




Physical Education

Year 1	
<p style="text-align: center;">Invasion Games</p>	<p style="text-align: center;">Gymnastics/Dance</p>
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in invasion sports such as Hockey and Tag Rugby • Children confident and keep themselves safe in the space in which an activity/game is being played. • Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. • Children can show ability to work with a partner in throwing and catching games. 	<p>Children will:</p> <ul style="list-style-type: none"> • Children explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes. • Children move confidently and safely in their own and general space, using change of speed and direction. • Children explore making their body tense, relaxed, stretched and curled. • Children can explore different ways of stretching, balancing, rolling, and travelling • Children can explore movement ideas and respond imaginatively to a range of stimuli.
<p style="text-align: center;">Athletics</p>	<p style="text-align: center;">Striking and fielding</p>
<p>Children will:</p> <ul style="list-style-type: none"> • Remember, repeat and link combinations of actions. • Use their bodies and a variety of equipment with greater control and co-ordination. • Develop the following skills with increasing accuracy and velocity. • Explore and throw a variety of objects with one hand. • Jump from a stationary position with control. • Change speed and direction whilst running. 	<p>Children will:</p> <ul style="list-style-type: none"> • Take part in striking and fielding games like Cricket • Be confident and keep themselves safe in the space in which an activity/game is being played. • Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. • Show ability to work with a partner in throwing and catching games. • Choose and use skills effectively for particular games. • Throw a ball accurately underarm to a target using increasing control. • Show increasing control when rolling an object, using a technique. • Can hit a ball with control using an appropriate object. • Children can explore throwing and catching in different ways

Year 2

Invasion Games	Gymnastics/Dance
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in invasion games such as tag rugby and hockey • Begin to improve the way they coordinate and control their bodies in various activities. • Begin to remember, repeat and link combinations of skills where necessary. • Develop basic tactics in simple team games and use them appropriately. • Take part in games where there is an opposition. • Begin to lead others in a simple team game. <div style="text-align: center;">  </div>	<p>Children will:</p> <ul style="list-style-type: none"> • Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precisions. • Choose, use and vary simple compositional ideas in the sequence they create and perform, with moderate control. • Create routines which have a clear beginning and ending. • Work with a partner sharing ideas and creating a simple sequence • Explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance. • Explore the change of rhythm, speed, level and direction. • to compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.
Athletics	Striking and fielding
<p>Children will:</p> <ul style="list-style-type: none"> • Remember, repeat and link combinations of actions. • Can use their bodies and a variety of equipment with greater control and co-ordination. • Develop the following skills with increasing accuracy and velocity. • Explore and throw a variety of objects with one hand. • Jump from a stationary position with control. • Change speed and direction whilst running. 	<p>Children will:</p> <ul style="list-style-type: none"> • Take part in striking and fielding games like cricket • Improve the way they coordinate and control their bodies in various activities. • Remember, repeat and link combinations of skills where necessary. • Develop basic tactics in simple team games and use them appropriately. • Be able to choose use and vary simple tactics. • Catch and control a ball in movement working with a partner or in a small group.

- Take part in games where there is an opposition.
- Decide where to stand during a team game, to support the game.
- Children Begin to lead others in a simple team game.
- Children are able to hit a ball accurately using a piece of equipment



Year 3

Invasion Games

Children will:


- Take part in a variety of invasion games including hockey and tag rugby
- Move with a ball towards goals with increasing control.
- Understand their role as an attacker and as a defender.
- Move into space to help support a team.
- Defend an opponent and try to win the ball.



