

Physical Education

Subject Curriculum Map 23-24

	ction to PE: Unit 1	Introduction to PE: Unit 2				
Follow si		Initioduction to FE. Utili Z	Gymnastic: Unit 1	Gymnastics: Unit 2	<u>Dance : Unit 1</u>	Dance: Unit 2
1 0110 11 01	imple instructions.	Follow simple instructions.	Create shapes showing a	Create shapes showing a	Copy basic body actions	Copy basic body actions
			basic level of stillness using	basic level of stillness using	and rhythms.	and rhythms.
	neir ideas with	Share their ideas with	different parts of their	different parts of their		
others.		others.	bodies.	bodies.	Choose and use travelling	Choose and use travelling
Evolore	activities making	Explore activities making	Begin to take weight on	Begin to take weight on	actions, shapes and balances.	actions, shapes and balances.
	cisions in response	own decisions in response	different body parts.	different body parts.	Dalarices.	balaricos.
to a task	•	to a task.	amerem sea, pane.		Travel in different	Travel in different
			Show shapes and actions	Show shapes and actions	pathways using the space	pathways using the space
Make de	ecisions about	Make decisions about	that stretch their bodies.	that stretch their bodies.	around them.	around them.
where to	o move in space.	where to move in space.				
			Show shapes and actions	Show shapes and actions	Begin to use dynamics and	Begin to use dynamics and
	ecisions about	Make decisions about	that stretch their bodies.	that stretch their bodies.	expression with guidance.	expression with guidance.
where to	o move in space.	where to move in space.	Dall Claille, Unit O	Eurodomo antolos Unit O	Degin to count to pourie	Degin to count to music
Regin to	identify personal	Begin to identify personal	Ball Skills: Unit 2 Drop and catch with two	Fundamentals: Unit 2 Run and stop with some	Begin to count to music.	Begin to count to music.
success	* *	success.	hands.	control.	Games: Unit 1	Games Unit 2
3000033.	•	3000033.	nanas.	Cormon.	Drop and catch with two	Drop and catch with two
Ball Skill	ls: Unit 1	Fundamentals: Unit 1	Move a ball with feet.	Explore skipping as a	hands.	hands.
Drop an	nd catch with two	Run and stop with some		travelling action.		
hands.		control.	Throw and roll a variety of		Move a ball with feet.	Move a ball with feet.
			beanbags and larger balls	Jump and hop with bent		
Move a	ball with feet.	Explore skipping as a	to space.	knees.	Throw and roll a variety of	Throw and roll a variety of
Tlaura		travelling action.	Kiele lewe en le elle de lee en e	The second secon	beanbags and larger balls	beanbags and larger balls
	nd roll a variety of	Jump and hop with bent	Kick larger balls to space.	Throwing larger balls and beanbags into space.	to space.	to space.
to space	ags and larger balls	knees.	Stop a beanbag or large	bearbags into space.	Kick larger balls to space.	Kick larger balls to space.
10 30000	.	KIICC3.	ball sent to them using	Balance whilst stationary	Rick larger balls to space.	Rick larger balls to space.
Kick larc	ger balls to space.	Throwing larger balls and	hands.	and on the move.	Stop a beanbag or large	Stop a beanbag or large
		beanbags into space.			ball sent to them using	ball sent to them using
Stop a k	peanbag or large		Attempt to stop a large	Change direction at a	hands.	hands.
ball sent	t to them using	Balance whilst stationary	ball sent to them using	slow pace.		
hands.		and on the move.	feet.		Attempt to stop a large	Attempt to stop a large
				Explore moving different	ball sent to them using	ball sent to them using
	t to stop a large	Change direction at a slow	Hit a ball with hands.	body parts together.	feet.	feet.
feet.	t to them using	pace.	Run and stop when		Hit a ball with hands.	Hit a ball with hands.
leei.		Explore moving different	instructed.		This a ball will Harlas.	Till a ball will flatias.
Hit a ba	III with hands.	body parts together.			Run and stop when	Run and stop when
			Move around showing		instructed.	instructed.
Run and	d stop when		limited awareness of			
instructe			others.			

