.</li> <li>I can perform a jab tackle.</li> <li>I can compete in a hockey game.</li> <li>I can work effectively as part of a team.</li> </ul>

<p>Spring 2 (B) Phase: Y3/4</p>	<p>relaxation meditate align</p> <p>BEEF</p>	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>• I know how to prepare my body by breathing and stretching.</li> <li>• I know that it is important to maintain concentration and avoid distraction.</li> <li>• I know the importance of relaxation.</li> <li>• I know how to meditate.</li> <li>• I know how to relax.</li> </ul> <p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know how to vary movement to control the ball.</li> <li>• I know when to do a chest pass or bounce pass in basketball.</li> <li>• I know how to maintain possession when under pressure, through quick passing, movement and communication.</li> <li>• I know how to work as a team to find space.</li> <li>• I know how to communicate with teammates to attack and defend in a competitive game.</li> </ul>	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>• I can perform a variety of poses.</li> <li>• I can retain my focus.</li> <li>• I can hold positions with good alignment and shape.</li> <li>• I can work with control whilst isolating body parts.</li> <li>• I can work in a group to perform different poses.</li> <li>• I can articulate what the benefits of yoga are.</li> </ul> <p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can control a basketball using both hands.</li> <li>• I can control the ball on the move (dribble) whilst keeping my head up and being aware of my environment.</li> <li>• I can step in the direction of the pass.</li> <li>• I can pass the ball whilst moving.</li> <li>• I can use balance, elbow, eye-line and follow through (BEEF) to shoot a basketball.</li> <li>• I can dribble, pass and shoot the ball.</li> </ul>
<p>Summer 1 (B) Phase: Y3/4</p>	<p>sprint technique</p> <p>strength weakness opponent</p>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I know how to start a sprint race.</li> <li>• I know the importance of keeping my first few metres low and powerful.</li> <li>• I know which foot is my take off foot.</li> <li>• I know the technique associated with hurdling.</li> <li>• I know that my furthest point backwards in long jump and triple jump is the point measured in the competition.</li> <li>• I know to position my body sideways when throwing.</li> <li>• I know the pull technique in throwing.</li> <li>• I know how to receive a transfer baton safely.</li> <li>• I know how to measure my own and others' performances.</li> </ul> <p><u>PE Passport Unit: Tennis (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to try to position myself in the centre of the court after playing each shot.</li> <li>• I know to hit the ball with a full backswing.</li> <li>• I know that I can play backhand with one hand or two hands.</li> <li>• I know to volley by deflecting the ball downwards.</li> <li>• I know how to score a point in tennis.</li> <li>• I know my own strengths and weaknesses.</li> </ul>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>• I can use the correct technique to start a sprint race.</li> <li>• I can develop my coordination to improve speed.</li> <li>• I can hurdle efficiently and consistently.</li> <li>• I can sprint between hurdles.</li> <li>• I can develop the technique and consistency of my jumps.</li> <li>• I can jump consistently off the same foot.</li> <li>• I can scissor kick.</li> <li>• I can throw overarm accurately.</li> <li>• I can throw overarm with power for distance.</li> </ul> <p><u>PE Passport Unit: Tennis (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can move into good positions to strike a ball.</li> <li>• I can hit forehand returns.</li> <li>• I can volley a ball, striking it downwards.</li> <li>• I can use tactics against an opponent.</li> </ul>
<p>Summer 2 (B) Phase: Y3/4</p>	<p>no ball bowl base</p>	<p><u>Y3: PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to position myself sideways when striking the ball and bowling.</li> <li>• I know how to grip a ball so that it comes out of my fingers smoothly when bowling.</li> <li>• I know what a 'no ball' is.</li> <li>• I know why fielders might start off at a base and then move to it after a strike.</li> <li>• I know what happens when I miss a rounders ball or hit it behind me.</li> <li>• I know how to keep score.</li> <li>• I know to run after the ball when it goes out of play.</li> </ul>	<p><u>Y3: PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can send a ball using a good throwing technique.</li> <li>• I can receive a ball using a good catching technique.</li> <li>• I can develop basic bowling skills.</li> <li>• I can develop basic batting skills.</li> <li>• I can communicate with players for the good of my team.</li> <li>• I can catch high balls comfortably.</li> <li>• I can backpedal to catch balls over me.</li> </ul>

