

PE

<p><b>Year 1</b></p>	<p><b>Orienteering</b> (see cross curricular orienteering resource)</p>	<p><b>Dance - Toy Story</b></p> <ul style="list-style-type: none"> <li>To link movements to show different character of a variety of different toys.</li> <li>To convey the different emotions within a relationship.</li> <li>To link travel, turn and stillness within a sequence depicting a different mood.</li> <li>To travel from one space to another using different pathways and levels.</li> <li>To work in a group to create a sequence.</li> <li>To combine all the dance sequences to retell aspects of the story.</li> </ul>	<p><b>Fundamental Skills – Zog</b></p> <ul style="list-style-type: none"> <li>To perform the skill of running and changing direction</li> <li>To demonstrate an overarm throw and hopping</li> <li>To demonstrate on traveling on hands and feet on apparatus.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To demonstrate; travel, pencil roll, egg roll.</li> <li>To show a jump two feet to two feet with a tuck shape, wide shape.</li> <li>To apply the skills of travelling, rolling and jumping into a sequence with different shapes including apparatus.</li> </ul>	<p><b>Gymnastics 2</b></p> <ul style="list-style-type: none"> <li>To demonstrate different shapes in a sequence</li> <li>To demonstrate a sequence using travelling and 3 balances</li> <li>To demonstrate a sequence using travelling, balancing and rolls</li> <li>To use skills of travelling, rolling, balancing and jumping to create a sequence with and without apparatus.</li> </ul> <p><b>Fundamental Skills – catching and bouncing a ball</b></p> <ul style="list-style-type: none"> <li>To demonstrate catching and bouncing ball with some accuracy</li> <li>To show and apply a simple tactic in a game</li> </ul>	<p><b>Fundamental Skills – Lost and Found</b></p> <ul style="list-style-type: none"> <li>To demonstrate the FMS of underarm throwing and hopping</li> <li>To demonstrate the FMS of an overarm throw and skipping</li> <li>To assess the FMS of catching and bouncing a ball</li> <li>To demonstrate the FMS of running and jumping</li> <li>To demonstrate the FMS of kicking and rolling a ball</li> </ul>	<p><b>Athletics -</b></p> <ul style="list-style-type: none"> <li>To show a hopping skill with rhythm</li> <li>To demonstrate rolling a ball with accuracy</li> <li>To show running and changing direction quickly</li> <li>To demonstrate throwing underarm with accuracy</li> <li>To demonstrate jumping as far as possible and landing safely with control</li> <li>To show good posture when running fast</li> <li>To demonstrate rolling a ball with some accuracy</li> <li>To complete a running and jumping course</li> <li>To demonstrate the skills of running and changing direction</li> </ul>
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<p><b>Year 2</b></p>	<p><b>Orienteering - (See Cross Curricular Orienteering)</b></p> <p><b>Fundamental Skills – Kicking Unit</b></p> <ul style="list-style-type: none"> <li>To explore different ways of kicking objects</li> <li>To kick objects with increased accuracy</li> <li>To receive a kick with control</li> <li>To intercept a ball</li> <li>To explore kicking with a variety of equipment</li> <li>To choose skills effectively for a game</li> </ul>	<p><b>Dance – Explorers</b></p> <ul style="list-style-type: none"> <li>To become their own explorer, being able to seek and find objects</li> <li>To learn basic dance movements and develop key travelling skills</li> <li>To demonstrate imagination in the environments task and try to move in new and interesting ways</li> <li>To develop movement memory in the backpack dance</li> <li>To learn about and replicate animals from the rainforest through movement</li> <li>To create a short dance in a group using ideas from their chosen animal</li> <li>To experiment with movement ideas and create a duet using contact</li> <li>To guide others in movement through given environments</li> <li>To work in pairs to create interesting shapes with bodies</li> <li>To develop increased awareness of relating movement to images</li> <li>To share ideas, create and learn a new unison dance performed travelling</li> </ul>	<p><b>Gymnastics 1</b></p> <ul style="list-style-type: none"> <li>To demonstrate jumping actions with different shapes in the air</li> <li>To show travelling actions using hands and feet</li> <li>To demonstrate balancing on large body parts</li> <li>To show an egg, pencil and teddy roll</li> <li>To create and demonstrate a sequence using rolling, jumping and travelling</li> <li>To perform jumping and rolling actions</li> <li>To create a sequence using rolling, jumping and travelling</li> <li>To create a sequence using travelling, balancing, rolling and jumping</li> </ul>	<p><b>Games – Piggy in the middle</b></p> <ul style="list-style-type: none"> <li>To demonstrate an underarm throw with accuracy</li> <li>To show catching a ball with control</li> <li>To