

## Physical Education

**NC Aims:** The national curriculum for Physical Education aims to ensure that all pupils develop competence to excel in a broad range of physical activities; are physically active for sustained periods of time; engage in competitive sports and activities and; lead healthy, active lives

Year	Key skills progression									National Curriculum coverage	Key vocabulary	Key questions
	Health and Fitness	Gymnastics	Dance	Athletics	Invasion games	Net and wall games	Striking and fielding	OAA	Swimming			
EYFS	<ul style="list-style-type: none"> <li>Describe how the body feels when still and when exercising.</li> </ul>	<ul style="list-style-type: none"> <li>Move confidently and safely in their own space and general space, negotiating space effectively</li> <li>Explore travelling in a range of ways</li> <li>Make shapes with bodies, according to instructions (straight, wide, small, thin, curved, tall)</li> <li>Show contrast with bodies, including tall/short, wide/thin, straight/curved</li> <li>Explore balances, including standing on one foot and kneeling balances</li> <li>Jump from the floor and off a low bench, and land safely</li> <li>Copy simple movements and simple sequences (up to 3 steps)</li> </ul>	<ul style="list-style-type: none"> <li>Move freely and with pleasure and confidence in a range of ways</li> <li>Explore and copy simple body actions and rhythms</li> <li>Negotiate space confidently and safely</li> <li>Use bodies to imitate motifs from stories and topics, e.g. animals and trees</li> <li>Begin to respond with their bodies to different types of music</li> </ul>	<ul style="list-style-type: none"> <li>Introduce the skills of running, jumping and throwing with a range of equipment</li> <li>Vary speed of running based on commands given</li> <li>Participate in races, starting at the correct time and following the track</li> <li>Participate in throwing and jumping events</li> </ul>	<p>In EYFS and KS1 invasion games, net and wall games and striking and fielding will be introduced through playground games (EYFS) and multi-skills (KS1). The multi-skills taught are: rolling a ball, throwing and catching, kicking a ball, and receiving a ball</p>			N/A	N/A	<ul style="list-style-type: none"> <li>Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40-60)</li> <li>Experiments with different ways of moving. (PD M&amp;H 40-60)</li> <li>Jumps off an object and lands appropriately. (PD M&amp;H 40-60)</li> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&amp;H 40-60)</li> <li>To move confidently in a range of ways, safely negotiating space</li> <li>To develop good control in small and large movements</li> <li>To develop their co-ordination, control, and movement</li> </ul>	<p>Gymnastics: <b>Travel</b> Step, tiptoe, jump, hop, skip, gallop, bunny hop <b>Jump</b> Straight, tuck <b>Roll</b> Egg (curved side roll), pencil (straight roll)</p>	<p>How does our body feel when we are still and when we are exercising?</p> <p>How do we keep safe?</p> <p>How can we make good use of the space?</p>
Year 1	<ul style="list-style-type: none"> <li>Describe how the body feels before, during and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>Move confidently and safely in their own space and general space, using change of speed and direction</li> <li>Explore travelling in a range of ways with control</li> <li>Explore gymnastic actions and still shapes (pencil, tuck, star, pike, dish and arch)</li> <li>Develop and explore balancing, including balances on large body parts (back, bottom, tummy) and</li> </ul>	<ul style="list-style-type: none"> <li>Explore movement ideas and respond imaginatively to a variety of stimuli</li> <li>Move confidently and safely in their own space and the general space, using changes of speed, level and direction</li> <li>Take part in creating simple routines, as a class, with support from the teacher</li> <li>Explore what makes a good start and finish position in a sequence</li> <li>Perform simple sequence and build on them</li> </ul>	<ul style="list-style-type: none"> <li>Develop skills of running, jumping and throwing using a range of equipment</li> <li>Use their bodies and equipment with greater control and co-ordination</li> <li>Explore and throw a variety of objects with one hand, including overarm (javelin)</li> <li>Jump from a stationary position and land appropriately</li> <li>Change speed and direction whilst running</li> <li>Begin to maintain a steady pace whilst running</li> </ul>	<ul style="list-style-type: none"> <li>Negotiate the space and any obstacles safely and confidently</li> <li>Explore different ways to use a ball</li> <li>Explore ways to send a ball or other equipment</li> <li>Retrieve