

# Physical Education



## Key skills

Develop life-long healthy attitudes to exercise and nutrition and develop understanding of the key skills of balance, control, co-ordination, agility and strength to prepare for on-going activities into later life.

	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Year 1 and 2		Year 3 and 4		Year 5 and 6	
Gymnastics	<p>Show control when travelling.</p> <p>To understand how to jump and land correctly.</p> <p>Showing control of balancing and travelling.</p> <p>Introducing rolls and jumps.</p>	<p>Embedding basic movement.</p> <p>Continue to develop coordination, agility and balance when travelling in a variety of ways.</p> <p>Balancing on different body parts with control and stability.</p> <p>Travelling in a variety of ways whilst varying the speed.</p> <p>Showing more stability and control within jumps.</p>	<p>Introducing basic gymnastic shapes.</p> <p>Showing stability and control when balancing.</p> <p>Combining a variety of elements to create a sequence.</p> <p>Developing balances within groups.</p> <p>To modify actions independently using different shapes, directions and pathways.</p> <p>To show increasing flexibility.</p>	<p>To become increasingly competent and confident to perform skills more consistently.</p> <p>To perform routines in unison with a group.</p> <p>To take the weight of others for balances.</p>	<p>To create longer and more complex sequences and adapt performances.</p> <p>Taking lead in a group when preparing a sequence.</p> <p>To take responsibility for warming themselves up.</p> <p>To perform more complex actions, shapes and balances with consistency.</p>	<p>To lead warm ups showing understanding of strength and flexibility.</p> <p>Demonstrating accuracy, consistency and clarity of movement.</p> <p>To create own sequences.</p> <p>To perform increasingly complex sequences.</p> <p>To combine own ideas with others to build sequences.</p>

<p>Dance and movement.</p>	<p>To change direction during travelling moves.</p> <p>To link moves together.</p> <p>To use a variety of moves.</p> <p>To explore basic body patterns.</p> <p>To use a variety of moves that change speed and direction.</p> <p>To link together dance moves with gestures in time to music.</p> <p>To practise taking off from different positions.</p>	<p>To explore different speeds of movement.</p> <p>To compose and perform simple dance phrases.</p> <p>To show contrasts in simple dances with good body shape and position.</p> <p>To develop a range of dance movements and improve timing.</p> <p>To work to music, creating movements that show rhythm and control.</p>	<p>To explore dance movements and create patterns of movement.</p> <p>To work with a partner to create dance patterns.</p> <p>To perform a dance with rhythm and expression.</p> <p>To use knowledge of dance to create a story in small groups.</p> <p>To develop precision of movement.</p> <p>To work cooperatively with a group to create a dance piece.</p> <p>To perform in front of others with confidence.</p>	<p>To identify and practise the patterns and actions of chosen dance style.</p> <p>To demonstrate an awareness of music's rhythm and phrasing when improvising.</p> <p>To create an individual dance that reflects the chosen dancing style.</p> <p>To create partnered dances that reflect the dancing style and applying the key components of dance.</p> <p>To perform dances using a range of movement patterns.</p> <p>To perform and evaluate own and others' work.</p>	<p>To identify and practise the patterns and actions of chosen dance styles.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create and perform individual dances that reflect the chosen dance style.</p> <p>To create partnered dances that reflect the dancing style and applying the key components of dance.</p> <p>To create group dances that reflect the dance style.</p> <p>To perform a range of movement patterns.</p> <p>To perform and evaluate own and others' work.</p>	<p>To identify and practise the patterns and actions in a street dance style.</p> <p>To demonstrate an awareness of the music's rhythm when improvising.</p> <p>Create a dance that represents a street dance style.</p> <p>To create a dance as a group, using any street dance moves.</p> <p>To create a dance as an individual, using any street dance moves.</p> <p>To perform and analyse own and others' performance.</p>
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Athletics	<p>To use varying speeds when running</p> <p>To explore footwork patterns</p> <p>To explore arm mobility</p> <p>To explore different methods of throwing.</p> <p>To practise short distance running.</p>	<p>To run with agility and confidence.</p> <p>To learn best jumping techniques for distance.</p> <p>To throw different objects in a variety of ways.</p> <p>To hurdle and obstacle and maintain an effective running style.</p> <p>To run for distance.</p> <p>To complete an obstacle course with control and agility.</p>	<p>To run in different directions at varying speeds using effective technique.</p> <p>To reinforce jumping techniques.</p> <p>To choose and understand appropriate running techniques.</p> <p>To understand a relay and how to pass a batton.</p> <p>To improve throwing technique.</p>	<p>To select and maintain running pace for different distances.</p> <p>To practise throwing with power and accuracy.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>To explore different footwork patterns. (Long jump, triple jump).</p> <p>To throw safely with understanding.</p> <p>To practise throwing with power and accuracy.</p> <p>To utilise all skills in a competitive situation.</p>	<p>To use correct technique to run at speed.</p> <p>To develop the ability to run for distance.</p> <p>To throw with accuracy and power.</p> <p>To identify and apply techniques of relay running.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance (run up).</p> <p>Learn how to use skills to improve the distance of a pull throw. (Javelin).</p> <p>To demonstrate good techniques in a competitive situation.</p>	<p>To investigate running styles and changes of speed.</p> <p>To practise throwing with power and accuracy.</p> <p>To throw safely and with understanding.</p> <p>To demonstrate good running technique in a competitive situation.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for height and distance.</p>
Invasion Games	To master basic sending and receiving techniques.	To use hand-eye-coordination to control a ball.	To be aware of others when playing games	To keep possession of a ball.	To demonstrate basic passing and receiving skills.	To understand the rules of rugby.

