



Whole School Physical Education Scheme

EYFS PE Content Coverage

Pupils should be able to move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.								
<b>Pupils should be taught to:</b>	Nursery Fundamentals	Nursery Gymnastics and Dance	Nursery Games	Reception Fundamentals	Reception Gymnastics and Dance	Reception Games	Reception Athletics	Reception Racquet & Ball (Striking & Fielding)
1. Master basic movements including slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping	✓	✓	✓	✓	✓	✓	✓	
2. To move skilfully and negotiates space successful, adjusting speed or direction to avoid obstacles and momentarily stand on one foot when shown.	✓		✓	✓	✓	✓	✓	✓
3. Strike a stationary and moving ball	✓		✓	✓		✓		✓

Nursery			
	Fundamentals	Gymnastics	Games
<b>Vocabulary</b>	Run, slow, fast, hop, slide, slither	Shape, balance, control	Throw, catch, move, dribble, target
<b>Skills</b>	Master basic movements and actions. Including slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Run skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles and momentarily stand on one foot when shown. Catch a large ball Show basic understanding over an object in pushing, patting, throwing, catching or kicking it.	<b>Shapes:</b> show contrast with my body including wide/narrow, straight/curved. <b>Balances:</b> explore shapes in stillness using different parts of my body. <b>Rolls:</b> explore rocking and rolling. <b>Jumps:</b> explore jumping safely.	<b>Sending:</b> explore sending an object with hands and feet.  <b>Catching:</b> explore catching to self and with a partner.  <b>Tracking:</b> explore stopping a ball with hands and feet.  <b>Dribbling:</b> explore dropping and catching with two hands and moving a ball with feet.
<b>Knowledge and understanding</b>	Children show good control and co-ordination in basic movements. They move in the above ways moving into spaces.	<b>Shapes:</b> understand that I can make different shapes with my body. <b>Balances:</b> know that I should be still when holding a balance. <b>Rolls:</b> know that I can change my body shape to help me to roll. <b>Jumps:</b> know that bending my knees will help me to land safely. <b>Strategy:</b> know that if I hold a shape and count to five people will see it clearly.	<b>Sending:</b> know to look at the target when sending a ball. <b>Catching:</b> know to have hands out ready to catch. <b>Tracking:</b> know to watch the ball as it comes towards me and scoop it with two hands. <b>Dribbling:</b> know that keeping the ball close will help with control.

Reception					
	Fundamentals	Gymnastics	Games	Athletics	Racquet and ball (Striking and Fielding)
<b>Vocabulary</b>	run, stop, space, jump, balance, skip	move, copy, shape, over, space, around, safely, sideways, travel, forwards, backwards	run, stop, throw, roll, team, kick, space, catch	Sprint, space, move, momentum, stop, start	Strike, power, move, grip, moving
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Experiment with different ways of moving. With and without music</li> <li>• Jump off an object and lands appropriately.</li> <li>• Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>• Travel with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>• Show increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul>	<ul style="list-style-type: none"> <li>• Show contrast with my body including wide/narrow, straight/curved.</li> <li>• Explore shapes in stillness using different parts of my body.</li> <li>• Explore rocking and rolling.</li> <li>• Explore jumping safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore sending an object with hands and feet.</li> <li>• Explore catching to self and with a partner.</li> <li>• Explore stopping a ball with hands and feet.</li> <li>• Explore dropping and catching with two hands and moving a ball with feet.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore running and stopping safely.</li> <li>• Explore jumping and hopping safely.</li> <li>• Explore throwing to a target.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop hitting a stationary and moving ball.</li> <li>• Explore striking a moving ball.</li> <li>• Strike a ball at a target.</li> <li>• Strike a ball to a partner.</li> <li>• Strike a variety of different sized balls with hands and bats.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Know that I use big steps to run and small steps to stop.</li> <li>• Know that moving into space away from others helps to keep me safe.</li> <li>• Know that I can hold my arms out to help me to balance.</li> <li>• Know that bending my knees will help me to land safely.</li> <li>• Understand that I use one foot to hop.</li> <li>• Know that if I hop then step that will help me to skip.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that I can make different shapes with my body.</li> <li>• Know that I should be still when holding a balance.</li> <li>• Know that I can change my body shape to help me to roll.</li> <li>• Know that bending my knees will help me to land safely.</li> <li>• Know that if I hold a shape and count to five people will see it clearly</li> </ul>	<ul style="list-style-type: none"> <li>• Know to look at the target when sending a ball.</li> <li>• Know to have hands out ready to catch.</li> <li>• Know to watch the ball as it comes towards me and scoop it with two hands.</li> <li>• Know that keeping the ball close will help with control.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that I use big steps to run and small steps to stop.</li> <li>• Know that moving into space away from others helps to keep me safe.</li> <li>• Know that bending my knees will help me to land safely.</li> <li>• Understand that bigger targets are easier to hit.</li> <li>• Know that rules help us to stay safe.</li> </ul>	<p>Know to use the centre of the hand for control.</p> <p>Know to let the ball bounce before striking.</p> <p>Know that I need to be ready when my partner strikes a ball.</p> <p>Know that winning is not everything and playing fairly is correct</p> <p>Know that rules help us to play fairly</p>



