

PE skills progression document

EYFS PE skills	Key Stage 1 National Curriculum Expectations	Key Stage 2 National Curriculum Expectations
<p>Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.</p>	<p>Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 	<p>Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming and water safety</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.

Year	<u>Unit title and skills</u>	<u>Objectives / knowledge</u>	<u>Questions that children will answer</u>	<u>Vocabulary -</u> Use PE vocabulary, including....	
				Previous:	New:
N and R: EYFS Framework and Development Matters					
<p>ELG:</p> <p>Physical Development ELG:</p> <p>Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		<p>Nursey</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. <p>Reception</p> <p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> • rolling • crawling • walking • jumping • running • hopping • skipping • climbing 			
N	<p>Communication and language</p>	<ul style="list-style-type: none"> • Encourage children to move with controlled effort. • Use music of different styles and cultures to create moods and talk about how people move when they are sad, happy or cross. • Motivate children to be active through games such as follow the leader. • Talk about why children should take care when moving freely. • Teach children the skills they need to use equipment safely, e.g. cutting with scissors or using tools. • Encourage children to use the 	<p>How can you?</p> <p>How does it feel when?</p> <p>What would you.....?</p>		<p>strong</p> <p>firm</p> <p>gentle</p> <p>heavy</p> <p>stretch</p> <p>reach</p> <p>tense</p> <p>floppy</p>

		vocabulary of movement, e.g. 'gallop', 'slither'; of instruction e.g. 'follow', 'lead' and 'copy'.			
	Physical Development	<ul style="list-style-type: none"> Start taking part in some group activities which they make up for themselves, or in teams. Lead movement-play activities when appropriate. These will challenge and enhance children's physical skills and development – using both fixed and flexible resources, indoors and outside. 	<p>How can you?</p> <p>How does it feel when?</p> <p>What would you.....?</p>		rolling crawling walking jumping running hopping skipping climbing
R	Communication and language	<ul style="list-style-type: none"> Ask questions to find out more and to check what has been said to them. Articulate their ideas and thoughts in well-formed sentences. Use talk to work out problems and organise thinking and activities. Explain how things work and why they might happen. Use new vocabulary in different contexts. 		strong firm gentle heavy stretch reach tense floppy	
	Physical Development	<ul style="list-style-type: none"> Pose challenging questions such as 'Can you get all the way round the climbing frame without your knees touching it?' Talk with children about the need to match their actions to the space they are in. Show children how to collaborate in throwing, rolling, fetching and receiving games, encouraging children to play with one another once their skills are sufficient. Introduce and encourage children to use the vocabulary of manipulation, e.g. 'squeeze' and 'prod.' Explain why safety is an important factor in handling tools, equipment and materials, and have sensible rules for everybody to follow. 	<p>What is exercise?</p> <p>Why do we need to exercise?</p> <p>What happens when we do?</p>	rolling crawling walking jumping running hopping skipping climbing	exercise grow heart pumping balance travel hold sending receiving striking

Years 1-6: National Curriculum enriched by West Ham football club

Year	Unit title and skills	Objectives / knowledge	Questions that children will answer	Vocabulary - Use PE language, including....	
				Previous:	New:
1	Autumn term 1: Invasion games This term, the children should be able to... <ul style="list-style-type: none"> To understand the role of defenders and attackers To recognise who to pass to and why To move towards goal with the ball. To support a teammate when playing in attack. To move into space showing an awareness of defenders. To stay with a player when defending. 	This term, the children should learn to... <ul style="list-style-type: none"> Travel with a ball in different ways. Pass the ball to another player in a game Use different ways of travelling in different directions or pathways Begin to use the terms attacking and defending Follow simple rules to play games, including team games 	How does your body feel before, during and after exercise?		attacker defender dodge goal marking points score space
	Autumn term 2: Dance This term, the children should be able to...	This term, the children should learn to... <ul style="list-style-type: none"> Copy and repeat actions. 	How does your body feel before, during and after exercise?	action bend count move	action balance beat copy

