PE LTP	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Nursery	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? OAA Can Ibegin to work with a partner?begin to solve a simple problem?follow simple instructions? be safe outdoors?	Me and Myself Can Idress 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?	Working with others Gymnastics 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?	Movement development Can Itravel 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?	Fun and games Can Irun 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	Ball Games 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?
Reception	During this all children should be given the opportunity to	Me and Myself Can Idress myself with support if necessary?	Working with others Gymnastics Can I	Movement development Can I	Dance (Rhinos) Can Iexplore and copy basic body actions	Ball games Can Ishow understanding of the need for safety when

become confident to explore their surroundings and settle into their new environment? Opportunities should be given and encouraged for physical movement and activity?

OAA Can I...

...begin to work with a partner? ...begin to solve a simple problem? ...follow simple instructions? ... be safe outdoors?

...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?

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?

???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?

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?

...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?

Cycling Small groups in addition to PE Can I

can I
...put on a helmet
safely
...hold the bike
correctly when
walking
...mount the bike
correctly and in a
controlled manner

and rhythms?
...negotiate space
confidently, using
appropriate
strategies?
...use their bodies to
respond to stories,
topics, and music?

Cycling Small Groups in addition to PE Can I

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

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

Children need to be able to ride in a straight line, ride around cones in a slalom and brake effectively at a given point?

catching a large ball?

begin to accept the	use my brakes to	put my pedals in	
	·		
needs of others and	stop in a controlled	the right place to	
can take turns and	manner	begin pedalling in a	
share, sometimes	control my handle	straight line	
with the support of	bars	use my brakes to	
others?move freely	steer the bike	stop in a controlled	
and with pleasure	around a slalom	manner	
and confidence in a	control my bike	control my handle	
range of skilful ways?	around complex	bars	
show	routes	steer the bike	
understanding when		around a slalom	
counting objects to		control my bike	
10 and beginning to		around complex	
count beyond?		routes	

Year 1	I - Dance	I – Fitness	I – Gymnastics	I – Dodgeball	O/M – Netball	O/M – Kwik Cricket
	Learn basic	Can I	Basic gymnastic	Using a variety of	Can I???	Using a variety of balls,
Throughout the	movements	follow warm up and	movements – using	balls, bean bags and	move freely and	bean bags and short bats,
curriculum, using	relating to feelings?	cool down exercises?	basic apparatus?	short bats, targets?	find my own space?	targets?
trim trail, climbing	Can I	???describe and	Developing	Can I	explore different	Can I
wall and	make a good start	comment on my	balance, agility, co-	??? catch a variety of	ways of using a ball	??? catch a variety of
orienteering route?	and finish position	actions?	ordination of	balls/bean bags with	explore ways to	balls/bean bags with some
<u>OAA</u>	in a sequence?	?? describe how my	travelling, stillness,	some control?	send and receive a	control?
Can I	move my body in	body feels when I am	jumping, timing,	strike a ball with	ball or other	strike a ball with my
work with a	a variety of ways?	exercising?	changing shape,	my hand/a bat with	equipment	hand/a bat with some
partner?	respond to	(Breathing, warm/	direction and size?	some control?	?? change my speed?	control?
solve a simple	different music	cool etc)	Can I	??? throw underarm	aim a ball?	??? throw underarm with
problem?	showing a range of	practise my skills?	???be still in	with some control?	(hoop/mat/between	some control?
follow simple	emotions and		different body	???aim for a target	markers)	???aim for a target (rolling /
instructions?	stimulus?	O/F – Rugby	shapes and	(rolling / extend to	Court invasion	extend to throwing)
be safe outdoors?	perform dance	Can I???	balances?	throwing)	?? stop a rolling ball	???hold a bat correctly and
	movements and	move freely and	combine	???hold a bat	in two hands	safely
	simple sequences	find my own space?	different ways of	correctly and safely	???send / throw a	?? defend a target (with
	using simple	explore different	travelling? ???move	?? defend a target	ball?	body / bat)
	movement	ways of using a ball	between mats and	(with body / bat)	?? retrieve / catch a	???run confidently from
	patterns?	explore ways to	small apparatus	???run confidently	ball?	one maker to another
	create a sequence	send and receive a	with confidence?	from one maker to		???play simple game of
	based on a well-	ball or other	change the speed	another	O/F – Athletics	striking (1v1? 1 v 2)
	known story?	equipment	of movement?	???play simple game	Learn basic	
	(e?g?, Goldilocks –	?? change my speed?	handle apparatus	of striking (1v1? 1 v	movements?	O/F – Rounders
	the dance will be	aim a ball?	safely?	2)	Can I	Using a variety of balls,
	more like physical	(hoop/mat/between	???recognise how it		Sprint in a straight	bean bags and short bats,
	theatre to music	markers)	feels when the body	O/M – Tennis	line? (30m)	targets?
	which is what we	Pitch invasion	is tense in a	Using a variety of	jump 2 feet to 2	Can I
	want)	retrieve and stop a	balance?	balls, bean bags and	feet, 1 foot to the	??? catch a variety of
		ball using different		short handled bats/	other foot?	balls/bean bags with some
	O/M – Ball Games	parts of the body?	O/F – Football	rackets	jump over a	control?
	Using a variety of	All	Using large soft	Can I	hurdle?	strike a ball with my
	balls, bean bags	?? develop simple	balls	???throw and catch a	throw a chest	hand/a bat with some
	and short bats,	attacking and	Can I???	variety of balls/bean	pass?	control?
	targets?	defending		bags?		

