



Progression in P.E

Physical Education knowledge and skills across the School

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PE knowledge and Skills – Progression across all year groups

P.E Key Stage 1				
Category of knowledge	NC Statements	Reception	Year 1	Year 2
Athletics / throwing and catching	<p>The main Early years outcomes covered in the athletic units are:</p> <ul style="list-style-type: none"> - Shows increasing control over an object in pushing, patting, throwing, catching or kicking. - Children show good control and co-ordination in large and small movements. <p>NC KSI To master basic movements including running, throwing and catching</p>	<p>Describe how the body feels when still and when exercising.</p> <p>Run in different ways for a variety of purposes.</p> <p>Jump in a range of ways, landing safely.</p> <p>Roll equipment in different ways</p> <p>Throw Underarm.</p> <p>Throw an object at a target.</p> <p>Control their body, when performing a sequence of movements.</p> <p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Describe how the body feels before and after exercise.</p> <p>Carry and place equipment safely.</p> <p>Vary their pace and speed when running.</p> <ul style="list-style-type: none"> -Run with a basic technique over different distances. -Jog and sprint in a straight line. -Change direction when jogging and sprinting. -Maintain control as they change direction when jogging and sprinting. <p>Perform different types of jumps.</p> <ul style="list-style-type: none"> -Perform a short jumping sequence. -Jump as high and as far as possible. -Land safely and with control. -Work with a partner to develop the control of their jumps. <p>-Throw underarm and overarm.</p> <p>-Throw a ball towards a target with increasing accuracy.</p> <p>-Improve the distance they can throw by using more power.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p> <p>Run at different paces, describing the different paces.</p> <ul style="list-style-type: none"> -Use a variety of different stride lengths. -Travel at different speeds. -Begin to select the most suitable pace and speed for distance. -Vary the speed and direction in which they are travelling. -Run with basic techniques following a curved line. -Be able to maintain and control a run over different distances. <p>Perform and compare different types of jumps.</p> <ul style="list-style-type: none"> -Combine different jumps together with some fluency and control. -Jump for distance from a standing position with accuracy and control. -Investigate the best jumps to cover different distances. -Choose the most appropriate jumps to cover different distances. <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <ul style="list-style-type: none"> -Throw with accuracy at targets of different heights. -Investigate ways to alter their throwing technique to achieve greater distance. <p>Watch and describe performances and use what they see to improve their own performances.</p>

			<p>-Watch and describe performances. -Begin to say how they could improve.</p>	<p>Talk about differences between their work and that of others.</p>
<p>Gymnastics</p>	<p>EYFS Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 4O-6O) Experiments with different ways of moving. (PD M&H 4O-6O) Jumps off an object and lands appropriately. (PD M&H 4O-6O) Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&H 4O-6O) KSI 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</p>	<p>Create a short sequence of movements -Roll in different ways with control. -Travel in different ways. -Stretch in different ways. -Jump in a range of ways from one space to another with control. -Begin to balance with control. -Move around, under, over, and through different objects and equipment. Rolls: Curled side roll (egg roll), Log roll (pencil roll), Teddy bear roll Jumps: Straight Jump, Tuck Jump, Jumping Jack, Half turn Standing balances, tiptoe, step, hop and jump. Talk about what they have done. Talk about what others have done.</p>	<p>Create and perform a movement sequence. -Copy actions and movement sequences with a beginning, middle and end. -Link two actions to make a sequence. -Recognise and copy contrasting actions (small/tall, narrow/wide). -Travel in different ways, changing direction and speed. -Hold still shapes and simple balances. -Carry out simple stretches. -Carry out a range of simple jumps, landing safely. -Move around, under, over, and through different objects and equipment. -Begin to move with control and care Rolls: Log roll (controlled), Curled side roll (egg roll) (controlled), Teddy bear roll (controlled) Jumps: Straight jump, Tuck jump, Jumping jack, Half turn, Cat spring Tiptoe, step, jump and hop Hopscotch, Skipping, Galloping, Bunny hop, Front support wheelbarrow with partner Standing balances, Kneeling balances Pike, tuck, star, straight, straddle shapes Watch and describe performances. Begin to say how they could improve</p>	<p>Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. -Travel in a variety of ways, including rolling. -Hold a still shape whilst balancing on different points of the body. -Jump in a variety of ways and land with increasing control and balance. -Climb onto and jump off the equipment safely. -Move with increasing control and care. Rolls: Log roll (controlled), Curled side roll (egg roll) (controlled), Teddy bear roll (controlled), Rocking for forward roll, Crouched forward roll. Jumps : Straight jump, Tuck jump, Jumping jack, Half turn, Cat spring, Cat spring to straddle Vault: Hurdle step onto springboard, Straight jump off springboard, Tuck jump off springboard. Movements : Tiptoe, step, jump and hop Hopscotch, Skipping , Galloping, Straight jump half-turn Balances and shapes : Standing balances, Kneeling balances, Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes, Front and back support. Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>
<p>Dance</p>	<p>Early Years Outcome The main Early Years Outcomes covered in the Dance units are:</p>	<p>Join a range of different movements together: -Change the speed of their actions -Change the style of their movements:</p>	<p>Copy, remember and repeat actions. -Create a short motif inspired by a stimulus.</p>	<p>Begin to improvise with a partner to create a simple dance. -Create motifs from different stimuli. -Begin to compare and adapt movements and motifs to create a larger sequence.</p>

