

# St Bartholomew's C of E Primary School PE Curriculum Overview 21-22



Reception	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Fundamentals 1</b> Skills: I am confident to try new challenges. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I use movement skills with developing balance and co-ordination when playing games.</p>	<p><b>Fundamentals 2</b> Skills: I am confident to try new challenges, deciding on the skills I use to complete the task. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and congratulate others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use movement skills with developing balance and co-ordination.</p>	<p><b>Ball Skills 1</b> Skills: I can make independent choices. I can negotiate space safely with consideration for myself and others. I persevere when trying new challenges. I play ball games with consideration of the rules. I play co-operatively and take turns with others. I use ball skills with developing competence and accuracy.</p>	<p><b>Ball skills 2</b> Skills: I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I persevere when trying new challenges. I play ball games with consideration of the rules. I play co-operatively and take turns with others. I use ball skills with developing competence and accuracy.</p>	<p><b>Games 1</b> Skills: I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.</p>	<p><b>Games 2</b> Skills: I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.</p>

	<p><b>Introduction to PE 1</b></p> <p>Skills:</p> <p>I am confident to try new challenges.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I use movement skills with developing balance and co-ordination when playing games</p>	<p><b>Introduction to PE 2</b></p> <p>Skills:</p> <p>I can make independent choices.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively and take turns with others.</p> <p>I understand the rules and can explain why it is important to follow them.</p> <p>I use movement skills with developing balance and co-ordination.</p>	<p><b>Gymnastics 1</b></p> <p>Skills:</p> <p>I am confident to try new challenges.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I work co-operatively with others and take turns.</p>	<p><b>Gymnastics 2</b></p> <p>Skills:</p> <p>I am confident to try new challenges.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I work co-operatively with others and take turns.</p>	<p><b>Dance 1</b></p> <p>Skills:</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I can combine movements fluently, selecting actions in response to the task.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I show respect towards others when providing feedback.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>	<p><b>Dance 2</b></p> <p>Skills:</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I show respect towards others when providing feedback.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>
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Year 1	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Ball skills</b></p> <p>Skills:</p> <p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p><b>Invasion</b></p> <p>Skills:</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I can change direction to move away from a defender.</p> <p>I can recognise space when playing games.</p> <p>I can send and receive a ball with hands and feet.</p> <p>I can use simple rules to play fairly.</p> <p>I move to stay with another player when defending.</p> <p>I recognise changes in my body when I do exercise.</p> <p>I understand when I am a defender and when I am an attacker.</p>	<p><b>Fitness</b></p> <p>Skills:</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can share my ideas with other people in the class.</p> <p>I can talk about what exercise does to my body.</p> <p>I recognise how exercise makes me feel.</p> <p>I try my best in the challenges I am set.</p> <p>I understand why it is important to warm up.</p>	<p><b>Net and Wall</b></p> <p>Skills:</p> <p>I can hit a ball using a racket.</p> <p>I can throw a ball to land over the net and into the court area.</p> <p>I can track balls and other equipment sent to me.</p> <p>I can use a ready position to move to the ball.</p> <p>I know how to score points.</p> <p>I recognise changes in my body when I do exercise.</p> <p>I show honesty and fair play when playing against an opponent.</p>	<p><b>Striking and Fielding</b></p> <p>Skills:</p> <p>I can catch a beanbag and a medium-sized ball.</p> <p>I can roll a ball towards a target.</p> <p>I can strike a ball using my hand.</p> <p>I can track a ball that is coming towards me.</p> <p>I know how to score points.</p> <p>I understand the rules and I am beginning to use these to play honestly and fairly.</p> <p>I understand when I am successful.</p>	<p><b>Athletics</b></p> <p>Skills:</p> <p>I am able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>