Can I ??? catch a variety of balls/bean bags with some control?strike a ball with my hand/a bat with some control? ??? throw underarm with some control? ???aim for a target (rolling / extend to throwing) ???hold a bat correctly and safely ?? defend a target (with body / bat) ???run confidently from one maker to another ???play simple game of striking (1v1? 1 v 2)	techniques? ??? participate in simple team games/ (1v1, 2v2)	move freely and find my own space?explore different ways of using a ball explore ways to send and receive a ball or other equipment ?? change my speed?aim a ball? (hoop/mat/between markers) Pitch invasion retrieve and stop a ball using different parts of the body?	??? hold and move with a racket safely? ??? balance a ball/bean bag on my racket? ??? roll a ball towards a target? ??? throw a ball towards a target? ???pat a ball in the air with my hand/racket? ??? hit a ball that is thrown to me?	???run for longer distance? (300m) Participate in Sports day	??? throw underarm with some control? ???aim for a target (rolling / extend to throwing) ???hold a bat correctly and safely ?? defend a target (with body / bat) ???run confidently from one maker to another ???play simple game of striking (1v1? 1 v 2)

Year 2	I – Dance	I – Fitness	I – Gymnastics	I – Dodgeball	O/M – Athletics	O/M – Tennis
Throughout the	Can I	Can I	Can I	Can I	Can I	Can I
curriculum, using	move to different	describe the	use a variety of	move around	Sprint in a straight	??? hold and move with a
trim trail, climbing	music genres?	differences between	balances?	changing direction	line? (40m)	racket safely in both hands?
wall and	recognise a beat?	my own and others	use stillness and	and speed to a space	use (and combine)	??? balance a ball/bean bag
orienteering route?	describe moods	performance?	travel in a	without contact?	a variety of jumps	on my racket and move?
	and how it makes	describe how	sequence?	pass and receive a	e.g., 2 feet to 2 feet,	??? send a ball towards a
<u>Teamwork</u>	me feel?	exercise changes my	investigate	ball with control and	1 foot to the other	target using a racket?
Can I	evaluate,	body? (Breathing,	different jumps?	accuracy?	foot? 1 to same foot,	??? throw a ball underarm
focus when	rehearse and	pulse)	put a clear start,	pass a ball from a	jump over several	over a target?
watching others	improve a simple		middle and end to	variety of distances?	hurdle?	???pat and bounce a ball
perform?	dance sequence? (1	O/M – Basketball	my sequence?	aim the ball	throw a ball	with my hand/racket?
follow instruction	to 8 steps)	Can I	develop simple	towards a target	overarm?	??? return a ball on the
and cooperate in a	put a clear start,	move around	sequences of	Court invasion	???run for longer	bounce that is thrown to
small group	middle and end to	changing direction	different actions	bounce a ball with	distance? (300m)	me? (forehand/backhand)
situation (2 v1, 2v2)	my sequence?	and speed to a space	using floor and	my hand?	race against	Begin a short rally
(Take turns, listen	perform a simple	without contact?	apparatus?	use a variety of	another opponent?	
to rules)	dance sequence?	pass and receive a		passeschest,	device my own	O/F – Kwik Cricket
give and receive		ball with control and	O/M- Netball	bounce, shoulder)?	obstacle race?	Can I
simple feedback to	O/F – Football	accuracy?	Can I	Can I show some		pass and receive a ball
my peers?	Can I	pass a ball from a	move around	understanding of	Participate in Sports	accurately?
work in a small	move around	variety of distances?	changing direction	tactics/rules in a	day	pass and receive a ball
group successfully?	changing direction	aim the ball	and speed to a	simple game?		from a variety of distances?
say when a	and speed to a	towards a target	space without	Can I participate in a	O/F – Rounders	strike a ball accurately?
movement or skill is	space without	Court invasion	contact?	simple game?	Can I	perform fielding
performed well?	contact?	bounce a ball with	pass and receive a	Can I begin to	pass and receive a	techniques with control and
	pass and receive a	my hand?	ball with control	understand tactics	ball accurately?	coordination?
<u>OAA</u>	ball with control	use a variety of	and accuracy?	for attacking and	pass and receive a	incorporate the skills I
Can I	and accuracy?	passeschest,	pass a ball from a	defending?	ball from a variety of	have learnt into a small
co-operate in a	pass a ball from a	bounce, shoulder)?	variety of distances?		distances?	game situation?
small group?	variety of distances?	Can I show some	aim the ball	O/M – Rugby	strike a ball	recognise and play to the
solve a 2-step	aim the ball	understanding of	towards a target	Can I	accurately?	set rules of a simple game?
problem?	towards a target	tactics/rules in a	Court invasion	move around	perform fielding	
follow 2 to 3 step	Court invasion	simple game?	bounce a ball with	changing direction	techniques with	
instructions?	bounce a ball	Can I participate in a	my hand?	and speed to a space	control and	

