

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<b>Introduction to PE</b>  I can demonstrate balance.  I can make independent choices.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I play co-operatively and take turns with others.  I use movement skills with developing balance and co-ordination.	<b>Fundamentals 1</b>  I am confident to try new challenges.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I play co-operatively, take turns and encourage others.  I play games honestly with consideration of the rules.  I use movement skills with developing balance and co-ordination when playing games.	<b>JOLF</b>	<b>Gymnastics</b>  I am confident to try new challenges.  I can combine movements, selecting actions in response to the task and apparatus.  I can confidently and safely use a range of large and small apparatus.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I use movement skills with developing strength, balance and co-ordination showing	<b>Fundamental 2</b>  I am confident to try new challenges, deciding on the skills I use to complete the task.  I can negotiate space safely with consideration for myself and others.  I follow instructions involving several ideas or actions.  I play co-operatively, take turns and congratulate others.  I play games honestly with consideration of the rules.  I show an understanding of my feelings and	<b>Ball skills</b>  I can make independent choices.  I can negotiate space safely with consideration for myself and others.  I persevere when trying new challenges.  I play ball games with consideration of the rules.  I play co-operatively and take turns with others.  I use ball skills with developing competence and accuracy.

				<p>increasing control and grace.</p> <p>I work co-operatively with others and take turns.</p>	<p>can regulate my behaviour.</p> <p>I use movement skills with developing balance and co-ordination.</p>	
<b>Swimming</b>						
<b>Year 1</b>	<p><b>Fundamentals</b></p> <p>I can change direction when moving at speed.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can select my own actions in response to a task.</p> <p>I can show hopping and jumping movements.</p> <p>I can work co-operatively</p>	<p><b>Gymnastics</b></p> <p><i>I am confident to perform in front of others.</i></p> <p><i>I can link simple actions together to create a sequence.</i></p> <p><i>I can make my body tense, relaxed, stretched and curled.</i></p> <p><i>I can recognise changes in my body when I do exercise.</i></p> <p><i>I can remember and repeat actions and shapes.</i></p>	<b>JOLF</b>	<p><b>Ball Skills</b></p> <p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p>	<p><b>Athletics</b></p> <p>I am able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p>	<p><b>Sending and receiving</b></p> <p>I am beginning to send and receive a ball with my feet.</p> <p>I can catch a ball with some success.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can roll a ball towards a target.</p> <p>I can throw a ball to a partner.</p> <p>I can track a ball that is coming towards me.</p>

	<p>with others to complete tasks.</p> <p>I show balance and co-ordination when static and moving at a slow speed.</p>	<p><i>I can say what I liked about someone else's performance.</i></p> <p><i>I can use apparatus safely and wait for my turn.</i></p>		<p>I can work co-operatively with a partner.</p>	<p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>	<p>I can work co-operatively with a partner.</p>
<b>Swimming</b>						
<b>Year 2</b>	<p><b>Fundamentals</b></p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping</p>	<p><b>Invasion Games</b></p> <p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p> <p>I can stay with another player to try and win the ball.</p>	<p><b>Gymnastics</b></p> <p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front of others.</p> <p>I can perform the basic gymnastic actions with some control and balance.</p> <p>I can plan and repeat simple sequences of actions.</p>	<p><b>Target games</b></p> <p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll or strike a ball to a target with some success.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and can use different scoring systems</p>	<p><b>Athletics</b></p> <p><i>I can describe how my body feels during exercise.</i></p> <p><i>I can identify good technique.</i></p> <p><i>I can jump and land with control.</i></p> <p><i>I can use an overarm throw to help me to throw for distance.</i></p> <p><i>I can work with others, taking turns and sharing ideas.</i></p> <p><i>I show balance and co-ordination</i></p>	<p><b>Net and wall games</b></p> <p><i>I can defend space on my court using the ready position.</i></p> <p><i>I can describe how my body feels during exercise.</i></p> <p><i>I can hit a ball over the net and into the court area.</i></p> <p><i>I can throw accurately to a partner.</i></p> <p><i>I can use simple tactics to make it</i></p>

