

PE

EYFS:

- Revise and refine the movement skills they have already required (rolling, crawling, walking, jumping, running, hopping, skipping, climbing)
- Progress towards a more fluent style of moving developing control and grace
- Develop overall body strength, coordination, balance and agility
- Use core muscle strength to achieve good posture
- Combine different movements with ease and fluency
- Develop and refine a range of ball skills including: throwing catching kicking passing batting and aiming
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

Year 1

Games

- Move into different positions before throwing the beanbag.
- Throw with a suitable technique.
- Move to try and intercept the beanbag.
- Make simple decisions about where to throw.
- Make it difficult for their opponent.
- Describe what they have done or seen others doing.
- Move into different positions before sliding the beanbag or rolling the ball.
- Roll the ball or slide the beanbag with a suitable technique.
- Move to try and intercept the ball or beanbag.
- Move into different positions before throwing the beanbag.
- Throw with a suitable technique.
- Move to try and intercept the beanbag.
- Make simple decisions about where to throw.

Dance

- Understand level, speed and direction.
- Move expressively and confidently.
- Show good body control.
- Use space well.
- Remember, repeat and link movement phrases.
- Create sequences with a clear start and end.

Athletics

- Look up whilst running
- Show a good running technique
- Run at different speeds
- Change direction whilst running
- Observe and comment on others' performance
- Say what they have done well and what they need to improve
- When jumping, show control in the take off.
- Show control when landing.
- Choose an appropriate jumping action for distance.
- Show all of the basic jumps eg 2 to 2 feet, 2 to 1 foot, 1 to same foot, 1 to opposite foot

Year 1/2

Games

- Throw with a suitable technique.
- Move into different positions before throwing.
- Make simple decisions about where to throw.
- Make it difficult for their opponent.
- Throw with a suitable underarm technique.
- Move to try to intercept the ball.
- Change speed and direction easily.
- Change their approach in response to their opponent's actions.
- Describe what they have done or seen others doing.

- Use the racket to send the ball over the net.
- Move to try to intercept or catch the ball.
- Change direction and speed easily.
- Feed the ball to their partner.
- Hit the ball into a forward arc with an angle of 60° to 90°
- Throw with a suitable technique.
- Move to try to intercept the ball when fielding.
- Change their approach in response to the position they are playing in eg fielding, batting.

Dance

- Move expressively and confidently.
- Show good body control.
- Use space well.
- Move with control and coordination.
- Communicate feelings and moods through movements.
- Link movements fluently.
- Use different levels and speeds.
- Suggest ways they could improve their work, using simple vocabulary.
- Create a performance with a clear start and end.

Athletics

- Look up whilst running
- Show a good running technique
- Run at different speeds
- Change direction whilst running
- Observe and comment on others' performance
- Say what they have done well and what they need to improve
- When jumping, show control in the take off.
- Show control when landing.
- Choose an appropriate jumping action for distance.
- Show all of the basic jumps eg 2 to 2 feet, 2 to 1 foot, 1 to same foot, 1 to opposite foot

Year 2

Games

- Move into different positions before throwing.
- Throw with a suitable underarm technique.
- Move to try to intercept the ball.
- Change speed and direction easily.
- Describe what they have done or seen others doing.
- Use the racket to send the ball over the net.
- Move to try to intercept or catch the ball.
- Change direction and speed easily.
- Change their approach in response to their opponent's actions.
- Feed the ball to their partner.
- Hit the ball into a forward arc with an angle of 60° to 90°
- Throw with a suitable technique.
- Move to try to intercept the ball when fielding.
- Change their approach in response to the position they are playing in eg fielding, batting.

Dance

- Move with control and coordination.
- Communicate feelings and moods through movements.
- Link movements fluently.
- Use different levels and speeds.
- Suggest ways they could improve their work, using simple vocabulary.
- Create a performance with a clear start and end.

Athletics

- Look up whilst running
- Show a good running technique
- Run at different speeds
- Change direction whilst running
- Observe and comment on others' performance

- Say what they have done well and what they need to improve
- When jumping, show control in the take off.
- Show control when landing.
- Choose an appropriate jumping action for distance.
- Show all of the basic jumps eg 2 to 2 feet, 2 to 1 foot, 1 to same foot, 1 to opposite foot

Year 3

Invasion Games

- Move into different positions to receive the ball.
- Move to try to intercept the ball.
- Work with others to make progress towards the goal.
- Keep possession and control of the ball.
- Use space well.
- Say what they and others have done well.

Health and Exercise

- Design a simple circuit of up to 8 stations.
- Set targets to beat.
- Explore the correct form for given exercises.
- Perform exercises with balance and control.
- Identify what individuals do well and what can be improved.

Dance

- Respond to stimuli imaginatively and having lots of ideas.
- Show good body control and fluency.
- Perform expressively.
- Work well with a partner and in small groups.
- Compose dance phrases with understanding.
- Talk about their own and others' performances.

Gymnastics

- Plan a sequence containing the elements outlined in the chosen core task.
- Show extension when balancing eg pointing their toes
- Move smoothly from one action to another
- Use their own ideas for movements in response to task
- Devise a sequence with a beginning, middle and end
- With help, recognise how performances could be improved

Athletics

- Run smoothly at different speeds
- Jump with control, coordination and balance
- Bend their knees and use their arms to propel themselves forward when jumping Use appropriate techniques for sling, push and pull throws
- Throw a range of equipment consistently and accurately at a target area
- Say what they have done well and what they need to improve
- Hand over the baton/quoit/beanbag smoothly
- Make the most of their team's strengths
- Choose and sustain an appropriate running pace
- Demonstrate a good running technique Work well together as a team

Net & Wall Games

- Use a range of techniques to throw/hit the ball.
- Move to try and intercept the ball.
- Feed the ball to their partner.
- Use a racket to hit the ball over the 'net'
- Try to use tactics to beat their opponent.
- Create a scoring system.