		I	1	I	1	1
	Move around showing		Make simple decisions in		Move around showing	Move around showing
	limited awareness of		response to a situation		limited awareness of	limited awareness of
	others.				others.	others.
	Make simple decisions in				Make simple decisions in	Make simple decisions in
	response to a situation				response to a situation	response to a situation
	<u>LTS – Fundamentals for</u>	<u>LTS – Ball Skills</u>	<u>LTS – Sending and</u>	<u>LTS – Invasion CT – Target</u>	LTS – Athletics CT – Fitness	LTS – Striking and Fielding
Year 1	Year 1 and 2.	Drop and catch a ball	Receiving	<u>Games</u>	Attempt to run at different	<u>CT – Net and Wall</u>
	Attempt to run at different	after one bounce on the	Drop and catch a ball	Drop and catch a ball	speeds showing an	Throw and roll towards a
	speeds showing an	move.	after one bounce on the	after one bounce on the	awareness of technique.	target with some varying
	awareness of technique.		move.	move.		techniques
		Move a ball using different			Begin to link running and	
	Begin to link running and	parts of the foot.	Move a ball using different	Move a ball using different	jumping movements with	Catch a beanbag and a
	jumping movements with		parts of the foot.	parts of the foot.	some control.	medium-sized ball.
	some control.	Throw and roll towards a				
		target with some varying	Throw and roll towards a	Throw and roll towards a	Jump, leap and hop and	Attempt to track balls and
	Jump, leap and hop and	techniques.	target with some varying	target with some varying	choosing which allows	other equipment sent to
	choosing which allows		techniques.	techniques.	them to jump the furthest.	them.
	them to jump the furthest.	Kick towards a stationary				
		target.	Kick towards a stationary	Kick towards a stationary	Throw towards a target.	Strike a stationary ball
	Throw towards a target.		target.	target.		using a racket.
		Catch a beanbag and a			Show some control and	
	Show some control and	medium-sized ball.	Catch a beanbag and a	Catch a beanbag and a	balance when travelling at	Run, stop and change
	balance when travelling at		medium-sized ball.	medium-sized ball.	different speeds.	direction with some
	different speeds.	Attempt to track balls and				balance and control.
		other equipment sent to	Attempt to track balls and	Attempt to track balls and	Begin to show balance	
	Begin to show balance	them.	other equipment sent to	other equipment sent to	and co-ordination when	Recognise space in
	and co-ordination when		them.	them.	changing direction.	relation to others.
	changing direction.	Strike a stationary ball using				
		a racket.	Strike a stationary ball	Strike a stationary ball	Use co-ordination with and	Begin to use simple tactics
	Use co-ordination with and		using a racket.	using a racket.	without equipment.	with guidance.
	without equipment.	Run, stop and change				
		direction with some	Run, stop and change	Run, stop and change		
	<u>CT – Dance</u>	balance and control.	direction with some	direction with some		
	Copy, remember and		balance and control.	balance and control.		
	repeat actions.	Recognise space in				
		relation to others.	Recognise space in	Recognise space in		
	Choose actions for an		relation to others.	relation to others.		
	idea.	Begin to use simple tactics				
		with guidance.	Begin to use simple tactics	Begin to use simple tactics		
	Use changes of direction,		with guidance.	with guidance.		
	speed and levels with	<u>CT – Team Building</u>	CT – Gymnastics			
	guidance.	Follow instructions.	Perform balances making			
			their body tense,			
	Show some sense of	Begin to work with a	stretched and curled.			
	dynamic and expressive	partner and a small group.				
	qualities		Take body weight on			
		Understand the rules of the	hands for short periods of			
	Begin to use counts.	game and suggest ideas	time.			
	l	to solve simple tasks				

