

PE - Year 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

National Curriculum Objectives

Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Pupils should be taught to perform dances using simple movement patterns.

I can ...

Physical

Throw beanbags at a target. (hoop)

Throw to another person in my team using an underarm throw.

Catch a bean bag.

Play a variety of running and avoiding games, running and changing direction at speed

Explore different ways of moving including skipping, walking, running, and jumping.

Move my body to catch or stop a bean bag or ball.

Move my body to throw a bean bag or ball in the correct direction.

Kick a ball along the ground towards a target.

Show the fundamental movement skills of balance, co-ordination and agility, moving slowly, quickly, changing direction.

Copy body shapes and movements.

Demonstrate more control in a variety of movements in dance and/or gymnastics.

Recognise rhythm and beat within the music and be able to move in time to the music led by the teacher.

Perform simple gymnastic actions e.g. jump, roll, climb, balance.

Make my body tense, relaxed, curled and stretched in different positions including Dish, Arch etc.

Climb on the equipment and off it with support in the first instance leading on to using equipment independently.

Thinking

Count the points I score.

Look at where I'm throwing.

Respond to music with a range of actions.

Choose a space where I'm not touching anyone else.

Describe how a piece of music makes them feel and the kind of movements they want to do.

Create and develop actions and movements around a given story or theme.

Use imagination when creating actions and ideas.

Apply some simple game tactics and ways of dodging an opponent.

Follow simple rules.

Plan and perform a sequence of movements.

Social

Work with two people on a range of activities.

Work with a partner or small group to copy or create a formation for the movements.

Share ideas with other people.

Participate in activities in small groups and take turns.

Accept losing and show respect when winning.

Healthy

I know how to exercise safely

PE - Year 2

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.

National Curriculum Objectives

Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Pupils should be taught to perform dances using simple movement patterns.

I can ...

Physical

Perform a sequence of dance and/or gymnastic movements with control and coordination.

Rolling, travelling, balancing and jumping in specific movements with control.

Move from one position to another with control.

Climb on and perform movements on equipment safely.

Throw and catch with increased control and co-ordination.

Repeat a short gymnastic and/or dance phrase.

Dribbling the ball along the ground in and out of objects eg cones, kicking the ball towards a target.

Move and stopping with and without a ball eg when dribbling a football, bouncing a ball.

Improving passing to a partner using a number of sending and receiving techniques - along the ground, in the air, using different levels.

Demonstrate control over movements and show good co-ordination.

Move in time to the music independently.

Thinking

Include apparatus in a sequence.

Decide the best position to stand or play the game.

Choose some tactics including the best position to help my partner or team.

Keep score and follow the rules of a game.

Choose actions to match a piece of music.

Explore different movements.

Create a sequence of movements which follow a set of rules.

Use descriptive words to explain how the music makes them feel and create suitable linking movements for those feelings.

Social

Work with a partner to perform balance actions.

Work independently and with a partner to create a sequence.

Accept losing and show respect when winning.

Healthy

Use apparatus safely.

Warm up and cool down before and after exercise.

Talk about the changes in my heart rate when I exercise.

PE - Year 3

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.

National Curriculum Objectives

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to 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.

Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Pupils should be taught to perform dances using a range of movement patterns.

Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.

Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres.

Pupils should be taught to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

Pupils should be taught to perform safe self-rescue in different water-based situations.

Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

I can ...

Physical

Use a range of skills, using my strength appropriately, to control the ball.

Throw and catch with control using different throwing and catching techniques.

Remain in control of an object, such as a ball, while travelling.

Dribble in different directions.

Use the floor, mat and apparatus to travel and perform different shapes and balances.

Work towards precision of movement and co-ordination.

Swim confidently in water.

Hit different objects (ball, shuttlecock) with a bat and/or racquet.

Run at fast, medium and slow speeds, changing speed and direction.

Take part in a relay activity, remembering when to run and what to do, staying in a lane/area and able to pass on the baton.

Mount, dismount and perform movements on equipment safely.

Roll, travel, balance and jump using specific movements with increased control and precision.

Thinking

Make good decisions to stop the opposition playing/scoring.

Know how to use space in games.

Know, understand and use rules fairly to keep games going.

Create and perform a gymnastic sequence.

Use expressive body language to explore and develop new actions to add to a dance/movement routine.

Identify what I do best and what I find difficult.

Describe what is successful in my own and others' work and how to improve.

Use a map to find hidden locations and objects.

Social

Work on my own, with a partner and as part of a team.

Play games that involve working as a team, keeping possession and scoring in targets.

Respond to music by linking actions to make dance phrases either solo or with a partner.

Describe my dance/movement routine.

Work with a partner to create, repeat and improve a sequence.

Healthy

Describe what happens to my heart during exercise.

Explain why I warm up and cool down.

PE - Year 4

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.

National Curriculum Objectives

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
Pupils should be taught to 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.
Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
Pupils should be taught to perform dances using a range of movement patterns.
Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres.
Pupils should be taught to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
Pupils should be taught to perform safe self-rescue in different water-based situations.
Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

I can ...