with my hand? ...

simple game?

coordination?

without contact?

	T		1		1	I
identify	use a variety of	Can I begin to	use a variety of	pass and receive a	incorporate the	
objects/places on a	passeschest,	understand tactics	passeschest,	ball with control and	skills I have learnt	
simple map?	bounce, shoulder)?	for attacking and	bounce, shoulder)?	accuracy?	into a small game	
follow a simple	Can I show some	defending?	Can I show some	pass a ball from a	situation?	
route?	understanding of		understanding of	variety of distances?	recognise and play	
describe how to	tactics/rules in a		tactics/rules in a	aim the ball	to the set rules of a	
be safe outdoors?	simple game?		simple game?	towards a target	simple game?	
	Can I participate in a		Can I participate in a	Court invasion		
	simple game?		simple game?	bounce a ball with		
	Can I begin to		Can I begin to	my hand?		
	understand tactics		understand tactics	use a variety of		
	for attacking and		for attacking and	passeschest,		
	defending?		defending?	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?		
				J		
	I	İ	1	İ	1	1

Year 3 Throughout the curriculum, using trim trail, climbing wall and orienteering route?

Teamwork Can I...

...describe / comment on the performance of others positively? ...combine my skills in a small game situation? (3v1, 3v3, 4v1, 4v4)

<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?

<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?

O/F – Rugby 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?

<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

O/M – Basketball

game?

positional play in a

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?

I – Gymnastics Can I...

...transfer weight smoothly from one part of body to another? ...link different balances? moving in and out 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?

O/M – Hockey Can I...

...control and keep possession of a ball

I – Dance

Can I... Use a variety of travels, gestures, turns, jumps and balances with good composure and control? ...? improvise freely my own and/or with 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

O/M - Football

story or create a

chariots of fire?)

chariot race? Music -

... work with a group?

Can I...
...control and keep
possession of a ball
while travelling?
(dribble)

O/M – Kwik Cricket 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?

O/F – Rounders 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?

O/F – Athletics 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

O/M – Tennis 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?