	<p>plyometric adapt flexibility core strength personal best</p>	<p><u>Y3: PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"> <li>I know what stamina is and how to sustain physical exertion over periods of time.</li> <li>I know how to adapt exercises to make them easier or harder.</li> <li>I know what flexibility is and why it is important in life.</li> <li>I know why relaxation is important.</li> <li>I know why core strength and flexibility are important in almost every sport.</li> <li>I know a range of exercises that can help to develop my fitness.</li> <li>I know what area of fitness plyometric is developing.</li> <li>I know why it is important to cool down and stretch after vigorous exercise.</li> </ul> <p><u>Y4: Swimming</u></p> <ul style="list-style-type: none"> <li>I know how to stay safe in the water.</li> <li>I know how to swim using a range of strokes.</li> </ul>	<p><u>Y3: PE Passport Unit: Health Related Fitness (Effects on the Body)</u></p> <ul style="list-style-type: none"> <li>I can warm up and cool down after exercise.</li> <li>I can sustain my performance even when tiring.</li> <li>I can perform a variety of yoga poses.</li> <li>I can retain my focus and concentrate on the quality of my own work.</li> <li>I can demonstrate good core strength.</li> <li>I can keep going even when my muscles are really fatiguing.</li> <li>I can jump dynamically.</li> <li>I can land safely.</li> <li>I can demonstrate good sprinting technique.</li> <li>I can improve on previous personal bests.</li> </ul> <p><u>Y4: Swimming</u></p> <ul style="list-style-type: none"> <li>I can enter and leave the water safely.</li> <li>I can swim competently, confidently and proficiently over distance of at least 25m.</li> <li>I can use a range of strokes effectively (for example front crawl, back stroke, breast stroke).</li> <li>I can perform safe self-rescue in different water based situations.</li> </ul>
<p>Autumn 1 (B) Phase: Y5/6</p>	<p>relaxation pose rest position mental benefits</p> <p>strategy opponent</p>	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I know what the rest position is.</li> <li>I know a relaxation pose.</li> <li>I know the wider benefits of doing regular yoga.</li> <li>I know some of the benefits of some individual yoga poses.</li> </ul> <p><u>PE Passport Unit: Flag Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to be in a good 'ready position' to move quickly and receive the ball.</li> <li>I know how to create a 'pocket' when playing as running back and taking the ball from the quarter back.</li> <li>I know what some of the different positions involve.</li> <li>I know the rules of the game.</li> </ul>	<p><u>PE Passport Unit: Yoga (Balance, Coordination and Core Strength)</u></p> <ul style="list-style-type: none"> <li>I can adopt the rest position and the relaxation pose.</li> <li>I can hold my poses for 3 slow breaths.</li> <li>I can prepare my body for yoga.</li> <li>I can put myself in the right state of mind to get the most out of my yoga session.</li> <li>I can identify which yoga poses are particularly helpful for me.</li> <li>I can perform a wide range of yoga poses.</li> </ul> <p><u>PE Passport Unit: Flag Football (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can send the ball accurately using a javelin pass.</li> <li>I can pass and move into a new space.</li> <li>I can grab an opponent's tags and then try to attack.</li> <li>I can evade others by stepping off both feet.</li> <li>I can throw overarm with accuracy.</li> <li>I can receive a ball whilst on the run.</li> <li>I can plan an attacking strategy.</li> <li>I can work with others to adopt a defensive strategy.</li> </ul>
