

PE LTP	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Nursery	<p><b><u>Me and Myself</u></b> <b><u>Running games</u></b> <b>Can I...</b> ...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><b><u>Me and Myself</u></b> <b><u>Team games</u></b> <b>Can I...</b> ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?</p>	<p><b><u>Me and Myself</u></b> <b><u>Running games</u></b> <b>Can I...</b> ...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><b><u>Me and Myself</u></b> <b><u>Team Games</u></b> <b>Can I...</b> ...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles? ...show understanding of the need for safety when</p>	<p><b><u>Working with others</u></b> <b><u>Gymnastics</u></b> <b>Can I...</b> ...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><b><u>Movement development</u></b> <b>Can I...</b> ...travel with confidence and skill in a range of movements when using equipment? ...show understanding of the need for safety when tackling new</p>	<p><b><u>Movement development</u></b> <b><u>Football</u></b> <b>Can I...</b> ...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><b><u>Fun and games</u></b> <b><u>Athletics and Cricket</u></b> <b>Can I...</b> ...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><b><u>Ball Games</u></b> <b><u>Rounders and Tennis</u></b> <b>Can I...</b> ...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>

	<p>...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?</p>	<p>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?</p>	<p>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>			
<b>Reception</b>	<p><b><u>Me and Myself</u></b>  <b><u>Running games</u></b>  <b>Can I...</b>  ...dress myself with support if necessary?  ...move freely and with pleasure and confidence in a</p>	<p><b><u>Me and Myself</u></b>  <b><u>Running games</u></b>  <b>Can I...</b>  ...dress myself with support if necessary?  ...move freely and with pleasure and confidence in a range of skilful ways?</p>	<p><b><u>Working with others</u></b>  <b><u>Gymnastics</u></b>  <b>Can I...</b>  ...play/work in a group?  ...accept the needs of others and can take turns and share, sometimes</p>	<p><b><u>Movement development</u></b>  <b>Can I...</b>  ...travel with confidence and skill in a range of movements when using equipment?  ...show understanding of the</p>	<p><b><u>Dance</u></b>  <b>Can I...</b>  ...explore and copy basic body actions and rhythms?  ...negotiate space confidently, using appropriate strategies?</p>	<p><b><u>Ball games</u></b>  <b>Can I...</b>  ...show understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment?</p>

