

PHYSICAL EDUCATION CONTENT

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Agility <i>change direction and maintain balance</i>	Co-ordination <i>Throw and catch underarm</i>	Multi - Skills Run, jump, hop, stop, touch and change direction	Tag Rugby <i>To run with the ball</i>	Striking and Fielding To stop a ball and to hit a moving ball	Athletics Running, long jump, hurdles
	Gymnastics Develop ability to hold own body weight	Healthy Heroes Team work games	Balance Ability to balance when moving and standing still	Dance Change, direction, speed and level	Gymnastics Mount and dismount apparatus. Hold body weight on hands.	Balance Balance whilst remaining still on small objects
Year 2	Agility <i>changes in direction, speed and level</i>	Co-ordination <i>Throwing at a target</i>	Multi - Skills Running , hopping and jumping	Tag Rugby Carry ball , change speed and direction	Striking and Fielding Using a rounder's bat and tennis racquet	Athletics Running , relay, javelin, hurdles
	Gymnastics Hold body weight on one leg on apparatus	Healthy Heroes Work as a team to solve a challenge	Balance Hold a position when moving slightly	Dance Moving in response to the music- making gestures	Gymnastics Hold own body weight and turn	Balance Balance whilst travelling along small objects
Year 3	Games Outdoor and adventure	Football Skill of dribbling with a ball	Hockey Develop control of a hockey ball	Cricket Develop ability to throw and catch	Basketball Rules of the game and dribbling the ball	Athletics Long jump, sprint, triple jump, throwing events
	Health related exercise Develop pupil's fitness	Gymnastics Showing balance and extension	Dance Moving in a clear, fluent and expressive manner	Parkour Develop knowledge of parkour .Maintain balance when moving	High 5 Netball Correct footwork and move the ball with one arm	Handball To throw and catch effectively

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Year 4	<p>Cricket Adapt choices of throw</p>	<p>Tag Rugby Run with the ball, change direction & pass</p>	<p>Netball Correct footwork, throw and catch</p>	<p>Hockey Dribble and pass the hockey ball</p>	<p>Rounders Applying striking and fielding skills</p>	<p>Athletics Develop performance in Long jump, sprint, triple jump, throwing events</p>
	<p>Health related exercise Understanding how body functions during exercise</p>	<p>Gymnastics Fluency from one balance to another</p>	<p>Dance Refining movements into sequences</p>	<p>Parkour Complete a precision jump onto small apparatus</p>	<p>Games (Outside and Orienteering)</p>	<p>Handball Throw and catch to a target accurately</p>
Year 5	<p>High 5 Netball Pass to team mates with accuracy</p>	<p>Football Move & stop ball with feet, shoot effectively</p>	<p>Hockey Stop the ball with stick, apply skills to a game</p>	<p>Cricket Develop ability to bowl, stop the ball and defend stumps</p>	<p>Basketball Develop skills of shooting and defending</p>	<p>Athletics Develop performance and challenge in Long jump, sprint, triple jump , throwing events (overarm)</p>
	<p>Health related exercise Knowledge of relationship of body and exercise to improve fitness</p>	<p>Gymnastics Create complex and well executed sequences</p>	<p>Dance Composing dance sequences</p>	<p>Parkour Precision jump onto small apparatus over a distance</p>	<p>Games (striking and fielding)</p>	<p>Handball Utilise skills in competitive situation, as a team</p>
Year 6	<p>Basketball To pass and shoot with accuracy</p>	<p>Tag Rugby Ability to run past defenders with the ball</p>	<p>Rounders</p>	<p>Hockey Ability to pass ball to team mates</p>	<p>High 5 Netball Field defend and attack tactically</p>	<p>Athletics Improve techniques from year 5 events</p>
	<p>Health related exercise Understanding of different types of fitness</p>	<p>Gymnastics Develop different gymnastic balances</p>	<p>Dance Ability to move with confidence to music</p>	<p>Parkour Ability to balance when moving</p>	<p>Games (Net/wall games)</p>	<p>Handball Ability to adapt throwing techniques (pass, shoot)</p>

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PHYSICAL EDUCATION SKILLS

KS1 Multi – skills

Year 1	Keep their own score in simple skills and become competitive against themselves. Practise running, jumping, throwing and catching with a range of equipment.
Year 2	Keep score or measure in a range of events and become competitive against themselves and pre-set benchmarks. Practise running, jumping, throwing and catching with a range of equipment and in a variety of situations.