	<p>THEME: Weather</p> <ul style="list-style-type: none"> To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance. To create my own dance using, actions, pathways and counts. <p>THEME: Pirates</p> <ul style="list-style-type: none"> To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme. To copy, remember and repeat actions that represent the theme. 	<ul style="list-style-type: none"> Put a sequence of actions together to create a motif. Vary the speed of their actions. Use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance. 	shake space twist	counts direction fast level pathway pose quickly slow slowly timing	
	<p>Spring term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To explore travelling movements. To develop and combine travelling movements. To develop quality when performing and linking shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Create and perform a movement sequence. Travel in different ways, changing direction and speed. Carry out a range of simple jumps, landing safely. Log roll (controlled) Curled side roll (egg roll) (controlled) Straight jump Tuck jump Jumping jack Half turn jump Cat spring Standing balances Kneeling balances Large body part balances 	How does your body feel before, during and after exercise?	action balance control direction jump level point roll shape speed squeeze star straight travel	
	<p>Spring term 2: Ball skills</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop dribbling a ball with your hands To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Use hitting skills in a game, basic striking, sending and receiving Catch and bounce a ball. Travel with a ball in different ways. Pass the ball to another player in a game. Begin to use space in a game. Use simple attacking skills such as dodging to get past a defender 	How does your body feel before, during and after exercise?	catch control dribble position roll safely score space soft swing target track underarm	
	<p>Summer term 1: Striking and Fielding</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop underarm throwing and catching. To develop overarm throwing. To develop hitting a ball. To develop collecting a ball. To learn how to get a batter out. To play games and understand how to score points 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Use hitting skills in a game. Practise basic striking, sending and receiving. Throw underarm and overarm. Catch and bounce a ball Use rolling skills in a game Practise accurate throwing and consistent catching. 	How does your body feel before, during and after exercise?	batter batting bowl bowler fielder fielding hit out position track underarm / overarm	
	<p>Summer term 2: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To move at different speeds over varying distances. To develop balance. To develop changing direction quickly. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Run with a basic technique over different distances Maintain control as they change direction when jogging or sprinting. Perform different types of jumps: for example, two feet to two feet, two feet to one foot, etc. Jump as high as possible. Jump as far as possible. Land safely and with control Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power. 	How does your body feel before, during and after exercise?	balance bend control direction further hop jog jump leap overarm quickly safely target time underarm walk	
2	<p>Autumn term 1: Target skills</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To consider how much power to apply when 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Throw different types of equipment in different ways, for 	Can you describe how your body feels during and after different physical activities?	balance distance further overarm point	accurate ahead aim opponent overarm

<p>aiming at a target.</p> <ul style="list-style-type: none"> To understand how to score using overarm and underarm throwing. To develop striking to a target. To develop hitting a moving target. To select and apply the appropriate skill to the target game. To show an improvement in my personal best. 	<p>accuracy and distance.</p> <ul style="list-style-type: none"> Use hand-eye coordination to control a ball. Vary types of throw used. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance. 		<p>score swing throw underarm</p>	<p>release strike target teammate underarm</p>
<p>Autumn term 2: Dance</p> <p>This term, the children should be able to...</p> <p>THEME: Secret garden</p> <ul style="list-style-type: none"> To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. <p>THEME: Circus</p> <ul style="list-style-type: none"> To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use simple choreographic devices such as unison, canon and mirroring. Perform sequences of their own composition with coordination Perform learnt skills with increasing control. 	<p>Can you describe how your body feels during and after different physical activities?</p>	<p>action balance beat copy counts direction fast level pathway pose quickly slow slowly timing</p>	<p>action counts create direction dynamics expression level matching mirroring pathway perform speed timing unison</p>
<p>Spring term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To demonstrate different shapes, take-off and landing when performing jumps. To develop different shapes, take offs and landings when performing jumps. To develop rolling and sequence building. To refine rolling and sequence building. To create a sequence using apparatus. To create a sequence using apparatus. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Copy, explore and remember actions and movements to create their own sequence. Travel in a variety of ways, including rolling. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. 	<p>Can you describe how your body feels during and after different physical activities?</p>	<p>action balance control direction jump level point roll shape speed squeeze star straight travel</p>	<p>balance direction level link pathway pike roll sequence shape speed star straddle tuck</p>
<p>Spring term 2: Invasion</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To apply simple tactics for attacking and defending. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Know how to keep and win back possession of the ball in a team game. Begin to use and understand the terms attacking and defending Use at least one technique to attack or defend to play a game successfully. Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully. Perform learnt skills with increasing control. 	<p>Can you describe how your body feels during and after different physical activities?</p>	<p>attacker defender dodge goal marking points score space</p>	<p>attack defend defender goalkeeper mark opponent possession receive send score shoot tactic teammate</p>
<p>Summer term 1: Striking and Fielding</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To track a rolling ball and collect it. To develop underarm throwing and catching to field a ball. To develop overarm throwing to limit a batter's score. To develop hitting for distance to score more points. To be able to get a batter out. To understand the rules of the game and use 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Throw, catch and bounce a ball with a partner Use throwing and catching skills in a game. Know how to pass the ball in different ways. Strike or hit a ball with increasing control. Position the body to strike a ball. 	<p>Can you describe how your body feels during and after different physical activities?</p>	<p>batter batting bowl bowler fielder fielding hit out position track underarm / overarm</p>	<p>backstop batter batting bowler collect fielder fielding hit out rules runs stump tactics</p>

