



## **PE CURRICULUM COVERAGE**

## PHYSICAL EDUCATION INTENT

We firmly believe that all children should experience high quality PE and School Sport. This belief and ethos allows our school to shape our children into healthy, social and active young people.

We aim to build the skills, knowledge and confidence of our children so that they can develop a lifelong passion for sport. Through the delivery of unique, broad activities and skills which are fully inclusive and personalised to the needs of our children, we aspire our children to value PE and sport and make it a part of their lives - both in school and out of school.

Through the Primary PE and Sport Premium funding we can achieve this by:

- Improving the quality of existing PE teaching through continuing professional learning in PE for our staff, so that all our pupils improve their health, skills and physical literacy, and have access to a broader range of sports.
- Increasing participation levels in competitive sport and healthy activity of pupils, and maintain these throughout their life.
- Understanding the benefits of high quality PE and Sport, including its use as a tool for whole school improvement.
- Developing a broad and balanced PE and Sport Curriculum.

PE at Wheatlands will develop not only physical literacy and physical skills, but it will allow our children to learn about themselves, the importance of a healthy, active lifestyle, self-expression and concepts such as fair play and respect. It will also contribute to the development of a range of important cognitive skills, such as decision making and analysis, and social skills such as teamwork and communication.

# Physical Education: Key Stage 1

	<b>Gymnastic Movements</b>	<b>Basic Movements and Team Games</b>	<b>Dance</b>
<b>Year 1</b>	<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<i>Perform dances using simple movement patterns</i>
	<ul style="list-style-type: none"> <li>• Make body curled, tense, stretched and relaxed</li> <li>• Control body when travelling and balancing</li> <li>• Roll, curl, travel and balance in different ways</li> <li>• Travel on the ground and on, over and under equipment</li> <li>• Balance on both legs individually for 5 seconds</li> <li>• Copy sequences and repeat them</li> <li>• Move to standing position after a tuck roll</li> <li>• Jump from a small height, bending knees to land</li> <li>• Hop on one leg for 5 seconds without overbalancing</li> <li>• Hop on the spot on 1 leg for 10 seconds, using arms for balance</li> </ul>	<ul style="list-style-type: none"> <li>• Throw underarm</li> <li>• Throw and kick in different ways</li> <li>• Walk and run in a straight line with feet and knees facing forward</li> <li>• Walk in a straight line with control, using arms and legs alternatively</li> <li>• Follow a given pathway (travelling forwards, backwards and sideways)</li> <li>• Run in a straight line, lifting knees high and use arms to run faster</li> <li>• Run at a slow pace (jogging) on toes</li> <li>• Run at a fast pace (sprinting) on toes (balls of feet)</li> <li>• Jump from 2 feet and land on 2 feet</li> <li>• Jump from 2 feet and land on 1 foot (and vice versa)</li> <li>• Walk and move a football with feet</li> <li>• Kick a large ball with the side of the foot over a short distance and through a gate</li> <li>• Roll and trap a ball using hands and feet</li> <li>• Retrieve a ball and return it to a given position avoiding others</li> <li>• Stop a ball with body or feet when in goal (soft ball).</li> <li>• Follow the rules when playing small-sided competitive games involving balls</li> </ul>	<ul style="list-style-type: none"> <li>• Perform own dance moves</li> <li>• Copy or make up a short dance</li> <li>• Move safely in a space</li> <li>• Clap a simple rhythm accurately to help dance moves</li> <li>• Show emotion through movement</li> <li>• Copy and repeat simple actions</li> <li>• Copy a short routine accurately</li> <li>• Count a beat of 4 and move to it</li> <li>• Show co-ordination in dance moves</li> </ul>