	<p>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><b><u>Me and Myself Team games</u></b>  <b>Can I...</b>  ...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</p>	<p>...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><b><u>Me and Myself Team Games</u></b>  <b>Can I...</b>  ...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</p>	<p>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><b><u>Movement development</u></b>  <b>Can I...</b>  ...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?</p>	<p>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>...use their bodies to respond to stories, topics, and music?</p> <p><b><u>Movement development</u></b>  <b>Can I...</b>  ...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>...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><b><u>Working with others</u></b>  <b>Can I...</b>  ...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>
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	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?	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?	...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?			
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<p><b>Year 1</b></p>	<p><b><u>O/M – Ball Games</u></b>  <i>Using a variety of balls, bean bags and short bats, targets?</i>  <b>Can I...</b>  ...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)</p> <p><b><u>Team work</u></b>  <b>Can I...</b>  ...begin to give and receive simple feedback suggestions?  ...work with a partner?</p>	<p><b><u>OAA – Scrap Shed</u></b>  <b>Can I...</b>  ...work with a partner?  ...solve a simple problem?  ...follow simple instructions?  ... be safe outdoors?</p> <p><b><u>I - Dance</u></b>  <b>Learn basic movements relating to feelings?</b>  <b>Can I...</b>  ...make a good start and finish position in a sequence?  ...move my body in a variety of ways?  ...respond to different music showing a range of emotions and stimulus?  ...perform dance movements and simple sequences using simple movement patterns?  ... create a sequence based on a well-known story? (e?g?, Goldilocks – the dance will be more like physical</p>	<p><b><u>I – Gymnastics</u></b>  <i>Basic gymnastic movements – using basic apparatus? Developing balance, agility, co-ordination of travelling, stillness, jumping, timing, changing shape, direction and size?</i>  <b>Can I...</b>  ...be still in different body shapes and balances?  ... combine different ways of travelling? ...move between mats and small apparatus with confidence?  ... change the speed of movement?  ...handle apparatus safely?  ...recognise how it feels when the body is tense in a balance?</p> <p><b><u>O/M – Netball</u></b>  <b>Can I...</b>  ...move freely and find my own space?</p>	<p><b><u>I – Dodgeball</u></b>  <i>Using a variety of balls, bean bags and short bats, targets?</i>  <b>Can I...</b>  ... 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)</p> <p><b><u>O/M – Tennis</u></b>  <i>Using a variety of balls, bean bags and short handled bats/ rackets</i>  <b>Can I...</b>  ...throw and catch a variety of balls/bean bags?</p>	<p><b><u>Forest School</u></b>  <b>Can I...</b>  ...begin to give and receive simple feedback suggestions?  ...work with a partner?</p> <p><b><u>O/F – Athletics</u></b>  <b>Learn basic movements?</b>  <b>Can I...</b>  ...Sprint in a straight line? (30m)  ...jump 2 feet to 2 feet, 1 foot to the other foot?  ...jump over a hurdle?  ... throw a chest pass?</p>	<p><b><u>O/M – Kwik Cricket</u></b>  <i>Using a variety of balls, bean bags and short bats, targets?</i>  <b>Can I...</b>  ... 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)</p> <p><b><u>O/F – Rounders</u></b>  <i>Using a variety of balls, bean bags and short bats, targets?</i>  <b>Can I...</b>  ... catch a variety of balls/bean bags with some control?  ...strike a ball with my hand/a bat with some control?</p>
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		<p>theatre to music which is what we want)</p>	<p>...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)</p> <p><b>Court invasion</b> ... stop a rolling ball in two hands ...send / throw a ball? ... retrieve / catch a ball?</p>	<p>... 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?</p>		<p>... 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)</p>
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<p><b>Year 2</b></p> <p><b><u>Teamwork</u></b>  <b>Can I...</b>  ... 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><b><u>I – Dance</u></b>  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><b><u>O/M– Netball</u></b>  Can I ...  ...move 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><b><u>I – Fitness</u></b>  Can I...  ...describe the differences between my own and others performance?  ...describe how exercise changes my body? (Breathing, pulse)</p> <p><b><u>OAA</u></b>  <b>Can I...</b>  ...co-operate in a small group?  ...solve a 2-step problem?  ...follow 2 to 3 step instructions?  ... identify objects/places on a simple map?  ...follow a simple route?  ... describe how to be safe outdoors?</p>	<p><b><u>I – Gymnastics</u></b>  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><b><u>O/F – Football</u></b>  Can I ...  ...move 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><b><u>I – Dodgeball</u></b>  Can I ...  ...move 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><b><u>Forest School</u></b>  <b><u>Teamwork</u></b>  <b>Can I...</b>  ... focus when watching others perform?</p>	<p><b><u>O/M – Athletics</u></b>  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><b><u>O/F – Rounders</u></b>  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><b><u>O/M – Tennis</u></b>  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><b><u>O/F – Kwik Cricket</u></b>  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>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>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>...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>... incorporate the skills I have learnt into a small game situation?          ... recognise and play to the set rules of a simple game?</p>	
<p><b>Year 3</b></p> <p><b><u>Teamwork</u></b>  <b>Can I...</b>          ...describe / comment on the performance of others positively?          ...combine my skills in a small game situation? (3v1, 3v3, 4v1, 4v4)</p>	<p><b><u>Forest School</u></b>  <b>Can I...</b>          ...describe / comment on the performance of others positively?          ...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><b><u>I – Dance</u></b>  <b>Can I...</b></p>	<p><b><u>OAA</u></b>  <b>Can I...</b>          ...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><b><u>Fitness</u></b>  <b>Can I...</b>          ...recognise and describe changes in my body temperature, heart rate and breathing</p>	<p><b><u>I – Gymnastics</u></b>  <b>Can I...</b>          ...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</p>	<p><b><u>I – Dodgeball</u></b>  <b>Can I...</b>          ...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><b><u>O/M – Football</u></b></p>	<p><b><u>O/M – Kwik Cricket</u></b>  <b>Can I...</b>          ... 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><b><u>O/F – Rounders</u></b>  <b>Can I...</b>          ... strike a ball in different directions?</p>	<p><b><u>O/F – Athletics</u></b>  <b>Can I...</b>          ...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><b><u>O/M – Tennis</u></b>  <b>Can I...</b>          ...throw and catch with a</p>



	<p>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>when I am exercising?  ...understand the necessity of warm up and cool down?  ...describe how my body feels like during and after exercise?</p>	<p>on floor and apparatus?  ...develop and perform actions?  Copy a partner's sequence on floor and apparatus?    <b><u>O/M – Hockey</u></b>  <b>Can I...</b>  ...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>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>... 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>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?  Continue my skills in a small game (short tennis rules)</p>
<p><b>Year 4</b>   <b><u>Teamwork</u></b>  <b>Can I...</b></p>	<p><b><u>I – Fitness</u></b>  <b>Can I...</b>  ...confidently talk about the changes</p>	<p><b><u>OAA</u></b>  <b>Can I...</b>  ...develop map work and orientation of the school site?</p>	<p><b><u>Forest School</u></b>  Can I...  ...evaluate the tactics I see and make changes to my</p>	<p><b><u>O/M - Netball</u></b>  <b>Can I...</b>  ... use equipment safely?</p>	<p><b><u>O/F – Rounders</u></b>  <b>Can I...</b>  ...throw and catch a balls at different speeds, directions</p>	<p><b><u>O/F - Athletics</u></b>  <b>Can I...</b>  ...develop my technique for...</p>