	these to play fairly.	<ul style="list-style-type: none"> Understand the importance of rules in games. 			teammate track
	<p>Summer term 2: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To move at different speeds over varying distances. To develop balance. To develop changing direction quickly. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Run with a basic technique over different distances Maintain control as they change direction when jogging or sprinting. Perform different types of jumps: for example, two feet to two feet, two feet to one foot, etc. Jump as high as possible. Jump as far as possible. Land safely and with control Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power. 	Can you describe how your body feels during and after different physical activities?	balance bend control direction further hop jog jump leap overarm quickly safely target time underarm walk	aim distance far fast height jog jump landing overarm sprint take off target throw
3	<p>Autumn term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To be able to create interesting point and patch balances. To develop point and patch balances on apparatus. To develop stepping into shape jumps with control. To develop stepping into shape jumps using apparatus. To develop the straight, barrel, and forward roll. To include rolls in sequence work using apparatus. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> 1, 2, 3 and 4- point balances Balances on apparatus Star jump off Tuck jump off Straddle jump off Pike jump off Crouched forward roll Forward roll from standing Tucked backward roll Link combinations of actions with increasing confidence, including changes of direction, speed or level. 	Can you recognise and describe the effects of exercise on the body? What is the importance of strength and flexibility for physical activity? Why it is important to warm up and cool down?	balance direction level link pathway pike roll sequence shape speed star straddle tuck	body tension control direction extend flow position match matching patch point

	<p>Autumn term 2: Dance</p> <p>This term, the children should be able to...</p> <p>THEME: Machines</p> <ul style="list-style-type: none"> To create actions in response to a stimulus and move in unison with a partner. To create actions to move in contact with a partner or interact with a partner. To select and link appropriate actions and dynamics to show our dance idea. <p>THEME: A Trip to...</p> <ul style="list-style-type: none"> To remember, repeat and create actions to represent an idea. To share ideas of actions and dynamics to create a dance that shows a location. To use choreographing ideas to develop our dance. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Create motifs from different stimuli. Begin to compare and adapt movements and motifs to create a larger sequence. Begin to improvise with a partner to create a simple dance Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Use simple dance vocabulary to compare and improve work. 	Can you recognise and describe the effects of exercise on the body? What is the importance of strength and flexibility for physical activity? Why it is important to warm up and cool down?	action counts create direction dynamics expression level matching mirroring pathway perform speed timing unison	action canon create dynamics explore expression feedback formation pathway perform timing unison
	<p>Spring term 1: Striking and Fielding</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To learn how to score points in a striking and fielding game. To develop batting to score points. To develop fielding skills to limit the batter's score. To understand the role of a bowler. To develop my understanding of tactics and begin to use them. To apply skills and knowledge to play games using cricket rules. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Demonstrate successful hitting and striking skills. Strike the ball for distance. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl. 	Can you recognise and describe the effects of exercise on the body? What is the importance of strength and flexibility for physical activity? Why it is important to warm up and cool down?	backstop batter batting bowler collect fielder fielding hit out rules runs stump tactics teammate track	accuracy bowl caught out no ball runs Striking Fielding Throwing Catching strike tactics technique tournament umpire wicket
	<p>Spring term 2: Invasion</p> <p>This term, the children should be able to...</p>	<p>This term, the children should learn to...</p>	Can you recognise and describe the effects of exercise on the body?	attack defend defender	accurate attack communicate

