

PE LTP	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Nursery	<p>During this term all children should be given the opportunity to become confident to explore their surroundings and settle into their new environment? Opportunities should be given and encouraged for physical movement and activity?</p> <p><u>OAA</u> Can I... ...begin to work with a partner? ...begin to solve a simple problem? ...follow simple instructions? ... be safe outdoors?</p>	<p><u>Me and Myself</u> Can I... ...dress myself with support if necessary? ...move freely and with pleasure and confidence in a range of skilful ways? ...engage in conversation with others? ...runs skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles? ...link sounds to letters, naming and sounding the letters of the alphabet?</p>	<p><u>Working with others Gymnastics</u> Can I... ???play/work in a group? ...accept the needs of others and can take turns and share, sometimes with the support of others? ...play going by responding to what others are saying or doing? ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?</p>	<p><u>Movement development</u> Can I... ...travel with confidence and skill in a range of movements when using equipment? ...show understanding of the need for safety when tackling new challenges and considers and manages some risks? ...move freely and with pleasure and confidence in a range of skilful ways? ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?</p>	<p><u>Fun and games</u> Can I... ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles? ...show understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment? ...begin to accept the needs of others and can take turns and share, sometimes with the support of others? ...move freely and with pleasure and confidence in a range of skilful ways? ...show understanding when counting objects to 10 and beginning to count beyond 10</p>	<p><u>Ball Games</u> Can I... ...show understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment? ...play in a group, extending and elaborating play ideas within the group? ...begin to accept the needs of others and can take turns and share, sometimes with the support of others? ...show increasing control when throwing and catching a large ball?</p>
Reception	<p>During this all children should be given the opportunity to</p>	<p><u>Me and Myself</u> Can I... ...dress myself with support if necessary?</p>	<p><u>Working with others Gymnastics</u> Can I...</p>	<p><u>Movement development</u> Can I...</p>	<p><u>Dance (Rhinos)</u> Can I... ...explore and copy basic body actions</p>	<p><u>Ball games</u> Can I... ...show understanding of the need for safety when</p>

	<p>become confident to explore their surroundings and settle into their new environment? Opportunities should be given and encouraged for physical movement and activity?</p> <p>OAA Can I... ...begin to work with a partner? ...begin to solve a simple problem? ...follow simple instructions? ... be safe outdoors?</p>	<p>...move freely and with pleasure and confidence in a range of skilful ways? ...engage in conversation with others? ...runs skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles? ...link sounds to letters, naming and sounding the letters of the alphabet?</p> <p>Fun and games Can I... ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles? ...show understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment?</p>	<p>???play/work in a group? ...accept the needs of others and can take turns and share, sometimes with the support of others? ...play going by responding to what others are saying or doing? ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?</p> <p>Cycling Small groups in addition to PE Can I ...put on a helmet safely ...hold the bike correctly when walking ...mount the bike correctly and in a controlled manner ...put my pedals in the right place to begin pedalling in a straight line?</p>	<p>...travel with confidence and skill in a range of movements when using equipment? ...show understanding of the need for safety when tackling new challenges and considers and manages some risks? ...move freely and with pleasure and confidence in a range of skilful ways? ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?</p> <p>Cycling Small groups in addition to PE Can I ...put on a helmet safely ...hold the bike correctly when walking ...mount the bike correctly and in a controlled manner</p>	<p>and rhythms? ...negotiate space confidently, using appropriate strategies? ...use their bodies to respond to stories, topics, and music?</p> <p>Cycling Small Groups in addition to PE Can I ...put on a helmet safely ...hold the bike correctly when walking ...mount the bike correctly and in a controlled manner ...put my pedals in the right place to begin pedalling in a straight line ...use my brakes to stop in a controlled manner ...control my handle bars ...steer the bike around a slalom ...control my bike around complex routes</p>	<p>tackling new challenges and considers and manages some risks when using equipment? ...play in a group, extending and elaborating play ideas within the group? ...begin to accept the needs of others and can take turns and share, sometimes with the support of others? ...show increasing control when throwing and catching a large ball?</p> <p>Children need to be able to ride in a straight line, ride around cones in a slalom and brake effectively at a given point?</p>
