



PHYSICAL EDUCATION (PE)

Nursery Class

MOVEMENT & SPACE

- Move freely with confidence in a range of ways e.g. shuffling, rolling.
- Negotiate space successfully and adjust speed or change direction to avoid obstacles.
- Sit up, stand up and balance on various parts of the body.
- Hold a shape or fixed position.
- Negotiate an appropriate pathway when walking or running.

HEALTH & BODY AWARENESS

- Show awareness of a range of healthy practices with regard to eating, sleeping and hygiene.
- Observe the effects of activity on their body.

USING EQUIPMENT & MATERIALS

- Show increasing control when using equipment for gross and fine motor skills.
- Show increasing control over clothing and fastenings

KNOWLEDGE & CONCEPTS

Investigating and exploring malleable materials, Sand and water play, outdoor play, Top start, Developing scissors skills and handling tool for different materials, Sticky Kids, Action songs and rhyme.



PHYSICAL EDUCATION (PE)

Reception Class

MOVEMENT & SPACE

- Experiment with different ways of moving with control and coordination and show an awareness of space.
- Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.
- Jump off an object and land appropriately.
- Travel around, under, over and through balancing and climbing equipment.

HEALTH & BODY AWARENESS

- Recognise the importance of keeping healthy, the things which contribute to this and the changes that happen to their body when they are active.

USING EQUIPMENT & MATERIALS

- Use increasing control over an object, such as a ball by touching, pushing, patting, throwing, catching or kicking it

KNOWLEDGE & CONCEPTS

Spatial awareness, Outdoor play, Sand and water play, LCC creative movement in the Foundation Stage (throwing, catching, balance and travel), dance linked to other cultures.



PHYSICAL EDUCATION (PE)

Year 1

GAMES

- Begin to develop the basic skills for the fundamental movement skills (catching, running, hopping, skipping, jumping, over arm and under arm throw, rolling a ball, bouncing a ball and kicking a ball)
- Participate in team games
- Use simple tactics in a game situation
- Describe what they or somebody else has done

DANCE

- Explore different ways to travel, considering different levels, from a given stimuli e.g. words, pictures, sounds
- Copy simple movements
- Perform a basic routine

GYMNASTICS

- Develop basic skills of travelling, rolling, balancing and jumping
- Perform basics skills with straight and tuck shapes
- Link basic movements together to create a sequence
- Adapt a sequence to perform on apparatus

ATHLETICS

- Develop the skills of running fast, hopping, jumping for distance, rolling a ball, throwing a ball over arm and changing direction
- Develop good posture when walking and running
- Compete in different activities and games and apply learnt skills to the activity

KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics



PHYSICAL EDUCATION (PE)

Year 2

GAMES

- Master the fundamental movement skills (catching, running, hopping, skipping, jumping, over arm and under arm throw, rolling a ball, bouncing a ball and kicking a ball)
- Participate in a range of team games
- Use and develop simple tactics in a game situation
- Use simple feedback to improve performance

DANCE

- Develop different ways of travelling, considering levels, speed and tension, from a given stimulus e.g. words, pictures, sounds
- Create a short dance routine with a partner or small group
- Start to think about how routines or movements can be improved

GYMNASTICS

- Develop skills of jumping with different shapes
- Continue to develop more complex travelling, balancing, rolling and jumping with greater control e.g. travelling on 2 hands and 2 feet
- Link actions of movement together to create a basic sequence
- Adapt a sequence to perform on different apparatus

ATHLETICS

- Develop the skill of running fast
- Explore different ways of throwing
- Develop accuracy of throwing
- Develop throwing and jumping for distance
- Compete in more challenging activities and games and apply learnt skills to the activities

KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics



PHYSICAL EDUCATION (PE)

Year 3

GAMES

- Send and receive a ball in different ways including using a bat
- Develop consistency when using a racket or a bat
- Start to understand the basic principles of attack and defence
- Select and use simple tactics in a game situation
- Suggest ways to improve performance

DANCE

- Create movements and shapes from a given stimuli
- Develop ideas from previous learning
- Demonstrate timing and control with body positions
- Create and perform own rhythmic dance routine using own choreographed ideas, using pathways and stillness