	<p>To develop balance, agility coordination.</p> <p>To master basic and receiving skills.</p> <p>To make use of coordination, accuracy and weight transfer.</p> <p>To develop receiving skills.</p> <p>To use ball skills in game-based activities.</p>	<p>To catch a variety of objects.</p> <p>To vary types of throw.</p> <p>To kick and move with a ball.</p> <p>To develop catching and dribbling skills.</p> <p>To use ball skills in a variety of small sided adapted games.</p>	<p>To choose the correct skills to meet a challenge.</p> <p>To perform a range of actions, maintaining control of the ball.</p> <p>To master the basic catching technique.</p> <p>To catch with increasing control and accuracy.</p> <p>To develop passing techniques.</p> <p>To apply skills and tactics in small sided games.</p> <p>To identify and follow the rules of a game.</p> <p>To choose and use simple attacking and defensive tactics to suit situations.</p>	<p>To use agility, balance and coordination techniques to keep control of a ball in a competitive situation.</p> <p>To use accurate passing and dribbling in a game.</p> <p>To identify and apply ways to move the ball towards an opponent's goal.</p> <p>To learn concepts of attack and defence.</p> <p>To play in a mini-competition.</p>	<p>To understand the basic rules of footwork for netball/ basketball.</p> <p>To use good hand-eye coordination to pass and receive and ball successfully.</p> <p>To develop a range of passes and understand which pass is most effective for distance.</p> <p>To understand the importance of being in space to receive a pass.</p> <p>To understand ways of creating space by losing defenders.</p> <p>To demonstrate a range of defending skills and how to mark an opponent.</p> <p>To understand how to intercept a pass.</p> <p>To learn how to shoot.</p>	<p>To work as a team, developing tactics.</p> <p>To pass and carry a ball using ABC.</p> <p>To apply rules and skills to small sided games.</p>
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					<p>To understand different positions in invasion games.</p> <p>To recognise which positions are attacking and which are defending.</p>	
Net/ Wall Games			<p>To become familiar with rackets and balls.</p> <p>To get the ball into play.</p> <p>To learn to serve underarm.</p> <p>To attempt to begin a rally.</p> <p>To explore different ways of hitting the ball.</p> <p>To play adapted, fun non-competitive games.</p>	<p>To continue to develop their familiarity of equipment.</p> <p>To serve accurately under-arm.</p> <p>To build a rally, focusing on the accuracy of strokes.</p> <p>To play a variety of shots and discuss when these could be played.</p> <p>To play a competitive short tennis match.</p> <p>To understand the scoring system for badminton.</p>	<p>To identify and apply techniques for hitting a tennis ball.</p> <p>To develop the techniques for ground strokes and volleys.</p> <p>To develop a backhand technique and use it in a game.</p> <p>To practise techniques for all strokes.</p> <p>To use the scoring system for singles tennis.</p> <p>To learn over-head serves.</p> <p>To play a competitive game of tennis using the</p>	<p>To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>To use hand eye coordination to connect with the centre of the racket.</p> <p>To recognise the difference in the length of serves.</p> <p>To understand drop shots and overhead clear shots.</p> <p>To understand and show different tactics for winning points.</p>

					correct scoring system.	
Striking and Fielding Games.	<p>To learn skills for striking and fielding games.</p> <p>To practise basic striking, sending and receiving.</p> <p>To use throwing and catching skills in a game.</p> <p>To practice accuracy of throwing and consistent catching.</p> <p>To strike with a racket or bat.</p> <p>To play a game fairly in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To learn skills for playing striking and fielding games.</p> <p>To position the body to strike a ball.</p> <p>To develop catching skills.</p> <p>To throw a ball for distance.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To consolidate and develop a range of skills for striking and fielding.</p> <p>To develop and investigate different ways of throwing and to know when it is appropriate to use them.</p> <p>To consolidate and develop a range of skills for striking and fielding.</p> <p>To practise the correct technique for catching.</p> <p>To practise the correct technique for batting.</p> <p>To practise the correct technique for fielding and use in a game situation.</p> <p>To consolidate the throwing, catching and batting skills.</p>	<p>To develop and investigate ways of throwing, and to know when each is appropriate.</p> <p>To use ABC to field a ball well.</p> <p>To use ABC to move into a good position for fielding.</p> <p>To use hand-eye coordination to strike a moving and stationary ball.</p> <p>To develop fielding skills and understand their importance when playing a game.</p> <p>To play in a competitive situation and demonstrate sporting behaviour.</p>	<p>To develop skills in batting and fielding.</p> <p>To choose fielding techniques.</p> <p>To run between wickets.</p> <p>To run, throw and catch in a game situation.</p> <p>To develop a safe and effective overarm throw.</p> <p>To learn to bat with accuracy.</p> <p>To learn tactics to win games.</p>	<p>To throw and catch under pressure.</p> <p>To use fielding skills to stop the ball effectively.</p> <p>To develop batting control.</p> <p>To learn the role of backstop and be able to perform correctly.</p> <p>To progress their knowledge of tactics and apply this to competitive matches.</p>

			To strike a ball for distance.  To play a striking and fielding game competitively.			
Swimming and Water Safety	N/A	N/A	N/A	N/A	Year 5 only Swim competently, confidently and proficiently over a distance of at least 25 metres  To use a range of strokes effectively  To perform safe self-rescue in different water-based situations	
Outdoor and Adventurous Activities.			Adventure Day / Camping 1 night.	Adventure Day / Camping 1 night.	Camping 2 Days	

Issues –

Swimming is only in year 5 – No progression at the minute.