# Physical Education: Key Stage 1

Physical Education: Key Stage 1			
	Gymnastic Movements	Basic Movements and Team Games	Dance
Year 2	<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<i>Perform dances using simple movement patterns</i>
	<ul style="list-style-type: none"> <li>Identify points (heads, hands, elbows, knees and feet) and patches (bottom, thigh, back)</li> <li>Squat and tuck head between knees to perform a forward roll</li> <li>Twist and turn when moving while maintaining balance</li> <li>Create different shapes with body (arches and bridges)</li> <li>Perform different jumps (star, pencil and tuck)</li> <li>Balance on different apparatus (e.g. overturned bench)</li> <li>Perform a simple gymnastic routine of at least 3 movements independently</li> <li>Improve sequence based on feedback</li> <li>Hold form with arms raised in a finishing position without being prompted</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting, kicking and/or rolling in a game</li> <li>Decide the best space to be in during a game</li> <li>Follow rules</li> <li>Help team to stop somebody scoring points</li> <li>When attacking move the ball forwards to score a point.</li> <li>Change pace on a command (walk, jog, sprint)</li> <li>Use the outside of the foot to 'dig in' and change direction. Run forwards and backwards and swap between the two</li> <li>Hop from one end of the hall to the other, without putting other foot down</li> <li>Jump backwards and forwards over a line for 20 seconds, lifting knees high</li> <li>Combine a run up with a jump to increase the jump</li> <li>Bend knees to push straight up to touch a mark on the wall</li> <li>Run quickly backwards, bending forwards, looking over both shoulders</li> <li>Sidestep quickly with bent knees, keeping hips and feet facing forward</li> <li>Jump backwards, sideways and forwards with excellent balance</li> <li>Roll a ball around my body whilst walking or jogging</li> </ul>	<ul style="list-style-type: none"> <li>Change rhythm, speed, level and direction in dance</li> <li>Create and invent own movements</li> <li>Move body to a given beat</li> <li>Copy and repeat more complex actions (travel, change direction, gestures)</li> <li>Create a short routine with support from a peer or an adult</li> <li>Move appropriately to the style of a piece of music</li> <li>Use dance to show a mood or feeling</li> <li>Show enthusiasm in movements</li> <li>Say positive comments about a performance</li> <li>Perform a simple routine of at least 3 movements independently</li> <li>Confidently travel in different ways</li> </ul>

# Physical Education: Key Stage 1

	Gymnastic Movements	Basic Movements and Team Games	Dance
Year 2		<ul style="list-style-type: none"><li>• Pass a ball from one hand to the other without dropping it, whilst travelling</li><li>• Step with the opposite foot to throwing hand when throwing a large ball</li><li>• Fully extend arms and fingers when releasing a ball (1 or 2 hands)</li><li>• Make a target for a partner to aim for using hands</li><li>• Bounce a ball at hip height, using fingertips, whilst moving</li><li>• Pull a ball into chest tightly when catching</li><li>• Throw a ball (or bean bag) into or onto a target from 3m to score a point</li><li>• Throw a ball to someone who is about 3m away (2 hands, push from chest)</li><li>• Catch a ball thrown from 3m away, most of the time</li><li>• Kick a ball with the inside of the foot through a gate 3m away.</li></ul>	

# Physical Education: Key Stage 2

Physical Education: Key Stage 2				
Year 3	Athletics	Competitive Games- Invasion games, striking and fielding	Gymnastics	
		<i>Use running, jumping, throwing and catching in isolation and in combination</i>	<i>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</i>	<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i>
		<ul style="list-style-type: none"> <li>• Demonstrate pace during a long distance run (at least 1 lap of field)</li> <li>• Jump and turn in the air to face a different way</li> <li>• Apply running and jumping skills in a competitive situation (dodgeball, relay races, hurdles or ladder races)</li> <li>• Stop quickly and carefully when running at speed</li> <li>• Hop, step then jump and land on 2 feet (triple jump)</li> <li>• Push to triple jump further, using a run up and arms to propel body</li> <li>• Sprint, do a preparation jump (heel, toe, push up), then sprint again</li> <li>• Complete a standing long jump by using arms and legs to push up.</li> <li>• Throw a tennis ball over a distance of 10m</li> <li>• Throw a javelin and/or a howler using the correct technique</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve a chest bounce and shoulder pass with increasing accuracy over a distance of approx. 5 metre. Catch a ball that is being passed over this distance</li> <li>• Catch by jumping to receive the ball, landing on both feet</li> <li>• Adjust body position (move forwards, backwards and to the side) in order to catch a ball</li> <li>• Change direction to avoid others</li> <li>• Stop and kick (pass) a ball following a short run with accuracy over a distance of more than 6m</li> <li>• Become more accurate when kicking a ball with more power towards a goal from 6m away</li> <li>• Dribble a ball with feet avoiding defenders</li> <li>• Understand the basic principles for attacking and defending.</li> <li>• Be aware of space and use it to support team mates and to cause problems for the opposition</li> <li>• Fulfil a position in a team e.g. back stop, goalkeeper, striker, defender and understand the role within adapted competitive games.</li> <li>• Strike a ball using a cricket bat from a tee or from a 'bobble' throw.</li> <li>• Know and use rules fairly</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how strength and suppleness affect performance</li> <li>• Balance on points and patches with hips higher than the head</li> <li>• Show spatial awareness during movement</li> <li>• Create different shapes with body</li> <li>• Balance on head, with a partner supporting legs if needed</li> <li>• Create interesting point and patch balances with a partner</li> <li>• Perform a series of rolls (log, forward, tuck, pencil)</li> <li>• Jump from a small height, turning 90° or 180° and landing safely</li> <li>• Make shapes in the air when jumping from a small height</li> <li>• Travel on apparatus in different ways (forwards, backwards, sideways, slither, crawl)</li> </ul>