demonstrate passing a ball with accuracy then moving into space</li> <li>To show a simple tactic in a game</li> <li>To pass a ball with accuracy then move into space</li> <li>To use a simple tactic in a game</li> </ul> <p><b>Games – striking and fielding</b></p> <ul style="list-style-type: none"> <li>To demonstrate an overarm throw for distance</li> <li>To strike a ball for distance</li> <li>To play a simple striking and fielding game</li> <li>To strike a ball with accuracy for distance</li> <li>To play a simple striking and fielding game and use a simple tactic</li> </ul>	<p><b>Fundamental Skills – Bounce ball</b></p> <ul style="list-style-type: none"> <li>To demonstrate bouncing a ball with some control</li> <li>To demonstrate bouncing a ball with some control while moving</li> <li>To demonstrate bouncing a ball and passing in a simple game</li> <li>To demonstrate throwing a ball at a target with some accuracy</li> <li>To demonstrate passing a ball with accuracy then move into space</li> <li>To use a simple tactic in a game</li> </ul> <p><b>Games – net and wall</b></p> <ul style="list-style-type: none"> <li>To demonstrate how to catch a ball</li> <li>To show a side gallop with some rhythm</li> <li>To show the ready position</li> <li>To demonstrate how to catch a ball</li> <li>To show how to hold a bat</li> <li>To demonstrate catching a ball from ready position</li> <li>To strike a ball to a partner</li> <li>To strike a ball with some accuracy</li> <li>To show a simple tactic in competitive focus</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To throw underarm accurately into a target</li> <li>To throw as far as possible</li> <li>To throw overarm accurately</li> <li>To throw overarm for distance</li> <li>To throw using a push and two-handed throw for distance</li> <li>To jump for distance with control</li> <li>To throw using an underarm and overarm throw for distance and accuracy</li> <li>To complete an obstacle course with speed and agility</li> </ul> <p><b>FMS end of KS1 assessment</b></p> <ul style="list-style-type: none"> <li>To throw underarm accurately into a target</li> <li>To throw as far as possible</li> <li>To throw overarm accurately &amp; for distance</li> <li>To run as fast as possible</li> <li>To throw using a push and two-handed throw for distance</li> <li>To jump for distance with control</li> <li>To kick a ball for distance</li> <li>To catch a ball</li> <li>To complete an obstacle course</li> <li>To throw underarm for accuracy</li> <li>To throw overarm for distance</li> </ul>
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<b>Year 3</b>	<p><b>Orienteering -</b> (See Cross Curricular Orienteering)</p> <p><b>Invasion Games – rugby</b></p> <ul style="list-style-type: none"> <li>To demonstrate passing a ball using a swing pass</li> <li>To move into space after using a swing pass in a game</li> <li>To demonstrate passing a ball with a swing pass</li> <li>To perform a feint when passing to outwit a defender</li> <li>To perform a swing pass and bounce pass in a game</li> <li>To perform a pass in an invasion game using a swing pass</li> <li>To apply a simple tactic to outwit a defender</li> </ul>	<p><b>Dance – Rock and Roll</b></p> <ul style="list-style-type: none"> <li>To name different forms of rock and know where they might be found</li> <li>To demonstrate shapes as a team using their bodies in interesting ways</li> <li>To name the layers of the earth and describe their qualities through words and movements</li> <li>To demonstrate unique movement ideas</li> <li>To sequence movement together into a structure</li> <li>To create effective travelling movements</li> <li>To create a travel solo, following a defined pathway and use stillness</li> <li>To create a rhythmic circle dance in unison</li> <li>To demonstrate increased movement ideas in Don't wake volcano game</li> </ul> <p><b>Net and wall unit core task</b></p> <ul style="list-style-type: none"> <li>To explore different throwing actions</li> <li>To consolidate throwing and catching actions and practise</li> <li>To suggest ideas and practice to improve their play</li> <li>Strike the ball using their hand or small bat</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To demonstrate travelling with control on 4 points</li> <li>To show balances on 2 and 3 points of the body</li> <li>To show balances with stillness on 1, 2, 3 and 4 body points</li> <li>To combine actions of travelling and balance</li> <li>To demonstrate basic rolls with accuracy and control</li> <li>To move from one action to another smoothly</li> <li>To demonstrate jumping and landing safely</li> <li>To create &amp; demonstrate a sequence to a partner</li> <li>To create &amp; demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts</li> <li>To adapt &amp; demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed</li> <li>To show different ways of travelling and balancing using the apparatus</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To