					LTS – Athletics CT – Fitness	LTS – Striking and Fielding
Show balance and coordination when running at different speeds. Link running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control. Change technique to throw for distance. Show control and balance when kicking towards a target. Change technique to throw for distance. Show control and balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Show control and balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Show to track a ball and stop it using feet with increased control when co-ordinating their body co-ordinating their body Move to space to help Anads on the move. Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Throw and roll towards a target using varying techniques with some success. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Anove to track a ball and stop it using feet with increased control when co-ordinating their body Move to space to help Move to space to help Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Anove to track a ball and stop it using feet with increased control when co-ordinating their body with balance and control. Move to space to help Move to	Show balance and coordination when running at different speeds. Link running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control. Change technique to throw for distance. Show control and balance when travelling at different speeds. Demonstrates balance and co-ordination when changing direction. Perform actions with increased control when co-ordinating their body with and without equipment. CI – Dance Copy, remember and repeat a series of actions. Select from a wider range of actions in relation to a stimulus. Use pathways, levels, shapes, directions, speeds	hands on the move. Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring. Use simple tactics. CI – Team Building Identify own and others' success. Work co-operatively with a partner and a small group, taking turns and listening to	Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring. Use simple tactics. CT – Gymnastics Perform balances on different body parts with some control and balance. Take body weight on different body parts, with	Dribble a ball with two hands on the move. Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Run, stop and change direction with balance and control. Move to space to help score goals or limit others	coordination when running at different speeds. Link running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control. Change technique to throw for distance. Show control and balance when travelling at different speeds. Demonstrates balance and co-ordination when changing direction. Perform actions with increased control when co-ordinating their body with and without equipment.	Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Strike a ball using a racket. Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring.

TS - Flootball TS -		Use mirroring and unison when completing actions with a partner. Show a character through actions, dynamics and expression. Use counts with help to stay in time with the music.	Try different ideas to solve a task. Follow and create a simple diagram/map. Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	Show increased awareness of extension and flexibility in actions. Copy, remember, repeat and plan linking simple actions with some control and technique.			
jumping actions using	Year 3	Dribble the ball with one hand with some control in game situations. Dribble a ball with feet with some control in game situations. Kick towards a partner in game situations. Receive a ball sent to them using different parts of the foot. Strike a ball with varying techniques. Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a team. CT – Fundamentals for Year 3 and 4. Show balance, coordination and technique when running at different speeds, stopping with control Link running, hopping and	Dribble the ball with one hand with some control in game situations. Dribble a ball with feet with some control in game situations. Use a variety of throwing techniques in game situations. Kick towards a partner in game situations. Catch a ball passed to them using one and two hands with some success. Receive a ball sent to them using different parts of the foot. Strike a ball with varying techniques. Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a	Use a variety of throwing techniques in game situations. Catch a ball passed to them using one and two hands with some success. Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a team. CT - Dance Copy remember and perform a dance phrase. Create short dance phrases that communicate an idea. Use canon, unison and formation to represent an idea. Match dynamic and and expressive qualities to a range of ideas. Use counts to keep in time	Use a variety of throwing techniques in game situations. Strike a ball with varying techniques. Change direction with increasing speed in game situations. Use space with some success in game situations. CI - Yoga Complete balances with increasing stability, control and technique Demonstrate some strength and control when taking weight on different body parts for longer periods of time. Demonstrate increased flexibility and extension in their actions. Choose actions that flow well into one another both	Show balance, coordination and technique when running at different speeds, stopping with control Link running, hopping and jumping actions using different take offs and landing. Jump for distance and height with an awareness of technique Throw a variety of objects, changing action for accuracy and distance Demonstrate balance when performing other fundamental skills. Show balance when changing direction in combination with other skills. Can co-ordinate their bodies with increased consistency in a variety of	Use a variety of throwing techniques in game situations. Catch a ball passed to them using one and two hands with some success. Strike a ball with varying techniques. Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a