		<p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>	<p>I can use directions and levels to make my work look interesting.</p> <p>I can use shapes when performing other skills.</p> <p>I can work safely with others and apparatus.</p>	<p>when playing games.</p> <p>I understand what good technique looks like and can use key words in the feedback I provide.</p>	<p><i>when running at different speeds.</i></p> <p><i>I try my best.</i></p>	<p><i>difficult for an opponent.</i></p> <p><i>I know how to score points and can remember the score.</i></p> <p><i>I show good sportsmanship when playing against an opponent.</i></p>
<b>Swimming</b>						
<b>Year 3</b>	<p><b>Netball</b></p> <p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can communicate with my team and move into space to support them.</p>	<p><b>Football</b></p> <p>•I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p>	<p><b>Sportshall athletics</b></p>	<p><b>Dance</b></p> <p>I am respectful of others when watching them perform.</p> <p>I can provide feedback using key words.</p> <p>I can repeat, remember and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p>	<p><b>Athletics</b></p> <p>I am developing jumping for distance.</p> <p>I can identify when I was successful.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can throw a variety of objects, changing my action for</p>	<p><b>Tennis</b></p> <p>I am learning the rules of the game and I am beginning to use them to play fairly.</p> <p>I can provide feedback using key words.</p> <p>I can return a ball to a partner.</p> <p>I can use basic racket skills.</p>

	<p>I can defend an opponent and try to win the ball.</p> <p>I can pass, receive and shoot the ball with some control.</p> <p>I can provide feedback using key words.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work cooperatively with my group to self-manage games.</p>	<p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work co-operatively with my group to self-manage games.</p>		<p>I can use dynamic and and expressive qualities in relation to an idea.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I create short dance phrases that communicate the idea.</p>	<p>accuracy and distance.</p> <p>I can use different take off and landings when jumping.</p> <p>I can use key points to help me to improve my sprinting technique.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I show determination to achieve my personal best.</p>	<p>I understand the aim of the game.</p> <p>I understand the benefits of exercise.</p> <p>I work cooperatively with my group to self-manage games.</p>
<b>Swimming</b>						
<b>Year 4</b>	<p><b>Tag rugby</b></p> <p>I am learning the rules of the game and I am beginning to use them to play honestly.</p> <p>I can delay an opponent and</p>	<p><b>Hockey</b></p>	<p><b>Gymnastics</b></p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p><b>Fitness</b></p> <p>I can collect and record my scores and identify areas I need to improve.</p> <p>I can use key points to help me to improve my</p>	<p><b>Athletics</b></p> <p>I can demonstrate the difference in sprinting and jogging techniques.</p> <p>I can explain what happens in</p>	<p><b>Rounders</b></p> <p>I am able to bowl a ball with some accuracy, and consistency.</p> <p>I am learning the rules of the game and I am beginning to use</p>