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		<p>...begin to accept the needs of others and can take turns and share, sometimes with the support of others? ...move freely and with pleasure and confidence in a range of skilful ways? ...show understanding when counting objects to 10 and beginning to count beyond?</p>	<p>...use my brakes to stop in a controlled manner ...control my handle bars ...steer the bike around a slalom ...control my bike around complex routes</p>	<p>...put my pedals in the right place to begin pedalling in a straight line ...use my brakes to stop in a controlled manner ...control my handle bars ...steer the bike around a slalom ...control my bike around complex routes</p>		
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<p>Year 1</p> <p><i>Throughout the curriculum, using trim trail, climbing wall and orienteering route?</i></p> <p>OAA</p> <p>Can I...</p> <p>...work with a partner?</p> <p>...solve a simple problem?</p> <p>...follow simple instructions?</p> <p>... be safe outdoors?</p>	<p>I - Dance</p> <p><i>Learn basic movements relating to feelings?</i></p> <p>Can I...</p> <p>...make a good start and finish position in a sequence?</p> <p>...move my body in a variety of ways?</p> <p>...respond to different music showing a range of emotions and stimulus?</p> <p>...perform dance movements and simple sequences using simple movement patterns?</p> <p>... create a sequence based on a well-known story? (e.g., Goldilocks – the dance will be more like physical theatre to music which is what we want)</p> <p>O/M – Ball Games</p> <p><i>Using a variety of balls, bean bags and short bats, targets?</i></p>	<p>I – Fitness</p> <p>Can I...</p> <p>...follow warm up and cool down exercises?</p> <p>???describe and comment on my actions?</p> <p>?? describe how my body feels when I am exercising? (Breathing, warm/cool etc)</p> <p>... practise my skills?</p> <p>O/F – Rugby</p> <p>Can I???</p> <p>...move freely and find my own space?</p> <p>...explore different ways of using a ball</p> <p>... explore ways to send and receive a ball or other equipment</p> <p>?? change my speed?</p> <p>...aim a ball? (hoop/mat/between markers)</p> <p>Pitch invasion</p> <p>... retrieve and stop a ball using different parts of the body?</p> <p>All</p> <p>?? develop simple attacking and defending</p>	<p>I – Gymnastics</p> <p><i>Basic gymnastic movements – using basic apparatus?</i></p> <p><i>Developing balance, agility, co-ordination of travelling, stillness, jumping, timing, changing shape, direction and size?</i></p> <p>Can I...</p> <p>???be still in different body shapes and balances?</p> <p>... combine different ways of travelling? ???move between mats and small apparatus with confidence?</p> <p>... change the speed of movement?</p> <p>...handle apparatus safely?</p> <p>???recognise how it feels when the body is tense in a balance?</p> <p>O/F – Football</p> <p><i>Using large soft balls</i></p> <p>Can I???</p>	<p>I – Dodgeball</p> <p><i>Using a variety of balls, bean bags and short bats, targets?</i></p> <p>Can I...</p> <p>??? catch a variety of balls/bean bags with some control?</p> <p>...strike a ball with my hand/a bat with some control?</p> <p>??? throw underarm with some control?</p> <p>???aim for a target (rolling / extend to throwing)</p> <p>???hold a bat correctly and safely</p> <p>?? defend a target (with body / bat)</p> <p>???run confidently from one maker to another</p> <p>???play simple game of striking (1v1? 1 v 2)</p> <p>O/M – Tennis</p> <p><i>Using a variety of balls, bean bags and short handled bats/ rackets</i></p> <p>Can I...</p> <p>???throw and catch a variety of balls/bean bags?</p>	<p>O/M – Netball</p> <p>Can I???</p> <p>...move freely and find my own space?</p> <p>...explore different ways of using a ball</p> <p>... explore ways to send and receive a ball or other equipment</p> <p>?? change my speed?</p> <p>...aim a ball? (hoop/mat/between markers)</p> <p>Court invasion</p> <p>?? stop a rolling ball in two hands</p> <p>???send / throw a ball?