	<ul style="list-style-type: none"> To understand the role of an attacker when in possession. To develop movement skills to lose a defender and move into space. To understand that scoring goals is an attacking skill and learn how to do this. To understand the role of a defender. To apply tactics to small sided games. To apply skills and knowledge to play games using football rules. 	<ul style="list-style-type: none"> Move with the ball in a variety of ways with some control. Pass the ball in two different ways in a game situation with some success. Know how to keep and win back possession of the ball in a team game. Find a useful space and get into it to support teammates. Use simple attacking and defending skills in a game. Apply and follow rules fairly. 	<p>What is the importance of strength and flexibility for physical activity?</p> <p>Why it is important to warm up and cool down?</p>	<p>goalkeeper opponent possession receive send score shoot tactic teammate</p>	<p>control defend delay intercept Pitch possession shoot referee tactics teamwork tournament track</p>
	<p>Summer term 1: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop the sprinting technique and improve on your personal best. To develop changeover technique in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Focus on their arm and leg action to improve their sprinting technique. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Throw with greater control and accuracy. Perform a push throw. Perform learnt skills and techniques with control and confidence. 	<p>Can you recognise and describe the effects of exercise on the body?</p> <p>What is the importance of strength and flexibility for physical activity?</p> <p>Why it is important to warm up and cool down?</p>	<p>aim distance far fast height jog jump landing overarm sprint take off target throw</p>	<p>accuracy baton control event further personal best power relay strength technique</p>
	<p>Summer term 2: Swimming</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> keeping your legs together for crawl helps you to stay straight in the water. turning your head to the side to breathe will allow you to swim with good technique. treading water enables you to keep upright and in the same space. 	<p>Can you recognise and describe the effects of exercise on the body?</p> <p>What is the importance of strength and flexibility for physical activity?</p> <p>Why it is important to warm up and cool down?</p>		<p>alternate backstroke breaststroke breathing buoyancy crawl floating glide H.E.L.P position Posture handstand huddle rotation sculling technique treading water water safety</p>
4	<p>Autumn term 1: Hockey</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop sending and receiving the ball with accuracy and control. To develop the attacking skill of dribbling. To develop dribbling to beat a defender. To use defending skills to delay an opponent and gain possession. To apply attacking skills to move towards goal and find space. To apply skills and knowledge to compete in a tournament. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Use a stick to hit a ball with accuracy and control Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation. Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball. Vary the tactics they use in a game 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	<p>attack defend defender goalkeeper mark opponent possession receive send score shoot tactic teammate</p>	<p>accelerate control cushion decision delay gain invasion opposition option possession receive referee tackle tournament</p>
	<p>Autumn term 2: Swimming</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> keeping your legs together for crawl helps you to stay straight in the water. breathing out with a slow consistent breath enables you to swim for longer before needing 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	<p>alternate backstroke breaststroke breathing buoyancy crawl floating glide H.E.L.P position</p>	<p>sidestroke sinking stroke strokes submerge surface surface dive survival tactics treading</p>

