

PE	1	2	3	4	5	6
Fundamental movement skills, Multi-skills, Gymnastics	<p>To explore movement, actions with control and link them together with flow.</p> <p>To explore gymnastic actions and shape.</p> <p>To explore travelling on benches and apparatus.</p> <p>To repeat and link combinations of movements and shape with control.</p> <p>To explore static balancing and explore the concept of bases.</p> <p>To practise ABC (agility, balance and coordination).</p>	<p>To remember and repeat simple gymnastic actions with control.</p> <p>To balance on isolated parts of the body, using floor and hold balance.</p> <p>To develop a range of moves, particularly balancing.</p> <p>To link together a number of actions in a sequence.</p> <p>To explore ways of travelling around on large apparatus.</p>	<p>To explore jumping techniques and link them with other actions.</p> <p>To work with a partner or small group to create a sequence that develops jumping skills.</p> <p>Develop and combine; flexibility, strength, technique, control and balance.</p>	<p>To identify and practise body shapes.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform and evaluate own and other sequences.</p>	<p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To perform and evaluate own and other sequences.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in cannon and in unison.</p>	<p>To identify and practise gymnastic shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>Create well executed sequences that include a range of movements including: travelling, balances, jumps and rolls. Practise and improve these independently.</p> <p>Reflect on own performance and know ways of improving. Assist others in improving their performance.</p>
Dance	<p>To link travelling moves that change direction and level.</p> <p>To link a variety of moves together.</p> <p>To explore basic body patterns and movements to music.</p> <p>To link a variety of dance moves incorporating speed, direction and gestures, in time to music.</p>	<p>To explore different levels and speeds of movement.</p> <p>To compose and perform simple dance phrases.</p> <p>To develop a range of dance movements and improve timing.</p> <p>To work to music, creating movements that show rhythm and control.</p>	<p>To explore dance movements and create patterns of movement.</p> <p>To work with a partner to create dance patterns.</p> <p>To perform a dance with rhythm and expression.</p> <p>To use knowledge of dance to create a story in small groups.</p> <p>If they choose, to perform a routine at the school Summer Fair.</p>	<p>To identify and practise the patterns of chosen dance styles.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Use a range of movements to develop and perform group and individual dances.</p> <p>If they choose, to perform a routine at the school Summer Fair.</p>	<p>To create and perform an individual dance that reflects the chosen dance style.</p> <p>To create group dances that reflect the dance style.</p> <p>To perform and evaluate own and others work.</p> <p>If they choose, to perform a routine at the school Summer Fair.</p>	<p>To identify and practise the patterns and actions in a street dance style.</p> <p>To perform and analyse own and others performance.</p> <p>To use skills obtained throughout the year to participate in school production.</p> <p>If they choose, to perform a routine at the school Summer Fair.</p>

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Brilliant ball skills	Invasion Games (rugby, football, hockey, netball, basketball)	<p>To be able to move forwards, backwards and sideways, low and high, with some speed.</p> <p>To develop balance, agility and co-ordination (ABC).</p> <p>To become spatially aware and move in and out of space safely.</p> <p>To be able to move forwards, backwards and sideways, low and high, with some speed.</p>	<p>To kick and move with a ball.</p> <p>To develop catching and dribbling skills.</p> <p>To use ball skills in a mini game.</p> <p>To become spatially aware and move in and out of space safely and quickly.</p>	<p>To be aware of others when playing games.</p> <p>To choose the correct skills to meet a challenge.</p> <p>To perform a range of actions, maintaining control of the ball.</p> <p>To apply skills and tactics in small-sided games.</p> <p>To identify and follow the rules of games.</p> <p>To choose and use simple tactics to suit different situations.</p> <p>To react to situations in ways that make it difficult for opponents to win.</p>	<p>To keep possession of a ball.</p> <p>To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</p> <p>To use accurate passing and dribbling in a game.</p> <p>To identify and apply ways to move the ball towards an opponent's goal.</p> <p>To learn concepts of attack and defence.</p> <p>To play in a mini competition or match.</p> <p>To play an attack or defend position.</p>	<p>To demonstrate basic passing and receiving skills</p> <p>To use good hand/eye co-ordination to pass and receive a ball successfully.</p> <p>To understand the importance of 'getting free' in order to receive a pass.</p> <p>To understand how to make space by moving away and coming back and by dodging.</p> <p>To understand how to intercept a pass.</p> <p>To learn how to shoot.</p> <p>To understand different roles of attack and defend.</p> <p>To develop an understanding of the basic footwork rule of netball./dribbling rules in basketball.</p>	<p>To understand the basic rules of tag rugby.</p> <p>To work as a team, using ball-handling skills.</p> <p>To pass and carry a ball using balance and co-ordination.</p> <p>To use skills learned to play a game of tag rugby.</p> <p>To apply rules and skills learned to a game.</p> <p>To be able to demonstrate a range of defending skills and understand how to mark an opponent.</p> <p>To understand the different positions in a netball team (five-a-side) - which positions are attacking and which are defending.</p>