# Physical Education: Key Stage 2

	<b>Athletics</b>	<b>Competitive Games</b>	<b>Gymnastics</b>
<b>Year 3</b>		<ul style="list-style-type: none"><li>• Aim a small ball at an object (eg, stumps from 5m away)</li><li>• Strike a rounders ball from a bowler who is 3m away</li><li>• Retrieve a ball that has been struck and return to a bowler</li><li>• Understand how to work as a team when fielding</li></ul>	

# Physical Education: Key Stage 2

Physical Education: Key Stage 2			
	Dance	Outdoors and Adventurous Activity	Evaluate
Year 3	<i>Perform dances using a range of movement patterns</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
	<ul style="list-style-type: none"> <li>• Show spatial awareness when dancing (considering others)</li> <li>• Make movements appropriate to the type of music</li> <li>• Perform a sequence with control and co-ordination</li> <li>• Move in unison and in time</li> <li>• Change tempo in movements</li> <li>• Evaluate a performance, offering areas for improvement</li> <li>• Perform a sequence with a beginning, middle and end</li> <li>• Share and create phrases with a partner and small group</li> <li>• Remember and repeat dance perform phrases</li> </ul>	<ul style="list-style-type: none"> <li>• Follow a map in a familiar context</li> <li>• Use clues to follow a route</li> <li>• Follow a route safely</li> <li>• Use maps and diagrams to orientate themselves and successfully navigate around a simple course</li> <li>• Undertake simple orienteering exercises both indoors and in the school grounds</li> <li>• Apply the safety considerations required when participating in a particular activity</li> <li>• Participate in a range of activities which involve working with and trusting others</li> <li>• Respond to simple challenges and problem solving tasks in a familiar environment</li> <li>• Talk about what they and others have done using the appropriate key words.</li> <li>• Make suggestions with guidance about how to improve performance</li> <li>• Use visual and linguistic prompts effectively to guide discussion and improve performance</li> </ul>	<ul style="list-style-type: none"> <li>• Compare and contrast gymnastic sequences</li> <li>• Recognise own improvement in ball games</li> </ul>



