

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<b>KS1 National Curriculum</b>  Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>• participate in team games, developing simple tactics for attacking and defending.</li> <li>• perform dances using simple movement patterns</li> </ul>		<b>KS2 National Curriculum Aims</b>  Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>			
	<b>YR 1 and 2 PE National Curriculum</b>  Children can:  <b>Sport: Netball</b>  Explore different ways to use, move and send the ball.  Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.  React to situations to make it difficult for opponents – using simple tactics. e.g. Move to defend a goal.  Understand how to play in a safe way.  Show good awareness of others when playing games.  Perform a range of actions with the ball keeping it under control.  Control, balance, throw, catch, aim, pass roll, teamwork, space  <b>Sport: Dance</b>  Respond imaginatively to a range of stimuli.  Move confidently and safely in your own and general space, using changes of speed, level, and direction.		<b>YR 3 and 4 PE National Curriculum</b>  Children can:  <b>Sport: Netball</b>  Move to support teammates, getting into good positions to pass, receive, and shoot the ball.  Pass the ball using different techniques.  Shoot and score with increasing accuracy.  Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.  Develop the understanding of the importance of speed when playing invasion games.  Pass and receive the ball with control.  Select passes that keep possession.  Control, speed, direction, chest pass, bounce pass, technique, shoot, score  <b>Sport: Gymnastics</b>		<b>YR 5 and 6 PE National Curriculum</b>  Children can:  <b>Sport: Tennis</b>  Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.  Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or area.  Participate in competitive games, modified where appropriate.  Adopt a good ready position and show good position on court.  Use good footwork that allows the ball to be hit with good technique.  Apply the principles of attacking.  Identify spaces and understand the tactic of hitting into gaps.  Swing, send, rally, racket, free space, bounce, direction, power, accuracy.	

Perform movement phrases using a range of different body actions and body parts – with control and accuracy.

Create linked movements, combining different ways of travelling, with beginnings, middles and ends.

Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.

Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.

Describe phrases and expressive qualities.

**Canon, smart, neat, performance, movement, express, phrase, teamwork**

#### **Sport: Gymnastics**

Perform basic gymnastics actions, including travelling, rolling, jumping, and staying still.

Become increasingly confident and competent, moving safely using changes of speed, level and direction.

Combine different ways of travelling exploring a range of movements and shapes.

Create linked movement phrases with beginning, middle and ends.

Perform movement phrases using a range of different body parts/actions.

Develop fundamental movement skills, combining traveling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.

Develop agility, balance, and coordination.

Form simple sequences of different actions, using the floor and a variety of apparatus.

**Key shapes, movement, balance, roll, straight, tense.**

#### **Sport: Tag Rugby**

Develop control and accuracy when throwing and catching a rugby ball.

Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.

Learn how to tag and begin tagging players in game situations.

Begin to understand and develop correct technique of passing the ball.

Develop understanding of tag rugby and participate in small games.

Use simple tactics in game situations, such as deciding when to pass and when to run.

Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.

Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.

Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.

Create, perform, and repeat a combination of actions that include changes of dynamic e.g changes of level, speed and direction, and clarity of shape.

Develop flexibility, strength, control, technique, and balance.

Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.

**Balance, co-ordination, routine, travelling, apparatus, sequence.**

#### **Sport: Swimming**

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively

Perform safe self-rescue in different water-based situations

**Front crawl, breast stroke, back stroke**

#### **Sport: Handball**

Get into good positions to pass and receive the ball. Pass the ball using different techniques.

Develop set moves that can be used in attacking play.

Showing growing control and consistency during games.

Keep and follow the rules of the game.

Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.

Keep the ball under control, passing and receiving with increasing accuracy.

Choose space/positions where you can receive a pass or to support a teammate.

**dribbling, receive, space, intercept, support**

#### **Sport: Athletics**

Apply and develop a broad range of athletic skills in different ways.

Show control, coordination and consistency when running, throwing, and jumping.

Choose the appropriate running speed to meet the demand of the task

#### **Sport: Tag Rugby**

To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.

Understand the defensive duties in tag rugby and the process of tagging.

Understand the importance of keeping in line in both attacking and defending plays.

Use tactics in games to achieve success as a team.

Participate in competitive games, understand the rules of the game and participate in full games playing fairly.

Use simple tactics in games to achieve success as a team.

Carefully consider the best way to score a try and win the game, remembering to find and use space when running.

**Tag, pass, share, attack, defend, mark, dummy**

#### **Sport: Hockey**

Choose different formations to suit the needs of the game and choose skills that meet the needs of the situation. Adapt games and activities making sure everyone has a role to play.

Perform skills (e.g passing) with accuracy, confidence and control whilst developing technique and performing at speed.

Apply basic principles for attacking in games – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faces with opponents.

Apply basic principles for defending in games – Defend by marking, covering, and tracking opponents as appropriate.

Participate in competitive games, modified where appropriate.

Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender.

**Dribbling, Control, turn, possession, slap pass, push pass, attack, defend.**

#### **Sport: Netball**

Choose different formations to suit the need of the game.

Work effectively as a team.

Use a variety of tactics to keep possession of the ball, applying the principle of attacking.

Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.

Increase accuracy and confidence of passing and shooting skills.

Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.

Understand who the attackers and who the defenders are.

Belts, target, catch, space, attack, defend, try

#### **Sport: Athletics**

Explore and practise a variety of athletic movements and apply athletic skills and technique to a variety of activities.

Show understanding and a basic level of control, coordination and consistency when running.

Experiment with different jumping techniques, showing control, coordination, and consistency throughout.

Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.

Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.

Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.

Running, Jumping, Throwing, Personal Best, Competition, distance, speed

#### **Sport: Cricket**

Understand and follow simple rules for games and compete in physical activities both against self and against others.

Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed.

Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.

Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.

Apply skills and tactics in simple games, including recognizing space and using it to your advantage.

React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.

Show good awareness of others when playing games.

Throwing, batting, fielding, catching, underarm, wickets.

Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.

Combine basic jump actions to form a jump combination, using a controlled jumping technique.

Co-ordination, movement, measurements, timing, technique, personal best

#### **Sport: Cricket**

Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.

Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.

Intercept and stop the ball consistently.

Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.

Communicate, collaborate, and compete with others, following the rules of the game.

Choose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.

Show control, coordination and consistency when throwing and catching a ball.

Batting, bowling, fielding, striking, runs, overarm, wicket keeper, long barrier.

Control, speed, direction, chest pass, bounce pass, technique, shoot, score, power, rules.

#### **Sport: Athletics**

Understand and apply appropriate pace judgement for the running distance to be covered.

Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.

Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.

Choose the appropriate speed to run at for the distance to be covered.

Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.

Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.

Co-ordination, movement, measurements, timing, technique, personal best.

#### **Sport: Cricket**

Bowl using an overarm technique, beginning to vary speed and length of delivery.

Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.

Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds.

Work as part of a team that covers the areas to make it hard for the batter to score runs.

Show good awareness of others in game situations.

Participate in competitive games, modified where appropriate.

Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence and control. Perform skills at speed.

Batting, bowling, fielding, striking, runs, overarm, wicket keeper, long barrier, teamwork, aiming, accuracy, score.