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 I begin to work with a partner? begin to solve a simple problem? follow simple instructions? be safe outdoors?	Me and Myself 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?	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 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?	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? 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 I dress myself with support if necessary?	<u>Working with</u> <u>others</u> <u>Gymnastics</u> Can I	<u>Movement</u> <u>development</u> Can I	Dance Can I explore and copy basic body actions	Ball games Can I show understanding of the need for safety when

become confid	entmove freely and	play/work in a	travel with	and rhythms?	tackling new challenges and
to explore thei		group?	confidence and skill	negotiate space	considers and manages
surroundings a	-	accept the needs	in a range of	confidently, using	some risks when using
settle into thei		of others and can	movements when	appropriate	equipment?
environment?	engage in	take turns and	using equipment?	strategies?	play in a group, extending
Opportunities	conversation with	share, sometimes	show	use their bodies to	and elaborating play ideas
should be give		with the support of	understanding of the	respond to stories,	within the group?
encouraged for		others?	need for safety when	topics, and music?	begin to accept the needs
physical mover	-	play going by	tackling new		of others and can take turns
and activity?	successfully,	responding to what	challenges and		and share, sometimes with
	adjusting speed or	others are saying or	considers and		the support of others?
OAA	direction to avoid	doing?	manages some risks?		show increasing control
Can I	obstacles?	run skilfully and	move freely and		when throwing and
begin to wor		negotiates spaces	with pleasure and		catching a large ball?
a partner?	letters, naming and	successfully,	confidence in a range		
begin to solv	· •	adjusting speed or	of skilful ways?		
simple problen		direction to avoid	run skilfully and		
follow simple		obstacles?	negotiates spaces		
instructions?	Fun and games		successfully,		
be safe outd			adjusting speed or		
	run skilfully and		direction to avoid		
	negotiates spaces		obstacles?		
	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?

Year 1	<u>I - Dance</u>	<u>I – Fitness</u>	I – Gymnastics	<u>I – Dodgeball</u>	<u>O/M – Netball</u>	<u>O/M – Kwik Cricket</u>
	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
OAA	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?	<u>O/F – Rugby</u>	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 correctly	in two hands	safely
	simple sequences	find my own space?	different ways of	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 one
	patterns?	explore ways to	small apparatus	run confidently	ball?	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?	<u>O/F – Rounders</u>
	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?	<u>O/M – Netball</u>	rackets	jump over a	control?
	Using a variety of	All	Can I	Can I	hurdle?	strike a ball with my
	balls, bean bags	develop simple	move freely and	throw and catch a	throw a chest	hand/a bat with some
	and short bats,	attacking and	find my own space?	variety of balls/bean	pass?	control?
	targets?			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)	defending techniques. participate in simple team games/ (1v1, 2v2)	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) Court invasion stop a rolling ball in two hands send / throw a ball? retrieve / catch a ball?	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)
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Year 2	<u>l – Dance</u>	<u>I – Fitness</u>	I – Gymnastics	<u>I – Dodgeball</u>	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
Teamwork	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	<u> O/M – Basketball</u>	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	<u> O/F – Kwik Cricket</u>
give and receive		ball with control and	O/M- Netball	bounce, shoulder)?	obstacle race?	Can I
simple feedback to	<u> O/F – Football</u>	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?
OAA	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	<u>O/M – Rugby</u>	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?		without contact?	coordination?	