</p> <p>?? retrieve / catch a ball?</p> <p>O/F – Athletics</p> <p><i>Learn basic movements?</i></p> <p>Can I...</p> <p>...Sprint in a straight line? (30m)</p> <p>...jump 2 feet to 2 feet, 1 foot to the other foot?</p> <p>...jump over a hurdle?</p> <p>... throw a chest pass?</p>	<p>O/M – Kwik Cricket</p> <p><i>Using a variety of balls, bean bags and short bats, targets?</i></p> <p>Can I...</p> <p>??? catch a variety of balls/bean bags with some control?</p> <p>...strike a ball with my hand/a bat with some control?</p> <p>??? throw underarm with some control?</p> <p>???aim for a target (rolling / extend to throwing)</p> <p>???hold a bat correctly and safely</p> <p>?? defend a target (with body / bat)</p> <p>???run confidently from one maker to another</p> <p>???play simple game of striking (1v1? 1 v 2)</p> <p>O/F – Rounders</p> <p><i>Using a variety of balls, bean bags and short bats, targets?</i></p> <p>Can I...</p> <p>??? catch a variety of balls/bean bags with some control?</p> <p>...strike a ball with my hand/a bat with some control?</p>
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	<p>Can I...</p> <p>??? catch a variety of balls/bean bags with some control?</p> <p>...strike a ball with my hand/a bat with some control?</p> <p>??? throw underarm with some control?</p> <p>???aim for a target (rolling / extend to throwing)</p> <p>???hold a bat correctly and safely</p> <p>?? defend a target (with body / bat)</p> <p>???run confidently from one maker to another</p> <p>???play simple game of striking (1v1? 1 v 2)</p>	<p>techniques? ???</p> <p>participate in simple team games/ (1v1, 2v2)</p>	<p>...move freely and find my own space?</p> <p>...explore different ways of using a ball</p> <p>... explore ways to send and receive a ball or other equipment</p> <p>?? change my speed?</p> <p>...aim a ball? (hoop/mat/between markers)</p> <p>Pitch invasion</p> <p>... retrieve and stop a ball using different parts of the body?</p>	<p>??? hold and move with a racket safely?</p> <p>??? balance a ball/bean bag on my racket?</p> <p>??? roll a ball towards a target?</p> <p>??? throw a ball towards a target?</p> <p>???pat a ball in the air with my hand/racket?</p> <p>??? hit a ball that is thrown to me?</p>	<p>???run for longer distance? (300m)</p> <p>Participate in Sports day</p>	<p>??? throw underarm with some control?</p> <p>???aim for a target (rolling / extend to throwing)</p> <p>???hold a bat correctly and safely</p> <p>?? defend a target (with body / bat)</p> <p>???run confidently from one maker to another</p> <p>???play simple game of striking (1v1? 1 v 2)</p>
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<p>Year 2 <i>Throughout the curriculum, using trim trail, climbing wall and orienteering route?</i></p> <p><u>Teamwork</u> Can I... ... focus when watching others perform? ...follow instruction and cooperate in a small group situation (2 v1, 2v2) (Take turns, listen to rules) ... give and receive simple feedback to my peers? ...work in a small group successfully? ...say when a movement or skill is performed well?</p> <p><u>OAA</u> Can I... ...co-operate in a small group? ...solve a 2-step problem? ...follow 2 to 3 step instructions?</p>	<p><u>I – Dance</u> Can I... ...move to different music genres? ...recognise a beat? ...describe moods and how it makes me feel? ... evaluate, rehearse and improve a simple dance sequence? (1 to 8 steps) ...put a clear start, middle and end to my sequence? ...perform a simple dance sequence?</p> <p><u>O/F – Football</u> Can Imove around changing direction and speed to a space without contact? ...pass and receive a ball with control and accuracy? ...pass a ball from a variety of distances? ... aim the ball towards a target Court invasion ... bounce a ball with my hand? ...</p>	<p><u>I – Fitness</u> Can I... ...describe the differences between my own and others performance? ...describe how exercise changes my body? (Breathing, pulse)</p> <p><u>O/M – Basketball</u> Can Imove around changing direction and speed to a space without contact? ...pass and receive a ball with control and accuracy? ...pass a ball from a variety of distances? ... aim the ball towards a target Court invasion ... bounce a ball with my hand? ... use a variety of passes ...chest, bounce, shoulder)? Can I show some understanding of tactics/rules in a simple game? Can I participate in a simple game?</p>	<p><u>I – Gymnastics</u> Can I... ...use a variety of balances? ...use stillness and travel in a sequence? ...investigate different jumps? ...put a clear start, middle and end to my sequence? ...develop simple sequences of different actions using floor and apparatus?