and stop a ball using different parts of the body</li> <li>Pass and receive a ball in different ways with some control</li> <li>Participate in simple team games, which involve running and avoiding</li> <li>Develop simple</li> </ul>	<ul style="list-style-type: none"> <li>Move confidently and safely within a space where an activity/game is played</li> <li>Throw a ball overarm and underarm with some control</li> <li>Catch a ball thrown from shorter and longer distances (self thrown or thrown by a partner)</li> <li>Pass and receive a ball using a range of equipment with some control and accuracy</li> <li>Play games based on net games (tennis,</li> </ul>	<ul style="list-style-type: none"> <li>Move confidently and safely within a space where an activity/game is played</li> <li>Throw a ball with some accuracy both overarm and underarm</li> <li>Catch a ball thrown from shorter and longer distances (self thrown or thrown by a partner)</li> <li>Strike a ball with some control with a range of equipment</li> <li>Roll a ball with increasing control and accuracy</li> <li>Apply skills and rules learned to simple games</li> </ul>	<ul style="list-style-type: none"> <li>Follow instructions</li> <li>Communicate ideas with a partner or a small group</li> <li>Develop basic map reading skills</li> </ul>	N/A	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li> <li>To develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>To perform dances using simple movement patterns</li> </ul>	<p>Gymnastics: <b>Travel</b> Step, tiptoe, jump, hop, skip, gallop, bunny hop <b>Jump</b> Straight, tuck, star <b>Roll</b> Egg (curved side roll), pencil (straight roll), teddy bear roll</p>	<p>How does our body feel before, during and after exercising?</p> <p>How can we make good use of the space?</p> <p>How can we use our skills to outwit our opponent?</p> <p>How can we keep safe?</p>

		<p>small body parts (feet, knees)</p> <ul style="list-style-type: none"> <li>Explore making their body tense, relaxed, stretched and curled</li> <li>Jump from the floor and off a low bench, and land safely</li> <li>Explore rolling in different ways</li> <li>Copy, and begin to create, simple sequences with a beginning, middle and end</li> <li>Handle apparatus safely</li> </ul>	<p>over a period of time</p>	<p>over a longer distance (1 lap of the field)</p> <ul style="list-style-type: none"> <li>Accelerate to reach a fast speed of running and maintain this speed over a short distance</li> </ul>	<p>attacking and defending techniques</p> <ul style="list-style-type: none"> <li>Catch larger balls or beanbags most of the time</li> </ul>	<p>volleyball) in different sized teams</p>						
Year 2	<ul style="list-style-type: none"> <li>Recognise and describe how the body feels during and after different physical activities.</li> <li>Explain what they need to stay healthy.</li> </ul>	<ul style="list-style-type: none"> <li>Develop balance, agility, co-ordination and control when travelling, in stillness, jumping, stretching, balancing, rolling</li> <li>Recognise how the body feels when it is tense in a balance and use this to help develop balances</li> <li>Jump from the floor, a bench and a low gymnastics table, and land safely</li> <li>Link gymnastics actions to create sequences with a clear beginning, middle and end, using the floor and apparatus</li> <li>Remember and perform sequences</li> <li>Use imagination to explore different ways of using apparatus and incorporate this into sequences</li> <li>Evaluate their own and other people's sequences</li> </ul>	<ul style="list-style-type: none"> <li>Explore movement ideas and respond imaginatively to a variety of stimuli</li> <li>Take part in creating simple routines as a class and in small groups</li> <li>Perform dances with a clear beginning, middle and end</li> <li>Begin to develop rhythm and match dance movements to the dynamics of accompanying music</li> <li>Explore changing rhythm and dynamics within a routine</li> <li>Use performance to express emotions</li> <li>Evaluate and improve performances, including using recordings to evaluate their own performance</li> </ul>	<ul style="list-style-type: none"> <li>Develop skills of running, jumping and throwing using a range of equipment</li> <li>Use their bodies and equipment with greater control and co-ordination</li> <li>Explore and throw a variety of objects with one hand, including overarm (javelin) and pitching a quoit</li> <li>Jump from a stationary position and land appropriately and in a controlled manner</li> <li>Change speed and direction whilst running</li> <li>Maintain a steady pace whilst running over a longer distance (1 lap of the field)</li> <li>Accelerate to reach