	<ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (PD – M&H 30-50) • Experiments with different ways of moving. (PD – M&H 40-60) • Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. (PD – M&H ELG) • Enjoys joining in with dancing and ring games. (EAD – M & M 30-50) • Beginning to move rhythmically. (EAD – M & M 30-50) • Imitates movement in response to music. (EAD – M & M 30-50) • Begins to build a repertoire of songs and dances. (EAD – M & M 40-60) • Children sing songs, make music and dance, and experiment with ways of changing them. (EAD – M & M ELG) • Developing preferences for forms of expression. (EAD – BI 30-50) • Uses movement to express feelings. (EAD – BI 30-50) 	<p>-Create a short movement phrase which demonstrates their own ideas.</p> <p>Control my body when performing a sequence of movements.</p> <p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>-Change the speed and level of their actions.</p> <p>-Use simple choreographic devices such as unison, canon and mirroring.</p> <p>-Use different transitions within a dance motif.</p> <p>-Move in time to music.</p> <p>-Improve the timing of their actions.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>-Use simple dance vocabulary to compare and improve work.</p> <p>-Perform with some awareness of rhythm and expression.</p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>
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	<ul style="list-style-type: none"> Creates movement in response to music. (EAD – BI 30-50) Captures experiences and responses with a range of media, such as dance. (EAD – BI 30-50) Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD – BI 40-60) Children represent their own ideas, thoughts and feelings through dance. (EAD – BI ELG) <p>KSI</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. 			
<p>Team games</p>	<p>The main Early Years Outcomes covered in the Games units are:</p> <ul style="list-style-type: none"> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60) Children show good control and co-ordination in large and small movements. (PD – M&H ELG) Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or 	<p>Hit a ball with a bat or a racquet.</p> <p>Roll equipment in different ways</p> <ul style="list-style-type: none"> Throw underarm Throw an object at a target Catch equipment using two hands <p>Move a ball in different ways, including bouncing and kicking</p> <ul style="list-style-type: none"> Use equipment to control a ball Kick an object at a target <p>Move safely around the space and equipment</p> <ul style="list-style-type: none"> Travel in different ways, including sideways and backwards Play a range of chasing games 	<p>Use hitting skills in a game. Practise basic striking, sending and receiving.</p> <p>Throw underarm and overarm.</p> <ul style="list-style-type: none"> Catch and bounce a ball Use rolling skills in a game Practise accurate throwing and consistent catching <ul style="list-style-type: none"> Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. <p>Use different ways of travelling in different directions or pathways.</p>	<p>Strike or hit a ball with increasing control</p> <ul style="list-style-type: none"> Learn skills for playing striking and fielding games Position the body to strike a ball. <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <ul style="list-style-type: none"> Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used. <p>Bounce and kick a ball whilst moving</p> <ul style="list-style-type: none"> Use kicking skills in a game Use dribbling skills in a game Know how to pass the ball in different ways

	<p>changing direction to avoid obstacles. (PD M&H 40-60)</p> <ul style="list-style-type: none"> • Experiments with different ways of moving. (PD M&H 40-60) • They move confidently in a range of ways, safely negotiating space. (PD M&H ELG) <p>KSI participate in team games, developing simple tactics for attacking and defending;</p>	<ul style="list-style-type: none"> -Follow simple rules of a game -Control my body when performing a sequence of movements. Participate in simple games. -Talk about what they have done. -Talk about what others have done. 	<ul style="list-style-type: none"> -Run at different speeds. -Begin to use space in a game. <p>Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.</p> <p>Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.</p> <p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>
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PE in Key Stage 2