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	different take offs and	Complete balances with				
	landing.	increasing stability, control				
		and technique				
	Jump for distance and	·				
	height with an awareness	Demonstrate some				
	of technique	strength and control when				
		taking weight on different				
	Throw a variety of objects,	body parts for longer				
	· · ·	periods of time.				
	changing action for	penous of fifthe.				
	accuracy and distance	Daniela in annual				
		Demonstrate increased				
	Demonstrate balance	flexibility and extension in				
	when performing other	their actions.				
	fundamental skills.					
		Choose actions that flow				
	Show balance when	well into one another both				
	changing direction in	on and off apparatus.				
	combination with other					
	skills.					
	Can co-ordinate their					
	bodies with increased					
	consistency in a variety of					
	activities.					
	LTS – Football	LTS – Ball skills	LTS – Netball	LTS - Tennis	LTS – Athletics	LTS – Rounders
Year 4	Link dribbling the ball with	Link dribbling the ball with	Link dribbling the ball with	Use a variety of throwing	Demonstrate how and	Use a variety of throwing
	other actions with	other actions with	other actions with	techniques with increasing	when to speed up and	techniques with increasing
	increasing control.	increasing control.	increasing control.	success in game situations.	slow down when running.	success in game situations.
		increasing control.	I increasing cormol.	3000033 III garrie siloanoris.	1 310 ** 40 **** ***** 10111 111119.	1 30 C C C 33 II I G GI I I C 311 C G II C G II C II I I
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	Change direction when	Change direction when	Use a variety of throwing	Return a hall using varying		
	Change direction when	Change direction when	Use a variety of throwing		Link hopping and jumping	Catch a ball passed to
	dribbling with feet with	dribbling with feet with	techniques with increasing	techniques with increasing		Catch a ball passed to them using one and two
	dribbling with feet with some control in game	dribbling with feet with some control in game			Link hopping and jumping actions with some control.	Catch a ball passed to them using one and two hands with increasing
	dribbling with feet with	dribbling with feet with	techniques with increasing success in game situations.	techniques with increasing accuracy.	Link hopping and jumping actions with some control. Jump for distance and	Catch a ball passed to them using one and two
	dribbling with feet with some control in game situations.	dribbling with feet with some control in game situations.	techniques with increasing success in game situations. Catch a ball passed to	techniques with increasing accuracy. Change direction to lose	Link hopping and jumping actions with some control. Jump for distance and height showing balance	Catch a ball passed to them using one and two hands with increasing success.
	dribbling with feet with some control in game situations. Use a variety of throwing	dribbling with feet with some control in game situations. Use a variety of throwing	techniques with increasing success in game situations. Catch a ball passed to them using one and two	techniques with increasing accuracy. Change direction to lose an opponent with some	Link hopping and jumping actions with some control. Jump for distance and	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing	techniques with increasing accuracy. Change direction to lose	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control.	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing
	dribbling with feet with some control in game situations. Use a variety of throwing	dribbling with feet with some control in game situations. Use a variety of throwing	techniques with increasing success in game situations. Catch a ball passed to them using one and two	techniques with increasing accuracy. Change direction to lose an opponent with some success.	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations.	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations.	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success.	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy.
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations.	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations.	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area.	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations.	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations.	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations.	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success.	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT - Yoga	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success.
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT – Yoga Use body tension to	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success.	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT - Yoga Use body tension to perform balances both	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills.	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success.
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT – Yoga Use body tension to	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space with some success in	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT - Yoga Use body tension to perform balances both	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills.	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space with some success in	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT – Yoga Use body tension to perform balances both individually and with a	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success.	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success.	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space with some success in game situations.	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CT – Yoga Use body tension to perform balances both individually and with a	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations.
	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Receive a ball using different parts of the foot	dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Receive a ball using different parts of the foot	techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help	techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. CI - Yoga Use body tension to perform balances both individually and with a partner.	Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at speed in combination with	Catch a ball passed to them using one and two hands with increasing success. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help
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	Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help their team score or gain possession. CT – Fundamentals for Year 3 and 4. Demonstrate how and when to speed up and slow down when running. Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at speed in combination with other skills.	Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help their team score or gain possession. CT – Dance Copy, remember and adapt set choreography. Choreograph considering structure individually, with a partner and in a group. Use action and reaction to represent an idea. Change dynamics to express changes in character or narrative. Use counts when choreographing short phrases.	Use body tension to perform balances both individually and with a partner. Use body tension to perform balances both individually and with a partner. Demonstrate increased flexibility and extension in more challenging actions. Demonstrate increased flexibility and extension in more challenging actions.	Demonstrate increased flexibility and extension in more challenging actions. Demonstrate increased flexibility and extension in more challenging actions.	CT - Swimming Confidently and consistently retrieve an object from the floor with the same breath Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Combine gliding and floating on front and back over an increased distance. Float on front and back using different shapes with increased control. Comfortably demonstrate sculling head first, feet first and treading water.	Demonstrate how and when to speed up and slow down when running. Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at speed in combination with other skills. Begin to co-ordinate their body at speed in response to a task.
	other skills. Begin to co-ordinate their body at speed in response to a task.					
Year 5	LTS – Football Use dribbling to change the direction of play with some control under pressure.	LTS - Netball CT - Dodgeball Use a variety of throwing techniques with some control under increasing pressure.	LTS – Basketball Use dribbling to change the direction of play with some control under pressure.	LTS – Tennis Return a ball using a wider range of skills. Apply these with some success under pressure.	LTS – Athletics CT – Fitness Run at the appropriate speed over longer distances or for longer periods of time.	LTS – Rounders CT – Cricket Use a variety of throwing techniques with some control under increasing pressure.