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

Year 3	<u>I – Dance</u>	<u>I – Dodgeball</u>		I – Gymnastics	<u> O/M – Kwik Cricket</u>	<u>O/F – Athletics</u>
Throughout the	Can I	Can I	<u>O/M – Hockey</u>	Can I	Can I	Can I
curriculum, using	Use a variety of	control and keep	Can I	transfer weight	strike a ball in	develop my running skills
trim trail, climbing	travels, gestures,	possession of a ball	control and keep	smoothly from one	different directions?	to improve my time in a
wall and	turns, jumps and	while travelling?	possession of a ball	part of body to	use various throws	sprint (50m) and longer
orienteering route?	balances with good	(dribble)	while travelling?	another?	over different	distance (400m)?
	composure and	pass and receive a	(dribble)	link different	distances?	develop my technique in
Teamwork	control?	ball with accuracy?	pass and receive a	balances?	receive a ball from	jumping to improve the
Can I	? improvise freely	pass a ball towards	ball with accuracy?	moving in and out of	different distances?	length and height of my
describe /	on	different	pass a ball	positions of stillness?	develop my striking	jumps over time?
comment on the	my own and/or with	width/height targets?	towards different	practice and	and fielding	develop my over-arm
performance of	а	use the best tactics	width/height	concentrate on	techniques into a	throw a chest pass?
others positively?	partner, translating	to keep possession?	targets?	quality	small game?	compete fairly against
combine my skills	ideas from a	(Find space to receive	use the best	of movement?	recognise the	other opponents?
in a small game	stimulus to a	a ball)	tactics to keep	use actions on floor	benefit of fielding	change a baton in a
situation? (3v1, 3v3,	movement?	turn with a ball?	possession? (Find	and over, through,	places?	relay?
4v1, 4v4)	Learn a short	choose good	space to receive a	across and along		Participate in Sports day
	sequence with a	positional play in a	ball)	apparatus?	O/F – Rounders	
<u>OAA</u>	clear, middle and	game?	turn with a ball?	vary and apply	Can I	<u>O/M – Tennis</u>
Can I	end?		choose good	actions	strike a ball in	Can I
cooperate in a	create and	O/M – Basketball	positional play in a	on floor and	different directions?	throw and catch with a
group?	perform dance	Can I	game?	apparatus?	use various throws	variety of different balls
orientate simple	moves that link to	control and keep		develop and	over different	using different types
maps in	my topic?	possession of a ball		perform actions?	distances?	of throwing over a barrier?
classroom/hall?	(E.g., Romans – tell	while travelling?		Copy a partner's	receive a ball from	vary strength, length and
locate and move	a story or create a	(dribble)		sequence on floor	different distances?	direction of throw?
to some points on	chariot race? Music	pass and receive a		and	develop my striking	Hold a racket firmly and
map?	 chariots of fire?) 	ball with accuracy?		apparatus?	and fielding	accurately
take part in	work with a	pass a ball towards			techniques into a	control a ball on a racket
problem solving	group?	different		<u>O/M – Football</u>	small game?	(pats and bounces)
activities in a small		width/height targets?		Can I	recognise the	hit the ball accurately with
team?	<u>O/F – Rugby</u>	use the best tactics		control and keep	benefit of fielding	a racket
	Can I	to keep possession?		possession of a ball	places?	(forehand/backhand)
	control and keep	(Find space to receive		while travelling?		use different
	possession of a ball	a ball)		(dribble)		shots in a rally?
		turn with a ball?				

	while travelling?	choose good		pass and receive a		Continue my skills in a small
	(dribble)	positional play in a		ball with accuracy?		game (short tennis rules)
	pass and receive a	game?		pass a ball towards		5 (
	ball with accuracy?	0		different		
	pass a ball			width/height		
	towards different			targets?		
	width/height			use the best tactics		
	targets?			to keep possession?		
	use the best			(Find space to		
	tactics to keep			receive a ball)		
	possession? (Find			turn with a ball?		
	space to receive a			choose good		
	ball)			positional play in a		
	turn with a ball?			game?		
	choose good					
	positional play in a					
	game?					
Year 4		L Dodgoball	O/M Notholl	L Cumpostics	O/F Doundard	0/M Tonnia
Using Orienteering	<u>I – Fitness</u> Can I	<u>I - Dodgeball</u> Can I	<u>O/M - Netball</u> Can I	<u>I - Gymnastics</u> Can I	<u>O/F – Rounders</u> Can I	<u>O/M – Tennis</u> 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)
activities.	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	<u>Swimming</u>	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?
move quickly to	Perform safe self-	in small team	in small team	Swimming	Swimming	jumping and leaping for
controls using a	rescue in different	situations (up to 5 v	situations (up to 5 v	Each pupil is required	Each pupil is required	height and distance?
simple course on	water-based	5)	5)	to be able to do the	to be able to do the	Can I
school site?	situations.			following:	following:	device a relay race
solve more	Swim competently,	Swimming	Swimming	Perform safe self-	Perform safe self-	make progress over time?
complex problems	confidently and	Each pupil is required	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
	least 25 metres.	Perform safe self-	Perform safe self-	Swim competently,	Swim competently,	orientation of the school
	Use a range of	rescue in different	rescue in different	confidently and	confidently and	site?
	strokes effectively,	water-based	water-based	proficiently over a	proficiently over a	move quickly to controls
	for example, front	situations.	situations.	distance of at	distance of at	using a simple course on
	crawl, backstroke	Swim competently,	Swim competently,	least 25 metres.	least 25 metres.	school field/
	and breaststroke.	confidently and	confidently and	Use a range of	Use a range of	Playground?
		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	Use a range of	and breaststroke.	and breaststroke.	
		strokes effectively,	strokes effectively,			Swimming
		for example, front	for example, front			Each pupil is required to be
		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.

