

PE Curriculum Overview

				Term		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Autumn 1 Fundamentals 1 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 cooperatively, 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.	Fundamentals 2 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 cooperatively, 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	Ball Skills 1 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.	Ball skills 2 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.	Games 1 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.	Games 2 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.
		skills with developing balance and co-ordination.				

Introduction to PE 1 Introduction to PE 2 **Gymnastics 1** Gymnastics 2 Dance 1 Dance 2 Skills: Skills: Skills: Skills: Skills: Skills: I can make I am confident to try new new challenges. independent new challenges. new challenges. new challenges and challenges and perform in I can combine perform in front of front of others. I can negotiate choices. I can combine space safely with I can negotiate movements. movements. others. I can combine movements. consideration for space safely with selecting actions in selecting actions in I can combine selecting actions in myself and others. consideration for response to the task response to the task movements fluently, response to the task. selecting actions in I follow instructions myself and others. and apparatus. and apparatus. I can negotiate space involving several I follow instructions I can confidently and I can confidently and response to the task. safely with consideration ideas or actions. involving several safely use a range of safely use a range of for myself and others. I can negotiate space I play coideas or actions. large and small large and small safely with I follow instructions operatively, take I play co-operatively apparatus. apparatus. consideration for myself involving several ideas or turns and encourage and take turns with I can negotiate I can negotiate and others. actions. I show respect towards others. others. space safely with space safely with I follow instructions I play games I understand the consideration for consideration for involving several ideas others when providing honestly with rules and can myself and others. myself and others. or actions. feedback. consideration of the I follow instructions I follow instructions I use movement skills with explain why it is I show respect towards rules. important to follow involving several involving several others when providing developing strength, I use movement them. ideas or actions. ideas or actions. feedback. balance and co-ordination skills with I use movement skills showing increasing control I use movement I use movement I use movement skills with developing balance skills with skills with with developing and grace. and co-ordination developing balance developing strength, developing strength, strength, balance and and co-ordination. balance and coco-ordination showing when playing games balance and coordination showing ordination showing increasing control and increasing control increasing control grace. and grace. and grace. I work co-I work cooperatively with operatively with others and take others and take turns. turns.

	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills Skills: I am beginning to catch with two hands. I am beginning to dribble a ball with my hands and feet. I am beginning to understand simple tactics. I can roll and throw with some accuracy towards a target. I can say when someone was successful. I can track a ball that is coming towards me. I can work cooperatively with a partner.	Invasion Skills: I am beginning to dribble a ball with my hands and feet. I can change direction to move away from a defender. I can recognise space when playing games. I can send and receive a ball with hands and feet. I can use simple rules to play fairly. I move to stay with another player when defending. I recognise changes in my body when I do exercise. I understand when I am a defender and when I am an attacker.	Fitness Skills: I can recognise changes in my body when I do exercise. I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise makes me feel. I try my best in the challenges I am set. I understand why it is important to warm up.	Net and Wall Skills: I can hit a ball using a racket. I can throw a ball to land over the net and into the court area. I can track balls and other equipment sent to me. I can use a ready position to move to the ball. I know how to score points. I recognise changes in my body when I do exercise. I show honesty and fair play when playing against an opponent.	Striking and Fielding Skills: I can catch a beanbag and a medium-sized ball. I can roll a ball towards a target. I can strike a ball using my hand. I can track a ball that is coming towards me. I know how to score points. I understand the rules and I am beginning to use these to play honestly and fairly. I understand when I am successful.	Athletics Skills: I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing. I can recognise changes in my body when I do exercise. I can run at different speeds. I can work with others and make safe choices. I try my best. I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Fundamentals Dance: **Gymnastics Team Building Target Games** Yoga Skills: Skills: Skills: Skills: Skills: Skills: I am beginning to I am beginning to I am confident to I can communicate I can recognise changes I can recognise how yoga catch with two use counts. perform in front of simple instructions. in my body when I do makes me both feel hands. others. I can follow physically and mentally. I can copy, exercise. I am beginning to remember and I can link simple instructions. I can use an overarm I can remember and dribble a ball with repeat actions. actions together to I can follow path throw aiming towards a repeat actions, linking my hands and feet. I can move create a sequence. and lead others. target. poses together. I can roll a ball towards I am beginning to confidently and I can make my body I can listen to I can say what I liked understand simple safely. tense, relaxed, others' ideas. a target. about someone else's tactics. I can use different stretched and I can suggest ideas I can use an underarm flow. I can roll and throw parts of the body in curled. to solve tasks. throw aiming towards a I can show an awareness with some accuracy isolation and I can recognise I can work with a target. of space when travelling. I can work cotowards a target. together. changes in my body partner and a small I can work with others to I can say when I can work with when I do exercise. group. operatively with a create poses. someone was others to share I can remember and I understand the partner. I understand what good successful. ideas and select repeat actions and rules of the game. I can track a ball actions. technique looks like. shapes. I can say what I liked that is coming I choose appropriate towards me. movements for about someone I can work codifferent dance else's performance. operatively with a ideas. I can use apparatus I say what I liked safely and wait for partner. about someone my turn. else's performance. I show some sense of dynamic and expressive qualities in my dance.