<ul style="list-style-type: none"> To develop basic skills in water safety and floating. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival. 	<p>another breath.</p> <ul style="list-style-type: none"> if you fall in the water float. 		Posture handstand huddle rotation sculling technique treading water water safety	water water safety H.E.L.P position
<p>Spring term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop individual and partner balances To develop individual and partner balances using apparatus. To develop control in performing and landing rotation jumps. To develop rotation jumps and sequence building using apparatus. To develop the straight, barrel, forward and straddle roll. To assess my straight, barrel, forward and straddle roll. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> 1, 2, 3 and 4- point balances Balances on apparatus. Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	body tension control direction extend flow position match matching patch point	body tension bridge contrast extend flow fluidly inverted position match momentum rotation sequence shoulder stand stability wrist grip
<p>Spring term 2: Football</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop the attacking skill of dribbling. To develop changing direction and speed when dribbling. To develop passing and begin to recognise when to use different skills. To apply attacking skills to move towards a goal. To use defending skills to delay an opponent and gain possession. To apply skills and knowledge to compete in a tournament. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success Occasionally contribute towards helping their team to keep and win back possession of the ball. Make the best use of space to pass and receive the ball. Use a range of attacking and defending skills and techniques. Vary the tactics they use in a game. 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	accurate attack communicate control defend delay intercept Pitch possession shoot referee tactics teamwork tournament track	accelerate communicate control cushion decision delay deny invasion opposition option pitch possession referee tournament track
<p>Summer term 1: Striking and Fielding</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop overarm and underarm throwing and apply these to a striking and fielding game. To develop bowling technique and learn the rules of the skill within this game. To develop batting technique and understand where to hit the ball. To develop fielding techniques and apply them to game situations. To play different roles in a game and begin to think tactically about each role. To apply skills and knowledge to compete in a tournament. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Use a bat to hit a ball with accuracy and control. Use hand-eye coordination to strike a moving ball. Develop different ways of throwing and catching. Use fielding skills as an individual to prevent a player from scoring. Take part in a range of competitive games and activities. 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	accuracy bowl caught out no ball runs Striking Fielding Throwing Catching strike tactics technique tournament umpire wicket	accuracy bowled out caught out cushion decision grip momentum no ball opposition pressure retrieve barrier tactics technique tournament pickup wicket
<p>Summer term 2: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. To develop officiating and performing skills. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Confidently demonstrate an improved technique for sprinting. Learn how to combine a hop, step and jump to perform the standing triple jump. Begin to measure the distance jumped. Perform a pull throw. Continue to develop techniques to throw for increased distance. Perform and apply skills and techniques with control and accuracy. 	<p>Can you describe how the body reacts at different times and how this affects performance?</p> <p>Can you explain why exercise is good for your health?</p> <p>What are some reasons for warming up and cooling down?</p>	accuracy baton control event further personal best power relay strength technique	accuracy distance heave launch measure official officiate pace power record stamina stride technique transfer of weight

5	<p>Autumn term 1: Swimming</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To develop gliding, front crawl and backstroke. • To develop rotation, sculling and treading water. • To develop the front crawl stroke and breathing technique. • To develop the technique for backstroke arms and legs. • To develop breaststroke technique. • To develop breaststroke technique. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster. • breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides. • a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>sidestroke sinking stroke strokes submerge surface surface-dive survival tactics treading water water safety H.E.L.P position</p>	<p>Afloat buoyancy buoyant conserve continuously dolphin kick endurance exhale flexed flutter kick huddle inhale motion outstretched personal best propel retrieve rotate</p>
	<p>Autumn term 2: Dance</p> <p>This term, the children should be able to...</p> <p>THEME: Rock n roll</p> <ul style="list-style-type: none"> • To copy and repeat movements in the style of rock 'n' roll. • To work with a partner to copy and repeat actions in time with the music. • To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll. <p>THEME: Ancient Maya</p> <ul style="list-style-type: none"> • To develop set choreography inspired by a Mayan god. • To choose actions to create a motif in a given character with consideration of dynamics, space and relationships. • To use structure to choreograph a dance performance. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Show a change of pace and timing in their movements. • Develop an awareness of their use of space. • Perform own longer, more complex sequences in time to music. • Consistently perform and apply skills and techniques with accuracy and control. 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>action canon create dynamics explore expression feedback formation pathway perform timing unison</p>	<p>actions choreograph choreography collaborate dynamics formation genre motif pathway performance phrase posture quality relationship space structure timing transition unison</p>
	<p>Spring term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To perform symmetrical and asymmetrical balances. • To perform interesting symmetrical and asymmetrical balances using apparatus. • To develop the straight, forward, straddle and backward roll. • To develop the straight, forward, straddle and backwards roll into a sequence. • To explore different travelling actions using both canon and synchronisation. • To explore different methods of travelling, linking actions in both canon and synchronisation. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • 1, 2, 3 and 4- point balances • Part body weight partner balances. • Forward roll from standing Straddle forward roll • Pike forward roll Tucked backward roll Backward roll to straddle • Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps • Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>body tension bridge contrast extend flow fluidly inverted position match momentum rotation sequence shoulder stand stability wrist grip</p>	<p>asymmetrical canon cartwheel decide extension identify inverted matching mirroring momentum observe pathways performance quality stable symmetrical synchronisation transition</p>
	<p>Spring term 2: Hockey</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To use attacking skills to beat a defender. • To send and receive under pressure. • To communicate with my team, move into space and take the ball towards goal. • To learn defensive techniques to gain possession. • To use defending tactics to gain possession. • To apply rules, skills and principles to play in a tournament. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Explore when different shots are best used. • Use a variety of ways to dribble in a game with success • Pass a ball with speed and accuracy using appropriate techniques. • Demonstrate an increasing awareness of space. • Choose the best tactics for attacking and defending. • Know when to pass and when to dribble in a game. 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>accelerate control cushion decision delay gain invasion opposition option possession receive referee tackle tournament</p>	<p>ball carrier barrier close down create maintain possession pressure situation behaviour support tactics transition umpire</p>
	<p>Summer term 1: Tennis</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To return the ball using a forehand groundstroke 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Identify and apply techniques for hitting a tennis ball. 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles</p>		<p>adjust baseline consecutive continuous dominant</p>