	<p><b>Fundamentals</b></p> <p>Skills:</p> <p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p><b>Dance:</b></p> <p>Skills:</p> <p>I am beginning to use counts.</p> <p>I can copy, remember and repeat actions.</p> <p>I can move confidently and safely.</p> <p>I can use different parts of the body in isolation and together.</p> <p>I can work with others to share ideas and select actions.</p> <p>I choose appropriate movements for different dance ideas.</p> <p>I say what I liked about someone else's performance.</p> <p>I show some sense of dynamic and expressive qualities in my dance.</p>	<p><b>Gymnastics</b></p> <p>Skills:</p> <p>I am confident to perform in front of others.</p> <p>I can link simple actions together to create a sequence.</p> <p>I can make my body tense, relaxed, stretched and curled.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can remember and repeat actions and shapes.</p> <p>I can say what I liked about someone else's performance.</p> <p>I can use apparatus safely and wait for my turn.</p>	<p><b>Team Building</b></p> <p>Skills:</p> <p>I can communicate simple instructions.</p> <p>I can follow instructions.</p> <p>I can follow path and lead others.</p> <p>I can listen to others' ideas.</p> <p>I can suggest ideas to solve tasks.</p> <p>I can work with a partner and a small group.</p> <p>I understand the rules of the game.</p>	<p><b>Target Games</b></p> <p>Skills:</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can use an overarm throw aiming towards a target.</p> <p>I can roll a ball towards a target.</p> <p>I can use an underarm throw aiming towards a target.</p> <p>I can work co-operatively with a partner.</p> <p>I understand what good technique looks like.</p>	<p><b>Yoga</b></p> <p>Skills:</p> <p>I can recognise how yoga makes me both feel physically and mentally.</p> <p>I can remember and repeat actions, linking poses together.</p> <p>I can say what I liked about someone else's flow.</p> <p>I can show an awareness of space when travelling.</p> <p>I can work with others to create poses.</p>
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Year 2	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Ball skills</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to understand and use simple tactics.</p> <p>I can dribble a ball with my hands and feet with some control.</p> <p>I can roll and throw a ball to hit a target.</p> <p>I can send and receive a ball using both kicking and throwing and catching skills.</p> <p>I can track a ball and collect it.</p> <p>I can work co-operatively with a partner and a small group.</p>	<p><b>Invasion</b></p> <p>Skills:</p> <p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p> <p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>	<p><b>Fitness</b></p> <p>Skills:</p> <p>I can describe how my body feels during exercise.</p> <p>I can show hopping and jumping movements with some balance and control.</p> <p>I persevere with new challenges.</p> <p>I show determination to continue working over a longer period of time.</p> <p>I understand that running at a slower speed will allow me to run for a longer period of time.</p> <p>I work with others to turn a rope and encourage others to jump at the right time.</p>	<p><b>Net and Wall</b></p> <p>Skills:</p> <p>I can defend space on my court using the ready position.</p> <p>I can describe how my body feels during exercise.</p> <p>I can hit a ball over the net and into the court area.</p> <p>I can throw accurately to a partner.</p> <p>I can use simple tactics to make it difficult for an opponent.</p> <p>I know how to score points and can remember the score.</p> <p>I show good sportsmanship when playing against an opponent.</p>	<p><b>Striking and Fielding</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I am developing underarm and overarm throwing skills.</p> <p>I can hit a ball using equipment with some consistency.</p> <p>I can track a ball and collect it.</p> <p>I can use simple tactics.</p> <p>I know how to score points and can remember the score.</p> <p>I understand the rules of the game and can use these to play fairly in a small group.</p>	<p><b>Athletics</b></p> <p>Skills:</p> <p>I can describe how my body feels during exercise.</p> <p>I can identify good technique.</p> <p>I can jump and land with control.</p> <p>I can use an overarm throw to help me to throw for distance.</p> <p>I can work with others, taking turns and sharing ideas.</p> <p>I show balance and co-ordination when running at different speeds.</p> <p>I try my best.</p>