				Term		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Ball skills Skills: I am beginning to provide feedback using key words. I am beginning to understand and use simple tactics. I can dribble a ball with my hands and feet with some control. I can roll and throw a ball to hit a target. I can send and receive a ball using both kicking and throwing and catching skills. I can track a ball and collect it. I can work cooperatively with a partner and a small group.	Invasion Skills: I can describe how my body feels during exercise. I can dodge and find space away from the other team. I can move with a ball towards goal. I can sometimes dribble a ball with my hands and feet. I can stay with another player to try and win the ball. I know how to score points and can remember the score. I know who is on my team and I can attempt to send the ball to them.	Fitness Skills: I can describe how my body feels during exercise. I can show hopping and jumping movements with some balance and control. I persevere with new challenges. I show determination to continue working over a longer period of time. I understand that running at a slower speed will allow me to run for a longer period of time. I work with others to turn a rope and encourage others to jump at the right time.	Net and Wall Skills: I can defend space on my court using the ready position. I can describe how my body feels during exercise. I can hit a ball over the net and into the court area. I can throw accurately to a partner. I can use simple tactics to make it difficult for an opponent. I know how to score points and can remember the score. I show good sportsmanship when playing against an opponent.	Striking and Fielding Skills: I am beginning to provide feedback using key words. I am developing underarm and overarm throwing skills. I can hit a ball using equipment with some consistency. I can track a ball and collect it. I can use simple tactics. I know how to score points and can remember the score. I understand the rules of the game and can use these to play fairly in a small group.	Athletics Skills: I can describe how my body feels during exercise. I can identify good technique. I can jump and land with control. I can use an overarm throw to help me to throw for distance. I can work with others, taking turns and sharing ideas. I show balance and co- ordination when running at different speeds. I try my best.

Fundamentals Dance **Gymnastics Team Building Target Games** Yoga Skills: Skills: Skills: Skills: Skills: Skills: I am beginning to I am beginning to I am beginning to I can follow I am able to select the I am beginning to provide provide feedback provide feedback provide feedback instructions appropriate skill for the feedback using key words. I can copy, remember and using key words. using key words. using key words. carefully. situation. I am beginning to I can copy, I am proud of my I can say when I was I can throw, roll kick or repeat yoga flows. turn and jump in an remember, repeat work and confident successful at solving strike a ball to a target I can describe how my individual skipping and create dance to perform in front challenges. with some success. body feels during exercise. of others. I can move from one pose rope. phrases. I can share my ideas I can work co-I can describe how I can describe how I can perform the and help to solve operatively with a to another thinking about my body feels my body feels basic gymnastic tasks. partner and a small my breath. during exercise. during exercise. actions with some I can work cogroup. I can use clear shapes I can show balance I can show a control and balance. operatively with a I understand the when performing poses. I can work with others to when changing character and idea I can plan and principles of a target partner and a small create simple flows direction. through the actions repeat simple group. game and can use I can show hopping, and dynamics I sequences of I show honesty and different scoring showing some control. skipping and choose. actions. systems when playing can play fairly. I can use directions I understand how to jumping movements I can use counts to games. stay in time with the I understand what good with some balance and levels to make use, follow and and control. music. my work look create a simple technique looks like and diagram/map. I can work co-I can work with a interesting. can use key words in the feedback I provide. operatively with a partner using I can use shapes when performing partner and a small mirroring and unison in our other skills. group. I show balance and actions. I can work safely co-ordination when I show confidence to with others and running at different perform. apparatus. speeds.

	Term						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 3	Football Skills: 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 cooperatively with my group to selfmanage games.	Tag-Rugby Skills: 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.	Fitness Skills: 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.	Netball Skills: 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.	Athletics Skills: 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.	Rounders Skills: 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.	