	<p>help prevent the other team from scoring.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can help my team keep possession and score tries when I play in attack.</p> <p>I can pass and receive the ball with increasing control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p>		<p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can safely perform balances individually and with a partner.</p> <p>I can watch, describe and suggest possible improvements to others' performances and my own.</p> <p>I understand how body tension can improve the control and</p>	<p>sprinting technique.</p> <p>I share ideas and work with others to manage activities.</p> <p>I show balance when changing direction at speed.</p> <p>I show control when completing activities to improve balance.</p> <p>I show determination to continue working over a period of time.</p> <p>I understand there are different areas of fitness and that each area challenges my body differently.</p>	<p>my body when I warm up.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can jump for distance with balance and control.</p> <p>I can throw with some accuracy and power to a target area.</p> <p>I show determination to improve my personal best.</p> <p>I support and encourage others to work to their best.</p> <p><b>OAA :</b> <b>residential</b></p>	<p>them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can strike a bowled ball with adapted equipment (e.g. a tennis racket).</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy.</p>
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	I understand the rules of the game and I can use them often and honestly.		quality of my movements.			I share ideas and work with others to manage our game.
	<b>Swimming</b>					
<b>Year 5</b>	<p><b>Netball</b></p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can pass, receive and shoot the ball with some control under pressure.</p> <p>I can stay with an opponent and I am confident to attempt to intercept.</p> <p>I know what position I am</p>	<p><b>Football</b></p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can often make the correct decision of who to pass to and when.</p>	<p><b>Sportshall athletics</b></p>	<p><b>Fencing</b></p>	<p><b>Athletics</b></p> <p>I can choose the best pace for a running event.</p> <p>I can identify good athletic performance and explain why it is good.</p> <p>I can perform a range of jumps showing some technique.</p> <p>I can show control at take-off and landing in jumping activities.</p> <p>I can take on the role of coach, official and timer</p>	<p><b>Tennis</b></p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can work cooperatively with others to</p>

	<p>playing in and how to contribute when attacking and defending.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can use tracking and intercepting when playing in defence.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can use them most of the time to play honestly and fairly.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>			<p>when working in a group.</p> <p>I can use feedback to improve my sprinting technique.</p> <p>I persevere to achieve my personal best.</p> <p>I show accuracy and power when throwing for distance.</p>	<p>manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>
	<b>Swimming</b>					
<b>Year 6</b>	<b>Hockey</b>	<b>Tag rugby</b>	<b>Gymnastics</b>	<b>Fitness</b>	<b>Athletics</b>	<b>Rounders</b>
		<p>I can communicate with my team and move into space to keep possession and score.</p>	<p>• I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p>	<p>•I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to</p>	<p>•I can compete within the rules showing fair play and honesty.</p> <p>I can help others to improve their technique using</p>	<p>I can strike a bowled ball with increasing consistency.</p> <p>I can use a wider range of skills with increasing</p>

		<p>I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can tag opponents individually and when working within a unit.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that</p>	<p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can work collaboratively with others to create a sequence.</p> <p>I understand how to work safely when learning a new skill.</p> <p>I understand what counter balance and counter tension is and can show</p>	<p>identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information at a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand the different components of fitness and ways to test and develop them.</p> <p>I work to my maximum consistently when presented with challenges.</p>	<p>key teaching points.</p> <p>I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I use different strategies to persevere to achieve my personal best.</p>	<p>control under pressure.</p> <p>I can use the rules of the game consistently to play fairly.</p> <p>I can work collaboratively with others to get batters out.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p> <p><b>Handball:</b></p> <p>I am confident to lead others and can contribute</p>
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		<p>games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>examples with a partner.</p>		<p><b>OAA : kayaking</b></p> <ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>• Remain positive even in the most challenging circumstances,</li> </ul>	<p>appropriate ideas to group work.</p> <p>I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p> <p>I can create and use space to help my team to maintain possession and create scoring opportunities.</p> <p>I can perform a range of skills with control and can select the appropriate action for the situation under pressure.</p> <p>I can work in collaboration with others to self-manage games so that they run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and</p>
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					<p>rallying others if need be.</p> <ul style="list-style-type: none"><li>• Use a range of devices in order to orientate themselves.</li><li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li></ul>	<p>can suggest ways to improve.</p> <p>I use the rules of the game honestly and consistently when playing and refereeing.</p> <p><b>OAA : residential</b></p> <ul style="list-style-type: none"><li>• Select appropriate equipment for outdoor and adventurous activity.</li><li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li><li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li><li>• Empathise with others and offer</li></ul>
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						<p>support without being asked. Seek support from the team and the experts if in any doubt.</p> <ul style="list-style-type: none"><li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li><li>• Use a range of devices in order to orientate themselves.</li><li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li></ul>
Swimming						