Key Stage 1 PE Content Coverage

<b>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.</b>							
	<b>Year 1</b>						
<b>Pupils should be taught to:</b>	<b>Fundamentals</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Games</b>	<b>Athletics</b>	<b>Racquet &amp; Ball</b>	<b>Striking &amp; Fielding</b>
1. Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	✓	✓	✓	✓	✓	✓	✓
2. Participate in team games, developing simple tactics for attacking and defending.	✓			✓		✓	✓
3. Perform dances using simple movement patterns.		✓	✓				

	<b>Year 2</b>						
<b>Pupils should be taught to:</b>	<b>Fundamentals</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Games</b>	<b>Athletics</b>	<b>Racquet &amp; Ball</b>	<b>Striking &amp; Fielding</b>
1. Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	✓	✓	✓	✓	✓	✓	✓
2. Participate in team games, developing simple tactics for attacking and defending.	✓		✓	✓		✓	✓
3. Perform dances using simple movement patterns.		✓					

Year 1				
	Fundamentals	Dance	Gymnastics	Games
<b>Vocabulary</b>	fast, hop, slow, direction, land safely	counts, pose, level, slow, fast, balance	action, jump, roll, level, direction, speed, point, balance	far, aim, safely, direction, balance, send
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Explore changing direction and dodging. Discover how the body moves at different speeds.</li> <li>• Move with some control and balance. Explore stability and landing safely.</li> <li>• Demonstrate control in take off and landing when jumping.</li> <li>• Begin to explore hopping in different directions.</li> <li>• Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</li> </ul>	<ul style="list-style-type: none"> <li>• Copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.</li> <li>• Explore varying speeds to represent an idea.</li> <li>• Explore pathways within my performance.</li> <li>• Begin to explore actions and pathways with a partner.</li> <li>• Perform on my own and with others to an audience.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore basic shapes straight, tuck, straddle, pike.</li> <li>• Perform balances making my body tense, stretched and curled.</li> <li>• Explore barrel, straight and forward roll progressions.</li> <li>• Explore shape jumps including jumping off low apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore sending and receiving with hands and feet to a partner.</li> <li>• Explore dribbling with hands and feet.</li> <li>• Recognise good space when playing games.</li> <li>• Explore changing direction to move away from a partner.</li> <li>• Explore tracking and moving to stay with a partner.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Understand that bending my knees will help me to change direction.</li> <li>• Understand that if I swing my arms it will help me to run faster.</li> <li>• Know that looking ahead will help me to balance.</li> <li>• Know that landing on my feet helps me to balance.</li> <li>• Know that landing on the balls of my feet helps me to land with control.</li> <li>• Know that I should hop with a soft bent knee.</li> <li>• Know that I should use the opposite arm to leg when I skip.</li> <li>• Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that actions can be sequenced to create a dance.</li> <li>• Understand that I can create fast and slow actions to show an idea.</li> <li>• Understand that there are different directions and pathways within space.</li> <li>• Understand that when dancing with a partner it is important to be aware of each other and keep in time.</li> <li>• Know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</li> <li>• Know that if I use exaggerated actions it helps the audience to see them clearly.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that I can improve my shapes by extending parts of my body.</li> <li>• Know that balances should be held for 5 seconds.</li> <li>• Know that I can use different shapes to roll.</li> <li>• Know that landing on the balls of my feet helps me to land with control.</li> <li>• Know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore sending and receiving with different sized objects.</li> <li>• Explore dribbling with hands and feet.</li> <li>• Recognise that moving creates space when playing games.</li> <li>• Explore changing direction to move into space.</li> <li>• Explore following the leader to stay with a partner/opponent.</li> <li>• Know how to score points and follow simple rules</li> </ul>
Year 1				
	Athletics	Racquet and ball	Striking and fielding	
<b>Vocabulary</b>	far, hop, aim, fast, slow, bend, improve, direction, travel	ready position, partner, net, underarm, score, points	hit, points, target, throw, score, catch	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Explore running at different speeds.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore hitting a dropped ball with a racket. Throw a ball over a net to land into the court area.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore striking a ball with their hand and equipment.</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.</li> <li>• Explore throwing for distance and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore sending a ball with hands and a racket.</li> <li>• Use the ready position to move towards a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop tracking and retrieving a ball.</li> <li>• Explore technique when throwing over and underarm.</li> <li>• Develop co-ordination and technique when catching.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Understand that if I swing my arms it will help me to run faster.</li> <li>• Know that landing on the balls of my feet helps me to land with control.</li> <li>• Understand that if I bend my knees it will help me to jump further.</li> <li>• Know that stepping forward with my opposite foot to hand will help me to throw further.</li> <li>• Know that rules help us to play fairly.</li> </ul>	<ul style="list-style-type: none"> <li>• Know to use the centre of the racket for control. Know to use an underarm throw to feed to a partner.</li> <li>• Know that throwing/hitting to my partner with not too much power will help them to return the ball. Know that using a ready position will help me to move in any direction.</li> <li>• Know that tactics can help us to be successful when playing games.</li> <li>• Know that rules help us to play fairly</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that the harder I strike, the further the ball will travel.</li> <li>• Know that throwing the ball back is quicker than running with it.</li> <li>• Know which type of throw to use to throw over longer distances.</li> <li>• Know to watch the ball as it comes towards me.</li> <li>• Know that tactics can help us when playing games.</li> <li>• Know that rules help us to play fairly.</li> </ul>