Dribble with feet with some control under increasing pressure.

Use a variety of kicking techniques with some control under increasing pressure.

Receive a ball using different parts of the foot under pressure with increasing control.

Strike a ball using a wider range of skills. Apply these with some success under pressure.

Use a variety of techniques to change direction to lose an opponent.

Create and use space for self and others with some success.

Understand the need for tactics and can identify when to use them in different situations.

CT – Gymnastics

Show increasing control and balance when moving from one balance to another.

Show increasing control and balance when moving from one balance to another.

Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.

Use flexibility to improve the quality of the actions they perform as well as the Catch and intercept a ball using one and two hands with some success in game situations.

Use a variety of techniques to change direction to lose an opponent.

Create and use space for self and others with some success.

Understand the need for tactics and can identify when to use them in different situations.

Use a variety of throwing techniques with some control under increasing pressure.

Catch and intercept a ball using one and two hands with some success in game situations.

Use a variety of techniques to change direction to lose an opponent.

Create and use space for self and others with some success.

Understand the need for tactics and can identify when to use them in different situations.

<u>CT - Dance</u>

Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.

Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.

Confidently perform choosing appropriate dynamics to represent an idea.

Use counts accurately when choreographing to perform in time with others and the music.

Use a variety of techniques to change direction to lose an opponent.

Create and use space for self and others with some success.

Understand the need for tactics and can identify when to use them in different situations.

CT - Yoga

Show increasing control and balance when moving from one balance to another.

Show increasing control and balance when moving from one balance to another.

Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.

Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them. Show control at takeoff and landing in more complex jumping activities.

Perform a range of more complex jumps showing some technique.

Show accuracy and power when throwing for distance

Demonstrate good balance and control when performing other fundamental skills.

Demonstrate improved body posture and speed when changing direction.

Can co-ordinate a range of body parts at increased speed

Use a variety of kicking techniques with some control under increasing pressure.

Strike a ball using a wider range of skills. Apply these with some success under pressure.

Use a variety of techniques to change direction to lose an opponent.

Create and use space for self and others with some success.

Understand the need for tactics and can identify when to use them in different situations.