adapt &amp; demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed</li> <li>To show different travelling and balancing actions using the apparatus</li> <li>To use the apparatus to perform jumping actions</li> <li>To evaluate successful transitions between actions</li> <li>To use the apparatus to perform rolling actions</li> <li>To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling</li> <li>To evaluate successful transitions between travelling, balancing on small body parts, jumping and rolling</li> </ul> <p><b>Health and fitness</b></p> <ul style="list-style-type: none"> <li>To recognise different fitness components that help maintain good health</li> <li>To develop fitness component of balance</li> </ul>	<p><b>Striking and fielding – cricket</b></p> <ul style="list-style-type: none"> <li>To demonstrate an underarm throw with accuracy</li> <li>To catch a ball</li> <li>To demonstrate how to throw a ball underarm with some accuracy</li> <li>To catch a ball in a striking and fielding game</li> <li>To demonstrate how to strike a ball from a batting tee or drop feed</li> <li>To catch a ball in a striking and fielding game</li> <li>To demonstrate bowling a ball underarm</li> <li>To demonstrate striking a ball from a batting tee or drop feed</li> <li>To apply simple tactics in a modified competitive game</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To throw using a pull action</li> <li>To explore different running techniques</li> <li>To perform the sling throwing action</li> <li>To develop jumping actions</li> <li>To throw using a push action</li> <li>To throw for distance using a pull, push and sling throw</li> <li>To pass a quoit/baton to a teammate in a relay</li> <li>To perform a hop, step and jump</li> <li>To perform a combination of 5 jumps</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>To send and receive a ball in a game</li> <li>To play traditional Roman ball games</li> <li>To apply simple tactics</li> <li>To revise simple tactics in an invasion game</li> </ul>

		<ul style="list-style-type: none"><li>• To improve movement skills and body positions</li><li>• Familiarise them with a racquet and practise striking skills using a racquet</li><li>• To devise their own game</li></ul>	<ul style="list-style-type: none"><li>• To use the apparatus to perform jumping &amp; rolling actions</li><li>• To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling</li></ul>	<ul style="list-style-type: none"><li>• To develop the fitness components of speed, agility, co-ordination and power</li><li>• To recognise different fitness components that help maintain good health</li></ul>		
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<p><b>Year 4</b></p>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>To demonstrate an underarm throw with accuracy</li> <li>To demonstrate how to throw a ball with some accuracy</li> <li>To catch a ball in a striking and fielding game</li> <li>To strike a ball from a tee or a drop feed</li> <li>To catch a ball in a striking and fielding game</li> <li>To apply a simple tactic in a striking and fielding game</li> <li>To apply simple tactics in a modified striking and fielding game</li> </ul>	<p><b>Dance - Sparks might fly</b></p> <ul style="list-style-type: none"> <li>To understand uses for electricity</li> <li>To think creatively &amp; create a movement using words as inspiration</li> <li>To name the key components of an electrical circuit</li> <li>To create &amp; perform their own dance movements from the inspiration given</li> <li>To demonstrate CANON and UNISON</li> <li>To demonstrate developing performance skills</li> <li>To explain the difference between conductors &amp; insulators</li> <li>To demonstrate performance skills</li> <li>To create a duet using increased choreographic skills</li> </ul>	<p><b>Gymnastics 2</b></p> <ul style="list-style-type: none"> <li>To show a mirrored shape with a partner</li> <li>To create a sequence of gymnastics actions with a partner</li> <li>To show a matched balance with a partner</li> <li>To create a sequence of gymnastics actions with a partner</li> <li>To create a sequence of gymnastics actions including matched shapes and mirrored shapes with a partner including apparatus</li> </ul>	<p><b>Swimming</b></p> <p><b>Boccia</b></p> <ul style="list-style-type: none"> <li>To show different ways of how to propel a boccia ball (bean bag) towards a target</li> <li>To demonstrate sending a ball into a target with accuracy</li> <li>To play simple boccia type games using simple tactics</li> <li>To send a boccia ball towards a target with accuracy</li> <li>To play boccia using simple tactics</li> <li>To show tactics as a team when playing boccia</li> </ul>	<p><b>Tag and target</b></p> <ul style="list-style-type: none"> <li>To perform the fundamental skills of dodging</li> <li>To perform the fundamental skill of dodging in a tag game</li> <li>To demonstrate aiming skills using the FMS of throwing and rolling a ball</li> <li>To demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game</li> <li>To send an object in a target game with accuracy</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To throw using a pull action</li> <li>To explore different running techniques</li> <li>To throw using a push action</li> <li>To perform the sling throwing action</li> <li>To develop jumping actions</li> <li>To throw for distance using a pull, push and sling throw</li> <li>To pass a quoit/baton to a teammate in a rally</li> <li>To perform a hop, step and jump</li> <li>To perform a combination of 5 jumps</li> </ul>