Year 2				
	Fundamentals	Dance	Gymnastics	Invasion Games / Games
<b>Vocabulary</b>	fast, hop, slow, direction, land safely	copy, remember, repeat, actions, dynamics, counts, actions, perform	link, pathway, sequence, tuck, straddle, speed, star, pike	received, send, teammate, possession, goal, dodge, far, aim, safely, direction, balance,
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Demonstrate balance when changing direction.</li> <li>• Clearly show different speeds when running. Demonstrate balance when performing movements.</li> <li>• Demonstrate jumping for distance, height and in different directions.</li> <li>• Demonstrate hopping for distance, height and in different directions.</li> <li>• Explore single and double bounce when jumping in a rope.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore space and how my body can move to express and idea, mood, character or feeling.</li> <li>• Expand my knowledge of travelling actions and use them in relation to a stimulus.</li> <li>• I can consistently keep in time with the music and a partner.</li> <li>• Explore pathways, levels, shapes, directions, speeds and timing.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore using shapes in different gymnastic balances.</li> <li>• Remember, repeat and link combinations of gymnastic balances. Explore barrel, straight and forward roll and put into sequence work.</li> <li>• Explore shape jumps and take off combinations.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop and explore sending and receiving with increased control using different body parts</li> <li>• Explore dribbling with hands and feet with increasing control on the move.</li> <li>• Explore and recognise moving into space away from others. Develop moving into space away from defenders.</li> <li>• Explore competing against an opposition.</li> <li>• Know how to score points and follow simple rules</li> </ul>