Gymnastics/Dance

Children will:

- Safely perform balances individually and with a partner.
- Plan and perform sequences with a partner that include a change of level and shape.
- Understand how body tension can improve the control and quality of their movements.
- Can watch, describe and suggest possible improvements to a performance.
- Respond imaginatively to a range of stimuli related to character and narrative.
- Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.
- Children use formation, canon and unison to develop a dance.
- Children are able to refine, repeat and remember dance phrases and dances. Children can perform dances clearly and fluently. Children can

	describe, interpret and evaluate dance, using appropriate language.
Athletics	Striking and fielding
<p>Children will:</p> <ul style="list-style-type: none"> • Children are able to run at fast, medium and slow speeds. • Children can use different take off and landings when jumping. • Children develop jumping for distance and height. • Children take part in a relay activity, remembering when to run and what to do. • Children can throw a variety of objects, changing my action for accuracy and distance. • Children can record their distances, numbers and times. 	<p>Children will:</p> <ul style="list-style-type: none"> • Take part in a range of striking a fielding games including cricket and rounders • Use overarm and underarm throwing, and catching skills. • Begin to strike a bowled ball after a bounce. • Bowl a ball towards a target. • Develop an understanding of tactics and begin to use them in game situations.
Net and wall	Swimming
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in a range of net and wall sports including tennis • Return a ball to a partner. Use basic racket skills. • Play a range of basic shots. • Move quickly around the court using a variety of movement patterns. <div style="text-align: center;">  </div>	<p>Children will:</p> <ul style="list-style-type: none"> • Take part in programme of study is delivered by local swimming coaches. • Develop water confidence through a range of exercises, games and drills. • Be taught about water safety and safe self-rescue. • Develop kicking, arm pull and breathing techniques as well as correct body position to improve buoyancy and stroke efficiency. <p>Targets:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.
Outdoor adventurous activities	
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in a range of problem solving and orienteering activities • Follow and give instructions. • Communicate ideas and listen to others. • Work with a partner and a small group. • Plan and attempt to apply strategies to solve problems 	

Year 4

Invasion Games

Children will:

- Take part in a range of invasion games including hockey and tag rugby.
- Pass, receive and shoot the ball with increasing control.
- Work as part of a team to keep possession and score goals when attacking.
- Begin to develop confidence in defending one on one and know when and how to win the ball.
- Use simple tactics to help a team score or gain possession.

Gymnastics/Dance

Children will:

- Can safely perform balances individually and with a partner.
- Plan and perform sequences with a partner that include a change of level and shape.
- Understand how body tension can improve the control and quality of their movements.
- Watch, describe and suggest possible improvements to a performance.
- Respond imaginatively to a range of stimuli related to character and narrative.
- Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.
- Use formation, canon and unison to develop a dance.
- Refine, repeat and remember dance phrases and dances. Children can perform dances clearly and fluently.
- Can describe, interpret and evaluate dance, using appropriate language.

Athletics

Children will:

- Demonstrate the difference between sprinting and running over varying distances.
- Demonstrate different throwing techniques.
- Jump for distance and height with control and balance.
- Throw with some accuracy and power into a target area.

Striking and fielding

Children will:

- Take part in a range of striking and fielding games including cricket and rounders
- Use overarm and underarm throwing, and catching skills with increasing accuracy.
- Strike a bowl and ball after a bounce.
- Bowl a ball with some accuracy, and consistency. Children choose and use simple tactics for different situations.

Net and wall	Outdoor Adventurous activities
<p>Children will:</p> <ul style="list-style-type: none"> • Use a range of basic racket skills and variety of shots in different areas of the court. • Begin to demonstrate good footwork on the court. • Return to the ready position to defend my own court 	<p>Children will:</p> <ul style="list-style-type: none"> • Accurately follow and give instructions. • Work effectively with a partner and a small group. • Identify key symbols on a map and use a key to help navigate around a grid. • Plan and apply strategies to solve problems <div data-bbox="916 703 1278 1081" data-label="Image"> </div>
Year 5	
Invasion Games	Gymnastics/Dance
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in invasion sports such as hockey and tag rugby • Understand there are different skills for different situations and begin to use these. Independently move into space to help a team. • Play a range of positions and know how to contribute when attacking and defending. • Confidently pass, receive and shoot the ball with some control under pressure. 	<p>Children will</p> <ul style="list-style-type: none"> • Create and perform sequences using apparatus, individually and with a partner. • Set criteria to make simple judgments about performances and suggest ways they could be improved. • Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. • Use strength and flexibility to improve the quality of a performance. • Adapt and refine actions, dynamics and relationships in a dance. • Perform different styles of dance clearly and fluently. • Recognise and comment on dances, showing an understanding of style • Suggest ways to improve their own and other people's work.