a fast speed of running and maintain this speed over a short distance</li> </ul>	<ul style="list-style-type: none"> <li>Develop control and accuracy when moving with a ball in a variety of different games</li> <li>Pass and receive a ball with more control and accuracy</li> <li>Participate in team games</li> <li>Begin to develop basic tactics in simple team games and apply them appropriately</li> <li>Recognise the best ways to score points and to stop points being scored</li> <li>Make it difficult for opponents</li> <li>Understand the role of the attacker and the defender</li> <li>Understand how to intercept a moving ball</li> </ul>	<ul style="list-style-type: none"> <li>Pass and receive a ball in different ways and with different equipment, with control and increased accuracy</li> <li>Catch and control a ball in movement working with a partner or a small group</li> <li>Participate in team games where there is an opposition</li> <li>Decide where to stand during a team game to best support the game</li> <li>Play end to end games and games over a barrier</li> <li>Develop coordination and control</li> </ul>	<ul style="list-style-type: none"> <li>Develop coordination and control</li> <li>Link combinations of skills to play simple team games</li> <li>Pass and receive a ball in different ways with control and increased accuracy</li> <li>Strike a ball accurately with a piece of equipment</li> <li>Develop basic tactics in simple games and use them effectively</li> <li>Roll a ball accurately</li> <li>Apply skills and rules learned to simplified versions of sports</li> </ul>	<ul style="list-style-type: none"> <li>Follow instructions</li> <li>Communicate ideas with a partner or a small group</li> <li>Develop basic map reading skills</li> </ul>	N/A	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li> <li>To develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>To perform dances using simple movement patterns</li> </ul>	<p>Gymnastics: <b>Travel</b> Chassis, step with half turn, leap, hopscotch <b>Jump</b> Straight, tuck, star <b>Roll</b> Teddy bear roll, forward roll (from crouching)</p>	<p>How does our body feel before, during and after exercising?</p> <p>How can we make good use of the space?</p> <p>How can we use our skills to outwit our opponent?</p> <p>How can we keep safe?</p>
Year 3	<ul style="list-style-type: none"> <li>Recognise and describe the effects of exercise on the</li> </ul>	<ul style="list-style-type: none"> <li>Develop balance, agility co-ordination when travelling, in stillness, jumping,</li> </ul>	<ul style="list-style-type: none"> <li>Improvise freely on their own and with a partner, translating</li> </ul>	<ul style="list-style-type: none"> <li>Run at fast, medium and slow speeds, and begin to choose an appropriate</li> </ul>	<p>In KS2 skills for invasion games, net and wall games and striking and fielding will be developed and will be linked to specific sports Invasion games: tag rugby, netball, football, basketball, hockey Net and wall games: tennis, volleyball, badminton Striking and fielding: cricket and rounders</p>		<ul style="list-style-type: none"> <li>Follow and give instructions</li> <li>Communicate ideas with a partner or a</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently and confidently over a distance of</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for</li> </ul>	<p>Gymnastics: <b>Travel</b> Chassis, step with half turn, leap, hopscotch</p>	<p>How does our body feel before, during and after exercising?</p>	

	<ul style="list-style-type: none"> <li>body.</li> <li>Know the importance of strength and flexibility for physical activity.</li> <li>Explain why it is important to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>stretching, balancing, rolling</li> <li>Develop fluency and control of movements, including linking different gymnastics actions</li> <li>Plan and create sequences in response to a specific task, e.g. a sequence of contrasting actions</li> <li>Choose actions that flow well into one another when creating sequences</li> <li>Perform sequences on the floor and over, through, along and across apparatus, adapting actions to suit different types of apparatus</li> <li>Move in unison with a partner when performing balances and sequences</li> <li>Evaluate performances and consider how they could be improved</li> </ul>	<ul style="list-style-type: none"> <li>ideas from a stimulus to a movement</li> <li>Create dance phrases which respond creatively to a stimulus, with a partner or in a small group</li> <li>Explore using a variety of ways of travelling, jumping, turning, balancing and gestures with good composure and control</li> <li>Create, practise and perform a short sequence with a clear beginning, middle and end. This should be built up over a period of time.