	<p>under pressure.</p> <ul style="list-style-type: none"> • To return the ball using a backhand groundstroke under pressure. • To use a variety of shots to keep a continuous rally going. • To develop the underarm serve and understand the rules of serving. • To develop the volley and understand when to use it. • To apply rules, skills and principles to play against an opponent. 	<ul style="list-style-type: none"> • Explore when different shots are best used. • Develop a backhand technique and use it in a game. • Practise techniques for all strokes • Play a tennis game using an overhead serve. 	when preparing for and during exercise?		<p>groundstroke non-dominant option pressure readjust release serve situation tactic technique</p>
	<p>Summer 2: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To understand pace and apply different speeds over varying distances. • To develop fluency and co-ordination when running for speed. • To develop technique in relay changeovers. • To build momentum and power in the triple jump. • To develop throwing with force for longer distances. • To develop throwing with greater control and technique. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. • Perform the standing triple jump with increased confidence. • Develop an effective technique for the standing vertical jump. • Perform a fling throw. • Continue to develop techniques to throw for increased distance. • Consistently perform and apply skills and techniques with accuracy and control. 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>accuracy distance heave launch measure official officiate pace power record stamina stride technique transfer of weight</p>	<p>approach changeover consistent dominant drive event field force javelin momentum shot put stamina stride technique track</p>
6	<p>Autumn term 1: Basketball</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To dribble with control under pressure. • To move into and create space to support a teammate. • To choose when to pass and when to dribble. • To use the appropriate defensive technique for the situation. • To develop shooting technique and make decisions about when to pass, dribble or shoot. • To apply principles, rules and tactics to a tournament. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Show confidence in using ball skills in various ways in a game situation. • Choose and make the best pass in a game situation • Keep and win back possession of the ball effectively and in a variety of ways. • Demonstrate a good awareness of space. • Think ahead and create a plan of attack or defence. • Apply knowledge of skills for attacking and defending. 	<p>Can you carry out warm-ups and cool-downs safely and effectively?</p> <p>Do you understand why exercise is good for health, fitness and wellbeing?</p> <p>Do you know ways you can become healthier?</p>	<p>ball carrier barrier close down create maintain possession pressure situation behaviour support tactics transition</p>	<p>abide angle ball carrier ball side barrier create dominant maintain rebound sportsmanship tactics transition turnover</p>
	<p>Autumn term 2: Dance</p> <p>This term, the children should be able to...</p> <p>THEME: Stamp, Clap</p> <ul style="list-style-type: none"> • To copy and repeat a dance phrase showing confidence in movements. • To work with others to explore and develop the dance idea. • To use changes in dynamics in response to the stimulus. <p>THEME: Bhangra</p> <ul style="list-style-type: none"> • To demonstrate a sense of rhythm and energy when performing bhangra style motifs. • To perform a bhangra dance, showing an awareness of timing, formations and direction. • To select, order, structure and perform movements in a bhangra style, showing various group formations. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Use dramatic expression in dance movements and motifs. • Develop an awareness of their use of space. • Perform with confidence, using a range of movement patterns. • Perform and apply a variety of skills and techniques confidently, consistently and with precision. 	<p>Can you carry out warm-ups and cool-downs safely and effectively?</p> <p>Do you understand why exercise is good for health, fitness and wellbeing?</p> <p>Do you know ways you can become healthier?</p>	<p>actions choreograph choreography collaborate dynamics formation genre motif pathway performance phrase posture quality relationship space structure timing transition unison</p>	<p>action aesthetic choreography dynamics express formation frame inspiration mood phrase pose refine rehearse stimulus structure transition</p>
	<p>Spring term 1: Gymnastics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> • To develop the straddle, forward and backward roll. • To develop rolling into sequence work and on apparatus. • To develop counter balance and counter tension. • To develop counter balance and counter tension into sequence work with apparatus. • To develop jumps and explore the effect of height. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> • 1, 2, 3 and 4- point balances • Part body weight partner balances. • Forward roll from standing Straddle forward roll • Pike forward roll Tucked backward roll Backward roll to straddle • Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps • Straight jump half turn Straight 	<p>Can you carry out warm-ups and cool-downs safely and effectively?</p> <p>Do you understand why exercise is good for health, fitness and wellbeing?</p> <p>Do you know ways you can become healthier?</p>	<p>asymmetrical canon cartwheel decide extension identify inverted matching mirroring momentum observe pathways</p>	