	<p><b>Fundamentals</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping movements with some balance and control.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show balance and co-ordination when running at different speeds.</p>	<p><b>Dance</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p> <p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I show confidence to perform.</p>	<p><b>Gymnastics</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front of others.</p> <p>I can perform the basic gymnastic actions with some control and balance.</p> <p>I can plan and repeat simple sequences of actions.</p> <p>I can use directions and levels to make my work look interesting.</p> <p>I can use shapes when performing other skills.</p> <p>I can work safely with others and apparatus.</p>	<p><b>Team Building</b></p> <p>Skills:</p> <p>I can follow instructions carefully.</p> <p>I can say when I was successful at solving challenges.</p> <p>I can share my ideas and help to solve tasks.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show honesty and can play fairly.</p> <p>I understand how to use, follow and create a simple diagram/map.</p>	<p><b>Target Games</b></p> <p>Skills:</p> <p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll kick or strike a ball to a target with some success.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and can use different scoring systems when playing games.</p> <p>I understand what good technique looks like and can use key words in the feedback I provide.</p>	<p><b>Yoga</b></p> <p>Skills:</p> <p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember and repeat yoga flows.</p> <p>I can describe how my body feels during exercise.</p> <p>I can move from one pose to another thinking about my breath.</p> <p>I can use clear shapes when performing poses.</p> <p>I can work with others to create simple flows showing some control.</p>
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Year 3	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Football</b></p> <p>Skills:</p> <p>I am beginning to use simple tactics. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can provide feedback using key words. I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games.</p>	<p><b>Tag-Rugby</b></p> <p>Skills:</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly. I can communicate with my team and move into space to help them. I can defend an opponent and attempt to tag them. I can move with a ball towards goal with increasing control. I can pass and receive the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p>	<p><b>Fitness</b></p> <p>Skills:</p> <p>I can collect and record my scores, recognising my strengths. I can complete exercises with control. I can persevere when I find a challenge hard. I can provide feedback using key words. I can use key points to help me to improve my sprinting technique. I can work safely with others. I show balance when changing direction. I understand that there are different areas of fitness.</p>	<p><b>Netball</b></p> <p>Skills:</p> <p>I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can communicate with my team and move into space to support them. I can defend an opponent and try to win the ball. I can pass, receive and shoot the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p>	<p><b>Athletics</b></p> <p>Skills:</p> <p>I am developing jumping for distance. I can identify when I was successful. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I can work with a partner and in a small group, sharing ideas. I show determination to achieve my personal best.</p>	<p><b>Rounders</b></p> <p>Skills:</p> <p>I am able to bowl a ball towards a target. I am beginning to strike a bowled ball. I am developing an understanding of tactics and I am beginning to use them in game situations. I am learning the rules of the game and I am beginning to use them. I can provide feedback using key words. I can use overarm and underarm throwing and catching skills. I work co-operatively with my group to self-manage games.</p>



	<p><b>Dodgeball</b></p> <p>Skills:</p> <p>I am learning the rules of the game and I am beginning to use them to play fairly.</p> <p>I can provide feedback using key words.</p> <p>I can throw with some accuracy and I am beginning to catch with some consistency.</p> <p>I understand the aim of the game.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p><b>Dance</b></p> <p>Skills:</p> <p>I am respectful of others when watching them perform.</p> <p>I can provide feedback using key words.</p> <p>I can repeat, remember and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p> <p>I can use dynamic and expressive qualities in relation to an idea.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I create short dance phrases that communicate the idea.</p>	<p><b>Gymnastics</b></p> <p>Skills:</p> <p>I can adapt sequences to suit different types of apparatus.</p> <p>I can choose actions that flow well into one another.</p> <p>I can choose and plan sequences of contrasting actions.</p> <p>I can complete actions with increasing balance and control.</p> <p>I can move in unison with a partner.</p> <p>I can provide feedback using key words.</p> <p>I use a greater number of my own ideas for movements in response to a task.</p> <p>With help, I can recognise how performances could be improved.</p>	<p><b>Basketball</b></p> <p>Skills:</p> <p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p><b>Handball</b></p> <p>Skills:</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can defend an opponent to slow them down.</p> <p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can throw, catch, dribble and shoot the ball with some control.</p> <p>I understand my role both as a defender and as an attacker.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p><b>OAA</b></p> <p>Skills:</p> <p>I am developing map reading skills.</p> <p>I can follow and give instructions.</p> <p>I can listen to and am accepting of others' ideas.</p> <p>I can plan and attempt to apply strategies to solve problems.</p> <p>I can reflect on when and why I was successful at solving challenges and am beginning to understand why.</p> <p>I can work collaboratively with a partner and a small group.</p>
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Year 4	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Football</b></p> <p>Skills:</p> <p>I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p><b>Tag-Rugby</b></p> <p>Skills:</p> <p>I can delay an opponent and help prevent the other team from scoring. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can help my team keep possession and score tries when I play in attack. I can pass and receive the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game</p>	<p><b>Fitness</b></p> <p>Skills:</p> <p>I can collect and record my scores and identify areas I need to improve. I can use key points to help me to improve my sprinting technique. I share ideas and work with others to manage activities. I show balance when changing direction at speed. I show control when completing activities to improve balance. I show determination to continue working over a period of time. I understand there are different areas of fitness and that each area challenges my body differently.</p>	<p><b>Netball</b></p> <p>Skills:</p> <p>I can defend one on one and know when to win the ball. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game</p>	<p><b>Athletics</b></p> <p>Skills:</p> <p>I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.</p>	<p><b>Rounders</b></p> <p>Skills:</p> <p>I am able to bowl a ball with some accuracy, and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can communicate with my teammates to apply simple tactics. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can provide feedback using key terminology and understand what I need to do to improve. I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I can use overarm and underarm throwing and catching skills with increasing accuracy. I share ideas and work with others to manage our game.</p>