	a a Paras Hara a da a san La Pal					
	actions they choose to link					
	them.					
	LTS – Football	LTS – Netball	LTS – Basketball	LTS – Tennis	ITC Albinion	LTC Downdows
Voor /				Catch and intercept a ball	LTS - Athletics	LISS - Rounders
Year 6	Use dribbling to change	Use a variety of throwing	Use dribbling to change	·	CT – Fitness Demonstrate a controlled	Use a variety of throwing
	the direction of play with	techniques including fake	the direction of play with	using one and two hands		techniques including fake
	control under pressure.	passes to outwit an	control under pressure.	with increasing success in	running technique using	passes to outwit an
		opponent.		game situations.	the appropriate speed	opponent.
	Use a variety of dribbling		Use a variety of dribbling		over longer distances or	
	techniques to maintain	Catch and intercept a ball	techniques to maintain	Receive a ball with	for longer periods of time.	Catch and intercept a ball
	possession under pressure.	using one and two hands	possession under pressure.	consideration to the next		using one and two hands
		with increasing success in		move.	Link running, jumping and	with increasing success in
	Select and apply the	game situations.	Use a variety of throwing		hopping actions with	game situations.
	appropriate kicking		techniques including fake	Strike a ball using a wider	greater control and co-	
	technique with control.	Receive a ball with	passes to outwit an	range of skills to outwit an	ordination.	Receive a ball with
	.	consideration to the next	opponent.	opponent. Apply these		consideration to the next
	Receive a ball with	move.		with increasing control	Perform jumps for height	move.
	consideration to the next		Catch and intercept a	under pressure.	and distance using good	
	move.	Confidently change	ball using one and two		technique.	Strike a ball using a wider
		direction to successfully	hands with increasing	Confidently change		range of skills to outwit an
	Strike a ball using a wider	outwit an opponent.	success in game situations.	direction to successfully	Show accuracy and good	opponent. Apply these
	range of skills to outwit an			outwit an opponent.	technique when throwing	with increasing control
	opponent. Apply these	<u>CT – Dance</u>	Receive a ball with		for distance.	under pressure.
	with increasing control		consideration to the next	CT - Active SATs Revision		
	under pressure.	Perform dances	move.	Demonstrate a controlled	Show fluency and control	Confidently change
		confidently and fluently		running technique using	when travelling, landing,	direction to successfully
	Confidently change	with accuracy and good	Confidently change	the appropriate speed	stopping and changing	outwit an opponent.
	direction to successfully	timing.	direction to successfully	over longer distances or	direction.	
	outwit an opponent.		outwit an opponent.	for longer periods of time.		CT - Cricket
	OT CONTRACT	Work creatively and	OT A III - CAT. D. III -		Change direction with a	Catch and intercept a ball
	<u>CT – Gymnastics</u>	imaginatively individually,	CT - Active SATs Revision	Link running, jumping and	fluent action and can	using one and
		with a partner and in a	Demonstrate a controlled	hopping actions with	transition smoothly	two hands
	Combine and perform	group to choreograph	running technique using	greater control and co-	between varying speeds.	with
	more complex balances	longer phrases and	the appropriate speed	ordination.		increasing
	with control, technique	structure dance	over longer distances or		Can co-ordinate a range	success in
	and fluency.	considering actions, space,	for longer periods of time.	Perform jumps for height	of body parts with a fluent	game
	D	relationship and dynamics		and distance using good	action at a speed	situations.
	Demonstrate more	in relation to a theme.	Link running, jumping and	technique.	appropriate to the	De estive elle elle dille
	complex actions with a		hopping actions with		challenge.	Receive a ball with
	good level of strength and	Improvise and combine	greater control and co-	Show accuracy and good		consideration
	technique.	dynamics demonstrating	ordination.	technique when throwing		to the next
		an awareness of the	D (' ' ' ' ' ' ' ' ' ' ' ' ' '	for distance.		move.
	Confidently transition from	impact on performance	Perform jumps for height			
	one action to another	Illan and the	and distance using good	Show fluency and control		Strike a ball using a wider
	showing appropriate	Use counts when	technique.	when travelling, landing,		range of skills
	control and extension for	choreographing and		stopping and changing		to outwit an
	the complexity of the	performing to improve the	Show accuracy and good	direction.		opponent.
	action.	quality of work.	technique when throwing			Apply these
			for distance.	Change direction with a		with
				fluent action and can		increasing

Plan and perform with	Show fluency and control	transition smoothly	control under
precision, control and	when travelling, landing,	between varying speeds.	pressure.
fluency, a sequence of	stopping and changing		
actions including a wide	direction.	Can co-ordinate a range	Confidently change
range of skills.		of body parts with a fluent	direction to
	Change direction with a	action at a speed	successfully
	fluent action and can	appropriate to the	outwit an
	transition smoothly	challenge.	opponent.
	between varying speeds.		
	Can co-ordinate a range		
	of body parts with a fluent		
	action at a speed		
	appropriate to the		
	challenge.		