

YPS PE	Autumn		Spring		Summer	
R	Ball Skills (unit 1)	Team/Invasion games	Gymnastics/Dance	Fitness Circuits (Introduction to PE unit 2)	Athletics	Dodgeball (Ball Skills unit 2)
	Physical development – rolling/stop a rolling ball, throwing, bouncing, catching, dribbling with feet. Working safely alongside others. Perseverance, independence. Using tactics.	Running, balance, able to change direction, throwing, catching. Working safely alongside others, communication in a group, co-operating with those around, supporting and encouraging others. Confidence, determination, management of emotions. Decision making when working independently and in a group.	<p>Gymnastics: Confident to try new challenges. Combine movements – selecting actions in response to a task. Confidently and safely use a range of apparatus. Negotiate space. Follow instruction with several ideas/actions. Use movement skills with developing strength, balance and co-ordination. Work co-operatively with others and take turns.</p> <p>Dance: Confident to try new challenges and perform in front of others. Combine movements, selecting actions in response to the task. Negotiate space safely with the consideration for myself and others. Follow instructions involving several ideas or actions. Show respect towards others when giving feedback. Use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>	Make independent choices. Negotiate space safely. Follow instructions involving several ideas or actions. Play co-operatively and take turns with others. Understand rules and explain their importance. Use movement skills with developing balance and co-ordination.	Begin to throw towards a target. Beginning to show balance and co-ordination when changing direction. Begin to develop overarm throwing. Recognise changes after exercise on the body. Run at different speeds. Work with others.	Negotiate space safely with consideration for myself and others. Follow instructions involving several ideas or actions. Persevere when trying new challenges. Play ball games with consideration of the rules. Play co-operatively and take turns with others. Use ball skills with developing competence and accuracy.

Yr 1	Team/Invasion games	Ball skills	Gymnastics/Dance	Football (Sending and Receiving)	Athletics	Tennis (Net and Wall games)
	Dribbling, throwing, catching, kicking, receiving, running, jumping, changing direction, changing speed. Supporting others, communication, co-operation with those around, kindness to others in the group. Perseverance, confidence in ability. Identifying own strengths and areas for development.	Dribbling with hands, throwing, catching, dribbling with feet, tracking the ball. Communication with others, supporting each other, co-operation. Perseverance, determination. Making decisions. Using tactics.	<p>Gymnastics: Confident to perform in front of others. Link simple actions to create a sequence. Make body tense, relaxed, stretched and curled. Recognise changes in body after exercise. Remember and repeat actions and shapes. Give positive feedback on others' performances. Use apparatus safely and take turns.</p> <p>Dance: Beginning to use counts. Can copy, remember and repeat actions. Can move confidently and safely. Can use different parts of the body in isolation and together. Can work with others to share ideas and select actions. Choose appropriate movement for different dance ideas. Can give positive feedback of someone else's routine. Show some sense of dynamic and expressive qualities in my dance.</p>	Beginning to send and receive a ball with feet. Can catch a ball with some success. Recognise effects of exercise on the body. Roll a ball towards a target. Throw a ball to a partner. Track a ball that is coming towards self. Work cooperatively with a partner.	Able to throw towards a target. Beginning to show balance and co-ordination when changing direction. Developing overarm throwing. Recognise changes after exercise on the body. Run at different speeds. Work with others. Understand the difference between a jump, leap, hop and can choose which will help a far jump.	Hit a ball using a racket. Throw a ball to land over the net and into the court area. Track balls and other equipment sent. Use a ready position to move to the ball. Know how to score points. Recognise the effects of exercise on the body. Show honesty and fair play when playing against an opponent.