# Physical Education: Key Stage 2

	<b>Athletics</b>	<b>Competitive Games</b>	<b>Gymnastics</b>
	<p><i>Use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>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</i></p>	<p><i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i></p>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>• Sprint over a short distance and show stamina when running over a long distance</li> <li>• Run over low obstacles, clearing them most of the time</li> <li>• Sprint correctly, starting off in a bent position, straightening up</li> <li>• Run for 1.5 laps of the field (approximately 600m)</li> <li>• Run with an object in hand without dropping it (ball or baton)</li> <li>• Pass and receive a relay baton without dropping</li> <li>• Use heel, toe, push up (preparation jump) to jump high.</li> <li>• Use the correct technique to perform a standing long jump.</li> <li>• Throw a javelin and a howler using a step-up and using the correct technique.</li> <li>• Demonstrate 4 changes in speed (walk, jog, run, sprint)</li> </ul>	<ul style="list-style-type: none"> <li>• Throw a large ball using a shoulder pass with 1 hand</li> <li>• Throw a large ball using a bounce and chest pass over distance of more than 5m</li> <li>• Catch a large ball from over 5m away consistently</li> <li>• Stand with legs apart, feeding a large ball through them in a figure of 8</li> <li>• Understand the basic principles for attacking and defending including Be aware of space and use it to support team mates and to cause problems for the opposition</li> <li>• Understand the need and importance of movement in a game situation</li> <li>• Aim accurately at a moving target (eg. a hula hoop rolling or a person running) with a ball or object</li> <li>• Throw a ball, stepping forward with one foot, toes down at a desired target</li> <li>• Throw a rugby ball correctly from standing, and while moving, to a teammate – walking rugby</li> </ul>	<ul style="list-style-type: none"> <li>• Move in a controlled way</li> <li>• Balance on head, legs straight and toes pointed, with partner supporting if needed</li> <li>• Perform a handstand against a wall or using a partner for support</li> <li>• Create symmetrical and asymmetrical balances with a partner</li> <li>• Jump from apparatus, using body correctly to gain height and land safely</li> <li>• Turn 180° when jumping to the right and left</li> <li>• Always show a good gymnastic finishing position</li> <li>• Use a range of available apparatus safely, with caution</li> <li>• Balance on a narrow beam (upturned bench) independently</li> <li>• Travel showing different speeds, directions, foot patterns and levels</li> </ul>

# Physical Education: Key Stage 2

	Athletics	Competitive Games	Gymnastics
Year 4		<ul style="list-style-type: none"><li>• Kick a ball using the side of the foot to a teammate over a distance of more than 6m</li><li>• Strike a ball with the front of the foot accurately into a goal, from different angles from a distance, of more than 6m away and from a penalty spot to avoid a goal keeper.</li><li>• Pass a ball as it is moving (without stopping first).</li><li>• Run with the ball at the feet and dribble around cones or people</li><li>• Catch a small ball using handcuff catch (wrists together, fingers spread) falling from a height.</li><li>• Demonstrate awareness of boundaries of the playing area in a game situation and work as a team to prevent a ball crossing the boundary.</li><li>• Stop a rolling ball, dropping a leg to stop it travelling through them (cricket/rounders)</li><li>• Hit a target using a small ball from over 5m away (eg stumps)</li><li>• Bowl an underarm ball with precision</li><li>• Throw a small ball using overarm technique (stand sideways, lead elbow)</li><li>• Strike a ball with a cricket bat using the correct stance and grip Strike a ball, delivered by a bowler using bobble feed from a short distance with a cricket bat using two hands to score</li><li>• Strike a ball with a rounders bat, standing side on with one hand</li></ul>	

# Physical Education: Key Stage 2

Physical Education: Key Stage 2			
	Dance	Outdoors and adventurous activity	Evaluate
Year 4	<i>Perform dances using a range of movement patterns</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
	<ul style="list-style-type: none"> <li>• Take the lead when working with a partner or group</li> <li>• Move body to different beats, fast and slow</li> <li>• Use space effectively when dancing</li> <li>• Show emotion through movement</li> <li>• Link actions in a routine smoothly</li> <li>• Perform movements in canon (different starting points, domino effect)</li> <li>• Dance at different levels (high and low) and speeds</li> <li>• Identify specific steps to improve performance</li> <li>• Use appropriate actions to suit the music/style of dance</li> <li>• Perform with fluency, linking actions smoothly</li> </ul>	<ul style="list-style-type: none"> <li>• Follow a map in a (more demanding) familiar context</li> <li>• Follow a route with a time limit</li> <li>• Read a map using more complex keys and symbols to complete a variety of orienteering exercises</li> <li>• Participate in a range of problem solving and adventure games, introducing additional variations such as non-verbal communication, no physical contact etc.</li> <li>• Construct a basic shelter in a safe environment</li> <li>• Respond to more varied challenges in different environments</li> <li>• Recognise what is needed to keep themselves and others safe</li> </ul>	<ul style="list-style-type: none"> <li>• Provide support and advice to others in gymnastics and dance</li> <li>• Be prepared to listen to the ideas of others</li> <li>• Describe what they and others have done using an increasing range of vocabulary in order to improve their performances</li> <li>• Make use of ICT to evaluate performance</li> </ul>