</li> <li>Explore how to develop dances by changing dynamics, shapes and relationships</li> <li>Use counts to keep in time with a group and the music</li> <li>Evaluate own performances and those of others</li> </ul>	<ul style="list-style-type: none"> <li>speed for the distance to be covered</li> <li>Throw a variety of objects using different actions for different objects to help throw the greatest distance</li> <li>Develop jumping for distance</li> <li>Begin to develop hurdling (jumping whilst running)</li> <li>Take part in a relay activity, starting at the correct time and completing the activity correctly</li> <li>Explore different take offs when jumping</li> <li>Choose skills and equipment to meet challenges set, e.g. throwing for distance</li> <li>Maintain a steady pace whilst running over a longer distance (1 lap of the field)</li> </ul>	<ul style="list-style-type: none"> <li>Understand their role within a game (as attacker or defender)</li> <li>Improve accuracy of passes</li> <li>Play games which involve keeping possession and scoring in targets</li> <li>Remain in control of the ball while travelling towards a goal</li> <li>Look for other team members when travelling with a ball and be aware of what happens to the ball after they have passed it</li> <li>Help others know where they are going</li> <li>Begin to understand rules of different games</li> <li>Begin to organise themselves to help the team to be successful</li> <li>Know what to think about when their team hasn't got the ball</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch a variety of different balls using different types of throws</li> <li>Strike the ball with a racket and aim their shot towards a specific area</li> <li>Return a ball to a partner</li> <li>Play a range of basic shots</li> <li>Move quickly around the court using a variety of movement patterns, in order to make it difficult for the opponent to score</li> <li>Vary the length, strength and direction of throws and hits</li> <li>Understand rules of games</li> </ul>	<ul style="list-style-type: none"> <li>Use overarm and underarm throwing skills</li> <li>Catch a ball thrown from a distance</li> <li>Bowl a ball towards a target</li> <li>Begin to strike a bowled ball after a bounce</li> <li>Develop an understanding of tactics and use them in game situations</li> <li>Apply and consolidate their skills by playing striking and fielding games</li> <li>Understand the rule of games</li> </ul>	<ul style="list-style-type: none"> <li>small group</li> <li>Plan and attempt to apply strategies to solve problems</li> <li>Develop basic map reading skills</li> <li>Reflect on successes in solving challenges</li> </ul>	<ul style="list-style-type: none"> <li>at least 25 metres</li> <li>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</li> </ul>	<ul style="list-style-type: none"> <li>example, through athletics and gymnastics].</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>To perform dances using a range of movement patterns</li> </ul>	<p><b>Jump</b> Straight, tuck, star</p> <p><b>Roll</b> Teddy bear roll, forward roll (from crouching)</p>	<ul style="list-style-type: none"> <li>How can we make good use of the space?</li> <li>How can we use our skills to outwit our opponent?</li> <li>How can we keep safe?</li> <li>What could we do differently next time?</li> <li>How can we combine our movements into different sequences?</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>Describe how the body reacts at different times and how this affects performance.</li> <li>Explain why exercise is good for your health.</li> <li>Know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>Develop balance, agility, co-ordination, control and fluency of movements and stillness</li> <li>Understand how body tension can improve the quality and control of movements</li> <li>Safely perform balances with a partner, including those where the two</li> </ul>	<ul style="list-style-type: none"> <li>Explore and create characters and narratives in response to a range of stimuli</li> <li>Use simple motifs and movement patterns to structure dance phrases individually, in pairs and in groups</li> </ul>	<ul style="list-style-type: none"> <li>Develop their technique for running shorter and longer distances, choosing an appropriate speed for the distance to be covered</li> <li>Use different throwing techniques with control and accuracy</li> <li>Jump for distance and</li> </ul>	<ul style="list-style-type: none"> <li>Develop their skills as an attacker and a defender</li> <li>Pass, receive and shoot with increasing control</li> <li>Work