Year 5	O/M - Basketball	I – Dance (Hiphop)	O – Dodgeball	<u>I – Gymnastics</u>	<u>O/F – Rounders</u>	O/M – Golf
Covered throughout	Can I	Can I	Can I	Can I	Can I	Can I
curriculum and on	travel /find space	explore, improvise	travel /find space	include different	develop and	develop and improve a
residential.	with or without a	and combine	with or without a	levels in my	improve a variety of	variety of throws?
	ball showing	movement and ideas	ball showing	balances?	throws?	receive balls from
Teamwork	different speeds	fluently and	different speeds and	include different	receive balls from	different lengths and
Can I	and direction?	effectively?	direction?	speeds in my	different lengths and	speeds?
explain what I do	can I use a variety	create dance	can I use a variety	movements?	speeds?	vary direction of strikes
well and what I can	of passes (e?g?,	moves that link to my	of passes (e?g?,	use space	vary direction of	with a bat?
do to improve?	hockey - slap-hit) to	topic?	hockey - slap-hit) to	effectively?	strikes with a bat?	bowl overarm safely?
explain why	my partner / target?	evaluate, refine and	my partner / target?	make up a	bowl overarm	choose and use a range of
others are playing	use defensive and	that develop my own	use defensive and	sequence with	safely?	simple tactics and strategies
well in the games?	attacking skills in a	and others' work?	attacking skills in a	compositional ideas?	choose and use a	in a small game?
understand the	small game?	composing more	small game?	(Contrasts and	range of simple	keep, adapt and make
rules of fair play?	explain and	complex routines	explain and follow	variation in shape,	tactics and strategies	rules for striking and
lead within a	follow the rules of a	with repetition?	the rules of a game?	speed, level, timing	in a small game?	fielding games?
team?	game?	remember and	constructively	and actions)	keep, adapt and	
	constructively	perform a dance	describe how to	adapt my	make rules for	<u>O/M – Tennis</u>
OAA	describe how to	routine to an	refine, improve, and	sequence to	striking and fielding	Can I
Can I	refine, improve, and	audience?	modify	different apparatus	games?	hold and swing the racket
use map work and	modify		performance?	layouts?		for different shots?
orientation	performance?	O/M Hockey	recognise and play	make a sequence	<u>O/F – Athletics</u>	know where to stand and
effectively?	recognise and play	Can I	different positions	within a group and	Can I	move on the court to
build on my	different positions	travel /find space	in a small game?	share roles fairly?	choose my	receive different passes?
stamina to move	in a small game?	with or without a ball	(5v5)		favourite ways	use different types of
around an	(5v5)	showing different		<u>O/F - Football</u>	of running, jumping	shots during a game?
orienteering course		speeds and	<u>I – Dance</u>	Can I	and	improve accuracy and
in the school	<u>I – Skateboarding</u>	direction?	Can I	travel /find space	throwing and	recognise progress?
grounds?	Can I	can I use a variety	Use a variety of	with or without a ball	improve it?	learn the overarm serve?
recognise how	engage in the	of passes (e?g?,	travels, gestures,	showing different	know how to plan a	
team building and	safety aspect of	hockey - slap-hit) to	turns, jumps and	speeds and	run so I can pace	
problem-solving	skateboarding?	my partner / target?	balances with good	direction?	myself?	

skills support other activities?	understand how the culture of skateboarding can help me develop? listen and follow instructions to learn new skills? skateboard in a straight line? try new tricks under careful instruction?	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)	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?	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
Covered throughout	Can I	Can I	Can I	Can I	Can I	Can I
curriculum and on	engage in the	explore and	demonstrate all	improve my shape	develop and	? sustain pace over longer
residential.	engage in the	mexprore and				
	safety aspect of	improvise ideas for	round safe practice	in balances and	adapt my striking,	

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

and tactically inasmall gameasituations? (6v6,7v7))w adapt skills tocmeet the needs of asituation within atgame?gselect skills and(techniques toimprove my owntand otherssperformance?gt	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?	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? OAA - Orienteering Can I	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?	principles of batting and fielding? (scoring) OAA – Residential 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	stand when attacking and defending? use or device a scoring system?
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	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
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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.					