Athletics	Striking and fielding
<p>Children will:</p> <ul style="list-style-type: none"> • Choose the best pace for a running event. • Perform a range of jumps showing some technique. • Show control at take-off in jumping activities. • Show accuracy and good technique when throwing for distance. • Understand how stamina and power help people to perform well in different athletic activities. • Lead a partner through short warm-up routines. 	<p>Children will:</p> <ul style="list-style-type: none"> • Sometimes strike a bowled ball. • Begin to develop a wider range of skills and use these under some pressure. • Start to use tactics effectively in a competitive situation.
Net and wall	Outdoor adventurous pursuits
<p>Children will:</p> <ul style="list-style-type: none"> • Take part in a range of net and wall games including tennis • Develop wider range of skills and begin to use these under some pressure. • Select and apply preferred skills with increasing consistency. • Understand the need for tactics and make decisions about when best to use them. • Play cooperatively with a partner. • Demonstrate good footwork to cover a court space in a game situation 	<p>Children will:</p> <ul style="list-style-type: none"> • Reflect on when and how they were successful at solving challenges, and alter methods in order to improve. • Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy. • Use critical thinking to approach a task. • Navigate around a course using a map.
Year 6	
Invasion Games	Gymnastics/Dance
<p>Children will:</p> <ul style="list-style-type: none"> • Play a range of invasion games such as tag rugby and hockey • Receive and shoot the ball with increasing control under pressure. • Select the appropriate action for the situation. • Create and use a variety of tactics to help a team. • Confidently and independently create and use space to help a team. 	<p>Children will:</p> <ul style="list-style-type: none"> • Understand what counter balance and counter tension is and show examples with a partner. • Combine and perform gymnastic actions, shapes and balances with control and fluency. • Confidently create and perform sequences using compositional devices to improve the quality. • Confidently Suggest changes and use feedback to improve a sequence. • Creatively and imaginatively individually, with a partner and in a

<ul style="list-style-type: none"> • Select and apply different movement skills to lose a defender. • Use marking, and/or interception to improve defending. 	<p>group to choreograph motifs and structure simple dances.</p> <ul style="list-style-type: none"> • Adapt and refine actions, dynamics and relationships to improve a dance. • Start to choreograph a dance using props. • Perform dances fluently and with control. • Use appropriate language to evaluate and refine their own and others' work.
Athletics	Striking and fielding
<p>Children will:</p> <ul style="list-style-type: none"> • Select and apply the best pace for a running event. • Exchange a baton with success. Perform jumps for height and distance using good technique. • Show accuracy and good technique when throwing for distance. Children can lead a small group through a short warm-up routine. 	<p>Children will:</p> <ul style="list-style-type: none"> • Play a range of striking a fielding games including cricket and rounders • strike a bowled ball with increasing consistency. • use some tactics in the game as a batter, bowler and fielder. • Select the appropriate action for the situation.
Net and wall games	Outdoor adventurous activities
<p>Children will:</p> <ul style="list-style-type: none"> • Play a range of sports including tennis • Use a wider range of skills in game situations. • Play cooperatively with a partner / in a team. • Demonstrate good decision making when making shots within a game. identify and use a variety of tactics 	<p>Children will:</p> <ul style="list-style-type: none"> • Work effectively with a partner and a group. • Use critical thinking to form ideas. • Pool ideas within a group, selecting and applying the best method to solve a problem. • Reflect on why and how they are successful at solving challenges and adapt methods in order to improve. • Orientate and map efficiently to navigate around a course.