	<p><b>Orienteering</b></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To demonstrate travelling actions on feet &amp; hands and feet</li> <li>To show balances in front &amp; back support positions</li> <li>To demonstrate the dish and arch shape</li> <li>To combine travelling, jumping &amp; balancing actions</li> <li>To demonstrate basic rolling actions</li> <li>Plan and perform a simple sequence to include travel, rolling and jumping</li> <li>To demonstrate balance on one foot and arabesque</li> <li>To plan &amp; perform a simple sequence to include travel, rolling, balance and jumping</li> <li>To create &amp; demonstrate a gymnastics sequence of 6 actions</li> <li>To teach a sequence to a partner and make simple</li> </ul>	<p><b>Swimming</b></p>	<p><b>Swimming</b></p>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To demonstrate passing a ball using a chest pass and a bounce pass accurately</li> <li>To move into space after using a chest pass and /or bounce pass in a game</li> <li>To demonstrate dribbling a basketball with some control</li> <li>To pass a ball accurately to a teammate using a chest pass and bounce pass</li> <li>To demonstrate dribbling a basketball with some control</li> <li>To find space to receive a chest or bounce pass</li> <li>To use tactics to outwit an opponent</li> <li>To evaluate what worked well in a team</li> </ul>	

		assessments of quality on their performance				
<b>Year 5</b>	<p><b>Dance - earthlings</b></p> <ul style="list-style-type: none"> <li>To create and demonstrate a new dance with a partner</li> <li>To have a well structured group dance depicting their planet</li> <li>To have increased teamwork skills, spatial awareness and timing</li> <li>To have a group dance which follows a narrative</li> <li>To create dances using different formations performed in unison</li> <li>To demonstrate creative skills and decision making in the creation of a new duet</li> <li>To select, structure, rehearse and perform their dances, demonstrating a broad range of skills acquired throughout the scheme.</li> </ul> <p><b>Orienteering</b></p>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>To pass a ball in a variety of ways with control</li> <li>To perform stop and pivot when receiving a ball with some control</li> <li>To dodge into a space and attempt to receive a ball</li> <li>To mark their player and stop them getting the ball</li> <li>To place their hand under the ball and support it with the other when shooting</li> <li>To react and keep on toes</li> <li>To sometimes react to snatch the ball</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To perform partner balances</li> <li>To create a simple sequence of matched and mirrored partner balances</li> <li>To know the difference between counter balance and counter tension</li> <li>To perform a range of counter tension actions with a partner</li> <li>To create a gymnastic sequence with counter balances and counter tension with a partner</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To show passing a ball to a teammate using a hockey stick</li> <li>To demonstrate dribbling and passing a ball using a hockey stick</li> <li>To demonstrate shooting a ball at a goal</li> <li>To select attacking tactics when playing a hockey type game</li> <li>To demonstrate dribbling and shooting a ball using a hockey stick</li> <li>To select attacking tactics when playing a game</li> <li>To apply simple attacking and defending tactics when playing a hockey type game</li> </ul>	<p><b>Gymnastics 2</b></p> <ul style="list-style-type: none"> <li>To adapt a gymnastic sequence using apparatus and perform it with a partner</li> <li>To create a gymnastics sequence with counter balances and counter tension with a partner using canon; including apparatus</li> </ul> <p><b>Creative games</b></p> <ul style="list-style-type: none"> <li>To dribble a ball</li> <li>To pass and receive a pass using a variety of skills</li> <li>To select and apply appropriate tactics when playing different invasion games</li> <li>To create rugby type game and select and apply tactics to outwit an opponent</li> <li>To work as a team to solve a tactical problem through designing a unique invasion game</li> <li>To adapt an invasion game to include positions and attacking/defending options</li> <li>To