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<p><b>Knowledge and understanding</b></p>	<ul style="list-style-type: none"> <li>• Understand that bending my knees will help me to change direction.</li> <li>• Understand that if I swing my arms it will help me to run faster.</li> <li>• Know that looking ahead will help me to balance.</li> <li>• Know that landing on my feet helps me to balance.</li> <li>• Know that landing on the balls of my feet helps me to land with control.</li> <li>• Know that I should hop with a soft bent knee.</li> <li>• Know that I should use the opposite arm to leg when I skip.</li> <li>• Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>• I am beginning to provide feedback using key words.</li> <li>• I can copy, remember, repeat and create dance phrases.</li> <li>• I can describe how my body feels during exercise.</li> <li>• I can show a character and idea through the actions and dynamics I choose.</li> <li>• I can use counts to stay in time with the music.</li> <li>• I can work with a partner using mirroring and unison in our actions.</li> <li>• I show confidence to perform.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that some shapes link well together.</li> <li>• Understand that squeezing my muscles helps me to balance.</li> <li>• Understand that there are different teaching points for different rolls.</li> <li>• Understand that looking forward will help me to land with control.</li> <li>• Know that if I use shapes that link well together it will help my sequence to flow.</li> </ul>	<ul style="list-style-type: none"> <li>• Know to control the ball before sending it.</li> <li>• Know that keeping my head up will help me to know where defenders are.</li> <li>• Know that moving into space away from defenders helps me to pass and receive a ball.</li> <li>• Know that when my team is in possession of the ball, I am an attacker and we can score.</li> <li>• Know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</li> <li>• Know that standing between the ball and the attacker will help me to stop them from getting the ball.</li> <li>• Understand and apply simple tactics for attack and defence.</li> <li>• Know how to score points and follow simple rules</li> <li>• Understand and apply simple tactics for attack and defence.</li> <li>• Learn how to win and lose and work as part of a team</li> <li>• Understand that different games have different roles</li> <li>• Respond to different roles within your team</li> </ul>
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Year 2				
		Athletics	Racquet and ball	Striking and fielding
<b>Vocabulary</b>		sprint, jog, distance, height, take off, landing, overarm, underarm	receive, quickly, trap, defend, return, collect, against	fielder, send, teammate, runs, batter, received, bowler
<b>Skills</b>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the sprinting action.</li> <li>• Develop jumping, hopping and skipping actions.</li> <li>• Explore safely jumping for distance and height.</li> <li>• Develop overarm throwing for distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop hitting a dropped ball over a net. Accurately underarm throw over a net to a partner.</li> <li>• Explore underarm rallying with a partner catching after one bounce.</li> <li>• Consistently use the ready position to move towards a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop striking a ball with their hand and equipment with some consistency.</li> <li>• Develop tracking a ball and decision making with the ball.</li> <li>• Develop co-ordination and technique when throwing over and underarm.</li> <li>• Catch with two hands with some co-ordination and technique.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</li> </ul>	<ul style="list-style-type: none"> <li>• Know to watch the ball as it comes towards me to help me to prepare to hit it.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the role of a batter.</li> </ul>



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		<ul style="list-style-type: none"> <li>• Know that swinging my arms forwards will help me to jump further.</li> <li>• Know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</li> <li>• Know how to follow simple rules when working with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</li> <li>• Know that sending the ball towards my partner will help me to keep a rally going.</li> <li>• Know that using a ready position helps me to react quickly and return/catch a ball.</li> <li>• Understand that applying simple tactics makes it difficult for my opponent.</li> <li>• Know how to score points and follow simple rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that striking quickly will increase the power. Understand that there are different roles within a fielding team.</li> <li>• Know to move towards the ball to collect it to limit a batter's points.</li> <li>• Know that stepping with opposite foot to throwing arm will help me to balance. Know to use wide fingers and pull the ball in to my chest to help me to securely catch.</li> <li>• Understand and apply simple tactics for attack (batting) and defence (fielding).</li> <li>• Know how to score points and follow simple rules.</li> </ul>
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Key Stage 2 PE Content Coverage

<p><b>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.</b></p>							
<b>Pupils should be taught to:</b>	<b>Invasion Games</b> Y3, 4, 5 & 6	<b>Gymnastics</b> Y3, 4, 5 & 6	<b>Athletics</b> Y3, 4, 5 & 6	<b>Dance</b> Y3,4, 5 & 6	<b>Racquet and Ball</b> Y3, 4, 5 & 6	<b>Striking and Fielding</b> Y3, 4, 5 & 6	<b>Swimming</b> Y3
1. Use running, throwing and catching in isolation and in combination.	✓		✓		✓	✓	
2. Play competitive games, modified where appropriate and apply basic principles for attacking and defending.	✓				✓	✓	
3. Develop flexibility, strength, technique, control and balance.	✓	✓	✓	✓	✓	✓	
4. Perform dances using a range of movement patterns.				✓			
5. Take part in outdoor and adventurous activity challenges both individually and within a team.	✓		✓		✓	✓	
6. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	✓	✓	✓	✓	✓	✓	✓
<b>Swimming and water safety</b>							
All schools must provide swimming instruction in key stage 1 or key stage 2.							
1. Swim competently, confidently and proficiently over a distance of at least 25 metres.							✓