</p> <p><u>O/M– Netball</u> Can Imove around changing direction and speed to a space without contact? ...pass and receive a ball with control and accuracy? ...pass a ball from a variety of distances? ... aim the ball towards a target Court invasion ... bounce a ball with my hand? ...</p>	<p><u>I – Dodgeball</u> Can Imove around changing direction and speed to a space without contact? ...pass and receive a ball with control and accuracy? ...pass a ball from a variety of distances? ... aim the ball towards a target Court invasion ... bounce a ball with my hand? ... use a variety of passes ...chest, bounce, shoulder)? Can I show some understanding of tactics/rules in a simple game? Can I participate in a simple game? Can I begin to understand tactics for attacking and defending?</p> <p><u>O/M – Rugby</u> Can Imove around changing direction and speed to a space without contact?</p>	<p><u>O/M – Athletics</u> Can I... ...Sprint in a straight line? (40m) ... use (and combine) a variety of jumps e.g., 2 feet to 2 feet, 1 foot to the other foot? 1 to same foot, ...jump over several hurdle? ... throw a ball overarm? ???run for longer distance? (300m) ...race against another opponent? ... device my own obstacle race?</p> <p>Participate in Sports day</p> <p><u>O/F – Rounders</u> Can I... ... pass and receive a ball accurately? ... pass and receive a ball from a variety of distances? ...strike a ball accurately? ... perform fielding techniques with control and coordination?</p>	<p><u>O/M – Tennis</u> Can I... ??? hold and move with a racket safely in both hands? ??? balance a ball/bean bag on my racket and move? ??? send a ball towards a target using a racket? ??? throw a ball underarm over a target? ???pat and bounce a ball with my hand/racket? ??? return a ball on the bounce that is thrown to me? (forehand/backhand) <i>Begin a short rally</i></p> <p><u>O/F – Kwik Cricket</u> Can I... ... pass and receive a ball accurately? ... pass and receive a ball from a variety of distances? ...strike a ball accurately? ... perform fielding techniques with control and coordination? ... incorporate the skills I have learnt into a small game situation? ... recognise and play to the set rules of a simple game?</p>
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<p>... identify objects/places on a simple map?</p> <p>...follow a simple route?</p> <p>... describe how to be safe outdoors?</p>	<p>use a variety of passes ...chest, bounce, shoulder)?</p> <p>Can I show some understanding of tactics/rules in a simple game?</p> <p>Can I participate in a simple game?</p> <p>Can I begin to understand tactics for attacking and defending?</p>	<p>Can I begin to understand tactics for attacking and defending?</p>	<p>use a variety of passes ...chest, bounce, shoulder)?</p> <p>Can I show some understanding of tactics/rules in a simple game?</p> <p>Can I participate in a simple game?</p> <p>Can I begin to understand tactics for attacking and defending?</p>	<p>...pass and receive a ball with control and accuracy?</p> <p>...pass a ball from a variety of distances?</p> <p>... aim the ball towards a target</p> <p>Court invasion</p> <p>... bounce a ball with my hand? ...</p> <p>use a variety of passes ...chest, bounce, shoulder)?</p> <p>Can I show some understanding of tactics/rules in a simple game?</p> <p>Can I participate in a simple game?</p> <p>Can I begin to understand tactics for attacking and defending?</p>	<p>... incorporate the skills I have learnt into a small game situation?</p> <p>... recognise and play to the set rules of a simple game?</p>	
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<p>Year 3 <i>Throughout the curriculum, using trim trail, climbing wall and orienteering route?</i></p> <p><u>Teamwork</u> Can I... ...describe / comment on the performance of others positively? ...combine my skills in a small game situation? (3v1, 3v3, 4v1, 4v4)</p> <p><u>OAA</u> Can I... ...cooperate in a group? ...orientate simple maps in classroom/hall? ...locate and move to some points on map? ...take part in problem solving activities in a small team?</p>	<p><u>I – Fitness</u> Can I ...recognise and describe changes in my body temperature, heart rate and breathing when I am exercising? Do I understand the necessity of warm up and cool down? Can I describe how my body feels like during and after exercise?</p> <p><u>O/F – Rugby</u> Can I... ...control and keep possession of a ball while travelling? (dribble) ...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to receive a ball) ... turn with a ball?</p>	<p><u>I – Dodgeball</u> Can I... ...control and keep possession of a ball while travelling? (dribble) ...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to receive a ball) ... turn with a ball? ...choose good positional play in a game?