<p>Autumn 2 (B) Phase: Y5/6</p>	<p>timing execution agility coordination</p> <p>dig bump spike set</p>	<p><u>PE Passport Unit: The Journey (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words or ideas into actions and combine them together.</li> <li>I know how to translate theme related actions into travelling movements.</li> <li>I know how to translate images into actions to communicate meaning.</li> <li>I know how to use choreography to create a sequence.</li> <li>I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Volleyball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know how to perform a dig and a bump.</li> <li>I know to call my name if I am going for the ball.</li> <li>I know that the higher I jump the more successful my spike is likely to be.</li> </ul>	<p><u>PE Passport Unit: The Journey (Dance)</u></p> <ul style="list-style-type: none"> <li>I can demonstrate agility, balance, co-ordination and precision.</li> <li>I can creatively change static actions into travelling movements.</li> <li>I can show different levels and pathways when I travel.</li> <li>I can communicate effectively with a partner and within a group.</li> <li>I can evaluate the work of others using accurate technical language.</li> </ul> <p><u>PE Passport Unit: Volleyball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can receive a volleyball using the bump and dig technique.</li> <li>I can send a ball over the net.</li> <li>I can set a ball.</li> </ul>



		<ul style="list-style-type: none"> <li>I know the positions I need to be in to work with a partner.</li> <li>I know the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>I can spike a ball.</li> <li>I can serve over distance.</li> <li>I can defend well and then launch an attack.</li> <li>I can angle my blocks near the net so that the ball goes down.</li> <li>I can apply the skills of volleyball within a competitive game.</li> </ul>
Spring 1 (B) Phase: Y5/6	<p>leapfrog mount dismount</p> <p>mobile fluid diagonal</p>	<p><u>PE Passport Unit: Flight (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I know how to make a variety of shapes in the air.</li> <li>I know how to use apparatus as part of my jumping routines.</li> <li>I know how to make my jumps aesthetically pleasing.</li> <li>I know to spring from two feet into flight.</li> <li>I know how to mount and dismount the apparatus safely.</li> <li>I know how to leapfrog safely.</li> <li>I know how to use different pathways in my flight sequences.</li> </ul> <p><u>PE Passport Unit: Invasion Games Skills 4 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know that I get a better view of the pitch when I get wide and sideways on.</li> <li>I know that sometimes it is better to go backwards with the ball if nobody is free in front of me.</li> <li>I know when to attack and when not to.</li> <li>I know to create space for my teammates.</li> <li>I know that diagonal runs can help to confuse defenders.</li> </ul>	<p><u>PE Passport Unit: Flight (Gymnastics)</u></p> <ul style="list-style-type: none"> <li>I can take off from one foot or two feet.</li> <li>I can gain elevation from a powerful run and dynamic take off.</li> <li>I can create shapes whilst in flight.</li> <li>I can land with soft knees and a strong symmetrical position.</li> <li>I can leapfrog.</li> <li>I can perform jumps gracefully.</li> </ul> <p><u>PE Passport Unit: Invasion Games Skills 4 (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can show a range of dribbling skills when in possession.</li> <li>I can shoot consistently well.</li> <li>I can adopt sideways positions to receive the ball.</li> <li>I can overlap and underlap.</li> <li>I can defend one on one.</li> <li>I can track an opponent.</li> <li>I can be mobile and fluid within a game.</li> </ul>
Spring 2 (B) Phase: Y5/6	<p>timing execution agility coordination</p> <p>crease tactical awareness</p>	<p><u>PE Passport Unit: Our Community (Dance)</u></p> <ul style="list-style-type: none"> <li>I know how to translate words or ideas into actions and combine them together.</li> <li>I know how to translate theme related actions into travelling movements.</li> <li>I know how to translate images into actions to communicate meaning.</li> <li>I know how to use choreography to create a sequence.</li> <li>I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Cricket (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I know to slide my bat over the crease when running.</li> <li>I know what a position of anticipation looks like when fielding.</li> <li>I know how to grip the bat correctly.</li> <li>I know which calls I should use when batting.</li> <li>I know that I can leave my crease to hit balls.</li> <li>I know how to bowl.</li> <li>I know the importance of good communication.</li> </ul>	<p><u>PE Passport Unit: Our Community (Dance)</u></p> <ul style="list-style-type: none"> <li>I can demonstrate agility, balance, co-ordination and precision.</li> <li>I can creatively change static actions into travelling movements.</li> <li>I can show different levels and pathways when I travel.</li> <li>I can communicate effectively with a partner and within a group.</li> <li>I can evaluate the work of others using accurate technical language.</li> </ul> <p><u>PE Passport Unit: Cricket (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>I can catch consistently well under pressure.</li> <li>I can throw accurately overarm.</li> <li>I can pull a ball from a short delivery to the left side.</li> <li>I can bowl with a short run up.</li> <li>I can use my feet to get to the pitch of the ball when batting.</li> <li>I can pick up and retune a ball with one hand quickly.</li> <li>I can show tactical awareness as a fielder.</li> </ul>