# Physical Education: Key Stage 2

	Athletics	Competitive Games- Invasion games, striking and fielding, net and wall.	Gymnastics
<b>Year 5</b>	<i>Use running, jumping, throwing and catching in isolation and in combination</i>	<i>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</i>	<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i>
	<ul style="list-style-type: none"> <li>• Jump sideways over a low obstacle repeatedly for 40 seconds.</li> <li>• Run over low obstacles, clearing them all</li> <li>• Maintain a maximum speed for 60 metres</li> <li>• Run 1600m (at least 2 laps of the field)</li> <li>• Know when to set off for an effective relay change over</li> <li>• Demonstrate an excellent running posture and technique</li> <li>• Hop, step and jump with control and fluency (triple jump)</li> <li>• Do a range of jumps with excellent balance (hopping, long jump, standing long jump)</li> <li>• Know how to improve running technique</li> <li>• Begin to accelerate rapidly from a standing sprint position</li> </ul>	<ul style="list-style-type: none"> <li>• Use the 6 o'clock pass technique accurately</li> <li>• Run while holding a rugby ball correctly</li> <li>• Throw a rugby ball to someone standing level with or behind, gradually increasing speed at which the ball is passed so that they can sometime accurately pass a ball whilst running</li> <li>• Walk using big strides, passing the ball through legs (pretzel)</li> <li>• Use a one handed shooting technique and score in a netball or basketball net most of the time.</li> <li>• Catch a ball with balance, whilst moving in any direction.</li> <li>• Throw a ball with skill to prevent interception; improving accuracy of bounce, chest and shoulder passes</li> <li>• Vary passing according to the receiver (to suit position, height and skill level)</li> <li>• Send a ball to the correct place in a game situation</li> <li>• Make an interception in a game situation</li> <li>• Use a range of foot patterns when attacking and defending (side step, swerve and dodging).</li> <li>• Mark an opponent during game play.</li> <li>• Use body to block the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a sequence which includes transferring weight from different body parts (e.g. shoulders to stomach, stomach to elbows and toes etc.)</li> <li>• Show clear and controlled starting and finishing positions in gym routines</li> <li>• Use counter balances with a partner or in a group</li> <li>• Support partner's bodyweight in a balance</li> <li>• Perform a handstand safely</li> <li>• Use gymnastic vocabulary confidently to evaluate own and others' performances</li> <li>• Hang, climb and swing on, over, along and under available apparatus.</li> <li>• Perform a cartwheel from a standing position</li> <li>• Perform a range of jumps on the floor and from a height (tuck, straddle, pike, pencil, star)</li> <li>• Refine gymnastic routines with practise</li> </ul>

# Physical Education: Key Stage 2

	Athletics	Competitive Games	Gymnastics
Year 5		<ul style="list-style-type: none"><li>• Perform an underarm and overarm bowl accurately – hitting a target, most of the time, from shorter and longer distances</li><li>• Throw a small ball over longer distances in fielding situations</li><li>• Strike a ball, delivered by a bowler, from short and progressively longer distances with a cricket bat using two hands.</li><li>• Run quickly with a bat</li><li>• Catch a small ball using handcuff catch (wrists together, fingers spread) falling from progressively longer distances and greater heights; lowering to knees to prevent impact on hands</li><li>• Demonstrate awareness of boundaries of the playing area in a game situation and work as a team to prevent a ball crossing the boundary.</li><li>• Stop (chase) a rolling ball when the ball is travelling quickly away from them</li></ul>	