Yr 2	Team/Invasion games	Ball skills	Gymnastics/Dance	Football (Sending and receiving)	Athletics	Tennis (Net and Wall games)
	Dribbling, throwing, catching, kicking, receiving, running, jumping, changing direction and speed. Communication with others, kindness to others in the group, supporting, respecting and collaborating with others. Empathy for others, perseverance, integrity with a group, independence. Creativity, problem solving and providing feedback for people in the group and people in other groups.	Rolling, tracking, dribbling with feet, throwing, catching and dribbling with hands. Inclusion of others, communication and collaboration, establishing leadership within a group. Promotion of independence, perseverance and determination. Selecting and applying the skills. Using tactics.	<p>Gymnastics: Begin to provide feedback with key words. Pride in own work and confidence to perform to others. Perform basic gymnastics with some control and balance. Plan and repeat simple sequences of actions. Use direction and levels to make work look interesting. Use shapes when performing other skills. Work safely with others.</p> <p>Dance: Beginning to provide feedback using key words. Can copy, remember, repeat and create dance phrases. Can describe how the body feels during exercise. Can show a character and ideas through the actions and dynamics chosen. Can use</p>	Beginning to provide feedback with key words. Beginning to trap and cushion a ball heading in own direction. Can accurately throw and kick a ball to a partner. Can catch a ball passed with and without balance. Roll a ball to hit a target. Track a ball and stop it with hands and feet. Work co-operatively a partner/small group. Work safely to send a ball to a partner.	Describe effects of exercise on the body. Identify good technique. Jump and land with control. Use an overarm throw for distance. Work with others. Show balance and co-ordination when running at different speeds. Try hardest.	Can defend space on the court using the ready position. Describe the effects of exercise on the body. Hit a ball over the net and into the court area. Throw accurately to a partner. Use simple tactics to make it difficult for an opponent. Know how to score points and remember the score. Show good sportsmanship when playing against an opponent.

			counts to stay in time with the music. Can work with a partner using mirroring and unison of actions. Show confidence to perform.			
Yr 3	Basketball	Netball	Gymnastics/Dance	Football	Athletics	Rounders
	Beginning to use simple tactics. Learning the rules of the game and use them honestly. Dribbling, passing, receiving and shooting the ball with some control. Spatial awareness of others and the goal. Providing feedback using key words. Tracking an opponent to slow them down. Understanding the role as an attacker and defender. Working co-operatively with others in a group.	Beginning to use simple tactics. Learning the rules of the game and use them honestly. Communicate with the team and move into space to support. Defend an opponent to try and win the ball. Passing, receiving and shooting the ball with some control. Providing feedback using key words. Understanding the role of an attacker and defender. Work co-operatively with a group to manage the game.	Gymnastics: Adapt sequences to suit different types of apparatus. Choose action that flow into one another. Complete actions with increasing balance and control. Provide feedback using key words. Use matching and contrasting actions in a partner sequence. Use a greater number of own ideas for movements in response to a task. With help recognise how performances can be improved. Dance:	Use simple tactics. Learning the rules and use them honestly. Dribbling, passing, receiving and shooting with some control. Navigating space on the pitch. Provide feedback with key words. Track an opponent and slow them down. Understand the role of an attacker and defender. Work co-operatively within a group.	Develop jumping for distance. Identify own successes. Take part and know what to do in a relay. Throw a variety of objects. Use different take off and landings when jumping. Use key points to improve sprinting technique. Work with a partner or small group. Show determination to achieve personal best.	Able to bowl a ball towards a target. Beginning to strike a bowled ball. Developing an understanding of tactics and beginning to use them in game situations. Learning the rules of the game and beginning to use them. Provide feedback using key words. Can use overarm and underarm throwing and catching skills. Work co-operatively with a