apply simple attacking and defending tactics when playing an invasion type game</li> </ul>	<p><b>Swimming Net and wall tennis</b></p> <ul style="list-style-type: none"> <li>To demonstrate a forehand shot with some consistency</li> <li>To demonstrate a forehand and backhand shot with some consistency</li> <li>To direct a ball reasonably well to their partner to continue a rally</li> <li>To demonstrate a simple tactic in a net type game</li> <li>To play the game for the core task and incorporate tactics to score points</li> </ul>	<p><b>Swimming Athletics</b></p> <ul style="list-style-type: none"> <li>To perform running techniques for short and long distances</li> <li>To perform a pull and push throw</li> <li>To take off and land one foot to one foot</li> <li>To develop running for a distance</li> <li>To take off and land one foot to two</li> <li>To develop running for speed</li> <li>To take off and land using a combination of jumps</li> <li>To perform a sling throw</li> <li>To develop running techniques at different speeds</li> <li>To take off and land using a hop, step and jump</li> <li>To perform a heave throw</li> <li>To develop running techniques</li> <li>To take off part in an athletics event and recording times and distances</li> </ul>

			<ul style="list-style-type: none"> <li>To play a role in a competitive modified game</li> </ul>			
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<b>Year 6</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Gymnastics</b>	<b>Gymnastics 2</b>	<b>Dance – Seaside</b>	<b>Athletics</b>
	<b>Orienteering</b>	<b>Badminton</b>	<ul style="list-style-type: none"> <li>To perform shapes and balances with a partner</li> <li>To demonstrate counter balance and counter tension paired balances using apparatus</li> <li>To demonstrate a group counter balance</li> <li>To create a gymnastic sequence with a counter tension in a group</li> <li>To create a gymnastic sequence with counter balances and counter tension with a partner</li> <li>To demonstrate paired and group counter balances in unison.</li> <li>To create a sequence of gymnastic actions, paired and group balances.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate a part weight bearing balance</li> <li>To create a sequence of gymnastic actions, paired and group balances using apparatus</li> <li>To create and perform</li> </ul> <p><b>Striking and fielding games – cricket</b></p> <ul style="list-style-type: none"> <li>To demonstrate bowling underarm with accuracy</li> <li>To catch a ball when fielding</li> <li>To strike a ball with a cricket bat off a tee</li> <li>To bowl overarm with accuracy</li> <li>To demonstrate a bowl overarm with accuracy</li> <li>To strike a ball with a cricket bat off atee with consistency</li> <li>To bowl overarm with accuracy in a game</li> <li>To apply a tactic in a cricket type game</li> <li>To demonstrate bowling overarm with accuracy in a game</li> </ul>	<ul style="list-style-type: none"> <li>Pupils are aware of their own timing and can accurately copy and replicate one/series of dance movements</li> <li>Pupils can make decisions about their dances to make them interesting and unique</li> <li>Pupils add character to their actions to portray the story</li> <li>Pupils learn and perform a range of counter balances and/or lifts within their existing group dance</li> <li>Pupils will create and perform a travelling sequence on their own pathway, exploring the space, remaining in unison with their group</li> <li>Pupils can perform the entire dance with strong characterisation and timing without any teacher guidance</li> </ul>	<ul style="list-style-type: none"> <li>To perform running techniques for short and long distances</li> <li>To perform a and push throw</li> <li>To take off and land one foot to one foot</li> <li>To perform a pull throw</li> <li>To develop running for distance</li> <li>To take off and land one foot to two</li> <li>To develop running for speed</li> <li>To take off and land using a combination of jumps</li> <li>To perform a sling throw</li> <li>To develop running techniques at different speeds</li> <li>Too take off and land using a hop, step and jump</li> <li>To perform a heave throw</li> <li>To take part in an athletics event and record times and distances</li> </ul> <p><b>Invasion games – rugby</b></p>

				<ul style="list-style-type: none"><li>• To strike a ball with a cricket bat in a game</li><li>• To use tactics in a cricket style game</li><li>• To demonstrate bowling overarm with accuracy and consistency in a game</li><li>• To apply tactics in a modified competitive cricket game</li></ul>		<ul style="list-style-type: none"><li>• To demonstrate passing and catching a rugby ball with consistency, accuracy and control</li><li>• To apply simple tactics when playing a rugby type game</li><li>• To apply simple attacking and defending tactics when playing a rugby type game</li></ul>
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