</p> <p><u>O/M – Basketball</u> Can I... ...control and keep possession of a ball while travelling? (dribble) ...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to receive a ball) ... turn with a ball?</p>	<p><u>I – Gymnastics</u> Can I... ...transfer weight smoothly from one part of body to another? ...link different balances? moving in and out of positions of stillness? ...practice and concentrate on quality of movement? ...use actions on floor and over, through, across and along apparatus? ...vary and apply actions on floor and apparatus? ...develop and perform actions? Copy a partner's sequence on floor and apparatus?</p> <p><u>O/M – Hockey</u> Can I... ...control and keep possession of a ball</p>	<p><u>I – Dance</u> Can I... Use a variety of travels, gestures, turns, jumps and balances with good composure and control? ...? improvise freely on my own and/or with a partner, translating ideas from a stimulus to a movement? ...Learn a short sequence with a clear, middle and end? ... create and perform dance moves that link to my topic? (E.g., Romans – tell a story or create a chariot race? Music - chariots of fire?) ... work with a group?</p> <p><u>O/M – Football</u> Can I... ...control and keep possession of a ball while travelling? (dribble)</p>	<p><u>O/M – Kwik Cricket</u> Can I... ... strike a ball in different directions? ... use various throws over different distances? ...receive a ball from different distances? ...develop my striking and fielding techniques into a small game? ...recognise the benefit of fielding places?</p> <p><u>O/F – Rounders</u> Can I... ... strike a ball in different directions? ... use various throws over different distances? ...receive a ball from different distances? ...develop my striking and fielding techniques into a small game? ...recognise the benefit of fielding places?</p>	<p><u>O/F – Athletics</u> Can I... ...develop my running skills to improve my time in a sprint (50m) and longer distance (400m)? ... develop my technique in jumping to improve the length and height of my jumps over time? ...develop my over-arm throw a chest pass? ...compete fairly against other opponents? ... change a baton in a relay? Participate in Sports day</p> <p><u>O/M – Tennis</u> Can I... ...throw and catch with a variety of different balls using different types of throwing over a barrier? ...vary strength, length and direction of throw? Hold a racket firmly and accurately ...control a ball on a racket (pats and bounces) ...hit the ball accurately with a racket (forehand/backhand) ...use different shots in a rally?</p>
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	...choose good positional play in a game?	...choose good positional play in a game?	while travelling? (dribble) ...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to receive a ball) ... turn with a ball? ...choose good positional play in a game?	...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to receive a ball) ... turn with a ball? ...choose good positional play in a game?		Continue my skills in a small game (short tennis rules)
Year 4 <i>Using Orienteering route throughout the curriculum and across a variety of activities.</i> Teamwork Can I... ...evaluate the tactics I see and make changes to my own and others' performance? ...work with others fairly? OAA	I – Fitness Can I ...confidently talk about the changes to my body during exercise? ...comment on some of my main muscle groups and how exercise helps? ... recognise how my pulse changes during and after exercise? ... device a warm routine involving stretches?	I - Dodgeball Can I... ... use equipment safely? ... travel with the ball showing increasing control? (Dribble) ...pass (push pass-hockey) (chest, bounce, shoulder etc netball) the ball indifferent ways with accuracy to a partner/ target? ... use attacking and defending techniques?	O/M - Netball Can I... ... use equipment safely? ... travel with the ball showing increasing control? (Dribble) ...pass (push pass-hockey) (chest, bounce, shoulder etc netball) the ball indifferent ways with accuracy to a partner/ target? ... use attacking and defending techniques?	I - Gymnastics Can I... ...travel in various ways across the floor and apparatus safely (points and patches)? ...devise, perform and repeat sequences that include travel and balances? ...work with a partner and small groups to create sequences? ...adapt a sequence to include apparatus?	O/F – Rounders Can I... ...throw and catch a balls at different speeds, directions and heights? ... aim a ball at a target (under arm) ... strike a ball in different directions? ...choose and use a range of simple tactics and Strategies in a small game? ...keep, adapt and make rules for striking and	O/M – Tennis Can I... ...hold a racket firmly and accurately? ...control a ball on a racket (pats and bounces) ...hit the ball accurately with a racket? (forehand/backhand/volley/ under arm serve) ...use different shots in a rally? Continue using skills in a small game (short tennis / badminton rules) Athletics Can I