			Respectful of others when watching them perform. Provide feedback using key words. Repeat, remember and perform a dance phrase. Use counts to keep in time with a partner and group. Use dynamic and expressive qualities in relation to an idea. Can work with a partner and in a small group sharing ideas.			group to self-manage games.
Yr 4	Basketball	Netball	Gymnastics/Dance	Football	Athletics	Rounders
	Delay an opponent to prevent the other team from scoring. Dribbling, passing, receiving, shooting the ball with increased control. Move to space to help the team keep possession and score goals. Provide feedback using key	Defending one on one and know when to win the ball. Explain the effects of exercise on the body. Move to space to help the team keep possession and score goals. Passing, receiving and shooting the ball with increasing control. Providing	Gymnastics: Explain effects of exercise on the body. Plan and perform sequences with a partner including changing level and shape. Provide feedback using appropriate language relating to the lesson. Safely perform balances individually and with	Delay an opponent to prevent the other team from scoring. Dribbling, passing, receiving and shooting the ball with increasing control. Move into space and use simple tactics to help with team's possession and score.	Demonstrate the difference in sprinting and jogging techniques. Explain effects of warming up on the body. Identify own successes and areas for improvement. Jump for distance with balance and	Able to bowl a ball with some accuracy and consistency. Learning the rules of the game and beginning to use them to play honestly and fairly. Can communicate with teammates to apply

	<p>terminology and understand where to improve. Use simple tactics to help the team score or gain possession. Share ideas to manage the game. Understand the rules of the game and use them honestly.</p>	<p>feedback using key terminology and understanding areas for improvement. Using simple tactics to help the team score or gain possession. Sharing ideas and work with others to manage the game. Understanding the roles of the game and use them honestly.</p>	<p>a partner. Watching, describing and suggesting improvement to own and others' performances. Understand how body tension can improve control and quality of movement.</p> <p>Dance: Choose actions and dynamics to convey a character or idea. Copy and remember set choreography. Provide feedback using appropriate language relating to the lesson. Respond imaginatively to a range of stimuli relating to character and narrative. Use changes in timings and spacing to develop a dance. Use counts to keep in time with others and the music. Use simple movement patterns to structure dance phrases on my own, with a partner and in a group. Show respect for others when working as a group and watching others perform.</p>	<p>Provide feedback with key terminology. Share ideas and work with others. Understand the rules of the game and use them honestly.</p>	<p>control. Throw with some accuracy to a target area. Show determination and improve personal best. Support and encourage others.</p>	<p>simple tactics. Can explain the effects of exercise on the body and the health impact. Provide feedback using key terminology and understand areas to improve. Strike a bowled ball with adapted equipment (e.g. rounders bat). Use overarm and underarm throwing and catching skills with increasing accuracy. Share ideas and work with others to manage game.</p>
<p>Y4 Swimming</p>	<p>Develop an understanding of balance and buoyancy in the water. Develop independent movement and submersion in the water. Develop gliding, crawl legs and front crawl breathing. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres. Develop gliding and backstroke. Develop rotation, sculling and treading water. Develop surface dives, submersion and handstands. Develop head above water breaststroke technique. Secure development of head above water breast stroke technique. Develop water skills in basic safety and floating. Learn techniques for personal survival. Develop water safety skills and an understanding for personal survival.</p>					

Yr 5	Basketball	Netball	Gymnastics/Dance	Football	Athletics	Rounders
	<p>Communicate with the team and move into the space to keep possession and score. Dribbling, passing, receiving and shooting the ball with control under pressure. Identify when there is success and areas to improve. Use tracking and intercepting when playing in defence. Understand the need for tactics and identify when to use them. Understand there are different skills for different situations and apply them.</p>	<p>Communicate with team and move into space to keep possession and score. Identify own successes and areas of improvement. Passing, receiving and shooting the ball with some control under pressure. Staying with an opponent and confidence to intercept. Know own position in the game and how to contribute when attacking and defending. Understand the need for tactics and identify when to use them. Understand the rules of the game and apply them honestly most of the time. Understand and begin to apply the different rules for different situations.</p>	<p>Gymnastics: Create and perform sequences using apparatus individually and with a partner. Lead a partner through short warm-up routines. Use canon, synchronisation, matching and mirroring when performing with a partner and group and explain effect on performance. Use feedback to improve own work. Use set criteria to make simple judgements about performance and areas to improve. Use strength and flexibility to improve quality of performance. Working safely when learning a new skill.</p> <p>Dance: Accurately copy and repeat set choreography. Choreograph phrases individually and with others considering actions and dynamics. Confidently perform different styles of dance clearly and fluently, showing a good sense of timing. Lead a group through short warm-up routines. Refine the way actions, dynamics, relationships and space are used in dance in response to a stimulus. Suggest ways to improve own and other people's work using key terminology. Use counts</p>	<p>Communicate with team regarding keeping possession and scoring. Dribbling, passing, receiving and shooting with some control under pressure. Identify own successes and areas for improvement. Make correct decision for passing. Use tracking and intercepting with defending. Understand need for tactics and identify when to use them. Understand rules of the game and use them mostly honestly and fairly. Understand different skills for different situations and apply them.</p>	<p>Choose best pace for a running event. Identify good athletic performance and explain reasons. Perform a range of jumps showing technique. Show control at take-off and landing when jumping. Take on a leadership role in a group. Use feedback to improve sprinting technique. Persevere to improve personal best. Show accuracy and power when throwing.</p>	<p>Beginning to strike a ball with a rounders bat. Developing a wider range of fielding skills and beginning to use these under some pressure. Identify own successes and areas for improvement. Work co-operatively with others to manage the game. Understand the need for tactics and can identify when to use them in different situations. Understand the rules of the game and can apply them honestly most of the time. Understand there are different skills for different situations and beginning to use this.</p>