Physical

Throw with power and accuracy and catch when receiving the ball.
Remain in control of a ball while travelling and stopping.
Jump with control and power.
Strike a ball with intent and throw it more accurately.
Run over a long distance.
Kick the ball towards large and small targets.
Experiment with and perform a wide range of actions individually.
Combine actions to make sequences, changing speed, level, direction and shape.
Mount, dismount and perform movements on equipment safely with increasing control and balance.
Roll, travel, balance and jump with control and precision and changing speed and direction.
Improve accuracy of passes and understand where to stand when receiving eg closer together for underarm, further apart for overarm throw.
Demonstrate precision of movement and co-ordination.
Link running and jumping activities with some fluency, control and consistency.
Throw a variety of objects, changing my action for accuracy and distance.
Swim 25m.

Thinking

Work well as a team to make it harder for the opponent.
Keep score and follow rules that I am given.
Gradually increase the length of sequences.
Refine my and other's sequences.
Combine movements and shapes to create new patterns.
Think about different ideas and respond through music and dance movements.
Describe and interpret dance movements using appropriate vocabulary
Recognise where I am on a plan or map.
Successfully go to and from a given point on a plan or map.
Talk about the tactics of some games.
Identify parts of my performance that need improving and suggest how to achieve this.
Use a map to find hidden locations and objects.

Social

Experiment with and perform a wide range of actions with a partner or in a group.
Participate in team games and support teammates.
Make suggestions on how to improve my own performance and performances of others.

Healthy

Exercise safely including when in water.
Identify some muscle groups used in physical activities.

PE - Year 5

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.

National Curriculum Objectives

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to 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.

Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Pupils should be taught to perform dances using a range of movement patterns.

Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.

Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

I can ...

Physical

Use a variety of tactics to keep the ball.

Change speed and direction while travelling with a ball.

Throw and catch with control when under increased pressure.

Developing shooting skills into goals working on accuracy.

Know how to pass to make it difficult for opponent to receive the ball eg bounce pass underarm to get past a player

Developing hitting the ball/shuttle on the forehand and the the backhand.

Use my body to power my throwing/jumping.

Perform a range of jumps showing power, control and consistency at both take-off and landing.

Improve and sustain running speed and technique.

Perform combinations of actions that show clear levels, speeds and directions.

Perform actions, shapes and balances clearly, consistently and fluently.

Roll, travel, balance and jump with control and precision and changing speed and direction including a range of shapes.

Mount, dismount and perform more complex movements on equipment safely with control and balance.

Thinking

Demonstrate the difference between attacking skills and defending skills.

Choose positions in my teams and know how to help attack and defend.

Use canon and unison in gymnastic and/or dance routines.

Compose, develop and adapt motifs to make dance phrases and use these in longer dances.

Suggest ways to develop my technique and composition.

Watch and comment on the quality of a performance.

Critique one skill of my performance (balance, body shape, travelling, rolls) and develop and improve this movement.

Explain what I am successful at and what I need to practise more.

Understand and explain the rules of a game or activity.

Plan a route to move from one location to another following a map.

Social

Create a routine, independently and with a partner, exploring actions to reflect the music.

Healthy

Use exercises that stretch and tone my body

Suggest ideas for warming up, explaining my choice.

PE - Year 6

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.

National Curriculum Objectives

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to 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.

Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Pupils should be taught to perform dances using a range of movement patterns.

Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.

Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

I can ...

Physical

Change speed and direction with control and accuracy while travelling with a ball.

Vary strength, length, height and direction of throw with accuracy.

Catch successfully and consistently when under pressure.

Link dribbling (moving with the ball), passing and shooting (scoring) skills.

Make it difficult for an opponent by using speed, height and direction of ball.

Developing rallying skills using forehand and backhand with control and accuracy.

Develop the range, accuracy, precision and consistency of skills.

Perform movements that are controlled at varying speeds with improved balance, strength and flexibility.

Rolling, travelling, balancing and jumping in specific movements with control and precision. Changing speed and direction and moving seamlessly between action, balance and shapes.

Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.

Bowl the ball accurately overarm with good technique.

Hit a bowled ball into space with control, distance and direction.

Thinking

Choose when to pass or dribble, so that I keep possession and make progress.

Participate in more complex team games and lead others in a game situation.

Understand the rules of a range of games, events or activities, implement them and help to enforce.

Explain good sporting performance.

Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns.

I can explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship.

Say what I found challenging and discuss ideas to improve.

Read a variety of maps and plans accurately, recognising symbols and features.

Use appropriate language and terminology to describe, interpret and evaluate my own and others' work.

Suggest changes to help my team to attack/defend/be more successful in a game situation.

Plan a route to move from one location to another following a map.

Social

Work well with a partner or a small group to practise and refine my work and skills.

Critiques other's performances and say what is good and suggest ways that it could be improved.

Lead others through warm ups or basic activities.

Healthy

Explain importance of being fit and understand that there are different types of fitness.

Actively participate in a range of games, activities and challenges, and give 100%.

Enjoy taking part in physical activity.