GYMNASTICS

- Develop ways of travelling on 2 hands and 2 feet
- Develop balancing on small body parts
- Further develop rolling, jumping and landing with increasingly greater fluidity and control
- Create a gymnastic sequence which includes travelling and balancing, with and without apparatus
- Evaluate and recognise own success

ATHLETICS

- Perform a range of different throws
- Explore different running techniques, selecting which would be appropriate for running a distance
- Perform the correct start in a sprint position and to correctly pass a baton
- Perform the hop, step and jump (triple jump)

KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics



PHYSICAL EDUCATION (PE)

Year 4

GAMES

- Send and receive a ball including using a bat
- Travel with a ball whilst controlling it
- Develop consistency when playing a forehand and backhand shot
- Use tactics to outwit an opponent
- Evaluate own performance

DANCE

- Develop movements from a given stimuli e.g. words
- Demonstrate creative skills and decision making when developing a dance routing
- Sequence a range of movements into a performance
- Develop dance performance skills such as dynamics, actions, rhythm and space
- Evaluate own and others performance

GYMNASTICS

- Explore a range of jumping actions and ways to travel on 2 hands and 2 feet
- Continue to develop balancing on small and large body parts
- Explore different ways of rolling and link these to other movements to create a sequence
- Create a sequence which includes travelling, balancing, jumping and rolling
- Make judgements about the quality of a performance and suggest improvements

ATHLETICS

- Perform a range of different throws with increasing control, technique and distance
- Explore different running techniques, selecting which would be appropriate for running a distance
- Perform the correct start in a sprint position and to correctly pass a baton
- Perform the hop, step and jump

OUTDOOR ADVENTUROUS ACTIVITIES

- Develop communication and team work skills
- Work safely in an OAA environment
- Complete a trail in school grounds
- Understand how to use a control card



SWIMMING

- Confidently swim over a distance of 25 metres
- Confidently use different strokes e.g. front crawl, back crawl or breast stroke
- Understand the importance of water safety and how to keep safe in and around water

KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics
- OAA



PHYSICAL EDUCATION (PE)

Year 5

GAMES

- Confidently and accurately send and receive a ball in different games using different equipment e.g. a hockey stick, cricket bat
- Dribble with a ball using equipment e.g. a hockey stick
- Apply basic skills and tactics of a game to a game situation e.g. striking and fielding
- Develop ability to evaluate their own and others performance

DANCE

- Interpret different stimuli in a range of ways
- Develop good musicality
- Develop dance routines using the 'unison' and 'canon' technique
- Teach dance routines to others
- Show an awareness of compositional features of dance performances

GYMNASTICS

- Copy and perform a range of balances
- Perform counter balances and counter tension balances
- Create and perform a gymnastic sequence (at least six actions), with and without apparatus
- Evaluate and recognise their own success

ATHLETICS

- Develop running, jumping and throwing skills
- Develop running, jumping and throwing skills in an athletics type activity
- Evaluate own success
- Compare own performances with previous ones and demonstrate improvement in order to achieve personal best

KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics



PHYSICAL EDUCATION (PE)

Year 6

GAMES

- Confidently and accurately be able to send and receive an object e.g. different types of balls and equipment
- Think of the most effective ways to send an object e.g. to think where to strike when using a bat or racket
- Be able to make links between tactics used in a range of different games situations
- Undertake leadership and officiating roles
- Evaluate and recognise their own and others success

DANCE

- Learn and practice dance performance skills
- Perform own dance routines independently or in a small group
- Make choreographed decisions to improve a routine
- Construct a dance performance using directing skills
- Evaluate, refine and develop performances

GYMNASTICS

- Continue to develop counter balances and counter tension balances with greater control
- Perform a weight bearing balance
- Create a gymnastics sequence in a group which includes counter balances and counter tension balances (at least 8 actions), with and without apparatus
- Evaluate success at working as a team

ATHLETICS

- Develop running, jumping and throwing skills in order to improve performance
- Develop running, jumping and throwing skills in an athletics type activity
- Evaluate own and others success
- Compare own performances with previous ones and demonstrate improvement in order to achieve personal best

OUTDOOR ADVENTUROUS ACTIVITIES

- Know what a map is and how to use one effectively
- Understand the 8 points of a compass
- Navigate to a control marker and record the information effectively
- Understand how OAA can help improve health and fitness



KNOWLEDGE & CONCEPTS

- Games
- Dance
- Gymnastics
- Athletics
- OAA