			when choreographing to stay in time with others and the music. Use feedback provided to improve own work.			
Yr 6	Basketball	Netball	Gymnastics/Dance	Football	Athletics	Rounders
	<p>Create and use space to help the team. Dribbling, passing, receiving and shooting the ball with increasing control under pressure. Select appropriate action for the situation and make a quick decision. Use the rules of the game honestly and consistently. Work collaboratively to create tactics within the team and evaluate effectiveness. Work in collaboration with others to ensure a smooth game. Recognise own strengths and areas to improve. Understand when to use different defence styles.</p>	<p>Create and use space to help the team. Passing, receiving and shooting the ball with increasing control under pressure. Selection an appropriate action for a situation and make quick decisions. Use marking and/or interception to improve own defence. Use the rules of the game consistently to play honestly and fairly. Work collaboratively to create tactics within the team and evaluate their effectiveness. Work in collaboration to ensure a smooth game. Recognise own strength and strength of others and areas for development.</p>	<p>Gymnastics: Combine and perform gymnastic actions, shapes and balances with control and fluency. Create and perform sequences using compositional devices to improve quality. Lead a small group through a warm-up routine. Use appropriate language to evaluate own and other's work. Work collaboratively with others to create a sequence. How to work safely when learning a new skill. Understand counter balance and tension and show examples with a partner.</p> <p>Dance: Choreograph a dance and work safely using a prop. Lead a small group through a short warm-up routine. Perform dances confidently and fluently with accuracy and good timing. Refine the way actions, dynamics and</p>	<p>Create and use space. Dribbling, passing, receiving and shooting with increasing control under pressure. Select appropriate action for the situation quickly. Use marking, tackling and/or interception to improve defence. Use the rules of the game consistently to play honestly and fairly. Work collaboratively to create tactics and evaluate their effectiveness. Recognise own strength and strength of others and areas for improvement.</p>	<p>Compete within the rules. Help others improve their technique. Identify own strength and strength of others and areas for improvement. Perform jumps for distance using good techniques. Select and apply best pace for running events. Show accuracy and technique when throwing for distance. Understand different areas of fitness and effects. Use different strategies to persevere and achieve personal best.</p>	<p>Can strike a bowled ball with increasing consistency. Can use a wider range of skills with increasing control under pressure. Use the rules of the game consistently to play fairly. Work collaboratively with others to get batters out. Work in collaboration with others so that games run smoothly. Recognise own and others strengths and areas for development and suggest ways to improve. Understand and apply some tactics in the game as a batter, bowler and fielder.</p>

			<p>relationships are used to represent ideas, emotions, feelings and characters. Use appropriate language to evaluate and refine own and other's work. Use feedback provided to improve the quality of own work. Work creatively and imaginatively individually, with a partner and in a group to choreograph and structure dances.</p>			
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