# Physical Education: Key Stage 2

	Dance	Outdoors and Adventurous Activity	Evaluate
<b>Year 5</b>	<i>Perform dances using a range of movement patterns</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
	<ul style="list-style-type: none"> <li>• Move body to the beat, staying in time with others at all times</li> <li>• Show clear and controlled starting and finishing positions</li> <li>• Create moves from a given stimulus.</li> <li>• Use imagination to create a unique performance</li> <li>• Demonstrate a number of dance principles in performances</li> <li>• Show changes in direction, level and speed in performances</li> <li>• Change a given movement to make it unique</li> <li>• Create a longer sequence with others, fitting the music</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and organise a simple orienteering trail using a variety of map reading and compass skills</li> <li>• Make more complex route choices</li> <li>• Improve confidence in map reading and the transfer of information from map to ground</li> <li>• Plan the most efficient route so that a course is completed in the quickest time</li> <li>• Complete an orienteering course in the fastest time possible competing against a partner</li> <li>• Apply the skills and safety requirements for survival in an outdoor environment</li> <li>• Accept responsibility for personal and group safety</li> </ul>	<ul style="list-style-type: none"> <li>• Use dance vocabulary confidently to evaluate own and others' performances</li> <li>• Refine routines with practise</li> <li>• Pick up on something a partner does well and also on something that can be improved</li> <li>• Know why own performance was better or not as good as their last</li> </ul>

# Physical Education: Key Stage 2

Physical Education: Key Stage 2			
	Athletics	Competitive Games	Gymnastics
<b>Year 6</b>	<p><i>Use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>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</i></p>	<p><i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</i></p>
	<ul style="list-style-type: none"> <li>• Demonstrate stamina and increase strength</li> <li>• Run and jump over a range of different obstacles, clearing them every time</li> <li>• Sprint for 100m (length of field)</li> <li>• Jog 2 laps of the field.</li> <li>• Help themselves and others improve their running technique</li> <li>• Perform a long jump and triple jump and understand how to measure them</li> <li>• Explain how a relay works and compete well as part of a team</li> <li>• Show leadership skills in athletics</li> <li>• Sprint at the end of a long distance race to win</li> <li>• Perform a long and triple jump with pace and a run up to help me go</li> <li>• Explain to others how they can run faster and jump higher and further</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a full range of passing (throwing) techniques (chest, shoulder, bounce, overhead with large ball, Catch a ball thrown around them in any direction</li> <li>• Select the correct pass to use in a game situation</li> <li>• Receive a ball, pivot and offload (pass on) with fluency</li> <li>• Run towards a ball, catch it and turn in the air to face the other way</li> <li>• Offload the ball at the right time to avoid losing possession</li> <li>• Travel with a rugby ball, avoiding losing it.</li> <li>• Catch and throw a ball (including a rugby ball) even when off balance</li> <li>• Catch and pass a ball quickly and accurately every time, even under pressure</li> <li>• Show defensive skills to win a game (tracking, shadowing and marking).</li> <li>• Show determination when attacking to win a game- running forwards when in possession of the ball (with a stick, feet, hands) trying to dodge defenders and looking for sensible, thought-out passes</li> <li>• Position themselves correctly in a game situation and to call for passes.</li> <li>• Work as a team and communicate a plan.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a handstand followed by a forward roll.</li> <li>• Use a run up to perform a cartwheel with speed.</li> <li>• Sometimes perform a cartwheel without putting hands on the floor.</li> <li>• Perform forward and backward rolls, tucking head under.</li> <li>• Perform a routine including shapes, jumps, balances, cartwheels, travelling, rolling.</li> <li>• Perform difficult moves showing flexibility and co-ordination.</li> <li>• Use and link own moves with others to create a collective gymnastic sequence.</li> <li>• Help others in group improve their sequences, showing leadership skills.</li> <li>• Perform demanding or lengthy gymnastic routines accurately and showing fitness.</li> </ul>

# Physical Education: Key Stage 2

Year 6

## Athletics

## Competitive Games

## Gymnastics

- Be able to throw a ball over arm and hit a target at progressively longer distances
- Perform an accurate overarm bowl with a run up.
- To strike a ball every time (if bowled at accurately – rounders and cricket).
- Strike a ball accurately and with increasing power
- Strike the ball into space away from opponents (cricket and hockey). Not in the air for cricket.
- To make confident catches of a small ball demonstrating a need to move the whole body in order to do so.
- To make confident and sensible runs after striking (cricket and rounders)
- To field effectively – know not to chase a ball that other fielders can better retrieve. Throw accurately in the direction of the wicket keeper/ bowler in rounders/ cricket. To know to position themselves appropriately and that the position often depends on the skill/ ability of the batsman. To always be alert when fielding and to communicate well.
- Sustain a rally in tennis using a variety of shots – forehand, backhand within a marked area and over an object, progressing to a net.
- To perform a serve from bouncing and by throwing overhead
- Show good sportsmanship in a range of situations.
- Communicate effectively with team mates when fielding, batting, playing invasion games (calling for a pass).