2. Use a range of strokes effectively.							✓
3. Perform safe self-rescue in different water-based situations.							✓

Year 3					
	Invasion Games and Games	Dance	Gymnastics	Athletics	Racquet and ball
<b>Vocabulary</b>	receiver, footwork, tracking, interception, mark, travel, playing area	respectful, perform, repeat, count, dynamic, ideas, communicate	flow, explore, create, matching, interesting, control, contrasting	speed, power, strength, accurately, higher pace, control, faster, further	serve, accurately, track, racket, control, rally, opponent
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Explore sending and receiving abiding by the rules of the game.</li> <li>• Explore dribbling the ball abiding by the rules of the game under some pressure.</li> <li>• Develop using space as a team.</li> <li>• Develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.</li> <li>• Develop tracking opponents to limit their scoring opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create create dances in relation to an idea.</li> <li>• I can work individually, with a partner and in small groups, sharing my ideas.</li> <li>• I can develop my use of counting and rhythm. I can use canon, unison, formation and levels in my dances.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore matching and contrasting shapes. Explore point and patch balances and transition smoothly into and out of them.</li> <li>• Develop the straight, barrel, and forward roll.</li> <li>• Develop stepping into shape jumps with control.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the sprinting action.</li> <li>• Develop jumping, hopping and skipping actions.</li> <li>• Explore safely jumping for distance and height.</li> <li>• Develop overarm throwing for distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore returning a ball using shots such as the forehand and backhand.</li> <li>• Explore rallying using a forehand.</li> <li>• Consistently use and return to the ready position in between shots.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</li> <li>• Know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</li> <li>• Know that by spreading out as a team we move the defenders away from each other.</li> <li>• Know my role as an attacker and defender.</li> <li>• Know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</li> </ul>	<ul style="list-style-type: none"> <li>• I am respectful of others when watching them perform.</li> <li>• I can provide feedback using key words.</li> <li>• I can repeat, remember and perform a dance phrase.</li> <li>• I can use counts to keep in time with a partner and group.</li> <li>• I can use dynamic and expressive qualities in relation to an idea.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how to use body tension to make my shapes look better.</li> <li>• Understand that I can make my balances look interesting by using different levels.</li> <li>• Understand the safety considerations when performing more difficult rolls.</li> <li>• Understand that I can change the take off and shape of my jumps to make them look interesting.</li> <li>• Know that if I use different levels it will help to make my sequence look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.</li> <li>• Know that if I jump and land in quick succession, the momentum will help me to jump further.</li> <li>• Understand that the speed of the movement helps to create power.</li> <li>• Know the rules of the event and begin to apply them.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</li> <li>• Know that hitting towards my partner will help them to return the ball easier and keep the rally going.</li> <li>• Know that moving to the middle of my court will enable me to cover the most space.</li> <li>• Know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</li> <li>• Know the rules of the game and begin to apply them.</li> </ul>



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	<ul style="list-style-type: none"> <li>• Know the rules of the game and begin to apply them.</li> </ul>	<ul style="list-style-type: none"> <li>• I can work with a partner and in a small group, sharing ideas.</li> <li>• I create short dance phrases that communicate the idea</li> </ul>			
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Year 3 (cont)		
	Striking and fielding	Swimming
<b>Vocabulary</b>	sprint, jog, distance, height, take off, landing, overarm, underarm	crawl, breaststroke, submersion, rotation, backstroke
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Begin to strike a bowled ball after a bounce with different equipment.</li> <li>• Explore bowling to a target and fielding skills to include a two-handed pick up.</li> <li>• Use overarm and underarm throwing in game situations.</li> <li>• Catch with some consistency in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</li> <li>• Begin to explore front crawl breathing technique. Explore techniques for personal survival to include survival strokes such as sculling and treading water.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Know that striking to space away from fielders will help me to score.</li> <li>• Know to look at where a batter is before deciding what to do.</li> <li>• Know to communicate with teammates before throwing them a ball.</li> <li>• Know that overarm throwing is used for long distances and underarm throwing for shorter distances.</li> <li>• Know to move my feet to the ball.</li> <li>• Know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</li> <li>• Know the rules of the game and begin to apply them.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that lifting my hips will help me to stay afloat whilst swimming.</li> <li>• Know that turning my head to the side to breathe will allow me to swim with good technique.</li> <li>• Know that treading water enables me to keep upright and in the same space.               <ul style="list-style-type: none"> <li>• Know that the water should be clear of swimmers before entering.</li> </ul> </li> </ul>