	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)	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		Continue my skills in a small game (short tennis rules)
Year 4	<u>I – Fitness</u>	I - Dodgeball	turn with a ball?choose good positional play in a game? O/M - Netball	game?	O/F – Rounders	O/M – Tennis
Using Orienteering	Can I	Can I	Can I	Can I	Can I	Can I
route throughout	confidently talk	use equipment	use equipment	travel in various	throw and catch a	hold a racket firmly and
the curriculum and	about the changes	safely?	safely?	ways across the floor	balls at different	accurately?
across a variety of	to my body during	travel with the ball	travel with the	and apparatus safely	speeds, directions	control a ball on a racket
activities.	exercise?	showing increasing	ball showing	(points and patches)?	and heights?	(pats and bounces)
	comment on some	control? (Dribble)	increasing control?	devise, perform	aim a ball at a	hit the ball accurately with
Teamwork	of my main muscle	pass (push pass-	(Dribble)	and	target (under arm)	a racket?
Can I	groups and how	hockey) (chest,	pass (push pass-	repeat sequences	strike a ball in	(forehand/backhand/volley/
evaluate the	exercise helps?	bounce, shoulder etc	hockey) (chest,	that	different directions?	under arm serve)
tactics I see and	recognise how my	netball) the ball	bounce, shoulder	include travel and	choose and use a	use different shots in a
make changes to my	pulse changes	indifferent ways with	etc netball) the ball	balances?	range of simple	rally?
own and others'	during and after	accuracy to a	indifferent ways	work with a partner	tactics and	Continue using skills in a
performance?	exercise?	partner/ target?	with accuracy to a	and small groups to	Strategies in a small	small game (short tennis /
work with others	device a warm	use attacking and	partner/ target?	create sequences?	game?	badminton rules)
fairly?	routine involving	defending	use attacking and	adapt a sequence	keep, adapt and	·
,	stretches?	techniques?	defending	to include	make rules for	Athletics
OAA		·	techniques?	apparatus?	striking and	Can I

Can I... **Swimming** ...choose and adapt ...choose and adapt Compare and Games? develop my technique for... ...develop map work Each pupil is techniques to keep techniques to keep contrast similar (rounders, golf, ...running at shorter and and orientation of required to be able possession? possession? performances? baseball, cricket) longer distances? the school site? to do the following: ... combine my skills ... combine my skills ... throwing for distance? Perform safe selfin small team **Swimming Swimming** ...jumping and leaping for ...move quickly to in small team Each pupil is required controls using a rescue in different situations (up to 5 v situations (up to 5 v Each pupil is required height and distance? simple course on water-based to be able to do the to be able to do the Can I... school site? situations. following: following: ...device a relay race Perform safe self-Perform safe self-...solve more Swim competently, **Swimming Swimming** ...make progress over time? Each pupil is required complex problems confidently and Each pupil is rescue in different rescue in different OAA within a group? proficiently over a to be able to do the required to be able water-based water-based Can I... distance of at following: to do the following: situations. situations. ...develop map work and Swim competently, least 25 metres. Perform safe self-Perform safe self-Swim competently, orientation of the school Use a range of rescue in different rescue in different confidently and confidently and site? ...move quickly to controls strokes effectively, water-based water-based proficiently over a proficiently over a for example, front situations. situations. distance of at distance of at using a simple course on least 25 metres. crawl, backstroke Swim competently, Swim competently, least 25 metres. school field/ and breaststroke. confidently and Use a range of Use a range of Playground? confidently and proficiently over a proficiently over a strokes effectively, strokes effectively, ...solve more complex distance of at distance of at for example, front for example, front problems within a group? least 25 metres. least 25 metres. crawl, backstroke crawl, backstroke Participate in Sports Day Use a range of and breaststroke. and breaststroke. Use a range of strokes effectively, strokes effectively, **Swimming** Each pupil is required to be for example, front for example, front crawl, backstroke crawl, backstroke able to do the following: and breaststroke. and breaststroke. Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