KS1 Team Games

Year 1	Participate in team games cooperatively knowing and explaining the rules or sequence of actions.
Year 2	Participate in team games developing tactics for attacking and defending Work cooperatively and competitively in a team

Gymnastics

Year 1	Develop balance, agility and co-ordination Show different shapes Show different balances Show different ways to travel, roll, step and turn Perform basic actions with control Talk about what they are doing using appropriate vocabulary
Year 2	Develop balance, agility and co-ordination Create and perform their own balances and shapes with good body tension. Create and link balances/shapes with rolls, turns and steps
Year 3	Develop flexibility, strength, technique, control and balance Show creative ways in and out of balances including forward rolls. Show and include a range of rolls in their sequences

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Year 4	Develop flexibility, strength, technique, control and balance Create a routine and describe how they could improve it. Change or adapt parts of a routine to show improvements. Work in unison and canon with a partner.
Year 5	Develop flexibility, strength, technique, control and balance Link more complex ideas with fluency and good control. Create a routine in a small group adapting for the needs of individuals and performing in unison and canon.
Year 6	Develop flexibility, strength, technique, control and balance Select and apply a wide range of skills when composing a routine Perform a routine with accuracy, consistency, control and precision.

Dance

Year 1	Perform dances using simple movement patterns: Perform basic actions with control Watch and copy the session leader Watch and copy a partner Perform an action in unison with a partner Talk about what they are doing using appropriate vocabulary
Year 2	Perform dances using simple movement patterns: Learn a series of different actions Link actions when prompted to move on to the next Remember a series of actions with a partner to help them Perform a series of actions from start to finish without a prompt from the teacher Use the same actions when repeating a short pattern Stop when they have finished
Year 3	Perform dances using a range of movement patterns Use different speeds, levels and feelings(dynamics) when creating movement. Use own ideas to create sentences of movement to show the theme.
Year 4	Perform dances using a range of movement patterns Show good rhythm and spatial awareness.

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Year 5	<p>Perform dances using a range of movement patterns</p> <p>Perform with control and fluency in response to theme/stimulus.</p> <p>Use a variety of different dynamics(feelings) and relationships on their own and with a partner.</p> <p>Show good rhythm and spatial awareness.</p> <p>Show different dynamics through movement and talk about how these communicate the stimulus.</p> <p>Use dance words to explain and compare their own and others' work.</p> <p>Know a variety of traditional dance terms and follow instructions from a caller.</p>
Year 6	<p>Perform dances using a range of movement patterns from a variety of styles</p> <p>Create and perform a variety of motifs to different stimuli (styles) and perform with accuracy and consistency.</p> <p>Select and apply a wide range of dance skills to show the required style of dance.</p> <p>Talk about ways that they can improve their performance using dance words.</p> <p>Recognise and explain the similarities and differences between different types of dance and use a variety of styles</p>

Health Related exercise – fitness

Year 3	<p>Follow a circuit of simple exercises and describe the skills they are developing.</p> <p>Recognise the need for a constant pace in some activities and a variety of challenges in the circuit.</p> <p>Record their performance as a 'score' and set themselves challenges.</p> <p>Skip individually forwards, skip in a large rope, play French skipping games creating a series of moves</p>
Year 4	<p>Follow and create circuits using stamina exercises and skills linked to other sports.</p> <p>Keep score for themselves or a partner.</p> <p>Discuss the effect of exercise on their body and the importance of warming up, cooling down, varying activity and staying hydrated.</p> <p>Skip forwards and backwards with an individual rope, jump in and out of a large rope, play a variety of French skipping games.</p>