Year 4						
	Invasion Games and Games	Gymnastics	Athletics	Dance	Racquet and ball	Striking and fielding
<b>Vocabulary</b>	outwit, opposition, opponent, attack, defend, teamwork, strategy	quality, perform, inverted, technique, apparatus, extension	power, stamina, officiate, perseverance, determination, accuracy, personal best	reaction, unison, represent, dynamics, control	receiver, outwit, court, backhand, forehand	stance, retrieve, opposition, stumped, two-handed pick up, technique, short barrier
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Develop passing techniques appropriate to the game with increasing success.</li> <li>• Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</li> <li>• Link dribbling the ball with other actions and change direction whilst dribbling with some control.</li> <li>• Develop moving into space to help my team. Change direction to lose an opponent with some success.</li> <li>• Develop defending one on one and begin to intercept.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the range of shapes I use in my sequences.</li> <li>• Develop strength in bridge and shoulder stand.</li> <li>• Develop control and fluency in individual and partner balances.</li> <li>• Develop the straight, barrel, forward and straddle roll and perform them with increased control.</li> <li>• Develop control in performing and landing rotation jumps.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of speed and pace in relation to distance.</li> <li>• Develop power and speed in the sprinting technique.</li> <li>• Develop technique when jumping for distance. Explore power and technique when throwing for distance in a pull and heave throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Respond imaginatively to a range of stimuli related to character and narrative.</li> <li>• Change dynamics confidently within a performance to express changes in character.</li> <li>• Confidently use changes in level, direction and pathway.</li> <li>• Use action and reaction to represent an idea.</li> <li>• Perform complex dances that communicate narrative and character well, performing clearly and fluently.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</li> <li>• Develop rallying using both forehand and backhand with increased technique.</li> <li>• Begin to use appropriate footwork patterns to move around the court.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop batting technique with a range of equipment.</li> <li>• Develop bowling with some consistency, abiding by the rules of the game</li> <li>• Use overarm and underarm throwing with increased consistency in game situations.</li> <li>• Begin to catch with one and two hands with some consistency in game situations.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Know that cushioning a ball will help me to control it when receiving it.</li> <li>• Know that protecting the ball as I dribble will help me to maintain possession.</li> <li>• Know that moving into space will help my team</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how shapes can be used to improve my sequence.</li> <li>• Know that inverted movements are actions in which my hips go above my head.</li> <li>• Know how to keep myself and others safe</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that I need to pace myself when running further or for a long period of time.</li> <li>• Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that some actions are better suited to a certain character, mood or idea than others.</li> <li>• Understand that some dynamics are better suited to a certain character, mood or idea than others.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand when to play a forehand and a backhand and why.</li> <li>• Know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that using the centre of the bat will provide the most control and accuracy.</li> <li>• Know that it easier to field a ball that is coming towards me rather than away so set up accordingly.</li> </ul>