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Brilliant ball skills	Net/Wall Games (tennis/badminton)	<p>To master basic sending and receiving techniques.</p> <p>To use ball skills in gamebased activities</p>	<p>To use hand-eye coordination to control a ball.</p> <p>To catch a variety of objects.</p> <p>To vary types of throw.</p> <p>To balance things on a racket.</p>	<p>To master the basic catching technique and catch with increasing control and accuracy.</p> <p>To become familiar with balls/shuttlecocks and rackets.</p> <p>To get the ball/shuttlecock into play.</p> <p>To accurately serve underarm.</p> <p>To build up a rally.</p> <p>To become aware of the correct grip when using a racket.</p>	<p>To become more familiar with balls /shuttlecocks and rackets.</p> <p>To get the ball/shuttlecock into play.</p> <p>To accurately serve underarm.</p> <p>To build a rally, focusing on accuracy of strokes.</p> <p>To play a variety of shots in a game situation and to explore when different shots should be played.</p> <p>To play a competitive tennis game.</p>	<p>To identify and apply techniques for hitting a tennis ball/shuttlecock.</p> <p>To develop the techniques for ground strokes and volleys.</p> <p>To develop a backhand technique and use it in a game.</p> <p>To practise techniques for all strokes. •</p> <p>To play a tennis/badminton game using an overhead serve and the correct selections of shots.</p>	<p>To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>To understand how to use different shots to outwit an opponent in a game.</p> <p>To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</p>
	Striking and Fielding Games (rounders/cricket)	<p>To practise basic striking, sending and receiving.</p> <p>To use throwing and catching skills in a game.</p> <p>To practise accuracy of throwing and consistent catching.</p> <p>To strike with a racket or bat.</p> <p>To use basic skills learnt in a mini game.</p>	<p>To learn skills for playing striking and fielding games.</p> <p>To position the body to strike a ball.</p> <p>To develop catching skills.</p> <p>To throw a ball for distance.</p> <p>To practise throwing skills in a circuit.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To perform a range of throwing and catching and gathering skills with control.</p> <p>To practise the correct technique for catching, batting and fielding a ball and use it in a game.</p> <p>To throw and hit a ball in different ways (e.g. high, low, fast or slow).</p> <p>To know how to play a striking and fielding game competitively and fairly.</p> <p>To throw and hit a ball in different ways (e.g. high, low, fast or slow).</p>	<p>To develop and investigate different ways of throwing, and to know when each is appropriate.</p> <p>To use ABC (agility, balance, co-ordination) to field a ball well and to move into good positions for catching and apply it in a game situation.</p> <p>To use hand-eye coordination to strike a moving and a stationary ball.</p> <p>To develop fielding skills and understand their importance when playing a game.</p>	<p>To develop skills in batting and fielding.</p> <p>To choose fielding techniques.</p> <p>To run between the wickets.</p> <p>To run, throw and catch.</p> <p>To develop a safe and effective overarm throw. To learn batting control.</p> <p>To use all the skills learned by playing in a mini tournament.</p> <p>To strike the ball for distance.</p>	<p>To throw and catch under pressure.</p> <p>To use fielding skills to stop the ball effectively.</p> <p>To learn batting control. To learn the role of backstop.</p> <p>To play in a match or tournament and work as team, using tactics in order to beat another team.</p>

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Outdoor and adventurous activities	Orientation	Identify positions on simple maps and diagrams of familiar environments e.g. in relation to position of desk in plan of classroom. Use simple maps and diagrams to follow a trail. Cone orienteering courses. Recognising symbols games. KS1 course.		Orientate simple maps and plans. Mark control points in correct position on map or plan. Find way back to a base point. Star courses. Red course.		Draw maps and plans and set trails for others to follow. Use the eight points of the compass to orientate. Plan an orienteering challenge using star courses. Purple course. Full orienteering course.	
	Communication	Begin to work co-operatively with others. Plan and share ideas.		Co-operate and share roles within a group. Listen to each other's ideas when planning a task and adapt. Take responsibility for a role within the group. Recognise that some outdoor adventurous activities can be dangerous. Follow rules to keep self and others safe.		Plan and share roles within the group based on each other's strengths. Understand individuals' roles and responsibilities. Adapt roles or ideas if they are not working. Recognise and talk about the dangers of tasks. Recognise how to keep themselves and others safe.	
	Problem	Discuss how to follow trails and solve problems. Select appropriate equipment for the task.		Select appropriate equipment/route/people to solve a problem successfully. Choose effective strategies and change ideas if not working.		Plan strategies to solve problems/plan routes/follow trails/build shelters etc. Implement and refine strategies.	
Athletics		To use varying speeds when running. To develop fundamentals of movement. To practise short distance running. To explore different methods of running.	To run with agility and confidence. To learn the best jumping techniques for distance. To throw different objects in a variety of ways. To run for distance. To complete an obstacle course with control and agility.	To run in different directions and at different speeds, using a good technique. To improve throwing technique. To reinforce jumping techniques. To choose and understand appropriate running techniques. To compete in a mini competition, recording scores.	To select and maintain a running pace for different distances. To practise throwing with power and accuracy, displaying safety and understanding. To demonstrate good running technique in a competitive situation. To understand which technique is most effective when jumping for distance.	To use correct technique to run at speed. To continue to develop skills required for distance running. To develop throwing with accuracy and power. To identify and apply techniques of relay running. To understand which technique is most effective when jumping for distance. Learn how to use skills to improve the distance of a pull throw.	To investigate running styles and changes of speed. To develop throwing with power and accuracy, displaying safety and understanding. To demonstrate good running technique in a competitive situation. To reinforce techniques of relay running. To understand which technique is most effective when jumping for distance.