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Year 5	<p>Follow and create circuits including stamina, skills and partner work Keep score for a partner and make suggestions about how they or their partner could improve their performance. Develop their understanding of the effects of exercise on the body. Skip forwards and backwards with an individual rope varying speed and skipping style, Continue to use a large rope and French Skipping ropes, creating their own games.</p>
Year 6	<p>Follow and create circuits including stamina, skills and partner work. Keep score for a partner and make suggestions about how they or their partner could improve their performance. Continue to develop Y5 skipping skills. Introduce 'Double Dutch' skipping skills.</p>

KS2 striking and fielding games

Year 3	<p>Cricket- Strike a ball with confidence and control and direct it into a simple target area Receive a ball from one direction and throw or strike in away in another direction Understand and identify good striking and fielding techniques Understand and demonstrate the roles of bowler, batter, fielder and wicket keeper</p>
Year 4	<p>Rounders/ Cricket Know and use different ways of sending into and fielding from different directions</p> <hr/> <p>Throw accurately and be a reliable bowler or feeder of the ball Strike a ball along the ground or through the air in different directions with control Understand how to direct or place a ball into spaces and how to field the ball to return it. Combine skills to play small-sided games discussing the rules and adapting them as necessary</p>
Year 5	<p>Cricket- Apply previously learned fielding and teamwork skills to a new situation Recognise what aspects of the game they need to develop and invent skills practices. Use a cricket bat with confidence Bowl so the ball arrives appropriately for the batter Understand when and how to move when fielding Play all roles confidently and know the skills needed for each role</p>

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Year 6	<p>Rounders-Know the basic rules of rounders and apply/ follow them when playing Understand and use strategies that can be deployed between bowler/backstop/ fielders and bases Play confidently and effectively in small-sided games, fielding and working as a team Recognise and identify what needs to be improved and suggest activities to do this.</p>
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KS2 Invasion Games

Year 3	<p>Basketball/Handball/Football/Hockey - dribble, pass and receive the ball Pass and move to retain possession Keep possession and progress down the pitch towards the goal Basketball- basketball skills Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills Handball -</p>
Year 4	<p>Rugby/Netball/Hockey/Handball Play confidently in small sided invasion games using various formations (3v1, 3v2, 4v4 etc) Use a range of techniques to pass and travel with the ball Use a range of tactics to keep possession and get into position to shoot. Understand how to dodge, mark signal for the ball and intercept Play within the rules Netball- Pass and receive the ball with chest pass, bounce pass and shoulder pass Know and demonstrate footwork rules. Practise shooting into a goal the differences between the different invasion games as they encounter them and identify skills that can be transferred or need adapting. Rugby- Learn how to use tag belts, tagging and stopping to return tags. Pass a rugby ball to the side and back using a 2 handed throw. Run and touch down with ball Know about the line of play and demonstrate understanding by remaining behind it during a mini game</p>

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<p>Year 5</p>	<p>Football/Hockey/Basketball/Handball- Choose and use skills from previous learning- passing, travelling, receiving, shooting Know how to mark an opponent effectively Demonstrate a range of skills using one and two hands Work as a team applying tactics and strategies. Basketball- Revise basketball skills from Y3 Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills Show specific attacking and defending skills including marking a player or a space, intercepting, dodging, and shooting Understand how to organise the team into different formations to concentrate more on attack or on defence.</p>
	<p>Play a mini game, following the rules by not participating if they are off side Lacrosse- learn the basic skills of scooping, passing, receiving and shooting. Practise intercepting in small games. Understand the basic rules of Lacrosse (without keepers) and play mini games keeping count and score as a team</p>
<p>Year 6</p>	<p>Rugby/Netball/Hockey/handball - Revise all skills and rules from Y4 and Y5 Introduce mini line-out and uncontested scrums</p>