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	<p>keep possession and score goals.</p> <ul style="list-style-type: none"> <li>• Recognise when to pass and when to shoot.</li> <li>• Know when to mark and when to attempt to win the ball.</li> <li>• Know that applying attacking tactics will help to maintain possession and score goals.</li> <li>• Know that applying defending tactics will help to deny space, gain possession and stop goals.</li> <li>• Know and understand the rules to be able to manage our own game.</li> </ul>	<p>when performing partner balances.</p> <ul style="list-style-type: none"> <li>• Understand that I can keep the shape of my roll using body tension.</li> <li>• Know that I can control my landing by landing toes first, looking forwards and bending my knees.</li> <li>• Know that if I use different directions it will help to make my sequence look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that transferring weight will help me to jump further.</li> <li>• Understand that transferring weight will help me to throw further.</li> <li>• Know and understand the rules to be able to manage our own events.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that space can be used to express a certain character, mood or idea.</li> <li>• Understand that some relationships are better suited to a certain character, mood or idea than others.</li> <li>• Know that being aware of other performers in my group will help us to move in time.</li> <li>• Know that I can select from a range of dance techniques to translate my idea.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that getting my feet in the right position will help me to balance before playing a shot.</li> <li>• Know that applying attacking tactics will help me to score points and create space.</li> <li>• Know that applying defending tactics will help me to deny space, return a ball and limit points.</li> <li>• Know and understand the rules to be able to manage our own game.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that being balanced before throwing will help to improve the accuracy of the throw.</li> <li>• Know to track the ball as it is thrown to help to improve the consistency of catching.</li> <li>• Know that applying attacking tactics will help to score points and avoid getting out.</li> <li>• Know that applying defending tactics will help to deny space, get opponents out and limit points. Know and understand the rules to be able to manage our own game.</li> </ul>
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Year 5						
	Invasion Games and Games	Gymnastics	Athletics	Dance	Racquet and ball	Striking and fielding
<b>Vocabulary</b>	tactics, control, foul, onside, offside, support, attack, defend	symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression	technique, upsweep, rhythm, downsweep, flight, stride	formation, posture, performance, canon, relationship	Tactics, volley, co-operatively, footwork, continuously, set, dig	pressure, backing up, support, overtake, tracking, outwit, tactics
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Develop control when sending and receiving under pressure.</li> <li>• Dribble with some control under pressure.</li> <li>• Explore moving to create space for themselves and others in their team.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform shapes consistently and fluently linked with other gymnastic actions.</li> <li>• Explore progressions of a cartwheel.</li> <li>• Explore symmetrical and asymmetrical balances.</li> <li>• Develop control in the straight, barrel, forward,</li> </ul>	<ul style="list-style-type: none"> <li>• Apply fluency and co-ordination when running for speed in relay changeovers.</li> <li>• Effectively apply speeds appropriate for the event.</li> <li>• Explore technique and rhythm when jumping.</li> </ul>	<ul style="list-style-type: none"> <li>• Choreograph dances by using, adapting and developing actions and steps from different dance styles.</li> <li>• Confidently use dynamics to express different dance styles.</li> <li>• Confidently use direction and patterning</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the range of shots used in a variety of games.</li> <li>• Develop the range of serving techniques appropriate to the game.</li> <li>• Use a variety of shots to keep a continuous rally.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore defensive and driving hitting techniques and directional batting.</li> <li>• Develop over and underarm bowling technique.</li> <li>• Develop long and short barrier and two-handed pick up.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Use a variety of techniques to lose an opponent e.g. change of direction or speed.</li> <li>• Develop tracking and marking with increased success.</li> <li>• Explore intercepting a ball using one and two hands.</li> </ul>	<p>straddle and backward roll.</p> <ul style="list-style-type: none"> <li>• Select a range of jumps to include in sequence work.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop technique and power in javelin (indoor), howler and chest push.</li> </ul>	<p>to express different dance styles.</p> <ul style="list-style-type: none"> <li>• Confidently use formations, canon and unison to express a dance idea.</li> <li>• Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate effective footwork patterns to move around the court.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate good technique when using a variety of throws under pressure.</li> <li>• Explore catching skills and apply these with some consistency in game situations</li> </ul>
<p><b>Knowledge and understanding</b></p>	<ul style="list-style-type: none"> <li>• Know that not having a defender between myself and a ball carrier enables me to send and receive with better control.</li> <li>• Know that dribbling in different directions will help to lose a defender.</li> <li>• Know that by moving to space even if not receiving the ball will create space for a teammate.</li> <li>• Understand the need for tactics and identify when to use them in different situations.</li> <li>• Understand and apply rules in a variety of invasion games whilst playing and officiating.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that shapes underpin all other skills.</li> <li>• Understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</li> <li>• Understand how to use contrasting balances to make my sequences look interesting.</li> <li>• Understand that I need to work within my own capabilities and this may be different to others.</li> <li>• Understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</li> <li>• Know that if I use different pathways it will help to make my sequence look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that taking big consistent strides will help to create a rhythm that allows me to run faster.</li> <li>• Understand that keeping a steady breath will help me when running longer distances.</li> <li>• Know that if I drive my knees high and fast I can build power and therefore distance in my jumps.</li> <li>• Know how to transfer my weight in different throws to increase the distance.</li> <li>• Understand and apply rules in a variety of events using official equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that different dance styles utilise selected actions to develop sequences in a specific style.</li> <li>• Understand that different dance styles utilise selected dynamics to express mood.</li> <li>• Understand that space relates to where my body moves both on the floor and in the air.</li> <li>• Understand that different dance styles utilise selected relationships to express mood.</li> <li>• Understand what makes a performance effective and know how to apply these principles to my own and others' work.</li> <li>• Know that if I use dance principles it will help me to express an atmosphere or mood.</li> </ul>	<ul style="list-style-type: none"> <li>• Know which skill to choose for the situation e.g. a volley if the ball is close to the net.</li> <li>• Know that serving is how to start a game or rally and use the rules applied to the activity for serving.</li> <li>• Know that playing the appropriate shot will help to keep the rally going.</li> <li>• Know that control is more important than power to keep a rally going.</li> <li>• Know that using small, quick steps will allow me to adjust my stance to play a shot.</li> <li>• Understand the need for tactics and identify when to use them in different situations.</li> <li>• Understand and apply rules in a variety of net and wall games whilst playing and officiating.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that stance is important to allow me to be balanced as I hit.</li> <li>• Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</li> <li>• Understand where to throw the ball in relation to where a batter is.</li> <li>• Understand when to use a close catch technique or deep catch technique.</li> <li>• Understand the need for tactics and identify when to use them in different situations.</li> <li>• Understand and apply rules in a variety of striking and fielding games whilst playing and officiating.</li> </ul>