O/M - Basketball	I – Dance(Hiphop)	O – Dodgeball	I – Gymnastics	O/F – Rounders	O/M – Golf
	Can I	Can I		Can I	Can I
	explore, improvise	travel /find space		develop and	develop and improve a
·	and combine	with or without a		•	variety of throws?
	movement and ideas	ball showing	•		receive balls from
J		_			different lengths and
and direction?	1	direction?			speeds?
can I use a variety	,	can I use a variety	' '	_	vary direction of strikes
•		,		•	with a bat?
	·		·	-	bowl overarm safely?
	•		•		choose and use a range of
	· · · · · · · · · · · · · · · · · · ·	use defensive and	'		simple tactics and strategies
	• •	attacking skills in a	•	•	in a small game?
_		_	(contrasts and		keep, adapt and make
=		_	variation in shape.		rules for striking and
follow the rules of a	· •		· '	•	fielding games?
game?	remember and			_	
· ·	perform a dance	describe how to	,	make rules for	O/M – Tennis
describe how to	routine to an	refine, improve, and	l ' '	striking and fielding	Can I
refine, improve, and	audience?		•		hold and swing the racket
· ·		performance?			for different shots?
performance?	O/M Hockey	recognise and play	make a sequence	O/F – Athletics	know where to stand and
recognise and play	Can I	different positions	within a group and	Can I	move on the court to
different positions	travel /find space	in a small game?	share roles fairly?	choose my	receive different passes?
in a small game?	with or without a ball	(5v5)	•	favourite ways	use different types of
(5v5)	showing different	,	O/F - Football	of running, jumping	shots during a game?
	speeds and	<u>I – Fitness</u>	Can I	and	improve accuracy and
O/F - Rugby	direction?	Can I	travel /find space	throwing and	recognise progress?
Can I	can I use a variety		with or without a ball	improve it?	learn the overarm serve?
travel /find space	of passes (e?g?,	describe	showing different	know how to plan a	
with or without a	hockey - slap-hit) to	confidently the	speeds and	run so I can pace	
ball showing	my partner / target?	effects of exercise?	direction?	myself?	
		(E.g., principles of			
	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) O/F - Rugby Can I travel /find space with or without a	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) 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? O/M Hockey 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	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? explain 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) Can I travel /find space with or without a ball showing different speeds and direction? create dance moves that link to my topic? creal use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? composing more complex routines with repetition? remember and audience? constructively describe how to routine to an audience? recognise and play different positions in a small game? (5v5) Showing different speeds and direction? an I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? explain and follow the rules of a game? constructively describe how to routine to an audience? recognise and play different positions in a small game? (5v5) Showing different speeds and direction? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner/ target? as a variety describe how to refine, improve, and modify performance? recognise and play different positions in a small game? (5v5) Can I I.— Fitness Can I L.— Fitness Can I L.— Fitness Can I describe confidently the effects of exercise?	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? explain and follow the rules of a game? constructively describe how to refine, improve, and modify performance? reeds and modify performance? reeds and modify performance? reeds and modify performance? reeds and direction? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target?composing more complex routines with repetition? describe how to refine, improve, and modify performance? recognise and play different speeds and direction? constructively describe how to refine, asmall game? (Sol) M Hockey 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? movements micrutively different speeds and direction? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target?can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target?can I use a variety of passes (e?g?,	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? explain and combine with or without a ball showing and direction? explain and compositions in a small game? constructively describe how to refine, improve, and modify performance? reamely find space with or without a ball showing different speeds and direction? reamely find space with or without a ball showing different speeds and direction? explain and others' work? explain and complex routines with repetition? remember and performa a dance refine, improve, and modify performance? recopise and play different speeds and direction? remember and modify performance? recopise and play different speeds and direction? real / find space with or without a ball showing different speeds and direction? ran I use a variety of balances? can I use a variety of balances? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of balances? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target? can I use a variety of passes (e?g?, hockey - slap-hit) to my partner / target

skills support other activities?	different speeds and direction?can I use a variety of passes 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)	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)	respiration, temperature, fatigue and recover) explain how different activities can promote strength, power and suppleness?take a pulse, and name some muscles correctly,explain the effects of exercise on my body? How to lead my own warm up using dynamic stretches in small groups explain what muscles to warm up effectively for different exercises? explain why exercise is good for my fitness, health and wellbeing?	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)	plan to cover distances as a team to get the best results possible?mark a run up for jumping and throwing?watch a partner's athletic performance and identify the main strengths? OAA Can I ?? use 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 skills support other activities?	O/F. Athletics
Year 6 Covered throughout curriculum and on residential.	I – Fitness Can Idecide on some ideas for warm up	I – Dance Can Iexplore and improvise ideas for	I – Dodgeball Can Idemonstrate all round safe practice	I – Gymnastics Can Iimprove my shape in balances and travel?	O/M – Golf Can Idevelop and adapt my striking, fielding,	O/F – Athletics Can I? sustain pace over longer