		and I can use them often and honestly.		and I can use them often and honestly.		
	<b>Dodgeball</b> Skills: I can catch with increasing consistency. I can communicate with my teammates to apply simple tactics. I can provide feedback using key terminology and understand what I need to do to improve. I can return to the ready position to defend myself. I can throw with some accuracy at a target. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	<b>Dance</b> Skills: I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography. I can provide feedback using appropriate language relating to the lesson. I can respond imaginatively to a range of stimuli relating to character and narrative. I can use changes in timing and spacing to develop a dance. I can use counts to keep in time with others and the music. I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. I show respect for others when	<b>Gymnastics</b> Skills: I can explain what happens to my body when I exercise and how this helps to make me healthy. I can identify some muscle groups used in gymnastic activities. I can plan and perform sequences with a partner that include a change of level and shape. I can provide feedback using appropriate language relating to the lesson. I can safely perform balances individually and with a partner. I can watch, describe and suggest possible improvements to others' performances and my own. I understand how body tension can improve the control	<b>Basketball</b> Skills: I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	<b>Handball</b> Skills: I can self-manage a match with my teammates and officiate a match by applying the basic rules. I can delay an opponent and help to prevent the other team from scoring. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can throw, catch, dribble and shoot the ball with increasing control. I can use simple tactics to help my team gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	<b>OAA</b> Skills: I can accurately follow and give instructions. I can confidently communicate ideas and listen to others. I can identify key symbols on a map and use a key to help navigate around a grid. I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I can work collaboratively and effectively with a partner and a small group.

		working as a group and watching others perform.	and quality of my movements.			
Year 5	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Football</b> Skills: I can communicate with my team and move into space to keep possession and score. I can dribble, pass, receive and shoot the ball with some control under pressure. I can identify when I was successful and what I need to do to improve. I can often make the correct decision of who to pass to and when. I can use tracking and intercepting when playing in defence. I understand the need for tactics and can identify when to use them in different situations.	<b>Tag-Rugby</b> Skills: I can communicate with my team and move into space to keep possession and score. I can identify when I was successful and what I need to do to improve. I can pass and receive the ball with some control under pressure. I can tag opponents and close down space. I know what position I am playing in and how to contribute when attacking and defending. I understand the need for tactics and can identify when to use them in different situations.	<b>Fitness</b> Skills: I can analyse my fitness scores to identify areas for improvement. I can choose the best pace for a running event and maintain speed. I can encourage and motivate others to work to their personal best. I can identify how different activities can benefit my physical health. I can work with others to manage activities. I understand the different components of fitness and how to test them. I understand what my maximum effort looks and feels like	<b>Netball</b> Skills: I can communicate with my team and move into space to keep possession and score. I can identify when I was successful and what I need to do to improve. I can pass, receive and shoot the ball with some control under pressure. I can stay with an opponent and I confident to attempt to intercept. I know what position I am playing in and how to contribute when attacking and defending. I understand the need for tactics and can identify when to	<b>Athletics</b> Skills: I can choose the best pace for a running event. I can identify good athletic performance and explain why it is good. I can perform a range of jumps showing some technique. I can show control at take-off and landing in jumping activities. I can take on the role of coach, official and timer when working in a group. I can use feedback to improve my sprinting technique. I persevere to achieve my personal best. I show accuracy and power when throwing for distance.	<b>Cricket</b> Skills: I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I can identify when I was successful and what I need to do to improve. I can strike a bowled ball with increasing consistency. I can work co-operatively with others to manage our game. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to use this.