<p>Can I...</p> <p>...develop map work and orientation of the school site?</p> <p>...move quickly to controls using a simple course on school site?</p> <p>...solve more complex problems within a group?</p>	<p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>...choose and adapt techniques to keep possession?</p> <p>... combine my skills in small team situations (up to 5 v 5)</p> <p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>...choose and adapt techniques to keep possession?</p> <p>... combine my skills in small team situations (up to 5 v 5)</p> <p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>Compare and contrast similar performances?</p> <p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>Games? (rounders, golf, baseball, cricket)</p> <p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>develop my technique for...</p> <p>...running at shorter and longer distances?</p> <p>... throwing for distance?</p> <p>...jumping and leaping for height and distance?</p> <p>Can I...</p> <p>...device a relay race</p> <p>...make progress over time?</p> <p>OAA</p> <p>Can I...</p> <p>...develop map work and orientation of the school site?</p> <p>...move quickly to controls using a simple course on school field/ Playground?</p> <p>...solve more complex problems within a group?</p> <p>Participate in Sports Day</p> <p>Swimming</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations.</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>
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<p>Year 5 <i>Covered throughout curriculum and on residential.</i></p> <p><u>Teamwork</u> Can I... ...explain what I do well and what I can do to improve? ...explain why others are playing well in the games? ... understand the rules of fair play? ... lead within a team?</p> <p><u>OAA</u> Can Iuse map work and orientation effectively? ...build on my stamina to move around an orienteering course in the school grounds? ...recognise how team building and problem-solving</p>	<p><u>O/M - Basketball</u> Can I... ...travel /find space with or without a ball showing different speeds and direction? ...can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? ... use defensive and attacking skills in a small game? ... explain and follow the rules of a game? ...constructively describe how to refine, improve, and modify performance? ...recognise and play different positions in a small game? (5v5)</p> <p><u>O/F - Rugby</u> Can I... ...travel /find space with or without a ball showing</p>	<p><u>I – Dance(Hiphop)</u> Can I... ...explore, improvise and combine movement and ideas fluently and effectively? ... create dance moves that link to my topic? ...evaluate, refine and that develop my own and others’ work? ...composing more complex routines with repetition? ... remember and perform a dance routine to an audience?</p> <p><u>O/M Hockey</u> Can I... ...travel /find space with or without a ball showing different speeds and direction? ...can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target?</p>	<p><u>O – Dodgeball</u> Can I... ...travel /find space with or without a ball showing different speeds and direction? ...can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? ... use defensive and attacking skills in a small game? ... explain and follow the rules of a game? ...constructively describe how to refine, improve, and modify performance? ...recognise and play different positions in a small game? (5v5)</p> <p><u>I – Fitness</u> Can I... ...describe confidently the effects of exercise? (E.g., principles of</p>	<p><u>I – Gymnastics</u> Can I... ...include different levels in my balances? ...include different speeds in my movements? ...use space effectively? ...make up a sequence with compositional ideas? (<i>contrasts and variation in shape, speed, level, timing and actions</i>) ... adapt my sequence to different apparatus layouts? ...make a sequence within a group and share roles fairly?</p> <p><u>O/F - Football</u> Can I... ...travel /find space with or without a ball showing different speeds and direction?</p>	<p><u>O/F – Rounders</u> Can I... ...develop and improve a variety of throws? ...receive balls from different lengths and speeds? ... vary direction of strikes with a bat? ... bowl overarm safely? choose and use a range of simple tactics and strategies in a small game? ...keep, adapt and make rules for striking and fielding games?