# Physical Education: Key Stage 2

Physical Education: Key Stage 2			
	Dance	Outdoors and Adventurous Activity	Evaluate
Year 6	<i>Perform dances using a range of movement patterns</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
	<ul style="list-style-type: none"> <li>• Move to the beat in time throughout a performance.</li> <li>• Choose own music and style</li> <li>• Work with a group to show varied and controlled starting and finishing positions.</li> <li>• Make own routine with others, following a theme.</li> <li>• Explain exactly how to improve their own and others' performances.</li> <li>• Move with fluency, accuracy and control throughout performance.</li> <li>• Perform difficult moves showing flexibility, speed and co-ordination.</li> <li>• Use and link own moves with others to create a collective sequence.</li> <li>• Help others in the group, showing leadership skills.</li> <li>• Perform demanding routines accurately and showing fitness.</li> </ul>	<ul style="list-style-type: none"> <li>• Show increasing control when performing more advanced survival skills</li> <li>• Plan and navigate a variety of orienteering challenges using map reading and compass skills in unfamiliar setting</li> <li>• Plan and undertake a journey in the outdoors</li> <li>• Participate in the different types of orienteering courses in preparation for competition and participating in the sport of orienteering</li> <li>• Work with others to identify potential hazards and devise strategies to ensure that safe working practices are followed</li> <li>• Develop communication skills by presenting and expressing ideas, offering constructive support and feedback and discussing solutions to problems</li> </ul>	<ul style="list-style-type: none"> <li>• Improve performance after evaluation, using dance vocabulary.</li> <li>• Know which sports they are good at and find out how to improve further.</li> <li>• Refine performance after evaluation, using gymnastic vocabulary.</li> </ul>

# Physical Education: Achieving Personal Best and a Healthy Lifestyle

<b>Year 1</b>	<ol style="list-style-type: none"><li>1. Set themselves a target in PE (e.g. to run a certain distance faster, to throw further) with support</li><li>2. To achieve their target in PE</li><li>3. To name their main body parts</li><li>4. To know what it means to be active</li><li>5. To be able to name 3 healthy and 3 unhealthy foods</li></ol>
<b>Year 2</b>	<ol style="list-style-type: none"><li>1. Set themselves a target in PE (throw further, run faster, jump higher)</li><li>2. To achieve their target and explain how they did it</li><li>3. To name the parts of their body they use in different areas of PE</li><li>4. To explain what being active means</li><li>5. To know what a balanced diet is</li></ol>
<b>Year 3</b>	<ol style="list-style-type: none"><li>1. To identify an area of PE that they need to improve in</li><li>2. To show that they have improved in this area (timed event/jump distance/throw length)</li><li>3. To name at least 3 muscles</li><li>4. To explain what could happen to them if they're not active and healthy</li><li>5. To know they need to keep hydrated and know what this word means</li></ol>
<b>Year 4</b>	<ol style="list-style-type: none"><li>1. Set themselves a target in PE (throw further, run faster, jump higher) and measure their success</li><li>2. To explain how they achieved their target</li><li>3. To explain how their body changes during PE</li><li>4. To explain the benefits of being healthy and active</li><li>5. To identify the main food groups and which are good for them</li></ol>

# Physical Education: Achieving Personal Best and a Healthy Lifestyle

**Year 5**

1. To set and achieve their own target in PE, taking measurements or times
2. To carry out their own warm up.
3. To explain to others how to lead a healthy, active lifestyle.
4. To name at least 4 muscles.
5. To explain what 3 food groups do in the body.

**Year 6**

1. To show perseverance to achieve their target in PE
2. To record results and display them in a graph.
3. To know why they go red and their pulse rate rises when they exercise.
4. To evaluate their own lifestyle.
5. To name at least 5 muscles.