Category of knowledge	NC Statements	Year 3	Year 4	Year 5	Year 6
<p>Athletics / throwing and catching</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways 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</p> <p>Pupils should be taught to: . Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Running -Identify and demonstrate how different techniques can affect their performance. -Focus on their arm and leg action. -Begin to combine running with jumping over hurdles.</p> <p>Jumping -Use one and two feet to take off and to land with -Develop an effective take-off for the standing long jump. -Develop an effective flight phase for the standing long jump. -Land safely with control.</p> <p>Throwing -Throw with greater control and accuracy. -Show increasing control in their overarm throw. -Perform a push throw. -Continue to develop techniques to throw for increased distance.</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Running -Confidently demonstrate an improved technique for sprinting. -Perform a relay, focusing on the baton changeover technique. -Develop a fluent changeover. -Speed up and slow down smoothly.</p> <p>Jumping -Learn how to combine a hop, step and jump to perform the triple jump -Land safely with control. -Begin to measure the distance jumped.</p> <p>Throwing -Throw with greater control and accuracy. -Show increasing control in their overarm throw -Perform a push throw. -Continue to develop techniques to throw for increased distance.</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Running Identify their reaction times when performing a sprint start. -Accelerate from a variety of different starting positions. -Confidently and independently select the most appropriate pace for different distances and different parts of a run.</p> <p>Jumping Improve techniques for jumping for distance. -Perform an effective standing long jump. -Land safely and with control. -Investigate different jumping techniques.</p> <p>Throwing -Perform a fling throw. -Throw a variety of implements using a range of throwing techniques. -Measure and record the distance of their throws. -Continue to develop techniques to throw for increased distance.</p> <p>Choose and use criteria to evaluate own and others performance.</p>	<p>Running -Build up speed quickly for a sprint finish. -Use their preferred leg when running over hurdles. -Accelerate to pass other competitors -Work as a team to competitively perform a relay.</p> <p>Jumping -Develop the technique for the standing vertical jump. -Maintain control at each of the different stages of the triple jump. -Land safely and with control. -Develop and improve their techniques for jumping for height and distance and support others in improving their performance. -Perform and apply different types of jumps in other contexts.</p> <p>Throwing -Develop the technique for the push, pull and fling throw and support others in improving their performance.</p>

				<p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>-Accurately measure and record the distance of their throws.</p> <p>Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements</p>
<p>Gymnastics</p>	<p>The main KS2 national curriculum aims covered in the Gymnastics units are:</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<p>-Choose ideas to compose a movement sequence independently and with others</p> <p>-Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>-Develop the quality of their actions, shapes and balances. Move with coordination, control and care.</p> <p>-Use turns whilst travelling in a variety of ways.</p> <p>-Use a range of jumps in their sequences.</p> <p>-Begin to use equipment to vault.</p> <p>-Create interesting body shapes while holding balances with control and confidence</p> <p>-Begin to show flexibility in movements</p> <p>Rolls: Crouched forward roll , Forward roll from standing ,Tucked backward roll</p> <p>Jumps : Straight jump, Tuck jump, Jumping jack</p>	<p>-Create a sequence of actions that fit a theme</p> <p>-Use an increasing range of actions, directions and levels in their sequences.</p> <p>-Move with clarity, fluency and expression.</p> <p>-Show changes of direction, speed and level during a performance.</p> <p>-Travel in different ways, including using flight.</p> <p>-Improve the placement and alignment of body parts in balances.</p> <p>-Use equipment to vault in a variety of ways.</p> <p>-Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>-Begin to develop good technique when travelling, balancing and using equipment.</p> <p>-Develop strength, technique and flexibility throughout performances</p> <p>Rolls : Forward roll from standing, Straddle forward roll, Tucked backward roll, Backward roll to straddle</p>	<p>-Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>-Adapt their sequences to fit new criteria or suggestions.</p> <p>-Perform jumps, shapes and balances fluently and with control.</p> <p>-Confidently develop the placement of their body parts in balances, --recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>-Confidently use equipment to vault in a variety of ways.</p> <p>-Apply skills and techniques consistently.</p> <p>-Develop strength, technique and flexibility throughout performances.</p> <p>-Combine equipment with movement to create sequences.</p> <p>Rolls: Forward roll from standing, Straddle forward roll, Pike forward roll, Tucked backward roll,</p>	<p>-Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching</p> <p>-Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>-Confidently use equipment to vault and incorporate this into sequences.</p> <p>-Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances</p> <p>Rolls: Forward roll from standing, Straddle forward roll, Pike forward roll, Dive forward roll, Tucked backward roll, Backward roll to straddle, Backward roll to standing pike, Pike backward roll.</p>