as part of a team to keep possession and score goals</li> <li>Plan ideas</li> </ul>	<ul style="list-style-type: none"> <li>Play in a rally</li> <li>Use a range of basic shots and aim for different areas of the court</li> <li>Demonstrate good footwork</li> <li>Return to the ready position before their opponent</li> </ul>	<ul style="list-style-type: none"> <li>Use overarm and underarm throwing skills, beginning to select the appropriate type of throw to use</li> <li>Throw and catch balls at different speeds, heights and directions</li> <li>Strike a bowl after a</li> </ul>	<ul style="list-style-type: none"> <li>Accurately follow and give instructions</li> <li>Work effectively with a partner and small group</li> <li>Identify key symbols on a map and use a key to help navigate around a grid</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently and confidently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>Gymnastics: <b>Travel</b></p> <p><b>Jump</b> Straddle, straight half turn</p> <p><b>Roll</b> Forward roll (from crouching and standing)</p>	<ul style="list-style-type: none"> <li>How does our body feel before, during and after exercising?</li> <li>How can we make good use of the space?</li> <li>How can we use our skills to outwit our opponent?</li> <li>How can we keep safe?</li> </ul>

		<p>bodies are supporting each other</p> <ul style="list-style-type: none"> <li>Devised, perform and repeat sequences which include travel, body shapes and balances and a change of level.</li> <li>Work with a partner and a small group to create sequences and perform them in unison.</li> <li>Adapt performances to include different apparatus and to suit a small group</li> <li>Evaluate own performances and those of others, and use feedback to make improvements</li> </ul>	<ul style="list-style-type: none"> <li>Develop actions and skills using dynamics, space and relationships, travels, gestures, jumps, balances and turns</li> <li>Compose, refine, repeat and remember short dances with a clear beginning, middle and end</li> <li>Perform dances clearly and fluently, and in time with the music</li> <li>Remember and perform a longer dance routine of between 8 and 20 steps.</li> <li>Evaluate dances using appropriate language to give feedback</li> </ul>	<p>height with control and balance, landing appropriately</p> <ul style="list-style-type: none"> <li>Throw with some accuracy and power into a target area.</li> <li>Develop hurdling</li> <li>Develop relay technique, ensuring a fast start from each team member</li> <li>Maintain a steady pace whilst running over a longer distance (2 laps of the field)</li> </ul>	<p>and tactics which will enable their team to be successful</p> <ul style="list-style-type: none"> <li>Adapt techniques to keep possession and give their team the opportunity to shoot</li> <li>Know how rules make games fair</li> <li>Understand simple patterns of play</li> <li>Begin to consider how their tactics have been successful</li> <li>Defend one on one and know how and when to win the ball</li> </ul>	<p>returns to ball in order to be ready to receive the ball</p> <ul style="list-style-type: none"> <li>Vary strength, length and direction of hits</li> <li>Understand how they can make it difficult for the opponent to receive the ball</li> <li>Understand rules of games</li> </ul>	<p>bounce</p> <ul style="list-style-type: none"> <li>Bowl a ball with some accuracy and consistency</li> <li>Choose and use a range of simple tactics when playing striking and fielding games</li> <li>Understand the rule of games</li> </ul>	<ul style="list-style-type: none"> <li>Plan and apply strategies to solve problems and reflect on their success</li> </ul>		<ul style="list-style-type: none"> <li>To perform dances using a range of movement patterns</li> </ul>		<p>What could we do differently next time?</p> <p>How can we combine our movements into different sequences?</p>
Year 5	<ul style="list-style-type: none"> <li>Know and understand the reasons for warming up and cooling down.</li> <li>Explain some safety principles when preparing for and during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>Combine and perform gymnastics actions, shapes and balance with control and fluency Be aware of extension, body tension and control when performing actions and use this to improve performances</li> <li>Create and perform sequences which move from floor to apparatus and change levels, both individually and with a partner</li> <li>Combine movements with another group through matching and mirroring.