



ALEXANDER HOSEA PRIMARY SCHOOL

'Roots to grow, wings to fly'

Key PE skills

- Basic sports skills- kicking, throwing catching etc
- Team games rules
- Experience of types of PE
- In depth knowledge of specific sports
- To have an understanding of health and fitness.

PE Non-negotiables

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Show control when travelling</p> <p>Show coordination on both floor and apparatus.</p> <p>Jumps and lands appropriately.</p>	<p>Show control and coordination when travelling and balancing.</p> <p>Copy a sequence and repeat.</p> <p>Climb safely.</p>	<p>Balance on different points of the body.</p> <p>Plan and show a sequence of movements.</p> <p>To have controlled movement.</p>	<p>Control a balance.</p> <p>Adapt sequences to suit different types of apparatus.</p>	<p>Follow a set of 'rules' to produce a sequence.</p> <p>Demonstrate strength and flexibility in movements.</p>	<p>Have movements which are accurate, clear and consistent.</p> <p>Make complex or extended sequences.</p>	<p>Develop and adapt techniques to improve performance.</p> <p>Link performances to specific timings.</p>

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics		Roll, jump, throw and balance with some control.	Travel at different speeds in a variety of ways. Jump with accuracy from a standing position.	Show control and accuracy within throwing and jumping movements including changing speed and direction.	Use a range of throwing, jumping and running speeds with control, accuracy and coordination including hitting targets.	Control a take-off and landing. Combine a range of running, jumping and throwing techniques.	Show accuracy, control, speed, strength and stamina consistently within a range of movements.
Team games	Negotiates space. Successfully play racing and chasing games with each other, adjusting speed and direction.	Join in with team games. Catch with 2 hands. Begin to understand what it means to defend / attack in a game.	Move or stop to catch or collect a ball. Use hitting, kicking and rolling. Decide where to stand to make it difficult for the opposing team. Follow rules of a game.	Decide on the best position and move accordingly. Understand basic tactics of a game.	Develop fielding and possession skills. Throw and catch accurately. Begin to apply tactics and rules in a game.	Apply and explain rules and tactics of a variety of games. Keep and control the possession of a ball and pass in different ways. Field with control.	Explain rules and tactics in detail. To work in a team or alone to gain possession of a ball.
Dance and movement	Show control with large and small movements.	Begin to perform simple dance moves. Show some rhythm and control when moving.	Perform some simple dance moves. Demonstrate rhythm and control and mood.	Perform dance actions with control and co-ordination. Link two or more actions together.	Refine movements to create a basic dance sequence to match a purpose and communicate	Refine movements to create a more complex, imaginative sequence to match a purpose.	When composing it is imaginative, creative and expressive. Dances and Movements show controlled, clear,

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					ideas. Movements begin to show fluidity.	Movements are controlled.	consistent, accurate and fluent sections.
Outdoor Adventurous activities		Show control on large equipment outdoors. Work with friends outdoors.	Follow a simple course using a basic map. Willingness to work and communicate as part of a team.	Developing knowledge of maps and diagrams to travel around a course. Shows some awareness of safety.	Works collaboratively to move from one place to another using a map. Can identify potential risks.	Works collaboratively using a map to solve problems with confidence. Identify risks and advise others.	Orientate self to solve problems, locating particular places. Adapt actions to changing situations.
Swimming and Water Safety				Over the year: Immerse body in the water confidently. Explore different strokes and use at least one basic stroke confidently, breathing properly. If using floats, swim with a controlled leg	Over the year: Immerse body in the water confidently. Explore different strokes and use at least one basic stroke confidently, breathing properly. If using floats, swim with a controlled leg	Any child not meeting the 25m requirement will receive swimming intervention.	Any child not meeting the 25m requirement will receive swimming intervention.

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				kick. Co-ordination and control in arm and leg movements. Explore personal survival skills safely. Swim 25m by the end of Year 6	kick. Co-ordination and control in arm and leg movements. Explore personal survival skills safely. Swim 25m by the end of Year 6		
Basic Skills	Run in a straight line. Throw a ball in direction intended	Throw and catch with a partner. Balance. Kick / role a ball. Move with control and care.	Hit a ball with a bat. Throw and kick a ball in different ways. Show how to exercise safely.	Choose appropriate rolling, kicking and hitting skills within games. Move and use co-ordination and control.	Throw and catch a ball with control. Strike a ball with control.	Throw and strike a ball with control and accuracy. Link skills, techniques and ideas and apply them accurately and appropriately.	Strike a ball using backhand and forehand skills. Use a variety of techniques to pass a ball. Apply skills, techniques and ideas consistently.

