



Life in all its fullness John 10:10
Compassion Belonging Resilience

PE Year A

	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
Y 1/2	ABC's work continuing from foundation looking at and assessing their agility, balance and coordination – lots of games and activities to test and improve these aspects. (move and stop safely)	Gym – make my body curled, tense, stretched and relaxed. roll, curl, travel and balance in different ways.	Basic ball skills – throwing, catching, rolling and techniques for this.	Gym – copy sequences and repeat them. control my body when travelling and balancing. use equipment safely.	Boccia skills (if you have equipment) - throw underarm, throw and kick in different ways, use equipment safely.	Dance - move to music. copy dance moves. perform my own dance moves.	Basic ball skills – I can throw underarm. throw and catch with both hands.	Dance - make up a short dance. move safely in a space.	Playground games	Ball skills (Feet) - throw and kick in different ways.	Athletics - move with control and care. use equipment safely.	Striking - hit a ball with a bat, throw underarm.
Y 3/4	Gym - adapt sequences to suit different types of apparatus and criteria. compare and contrast gymnastics sequences.	Netball - throw and catch with control. aware of space and use it to support team-mates and to cause problems for the opposition.	Dance - improvise freely and translate ideas from a stimulus into movement.		Dance - share and create phrases with a partner and small group. repeat, remember and perform phrases	Hockey - aware of space and use it to support team-mates and to cause problems for the opposition. use rules fairly.	Gym - explain how strength and suppleness affect performance. compare and contrast gymnastics sequences.	Tag Rugby - aware of space and use it to support team-mates and to cause problems for the opposition. throw and catch with	OAA - follow a map in a familiar context. use clues to follow a route. follow a route safely.	Dodgeball/ Benchball - throw and catch with control. aware of space and use it to support team-mates and to cause problems for the	Athletics - run at fast, medium and slow speeds; changing speed and direction. take part in a relay, remembering when to run and what to do.	Rounders - use rules fairly. throw and catch with control



		use rules fairly.						control. use rules fairly.		opposition. use rules fairly.	.	
Y 5/6	Gym - make complex extended sequences. Perform consistently to different audiences.	Tag Rugby - gain possession by working a team. Pass in different ways. Choose a tactic for defending and attacking. Use a number of techniques to pass and dribble.	Dance - perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency .		Gym - Combine action, balance and shape. Perform consistently to different audiences.	Football - gain possession by working a team. Pass in different ways. Choose a tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.	Dance - compose my own dances in a creative way. My dance shows clarity, fluency, accuracy and consistency .	Tennis - use forehand and backhand with a racket.	Rounders - gain possession by working a team. I can field.	Flag Football - gain possession by working a team. I can pass in different ways. I can field. I can choose a tactic for defending and attacking.	OAA - follow a map in an unknown location. Use clues and a compass to navigate a route. Change my route to overcome a problem. Use new information to change my route.	Athletics - controlled when taking off and landing. Throw with accuracy. Combine running and jumping.

PE Year B

	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
Y 1/2	Gym -plan and perform a sequence of movements , improve my sequence based on feedback. copy and remember actions.	Ball skills (feet) - use hitting, kicking and/or rolling in a game.	Dance - change rhythm, speed, level and direction in my dance. dance with control and coordinatio n. copy and remember actions.	Benchball - decide the best space to be in during a game. use on tactic in a game. follow rules	Gym - think of more than one way to create a sequence which follows some 'rules'. work on my own and with a partner.	Ball skills – follow rules	Dance - I can make a sequence by linking sections together, I can use dance to show a mood or feeling.	Swimming	OAA – Teamwork games and simple 'searching activities' - follow rules.	Net and Wall - use hitting, kicking and/or rolling in a game.	Athletics - I can follow rules. talk about what is different from what I did and what someone else did.	Striking - use hitting, kicking and/or rolling in a game. Decide the best space to be in during a game. Use on tactic in a game. follow rules



Y 3/4	Gym- work in a controlled way. include change of speed and direction. include a range of shapes.	Football - vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball.	Dance - take the lead when working with a partner or group. use dance to communicate an idea.		Gym - work with a partner to create, repeat and improve a sequence with at least three phases. work in a controlled way.	Tag Rugby - vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. throw and catch accurately.	Dance - take the lead when working with a partner or group. use dance to communicate an idea.	Basketball - vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. throw and catch accurately. catch with one hand	Cricket - vary tactics and adapt skills depending on what is happening in a game. Hit a ball accurately with control. throw and catch accurately. catch with one hand.	Athletics - run over a long distance. sprint over a short distance. throw in different ways. hit a target. jump in different ways.	QAA – follow a map in a (more demanding) familiar context. I can follow a route within a time limit.	Ultimate Frisbee - vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. throw and catch accurately. catch with one hand.
Y 5/6	Gym - combine my own work with that of others. Link sequences to specific things.	Football - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.	Dance - develop sequences in a specific style. Choose my own music and style.	Volleyball - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.	Gym - combine my own work with that of others. Link sequences to specific things.	Netball - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan.	Dance - develop sequences in a specific style. Choose my own music and style.	Cricket - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.	Athletics - demonstrate stamina.	Tennis - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.	OAA - plan a route and a series of clues for someone else. Plan with others taking account of safety and danger.	Ultimate Frisbee/ Flag Football - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.

National Curriculum Content Key

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
--------	--------	--------	--------	--------	--------