Summer 1 (B) Phase: Y5/6	<p>straight bend lead leg hurdle baton</p>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I know how running a bend differs from running a straight.</li> <li>I know to stand sideways when throwing.</li> <li>I know to use my non-throwing arm to help me to throw.</li> <li>I know the technique to throw a shot.</li> <li>I know how to generate power from the thighs.</li> <li>I know which foot and leg is my take-off foot and lead leg.</li> <li>I know how to hurdle efficiently.</li> <li>I know how to position myself to receive a baton.</li> </ul>	<p><u>PE Passport Unit: Athletics (Athletics)</u></p> <ul style="list-style-type: none"> <li>I can change pace and run at different tempos.</li> <li>I can sustain my pace over longer distances.</li> <li>I can throw with accuracy and power using the pull technique.</li> <li>I can throw after a run up.</li> <li>I can throw with greater force over longer distances.</li> <li>I can throw with greater control, accuracy and efficiency.</li> <li>I can measure my accurately my performance.</li> <li>I can combine sprinting with hurdling.</li> <li>I can transfer a relay baton efficiently as part of a team.</li> </ul>

	<p>protect BEEF technique</p>	<p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know how to use my body to protect the ball.</li> <li>• I know how to create space to receive a pass.</li> <li>• I know how to defend against an attacking player.</li> <li>• I know how to work as a team to create shooting opportunities.</li> </ul>	<p><u>PE Passport Unit: Basketball (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can control a basketball using both hands, when under pressure.</li> <li>• I can pass the ball using good techniques.</li> <li>• I can receive the ball, stepping into the direction of the pass.</li> <li>• I can use different skills such as varying speed and direction to pass defenders.</li> <li>• I can mark a player or an area of the court to limit opportunities for the opposition.</li> <li>• I can shoot a basketball using the BEEF technique.</li> </ul>
<p>Summer 2 (B) Phase: Y5/6</p>	<p>timing execution agility coordination</p> <p>fielding adjust</p>	<p><u>PE Passport Unit: Year 5/6 Concert (Dance)</u></p> <ul style="list-style-type: none"> <li>• I know how to translate words or ideas into actions and combine them together.</li> <li>• I know how to translate theme related actions into travelling movements.</li> <li>• I know how to translate images into actions to communicate meaning.</li> <li>• I know how to use choreography to create a sequence.</li> <li>• I know how to use canon, formation changes, direction and level to improve my ideas.</li> <li>• I know how to recognise good timing, execution and performance skills.</li> </ul> <p><u>PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I know to try and catch the ball in line with my nose.</li> <li>• I know to have a high back lift when batting.</li> <li>• I know how to motivate and support my teammates.</li> <li>• I know the rules of the game.</li> <li>• I know that I can adjust my position when fielding.</li> </ul>	<p><u>PE Passport Unit: Year 5/6 Concert (Dance)</u></p> <ul style="list-style-type: none"> <li>• I can demonstrate agility, balance, co-ordination and precision.</li> <li>• I can creatively change static actions into travelling movements.</li> <li>• I can show different levels and pathways when I travel.</li> <li>• I can communicate effectively with a partner and within a group.</li> <li>• I can evaluate the work of others using accurate technical language.</li> </ul> <p><u>PE Passport Unit: Rounders (Invasion Games)</u></p> <ul style="list-style-type: none"> <li>• I can catch with soft hands.</li> <li>• I can throw accurately into space.</li> <li>• I can bowl accurately at a consistent height.</li> <li>• I can catch and throw quickly.</li> <li>• I can strike with some accuracy.</li> <li>• I can adapt my position during the game.</li> </ul>