</li> <li>Use canon and synchronisation when performing with a partner or a group</li> <li>Watch and evaluate performances</li> </ul>	<ul style="list-style-type: none"> <li>Explore and improvise ideas for dances in different styles individually, in pairs and in small groups</li> <li>Explore imaginatively with a stimulus for a given audience</li> <li>Perform different styles of dance clearly, fluently and in time with the music and other performers</li> <li>Compose more complex routines with clear sections, using unison, canon and repetition.</li> <li>Remember and perform</li> </ul>	<ul style="list-style-type: none"> <li>Choose the best pace for a running event and adjust their speed according to how their body is feeling</li> <li>Explore different distance jumping techniques, including SLJ, LJ and TJ, showing some technique</li> <li>Show control at take off and landing of jump (SLJ and LJ) and begin to show some control in TJ</li> <li>Show accuracy and good technique when throwing different objects for distance</li> </ul>	<ul style="list-style-type: none"> <li>Understand that different skills will be required for different situations and begin to use these</li> <li>Play in a range of positions and know how to contribute to the team when attacking and defending</li> <li>Pass, receive and shoot with some control when under pressure</li> <li>Move into a space to help their team keep possession</li> <li>Change speed and direction to get away from a defender</li> <li>Mark an</li> </ul>	<ul style="list-style-type: none"> <li>Develop a wider range of skills and begin to use some of these under pressure</li> <li>Become more proficient with a range of shots, using them with control and improving accuracy</li> <li>Develop good footwork to cover a court space in a game situation</li> <li>Select and apply preferred skills</li> <li>Play cooperatively with a partner</li> <li>Understand the need for tactics and make decisions</li> </ul>	<ul style="list-style-type: none"> <li>Throw and strike a ball accurately to a static or moving partner at different distances</li> <li>Sometimes strike a bowled ball (before bouncing)</li> <li>Begin to develop a wider range of skills and use these under pressure</li> <li>Use tactics effectively in a competitive situation</li> <li>Use striking and fielding skills consistently and accurately</li> <li>Understand the rules of games</li> </ul>	<ul style="list-style-type: none"> <li>Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy</li> <li>Use critical thinking to approach a task</li> <li>Navigate around a course using a map</li> <li>Reflect on successes in solving challenges and alter methods in order to improve</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently and confidently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>To perform dances using a range of movement patterns</li> </ul>	<p>Gymnastics: <b>Travel</b></p> <p><b>Jump</b> Straddle, straight half turn, pike, split leap, straight jump full turn</p> <p><b>Roll</b> Forward roll, backwards roll</p>	<p>How does our body feel before, during and after exercising?</p> <p>How can we make good use of the space?</p> <p>How can we use our skills to outwit our opponent?</p> <p>How can we keep safe?</p> <p>What could we do differently next time?</p> <p>How can we combine our movements into different sequences?</p>

		<p>based on a set criteria</p> <ul style="list-style-type: none"> <li>Identify aspects of their own performance to practise and improve</li> </ul>	<p>longer dance routines</p> <ul style="list-style-type: none"> <li>Evaluate and suggest ways to improve their own work and that of others using appropriate language.</li> </ul>	<ul style="list-style-type: none"> <li>Begin to use the correct technique when hurdling</li> <li>Evaluate a partner's performance and identify strengths and suggest improvements</li> <li>Maintain a steady pace whilst running over a longer distance (2 laps of the field)</li> </ul>	<p>opponent</p> <ul style="list-style-type: none"> <li>Show ways to keep the ball away from a defender</li> <li>Evaluate the success of teams and identify successes and areas for improvement</li> </ul>	<p>about when best to use them</p> <ul style="list-style-type: none"> <li>Know what they need to practise to help improve their play</li> </ul>						