Year 4

Invasion Games

- Move into different positions to receive the ball.
- Move to try to intercept the ball.
- Work with others to make progress towards the goals.
- Keep possession and control of the ball.
- Use different techniques to pass the ball
- Show consistency, control and speed

- Have simple plans that they know they can make work
- Explain the tactics they have used

Health and Exercise

- Design a simple circuit of up to 8 stations.
- Set targets to beat.
- Explore the correct form for given exercises.
- Perform exercises with balance and control.
- Identify what individuals do well and what can be improved.

Dance

- Respond imaginatively to a range of stimuli.
- Copy and explore ideas, being original.
- Show good body control and fluency.
- Refine, repeat and remember dance phrases.
- Work well with a partner and in a group.
- Talk about their own and others' performances.

Gymnastics

- Perform actions and balances with control.
- Perform body shapes and agilities with control.
- Include changes of speed and level in a sequence.
- Plan, perform and repeat longer sequences.
- Adapt their own movements to include a partner in a sequence.
- Describe possible improvements to their own and others' performance.

Striking & Fielding Games

- Hit the ball hard and into space.
- Use different throwing techniques.
- Use different retrieving techniques.
- Vary their play.
- Decide on the best position for fielders.
- Discuss how to improve their performance.

Outdoor Adventurous

- Plan their ideas together.
- Orientate their map.
- Mark the controls in the correct position on their map.
- Find their way back to the starting point.
- Review what went well.
- Identify areas for improvement.

Year 5

Invasion Games

- Pass, dribble and shoot effectively.
- Find a space to receive a pass.
- Consistently catch/receive the ball.
- Work well as a team to keep possession of the ball.
- Make decisions quickly when playing a game.
- Agree on their own rules to suit the equipment.

Health and Exercise

- Design a simple circuit of up to 8 stations.
- Set targets to beat.
- Explore the correct form for given exercises.
- Perform exercises with balance and control.
- Identify what individuals do well and what can be improved.

Dance

- Compose, develop and adapt dance phrases.
- Use linking movements to ensure fluency.
- Vary the order, timing, speed and direction of movements.
- Perform skills and movement patterns accurately.
- Work cooperatively with others.
- Describe and suggest ways to improve their own and others' dance.

Gymnastics

- Plan and perform a sequence containing the elements outlined in the chosen core task.

- Perform all actions and balances with control.
- Perform balances showing body extension e.g. pointing toes.
- Work well with a partner or in a small group.
- Use set criteria to make simple judgements about performances.
- Suggest ways performances could be improved.

Athletics

- Look up whilst running in a straight line (able to stay in their own lane)
- Show a good running technique (strong driving arm action and head relatively still) Run at different speeds
- Adapt their pace to the length of the run
- Observe and comment on others' performance
- Say what they have done well and what they need to improve
- Perform a range of basic jumps in isolation
- Put together a combination of jumps
- Select appropriate jumps to help them travel further/higher
- Choose to use a run-up
- Bend their knees and use their arms to propel themselves when jumping
- Perform a range of basic throws in isolation
- Accurately throw a range of equipment
- Select appropriate throws to throw for height or distance
- Choose to use a run-up
- Use strong arm and leg actions to help their throw

Net & Wall Games

- Use forehand, backhand and overhead shots.
- Select appropriate shots to get the ball into a space.
- Choose and use some tactics effectively.
- Play the ball away from their opponent.
- Apply rules consistently and fairly.
- Create a scoring system.

Year 6

Invasion Games

- Pass, dribble and shoot effectively.
- Select different positions in a team.
- Agree on their own rules to suit the equipment.
- Work well as a team to keep possession of the ball.
- Make decisions quickly when playing a game.
- Change rules and tactics as necessary.

Health and Exercise

- Design a simple circuit of up to 8 stations.
- Set targets to beat.
- Explore the correct form for given exercises.
- Perform exercises with balance and control.
- Identify what individuals do well and what can be improved.

Dance

- Remember and repeat dance phrases.
- Select appropriate movements to represent artistic intention.
- Portray style and expressive qualities.
- Use different levels, speeds and expressions.
- Show an awareness of music and rhythm.
- Use dance language with increasing confidence and accuracy.

Gymnastics

- Plan and perform a sequence containing the elements outlined in the chosen core task.
- Compose a sequence with a clear start, middle and end. Perform fluently with control and clarity.
- Combine and perform gymnastic actions, shapes and balances. Work well as part of a small group.
- Explain what works well and what needs improving in their own and others' performance.

Striking & Fielding Games

- Use a range of techniques to hit the ball.
- Move into different positions to retrieve the ball.
- Select appropriate fielding positions.

- Use tactics to try to outwit their opponents.
- Agree on their own rules and scoring system.
- Identify what they have done well and what they need to improve.

Outdoor Adventurous

- Plan out a strategy for completing the challenge.
- Implement and refine strategies.
- Work increasingly well as a group.
- Orientate the map properly.
- Identify what they do well as individuals.
- Identify what they do well as a team.