Year 6						
	Invasion Games and Games	Gymnastics	Athletics	Dance	Racquet and ball	Striking and fielding
<b>Vocabulary</b>	Consistently, dictate, contest, formation, conceding, turnover	momentum, fluently, stability, formation, counter-balance, counter-tension	technique, rhythm, , flight, stride	choreograph, phrase, contrast, structure, fluently, connect	consecutive, deep, consistently, forecourt, backcourt, defensive, attacking	obstruction, continuous, drive hit, consecutive, consistently, co-operatively, defensive hit
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Send and receive consistently using a range of techniques with increasing control under pressure.</li> <li>• Dribble consistently using a range of techniques with increasing control under pressure.</li> <li>• Move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</li> <li>• Confidently change direction to lose an opponent.</li> <li>• Use a variety of defending skills (tracking, interception, jockeying) in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Combine and perform gymnastic shapes more fluently and effectively.</li> <li>• Develop control in progressions of Key Steps movements</li> <li>• Explore counter balance and counter tension.</li> <li>• Develop fluency and consistency in the straddle, forward and backward roll.</li> <li>• Combine and perform a range of gymnastic jumps more fluently and effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</li> <li>• Develop power, control and technique in jumping.</li> <li>• Develop power, control and technique when throwing.</li> </ul>	<ul style="list-style-type: none"> <li>• Show controlled movements which express emotion and feeling.</li> <li>• Explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.</li> <li>• Use a variety of compositional principles when creating my own dances.</li> <li>• Demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate increased success and technique in a variety of shots.</li> <li>• Serve accurately and consistently.</li> <li>• Successfully apply a variety of shots to keep a continuous rally.</li> <li>• Demonstrate a variety of footwork patterns relevant to the game I am playing.</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a bowled ball with increasing accuracy and consistency.</li> <li>• Use a wider range of fielding skills with increasing control under pressure.</li> <li>• Consistently demonstrate good technique in throwing skills under pressure.</li> <li>• Consistently demonstrate good technique in catching skills under pressure.</li> </ul>
<b>Knowledge and understanding</b>	<ul style="list-style-type: none"> <li>• Understand and make quick decisions about when, how and who to pass to.</li> <li>• Choose the appropriate skill for the situation under pressure</li> <li>• Understand that transitioning quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Know which shapes to use for each skill.</li> <li>• Understand that spreading my weight across a base of support will help me to balance.</li> <li>• Know where and when to apply force to</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that I need to prepare my body for running and know the muscle groups I will need to use.</li> <li>• Understand that a run up builds speed and power and enables me to jump further.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that actions can be improved with consideration to extension, shape and recognition of intent.</li> <li>• Understand that selecting a variety of dynamics in my performance can help to</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that the momentum and power for striking a ball comes from legs as well as arms. Know which fielding action to apply for the situation.</li> <li>• Consistently make good decisions on who to</li> </ul>

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	<p>between attack and defence will help my team to maintain or gain possession.</p> <ul style="list-style-type: none"> <li>• Know how to create and apply a tactic for a specific situation or outcome.</li> <li>• Understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</li> </ul>	<p>maintain control and balance.</p> <ul style="list-style-type: none"> <li>• Understand that I can use momentum to help me to roll and know where that momentum from.</li> <li>• Understand that taking off from two feet will give me more height and therefore more time in the air.</li> <li>• Know that if I use changes in formation it will help to make my sequence look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that I need to prepare my body for throwing and know the muscle groups I will need to use.</li> <li>• Understand and apply rules in events that pose an increased risk.</li> </ul>	<p>take the audience on a journey through my dance idea.</p> <ul style="list-style-type: none"> <li>• Know that combining space and relationships with a prop can help me to express my dance idea.</li> <li>• Understand how a leader can ensure our dance group performs together.</li> <li>• Strategy: know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</li> <li>• Understand how to play different shots depending on if a rally is co-operative or competitive.</li> <li>• Know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</li> <li>• Understand when to apply some tactics for attacking and/or defending.</li> <li>• Understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</li> </ul>	<p>throw to and when to throw in order to get batters out.</p> <ul style="list-style-type: none"> <li>• Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</li> <li>• Understand and apply some tactics in the game as a batter, bowler and fielder.</li> <li>• Understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating</li> </ul>
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