		<p>Star jump, Straddle jump, Pike jump, Straight jump, Cat leap</p> <p>Vaults : Hurdle step onto springboard, Squat on vault, Star jump off, Tuck jump off , Straddle jump off, Pike jump off</p> <p>Travelling and linking Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap</p> <p>Shapes and balances Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Jumps: Straight jump, Tuck jump, Jumping jack, Star jump, Straddle jump, Pike jump, Straight half turn, Straight full turn, Cat leap Cat leap half turn</p> <p>Vaults : Hurdle step onto springboard, Squat on vault , Straddle on vault, Star jump off, Tuck jump off, Straddle jump off, Pike jump off</p> <p>Travelling and linking Tiptoe, step, jump and hop Hopscotch Skipping, Chassis steps Straight jump half turn Straight jump full turn Cat leap, Cat leap half turn Pivot</p> <p>Shapes and balances 1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Backward roll to straddle</p> <p>Jumps: Straight jump , Tuck jump Jumping jack, Star jump, Straddle jump Pike jump, Stag jump, Straight half turn, Straight full turn, Cat leap half turn , Split leap</p> <p>Vaults: Hurdle step onto springboard, Squat on vault, Straddle on vault, Star jump off, Tuck jump off, Straddle jump off, Pike jump off, Squat through vault</p> <p>Travelling and linking Tiptoe, step, jump and hop Hopscotch, Skipping ,Chassis steps Straight jump half turn ,Straight jump full turn ,Cat leap,Cat leap half turn Pivot</p> <p>Shapes and balances 1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Jumps: Straight jump, Tuck jump Jumping jack, Star jump, Straddle jump Pike jump, Stag jump, Straight half turn, Straight full turn, Cat leap Cal leap half turn, Cat leap full turn Split leap , Stag leap</p> <p>Vaults: Hurdle step onto springboard, Squat on vault, Straddle on vault, Star jump off, Tuck jump off, Straddle jump off, Pike jump off , Squat through vault Straddle over vault</p> <p>Travelling and linking Tiptoe, step, jump and hop Hopscotch Skipping , Chassis steps Straight jump half turn Straight jump full turn , Cat leap ,Cat leap half turn, Cat leap full turn Pivot</p> <p>Shapes and balances 1, 2, 3 and 4- point balances Balances on apparatus Full body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>
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<p>Dance</p>	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; • perform dances using a range of movement patterns; • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p> <p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p>

				<p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p>	<p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p> <p>Link actions to create a complex sequence using a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>
<p>Team games</p>	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination; • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply 	<p>Striking and hitting</p> <ul style="list-style-type: none"> -Demonstrate successful hitting and striking skills -Develop a range of skills in striking and fielding where appropriate -Practise the correct batting technique and use it in a game -Strike the ball for distance 	<p>Striking and hitting</p> <ul style="list-style-type: none"> -Use a bat or stick to hit a ball or shuttlecock with accuracy and control. -Accurately serve underarm. -Build a rally with a partner. -Use at least two different shots in game. 	<p>Striking and hitting</p> <ul style="list-style-type: none"> -Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. -Explore when different shots are best used. -Develop a backhand technique and use it in a game. 	<p>Striking and hitting</p> <ul style="list-style-type: none"> -Hit a bowled ball over longer distances. -Use good hand-eye coordination to be able to direct a ball when striking or hitting. -Understand how to serve in order to start a game.