Teamwork	exercises and	dances in different	for myself and	use a combination	throwing and	distances, (e?g?, sprint for
Can I	routines?	styles,	others?	of	catching skills to	seven seconds, run for one
explain what I	explain what	work on own, with	pass the ball in	dynamics in a	different heights,	or two minutes?)
need to get better	makes a good warm	a	different directions	sequence?	distances in small	throw with greater
at and what to	up?	partner and in a	and speeds safely?	use space	and large games?	control, accuracy and
practice?	explain what	group?	show precision	effectively?	use an over and	efficiency?
explain why I or	clothing and	explore and	and accuracy when	adapt sequence to	underarm throw	perform a range of jumps
others are playing	footwear is best to	experiment	receiving and	selected equipment?	appropriately in a	showing power, control and
well in the games?	wear?	imaginatively with a	sending?	investigate	game?	consistency at both take-off
ensure everyone	check playing	stimulus?	perform skills	different ways of	use and adapt	and landing?
is involved in a	area for safety?	composing more	with accuracy	working with a	rules, strategies and	set myself and others
team?	explain how	complex routines	confidence and	partner or small	tactics?	targets in different events?
lead within a team	playing invasion	with clear sections	control?	group on and off	use the knowledge	say why some athletic
play fairly,	games helps your	that link to topic?	recognise	apparatus?	of basic principles of	activities can improve
knowing how to	fitness and benefits	(e.g., use specific	different ways of		batting and fielding?	strength, power or
behave when	of playing outside of	text/Goodnight Mr	attacking and		(scoring)	stamina?
winning and losing?	school?	Tom / the blitz?)	defending?	O/M – Hockey		explain how these can
	take a pulse, and	remember and	play safely and	Can I	O/F – Rounders	help my performance in
OAA	name some muscles	perform a more	tactically in small	demonstrate all	Can I	other types of activity?
Can I	correctly,	complex dance	game situations?	round safe practice	develop and	identify areas that needs
work in a team on	explain the effects	routine to an	(6v6, 7v7)	for myself and	adapt my striking,	to be practised and refined,
off-site locations	of exercise on their	audience?	adapt skills to	others?	fielding,	and suggest improvements?
confidently?	body?		meet the needs of a	pass the ball in	throwing and	
work with	???explain the value	O/F – Rugby	situation within a	different directions	catching skills to	
different maps and	of exercise outside	Can I	game?	and speeds safely?	different heights,	O/M – Tennis
in different	of school day?	demonstrate all	select skills and	show precision and	distances in small	Can I
locations?	explain why	round safe practice	techniques to	accuracy when	and large games?	improve my racket strokes
take part in	exercise is good for	for myself and	improve my own	receiving and	use an over and	through practise?
competitive	my body and mind?	others?	and others	sending?	underarm throw	improve my serving
orienteering?		pass the ball in	performance?	perform skills with	appropriately in a	stroke?
lead and be led in		different directions		accuracy confidence	game?	hit the ball in
problem solving	O/M – Basketball	and speeds safely?	O/M – Netball	and control?	use and adapt	the court away to out-wit
activities	Can I	show precision and	Can I	recognise different	rules, strategies and	opponent?
	demonstrate all	accuracy when	demonstrate all	ways of attacking and	tactics?	use speed, height and
	round safe practice	receiving and	round safe practice	defending?	use the	direction in my play?
		sending?			knowledge of basic	know where to

for myself and ...perform skills with for myself and Can I play safely and principles of batting stand when attacking and others? accuracy confidence others? tactically in small and fielding? defending? and control? ... pass the ball in ... pass the ball in game situations? (scoring) ...use or device a scoring (6v6, 7v7)) different directions ...recognise different different directions system? and speeds safely? ways of attacking and and speeds safely? ... adapt skills to ...show precision defending? ...show precision meet the needs of a Can I play safely and and accuracy when and accuracy when situation within a OAA - Residential receiving and tactically in small receiving and game? Can I... ...select skills and sending? game situations? sending? ...work in a team on ...perform skills (6v6, 7v7)...perform skills techniques to off-site locations with accuracy ... adapt skills to meet with accuracy improve my own and confidently? confidence and the needs of a confidence and others performance? ...work with different maps and in different control? situation within a control? game? locations? ...recognise ...recognise ...select skills and different ways of different ways of ...take part in attacking and techniques to attacking and competitive defending? defending? improve my own and orienteering? Can I play safely others performance? Can I play safely ...lead and be led in and tactically in and tactically in problem solving small game small game activities situations? (6v6, situations? (6v6, 7v7)) 7v7)) Mop up Swim – ... adapt skills to ... adapt skills to Week after Easter meet the needs of a meet the needs of a situation within a situation within a game? game? ...select skills and ...select skills and techniques to techniques to improve my own improve my own and others and others performance? performance?

	Intent, Impleme	entation, Impact	
	(PE Life	e Skills)	
Health, Fitness & Wellbeing	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).
Body Awareness	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.		