Year 6	<ul style="list-style-type: none"> <li>Understand the importance of warming up and cooling down.</li> <li>Carry out warm-ups and cool-downs safely and effectively.</li> <li>Understand why exercise is good for health, fitness and wellbeing.</li> <li>Know ways they can become healthier.</li> </ul>	<ul style="list-style-type: none"> <li>Combine and perform gymnastics actions, shapes and balance with control and fluency</li> <li>Use counter balance and counter tension with a partner and incorporate into sequences</li> <li>Create and perform sequences using compositional devices to improve quality (contrasts and variation in shape, speed, level, timing and actions)</li> <li>Plan and perform sequences, and adapt them to different apparatus layouts</li> <li>Use feedback to improve sequences</li> <li>Carry out simple risk assessments</li> </ul>	<ul style="list-style-type: none"> <li>Work creatively to choreograph motifs and structure simple dances, individually, in pairs and in groups</li> <li>Explore, improvise and combine movement ideas, performing them fluently and with control</li> <li>Compose more complex routines with clear sections, using unison, canon and repetition.</li> <li>Adapt and refine actions by changing the dynamics, space and relationships</li> <li>Choreograph a dance using props</li> <li>Remember and perform a longer routine to an audience</li> <li>Evaluate performances and suggest ways to improve using appropriate language.</li> </ul>	<ul style="list-style-type: none"> <li>Choose the best pace for a running event and adjust their speed according to how their body is feeling</li> <li>Show control and technique when jumping for distance (LJ, SLJ, TJ)</li> <li>Plan and organise their team effectively in order to get the best results when competing in a relay</li> <li>Mark a run up for jumping or throwing</li> <li>Use the correct technique when hurdling in order to maintain a consistent speed</li> <li>Set themselves and others targets in different events</li> <li>Evaluate performances and identify strengths and areas for improvement</li> <li>Maintain a steady pace whilst running over a longer distance (3 laps of the field)</li> </ul>	<ul style="list-style-type: none"> <li>Understand different ways of attacking and defending</li> <li>Pass, receive and shoot with increasing accuracy when under pressure</li> <li>Choose formations and tactics for attack and defence</li> <li>Create and use space to help their team</li> <li>Select and apply different movement skills to lose a defender</li> <li>Use marking and/or interception to improve defending</li> <li>Play confidently in different positions, understanding their role</li> <li>Use their positions carefully to help their team</li> <li>Evaluate performances and identify successes and areas for improvement</li> <li>Plan and teach simple activities to younger children</li> </ul>	<ul style="list-style-type: none"> <li>Use a wide range of skills in pressurised game situations</li> <li>Play cooperatively with a partner or a team</li> <li>Demonstrate good decision making when making shots within a game</li> <li>Identify and use a variety of tactics, including knowing where to stand when attacking and defending</li> <li>Use a range of shots with control and accuracy</li> <li>Evaluate play and comment on good play from themselves or others</li> <li>Identify areas to improve in their play</li> <li>Understand how to adjust their play if their opponent is beating them</li> <li>Plan and teach simple activities to younger children</li> </ul>	<ul style="list-style-type: none"> <li>Use striking and fielding skills consistently and accurately in a range of situations</li> <li>Adapt striking, fielding, throwing and catching skills to different heights, distances and in small or large games</li> <li>Select the appropriate type of throw or strike to use</li> <li>Strike a bowled ball with increasing consistency</li> <li>Use some tactics in competitive games as a batter, bowler and fielder</li> <li>Understand the rules of games</li> <li>Plan and teach simple activities to younger children</li> </ul>	<ul style="list-style-type: none"> <li>Work effectively with a partner or a small group</li> <li>Use critical thinking to form ideas</li> <li>Pool ideas within a group, selecting and applying the best method to solve a problem</li> <li>Orientate and map efficiently to navigate around a course</li> <li>Reflect on successes, considering how and why they were successful and adopting methods in order to improve</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently and confidently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</li> <li>Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>To perform dances using a range of movement patterns</li> </ul>	<p>Gymnastics: <b>Travel</b></p> <p><b>Jump</b> Straddle, straight half turn, pike, split leap, straight jump full turn</p> <p><b>Roll</b> Forward roll, backwards roll</p>	<p>How does our body feel before, during and after exercising?</p> <p>How can we make good use of the space?</p> <p>How can we use our skills to outwit our opponent?</p> <p>How can we keep safe?</p> <p>What could we do differently next time?</p> <p>How can we combine our movements into different sequences?</p>