	<p>basic principles suitable for attacking and defending;</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><i>Throwing and catching</i></p> <ul style="list-style-type: none"> -Throw and catch with greater control and accuracy. -Practise the correct technique for catching a ball and use it in a game. -Perform a range of catching and gathering skills with control. -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast or slow). -Develop a safe and effective overarm bowl. <p><i>Travelling and passing a ball</i></p> <ul style="list-style-type: none"> -Move with the ball in a variety of ways with some control. <ul style="list-style-type: none"> -Use two different ways of moving with a ball in a game. -Pass the ball in two different ways in a game situation with some success. <p>Using space, defending , attacking and tactics.</p> <ul style="list-style-type: none"> -Find a useful space and get into it to support teammates. -Use simple attacking and defending skills in a game. -Use fielding skills to stop a ball from travelling past them. -Apply and follow rules fairly. -Understand and begin to apply the basic principles of invasion games. -Know how to play a striking and fielding game fairly. 	<ul style="list-style-type: none"> -Use hand-eye coordination to strike a moving and stationary ball. <p><i>Throwing and catching</i></p> <ul style="list-style-type: none"> -Develop different ways of throwing and catching. <p>Travelling and passing a ball</p> <ul style="list-style-type: none"> -Move with the ball using a range of techniques showing control and fluency. - Pass the ball with increasing speed, accuracy and success in a game situation <p>Using space, defending , attacking and tactics.</p> <ul style="list-style-type: none"> -Make the best use of space to pass and receive the ball. - Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring. -Vary the tactics they use in a game. -Adapt rules to alter games. 	<ul style="list-style-type: none"> -Practise techniques for all strokes. <p><i>Throwing and catching</i></p> <ul style="list-style-type: none"> -Consolidate different ways of throwing and catching, and know when each is appropriate in a game <p><i>Travelling and passing a ball</i></p> <ul style="list-style-type: none"> -Use a variety of ways to dribble in a game with success. -Use ball skills in various ways and begin to link together. -Pass a ball with speed and accuracy using appropriate techniques in a game situation. <p>Using space, defending , attacking and tactics</p> <ul style="list-style-type: none"> -Demonstrate an increasing awareness of space -Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. -Know when to pass and when to dribble in a game. -Devise and adapt rules to create their own game. 	<p>Throwing and catching</p> <ul style="list-style-type: none"> -Throw and catch accurately and successfully under pressure in a game <p><i>Travelling and passing a ball</i></p> <ul style="list-style-type: none"> -Show confidence in using ball skills in various ways in a game situation, and link these together effectively - Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. <p>Using space, defending , attacking and tactics</p> <ul style="list-style-type: none"> -Demonstrate a good awareness of space -Think ahead and create a plan of attack or defence. -Apply knowledge of skills for attacking and defending. -Work as a team to develop fielding strategies to prevent the opposition from scoring -Follow and create complicated rules to play a game successfully. -Communicate plans to others during a game. -Lead others during a game.
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Swimming	<p>In particular, pupils should be taught to:</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</p> <p>perform safe self-rescue in different water-based situations.</p>	<p>To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water.</p>	<p>To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water.</p>	<p>To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water.</p>	<p>To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water.</p>
Outdoor and adventure activities	<p>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.</p> <p>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. Pupils should be taught to:</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges 	<p>Orientate themselves with increasing confidence and accuracy around a short trail.</p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used on a key.</p> <p>Begin to choose equipment that is appropriate for an activity.</p> <p>Communicate with others.</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Orientate themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Start to recognise features of an orienteering course.</p> <p>Communicate clearly with other people in a team, and with other teams.</p> <p>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Associate the meaning of a key in the context of the environment.</p>	<p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design an orienteering course that can be followed and offers some challenge to others.</p> <p>Begin to use navigation equipment to orientate around a trail.</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities both as part of a team and independently.</p>	<p>Orientate themselves with confidence and accuracy around an orienteering course when under pressure.</p> <p>Design an orienteering course that is clear to follow and offers challenge to others.</p> <p>Use navigation equipment (maps, compasses) to improve the trail.</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Compete in orienteering activities both as part of a team and independently.</p>

	<p>both individually and within a team;</p> <ul style="list-style-type: none"> • compare their performances with previous ones and demonstrate improvement to achieve their personal best 		<p>Try a range of equipment for creating and completing an activity.</p> <p>Make an informed decision on the best equipment to use for an activity. Plan and organise a trail that others can follow</p> <p>Communicate clearly with others. Work as part of a team</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result</p>	<p>Identify a key on a map and begin to use the information in activities</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity that challenges others.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Communicate clearly and effectively with others.</p> <p>Work effectively as part of a team.</p> <p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Use a range of map styles and make an informed decision on the most effective.</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Prepare an orienteering course for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Manage an orienteering event for others to compete in.</p> <p>Communicate clearly and effectively with others when under pressure.</p> <p>Work effectively as part of a team, demonstrating leadership skills</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>