	<p>I understand the rules of the game and I can use them most of the time to play honestly and fairly.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>and I am determined to achieve it.</p>	<p>use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>		
	<p><b>Dodgeball</b></p> <p>Skills:</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can throw accurately at a target.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p>	<p><b>Dance</b></p> <p>Skills:</p> <p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</p> <p>I can lead a group through short warm-up routines.</p> <p>I can refine the way I use actions, dynamics, relationships and</p>	<p><b>Gymnastics</b></p> <p>Skills:</p> <p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use feedback provided to improve my work.</p>	<p><b>Basketball</b></p> <p>Skills:</p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use tracking and intercepting when playing in defence.</p> <p>I understand the need for tactics and can identify when to</p>	<p><b>Volleyball</b></p> <p>Skills:</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use the rules to referee a game.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p>	<p><b>OAA</b></p> <p>Skills:</p> <p>I am inclusive of others and can share job roles.</p> <p>I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p> <p>I can reflect on when I was successful at solving challenges and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p>

	<p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use these.</p>	<p>space in my dance in response to a stimulus.</p> <p>I can suggest ways to improve my own and other people's work using key terminology.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p> <p>I can use feedback provided to improve my work.</p>	<p>I can use set criteria to make simple judgments about performances and suggest ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p> <p>I can work safely when learning a new skill to keep myself and others safe.</p>	<p>use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use these.</p>	
Year 6	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Football</b></p> <p>Skills:</p> <p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p>	<p><b>Tag-Rugby</b></p> <p>Skills:</p> <p>I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p>	<p><b>Fitness</b></p> <p>Skills:</p> <p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record</p>	<p><b>Netball</b></p> <p>Skills:</p> <p>I can create and use space to help my team.</p> <p>I can pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p>	<p><b>Athletics</b></p> <p>Skills:</p> <p>I can compete within the rules showing fair play and honesty.</p> <p>I can help others to improve their technique using key teaching points.</p> <p>I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p><b>Cricket</b></p> <p>Skills:</p> <p>I can select the appropriate action for the situation.</p> <p>I can strike a bowled ball with increasing consistency and accuracy.</p> <p>I can use a wider range of fielding skills with increasing control under pressure.</p>

	<p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>I can tag opponents individually and when working within a unit.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>information at a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand the different components of fitness and ways to test and develop them.</p> <p>I work to my maximum consistently when presented with challenges.</p>	<p>I can use marking, and/or interception to improve my defence.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I use different strategies to persevere to achieve my personal best.</p>	<p>I can use the rules of the game consistently to play fairly.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p>
	<p><b>Dodgeball</b></p> <p>Skills:</p> <p>I can officiate and help to manage a game by refereeing.</p> <p>I can select the appropriate action for the situation and</p>	<p><b>Dance</b></p> <p>Skills:</p> <p>I can choreograph a dance and work safely using a prop.</p> <p>I can lead a small group through a short warm-up routine.</p>	<p><b>Gymnastics</b></p> <p>Skills:</p> <p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences</p>	<p><b>Basketball</b></p> <p>Skills:</p> <p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with</p>	<p><b>Volleyball</b></p> <p>Skills:</p> <p>I am confident to make decisions when refereeing.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p>	<p><b>OAA</b></p> <p>Skills:</p> <p>I am inclusive of others, can share job roles and lead when necessary.</p> <p>I can orientate a map efficiently to navigate around a course.</p>

	<p>make this decision quickly.  I can use a wider range of skills with increasing control under pressure.  I can use the rules of the game consistently to play honestly and fairly.  I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.  I can work in collaboration with others so that games run smoothly.  I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>I can perform dances confidently and fluently with accuracy and good timing.  I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.  I can use appropriate language to evaluate and refine my own and others' work.  I can use feedback provided to improve the quality of my work.  I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p>	<p>using compositional devices to improve the quality.  I can lead a small group through a short warm-up routine.  I can use appropriate language to evaluate and refine my own and others' work.  I can work collaboratively with others to create a sequence.  I understand how to work safely when learning a new skill.  I understand what counter balance and counter tension is and can show examples with a partner.</p>	<p>increasing control under pressure.  I can select the appropriate action for the situation and make this decision quickly.  I can use the rules of the game honestly and consistently.  I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.  I can work in collaboration with others so that games run smoothly.  I recognise my own and others strengths and areas for development and can suggest ways to improve.  I understand when to use different styles of defence in game situations.</p>	<p>I can use a wider range of skills with increasing control under pressure.  I can use feedback provided to improve the quality of my work.  I can use the rules of the game consistently to play honestly and fairly.  I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.  I can work in collaboration with others so that games run smoothly.  I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>I can pool ideas within a group, selecting and applying the best method to solve a problem.  I can use critical thinking skills to form ideas and strategies to solve challenges.  I can work effectively with a partner and a group to solve challenges.  With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.</p>
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## **Swimming**

By the end of Year 6 children should be able to:

- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- I can perform safe self-rescue in different water-based situations
- I can swim competently, confidently and proficiently over a distance of at least 25 metres