<p>...evaluate the tactics I see and make changes to my own and others' performance? ...work with others fairly?</p>	<p>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?</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>...move quickly to controls using a simple course on school site? ...solve more complex problems within a group?</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>own and others' performance? ...work with others fairly?</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>... travel with the ball showing increasing control? (Dribble) ...pass (push pass-hockey) (chest, bounce, shoulder etc netball) the ball in different ways with accuracy to a partner/ target? ... use attacking and defending techniques? ...choose and adapt techniques to keep possession? ... combine my skills in small team situations (up to 5 v 5)</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively,</p>	<p>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 Games? (rounders, golf, baseball, cricket)</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>...running at shorter and longer distances? ... throwing for distance? ...jumping and leaping for height and distance? Can I... ...device a relay race ...make progress over time? OAA Can I... ...develop map work and orientation of the school site? ...move quickly to controls using a simple course on school field/ Playground? ...solve more complex problems within a group? Participate in Sports Day</p> <p><b>Swimming</b> Each pupil is required to be able to do the following: Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>
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				for example, front crawl, backstroke and breaststroke.		
<p><b>Year 5</b></p> <p><b><u>Teamwork</u></b>  <b>Can I...</b>  ...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><b><u>O/M Hockey</u></b>  <b>Can I...</b>  ...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><b><u>I – Fitness</u></b>  <b>Can I</b></p>	<p><b><u>O/M - Basketball</u></b>  <b>Can I...</b>  ...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><b><u>Forest School</u></b>  <b>Can I ...</b>  ...use map work and orientation effectively?</p>	<p><b><u>I – Gymnastics</u></b>  <b>Can I...</b>  ...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><b><u>O/F - Football</u></b>  <b>Can I...</b>  ...travel /find space with or without a</p>	<p><b><u>I – Dance</u></b>  <b>Can I...</b>  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><b><u>OAA</u></b></p>	<p><b><u>O/F – Rounders</u></b>  <b>Can I...</b>  ...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><b><u>O/F – Athletics</u></b>  <b>Can I...</b>  ...choose my favourite ways of running, jumping and throwing and improve it?</p>	<p><b><u>O/M – Golf</u></b>  <b>Can I...</b>  ...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><b><u>O/M – Tennis</u></b>  <b>Can I...</b>  ...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>

	<p>...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?</p>	<p>...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?</p>	<p>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><b>Can I ...</b>  ...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?</p>	<p>...know how to plan a run so I can pace myself?  ...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?</p>	
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<p><b>Year 6</b></p> <p><b><u>Teamwork</u></b>  <b>Can I...</b>  ...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><b><u>Residential – Oct '24</u></b>  <b><u>OAA</u></b>  <b>Can I...</b>  ...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><b><u>I – Fitness</u></b>  <b>Can I</b>  ...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?</p> <p><b><u>O/M – Football</u></b>  <b>Can I ...</b>  ...demonstrate 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?</p>	<p><b><u>I – Dance</u></b>  <b>Can I...</b>  ...explore and improvise ideas for 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><b><u>O/M – Netball</u></b>  <b>Can I ...</b>  ...demonstrate all round safe practice for myself and others?  ... pass the ball in different directions and speeds safely?</p>	<p><b><u>I – Gymnastics</u></b>  <b>Can I...</b>  ...improve my shape in balances and travel?  ...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><b><u>O/M – Hockey</u></b>  <b>Can I ...</b>  ...demonstrate 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</p>	<p><b><u>O/M – Basketball</u></b>  <b>Can I ...</b>  ...demonstrate 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?  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><b><u>I – Dodgeball</u></b>  <b>Can I ...</b>  ...demonstrate all round safe practice</p>	<p><b><u>O/M – Golf</u></b>  <b>Can I...</b>  ...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 principles of batting and fielding? (scoring)</p> <p><b><u>O/F – Rounders</u></b>  <b>Can I...</b>  ...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?</p>	<p><b><u>O/F – Athletics</u></b>  <b>Can I...</b>  ...? sustain pace over longer 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><b><u>Forest School</u></b>  <b><u>Teamwork</u></b>  <b>Can I...</b>  ...explain what I need to get better at and what to practice?  ...explain why I or others are playing well in the games?</p>
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	<p>...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>...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>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?  ...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>...use and adapt rules, strategies and tactics?  ...use the knowledge of basic principles of batting and fielding? (scoring)</p>	<p>...ensure everyone is involved in a team?  ...lead within a team  ...play fairly, knowing how to behave when winning and losing?</p> <p><b><u>Catch up sessions</u></b>  <b><u>Swimming</u></b>  Each pupil is required to be able to do the following:  Perform safe self-rescue in different water-based situations.  Swim competently, confidently and proficiently over a distance of <b>at least 25 metres</b>.  Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>
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