</p> <p><u>O/F – Athletics</u> Can I... ...choose my favourite ways of running, jumping and throwing and improve it? ...know how to plan a run so I can pace myself?</p>	<p><u>O/M – Golf</u> Can I... ...develop and improve a variety of throws? ...receive balls from different lengths and speeds? ... vary direction of strikes with a bat? ... bowl overarm safely? choose and use a range of simple tactics and strategies in a small game? ...keep, adapt and make rules for striking and fielding games?</p> <p><u>O/M – Tennis</u> Can I... ...hold and swing the racket for different shots? ...know where to stand and move on the court to receive different passes? ...use different types of shots during a game? ...improve accuracy and recognise progress? ... learn the overarm serve?</p>

skills support other activities?	<p>different speeds and direction?</p> <p>...can I use a variety of passes to my partner / target?</p> <p>... use defensive and attacking skills in a small game?</p> <p>... explain and follow the rules of a game?</p> <p>...constructively describe how to refine, improve, and modify performance?</p> <p>...recognise and play different positions in a small game? (5v5)</p>	<p>... use defensive and attacking skills in a small game?</p> <p>... explain and follow the rules of a game?</p> <p>...constructively describe how to refine, improve, and modify performance?</p> <p>...recognise and play different positions in a small game? (5v5)</p>	<p>respiration, temperature, fatigue and recover)</p> <p>... explain how different activities can promote strength, power and suppleness?</p> <p>...take a pulse, and name some muscles correctly,</p> <p>...explain the effects of exercise on my body?</p> <p>How to lead my own warm up using dynamic stretches in small groups</p> <p>... explain what muscles to warm up effectively for different exercises?</p> <p>... explain why exercise is good for my fitness, health and wellbeing?</p>	<p>...can I use a variety of passes (e.g., hockey - slap-hit) to my partner / target?</p> <p>... use defensive and attacking skills in a small game?</p> <p>... explain and follow the rules of a game?</p> <p>...constructively describe how to refine, improve, and modify performance?</p> <p>...recognise and play different positions in a small game? (5v5)</p>	<p>...plan to cover distances as a team to get the best results possible?</p> <p>...mark a run up for jumping and throwing?</p> <p>...watch a partner's athletic performance and identify the main strengths?</p> <p>OAA</p> <p>Can I ...</p> <p>?? use map work and orientation effectively?</p> <p>...build on my stamina to move around an orienteering course in the school grounds?</p> <p>...recognise how team building and problem-solving skills support other activities?</p>	
<p>Year 6</p> <p><i>Covered throughout curriculum and on residential.</i></p>	<p><u>I – Fitness</u></p> <p>Can I...</p> <p>...decide on some ideas for warm up</p>	<p><u>I – Dance</u></p> <p>Can I...</p> <p>...explore and improvise ideas for</p>	<p><u>I – Dodgeball</u></p> <p>Can I ...</p> <p>...demonstrate all round safe practice</p>	<p><u>I – Gymnastics</u></p> <p>Can I...</p> <p>...improve my shape in balances and travel?</p>	<p><u>O/M – Golf</u></p> <p>Can I...</p> <p>...develop and adapt my striking, fielding,</p>	<p><u>O/F – Athletics</u></p> <p>Can I...</p> <p>...? sustain pace over longer</p>

<p><u>Teamwork</u> Can I... ...explain what I need to get better at and what to practice? ...explain why I or others are playing well in the games? ...ensure everyone is involved in a team? ...lead within a team ...play fairly, knowing how to behave when winning and losing?</p> <p><u>OAA</u> Can I... ...work in a team on off-site locations confidently? ...work with different maps and in different locations? ...take part in competitive orienteering? ...lead and be led in problem solving activities</p>	<p>exercises and routines? ...explain what makes a good warm up? ... explain what clothing and footwear is best to wear? ... check playing area for safety? ...explain how playing invasion games helps your fitness and benefits of playing outside of school? ...take a pulse, and name some muscles correctly, ...explain the effects of exercise on their body? ???explain the value of exercise outside of school day? ...explain why exercise is good for my body and mind?</p> <p><u>O/M – Basketball</u> Can Idemonstrate all round safe practice</p>	<p>dances in different styles, ...work on own, with a partner and in a group? ...explore and experiment imaginatively with a stimulus? ...composing more complex routines with clear sections that link to topic? (e.g., use specific text/Goodnight Mr Tom / the blitz?) ... remember and perform a more complex dance routine to an audience?