	<ul style="list-style-type: none"> To explore jump sequence work with consideration of performance tools. 	<p>jump full turn Cat leap Cat leap half turn Pivot</p>		<p>performance quality stable symmetrical synchronisation transition</p>	
	<p>Spring term 2: Swimming</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop breaststroke technique 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster. breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides. a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers 	<p>Do you know and understand the reasons for warming up and cooling down?</p> <p>Can you explain some safety principles when preparing for and during exercise?</p>	<p>Afloat buoyancy buoyant conserve continuously dolphin kick endurance exhale flexed flutter kick huddle inhale motion outstretched personal best propel retrieve rotate</p>	<p>Afloat buoyancy buoyant conserve continuously dolphin kick endurance exhale flexed flutter kick huddle inhale motion outstretched personal best propel retrieve rotate</p>
	<p>Summer term 1: Athletics</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To understand pace and apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To build momentum and power in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique. 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump. Perform a fling throw. Continue to develop techniques to throw for increased distance. Consistently perform and apply skills and techniques with accuracy and control. 	<p>Can you carry out warm-ups and cool-downs safely and effectively?</p> <p>Do you understand why exercise is good for health, fitness and wellbeing?</p> <p>Do you know ways you can become healthier?</p>	<p>accuracy distance heave launch measure official officiate pace power record stamina stride technique transfer of weight</p>	<p>approach changeover consistent dominant drive event field force javelin momentum shot put stamina stride technique track</p>
	<p>Summer 2: Swimming</p> <p>This term, the children should be able to...</p> <ul style="list-style-type: none"> To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop breaststroke technique 	<p>This term, the children should learn to...</p> <ul style="list-style-type: none"> pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster. breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides. a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers 	<p>Can you carry out warm-ups and cool-downs safely and effectively?</p> <p>Do you understand why exercise is good for health, fitness and wellbeing?</p> <p>Do you know ways you can become healthier?</p>	<p>Afloat buoyancy buoyant conserve continuously dolphin kick endurance exhale flexed flutter kick huddle inhale motion outstretched personal best propel retrieve rotate</p>	<p>Afloat buoyancy buoyant conserve continuously dolphin kick endurance exhale flexed flutter kick huddle inhale motion outstretched personal best propel retrieve rotate</p>