Dodgeball Dance **Gymnastics** Basketball Handball OAA Skills: Skills: Skills: Skills: Skills: Skills: I am learning the I am respectful of I can adapt I am beginning to I am learning the rules I am developing map rules of the game others when sequences to suit use simple tactics. of the game and am reading skills. different types of beginning to use them I can follow and give and I am beginning watching them I am learning the to use them to play perform. apparatus. rules of the game honestly. instructions. I can defend an fairly. I can provide I can choose actions and am beginning to I can listen to and am I can provide feedback using key that flow well into use them honestly. opponent to slow them accepting of others' ideas. feedback using key words. one another. I can dribble, pass, down. I can plan and attempt to words. I can repeat, I can choose and receive and shoot I can find space away apply strategies to solve I can throw with remember and the ball with some from others and near to problems. plan sequences of some accuracy and I perform a dance contrasting actions. control. my goal. I can reflect on when and am beginning to phrase. I can complete I can find space I can provide feedback why I was successful at catch with some I can use counts to actions with away from others using key words. solving challenges and am consistency. keep in time with a increasing balance and near to my goal. I can throw, catch, beginning to understand I understand the partner and group. and control. I can provide dribble and shoot the why. I can work collaboratively aim of the game. I can use dynamic I can move in unison feedback using key ball with some control. I work coand and expressive words. I understand my role with a partner and a small with a partner. operatively with my qualities in relation I can provide I can track an both as a defender and group. group to selfto an idea. feedback using key as an attacker. opponent to slow I can work with a words. manage games. them down. I work co-operatively with my group to selfpartner and in a I use a greater I understand my role small group, sharing number of my own as an attacker and manage games. ideas for as a defender. ideas. I create short dance movements in I work cophrases that response to a task. operatively with my communicate the With help, I can group to selfidea. recognise how manage games. performances could be improved.

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

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

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

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

	n use marking,	I can tag opponents	information at a	I can use marking,	I can perform jumps for	I can use the rules of the
		U		Ç,		
	ding and/or	individually and	station.	and/or interception	distance using good	game consistently to play
	rception to	when working	I encourage and	to improve my	technique.	fairly.
-	rove my	within a unit.	motivate others to	defence.	I can select and apply	I can work in collaboration
defe	ence.	I can use the rules of	work to their best.	I can use the rules of	the best pace for a	with others so that games
I car	n use the rules of	the game	I understand that	the game	running event.	run smoothly.
the	game	consistently to play	there are different	consistently to play	I can show accuracy and	I recognise my own and
cons	sistently to play	honestly and fairly.	areas of fitness and	honestly and fairly.	good technique when	others strengths and areas
hone	estly and fairly.	I can work	how this helps me in	I can work	throwing for distance.	for development and can
I car	n work	collaboratively to	different activities.	collaboratively to	I understand that there	suggest ways to improve.
colla	aboratively to	create tactics with	I understand the	create tactics with	are different areas of	I understand and can
crea	ate tactics with	my team and	different	my team and	fitness and how this	apply some tactics in the
my t	team and	evaluate the	components of	evaluate the	helps me in different	game as a batter, bowler
eval	luate the	effectiveness of	fitness and ways to	effectiveness of	activities.	and fielder.
effe	ctiveness of	these.	test and develop	these.	I use different strategies	
thes	se.	I can work in	them.	I can work in	to persevere to achieve	
l rec	cognise my own	collaboration with	I work to my	collaboration with	my personal best.	
and	others strengths	others so that	maximum	others so that		
and	areas for	games run	consistently when	games run		
deve	elopment and	smoothly.	presented with	smoothly.		
can	suggest ways to	I recognise my own	challenges.	I recognise my own		
impi	rove.	and others strengths		and others strengths		
		and areas for		and areas for		
		development and		development and		
		can suggest ways to		can suggest ways to		
		improve.		improve.		
				•		
Dod	lgeball	Dance	Gymnastics	Basketball	Volleyball	OAA
Skill	-	Skills:	Skills:	Skills:	Skills:	Skills:
I car	n officiate and	I can choreograph a	I can combine and	I can create and use	I am confident to make	I am inclusive of others,
help	to manage a	dance and work	perform gymnastic	space to help my	decisions when	can share job roles and
gam	ne by refereeing.	safely using a prop.	actions, shapes and	team.	refereeing.	lead when necessary.
I car	n select the	I can lead a small	balances with	I can dribble, pass,	I can select the	I can orientate a map
аррі	ropriate action	group through a	control and fluency.	receive and shoot	appropriate action for	efficiently to navigate
for t	the situation and	short warm-up	I can create and	the ball with	the situation and make	around a course.
		routine.	perform sequences		this decision quickly.	

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.

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.

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.

increasing control under pressure. I can select the appropriate action for the situation and make this decision auickly. 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.

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.

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.

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