</p> <p><u>O/F – Rugby</u> Can Idemonstrate all round safe practice for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending?</p>	<p>for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending? ...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending? ...play safely and tactically in small game situations? (6v6, 7v7) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance?</p> <p><u>O/M – Netball</u> Can Idemonstrate all round safe practice</p>	<p>...use a combination of dynamics in a sequence? ...use space effectively? ...adapt sequence to selected equipment? ...investigate different ways of working with a partner or small group on and off apparatus?</p> <p><u>O/M – Hockey</u> Can Idemonstrate all round safe practice for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending? ...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending?</p>	<p>throwing and catching skills to different heights, distances in small and large games? ... use an over and underarm throw appropriately in a game? ...use and adapt rules, strategies and tactics? ...use the knowledge of basic principles of batting and fielding? (scoring)</p> <p><u>O/F – Rounders</u> Can I... ...develop and adapt my striking, fielding, throwing and catching skills to different heights, distances in small and large games? ... use an over and underarm throw appropriately in a game? ...use and adapt rules, strategies and tactics? ...use the knowledge of basic</p>	<p>distances, (e.g., sprint for seven seconds, run for one or two minutes?) ...throw with greater control, accuracy and efficiency? ...perform a range of jumps showing power, control and consistency at both take-off and landing? ... set myself and others targets in different events? ...say why some athletic activities can improve strength, power or stamina? ... explain how these can help my performance in other types of activity? ...identify areas that needs to be practised and refined, and suggest improvements?</p> <p><u>O/M – Tennis</u> Can I... ...improve my racket strokes through practise? ... improve my serving stroke? ...hit the ball in the court away to out-wit opponent? ...use speed, height and direction in my play? ...know where to</p>
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	<p>for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending? ...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending? Can I play safely and tactically in small game situations? (6v6, 7v7)) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance?</p>	<p>...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending? Can I play safely and tactically in small game situations? (6v6, 7v7)) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance?</p>	<p>for myself and others? ... pass the ball in different directions and speeds safely? ...show precision and accuracy when receiving and sending? ...perform skills with accuracy confidence and control? ...recognise different ways of attacking and defending? Can I play safely and tactically in small game situations? (6v6, 7v7)) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance?</p>	<p>Can I play safely and tactically in small game situations? (6v6, 7v7)) ... adapt skills to meet the needs of a situation within a game? ...select skills and techniques to improve my own and others performance?</p>	<p>principles of batting and fielding? (scoring)</p> <p><u>OAA – Residential</u> Can I... ...work in a team on off-site locations confidently? ...work with different maps and in different locations? ...take part in competitive orienteering? ...lead and be led in problem solving activities</p> <p>Mop up Swim – Week after Easter</p>	<p>stand when attacking and defending? ...use or device a scoring system?</p>
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Intent, Implementation, Impact			
(PE Life Skills)			
<u>Health, Fitness & Wellbeing</u>	Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.	<u>Feedback</u>	Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up/down).
<u>Body Awareness</u>	Shows some understanding towards the effects of activity on their body.	<u>Peer-coaching</u>	Responds to ideas showing understanding, asking appropriate questions of others.
<u>Safety</u>	Aware of the boundaries set, and of behavioural expectations in the setting, to ensure everyone's safety. Know that equipment and apparatus can be harmful.	<u>Leadership & Teamwork</u>	Can play fairly in a group. Shows the ability to accept the needs of others and can take turns and share resources, sometimes with support from others.
<u>Evaluation</u>	Watch and copy some basic movements in P.E. Responds to what others are saying or doing.		