



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>To move in a range of ways safely while negotiating space</p> <p>Jumps off an object and lands appropriately</p> <p>Show coordination on both floor and apparatus.</p> <p>Move in different ways using their body</p> <p>Show an</p>	<p>Show control and coordination when travelling and balancing.</p> <p>Copy a sequence and repeat.</p> <p>Climb safely.</p> <p>Show control and co-ordination when travelling</p> <p>Travel in different directions</p> <p>Produce a</p>	<p>To have controlled movement.</p> <p>Balance on different points of the body.</p> <p>Plan and show a sequence of movements.</p> <p>Travel along specific pathways</p> <p>Produce sequences on apparatus</p>	<p>Control a balance.</p> <p>Adapt sequences to suit different types of apparatus.</p> <p>Explore different levels of movement</p> <p>Move smoothly from one shape to another</p> <p>Jump one foot to two feet</p> <p>Identification of symmetrical and</p>	<p>Demonstrate strength, technique, control, balance and flexibility in movements.</p> <p>Follow a set of 'rules' to produce a sequence.</p> <p>Demonstrate strength and flexibility in movement</p> <p>Different body shapes in</p>	<p>Have movements, which are accurate, clear and consistent.</p> <p>Make complex or extended sequences.</p> <p>Explore different bridge shapes- high and low</p> <p>Travel and move smoothly in and out of bridge shapes</p>	<p>Develop and adapt techniques to improve performance.</p> <p>Link performances to specific timings and speed changes</p> <p>Develop relationships between body to the floor and apparatus</p>

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	<p>awareness of space</p> <p>Move different parts of the body in a controlled way</p>	<p>sequence on the floor.</p> <p>Explore different rolling actions.</p>	<p>Take weight confidently on hands</p> <p>Work co-operatively with a partner</p>	<p>asymmetrical</p>	<p>balances</p> <p>Different ways of rolling</p> <p>Join movements together with a roll</p>	<p>Perform five basic jumps</p> <p>Create different shapes in the air</p>	<p>Create sequences in pairs</p> <p>Different modes of travelling to explore shapes and continuity of movement.</p>
Athletics		<p>Roll, jump, throw and balance with some control.</p>	<p>Travel at different speeds in a variety of ways.</p> <p>Jump with accuracy from a standing position.</p> <p>Roll, Jump, throw & balance with some control</p> <p>Skip with a rope</p>	<p>Show control and accuracy within throwing, catching and jumping movements including changing speed and direction.</p> <p>Consolidate skipping skills</p>	<p>Use a range of throwing, catching, jumping and running speeds with control, accuracy and coordination including hitting targets.</p>	<p>Control a take-off and landing.</p> <p>Combine a range of running, jumping and throwing techniques.</p>	<p>Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p>
Team games	<p>Negotiates space.</p> <p>Successfully play racing and chasing games with each other, adjusting speed</p>	<p>Join in with team games.</p> <p>Catch with 2 hands.</p> <p>Throw in different</p>	<p>Engage in competitive games against themselves and others</p> <p>Develop simple tactics for</p>	<p>Communicate together in games in a co-operative manner</p> <p>Play and work competitive</p>	<p>Collaborate together in team games.</p> <p>Develop fielding and possession skills.</p>	<p>Apply and explain rules and tactics (defending and attacking) in a variety of games.</p>	<p>Compete against each other in team games.</p> <p>Explain rules and tactics in detail.</p>

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	<p>and direction.</p> <p>Adjust speed or change direction to avoid obstacles</p> <p>Learn to take turns in games</p> <p>To roll balls at targets</p>	<p>directions.</p> <p>Develop aiming skills.</p> <p>Develop sending and receiving skills.</p> <p>Begin to understand what it means to defend / attack in a game.</p>	<p>defending and attacking</p> <p>Move or stop to catch or collect a ball.</p> <p>Use hitting, kicking and rolling.</p> <p>Decide where to stand to make it difficult for the opposing team.</p> <p>Follow rules of a game.</p> <p>Create own games using throwing, catching and bouncing.</p> <p>Use simple tactics</p> <p>Track and intercept balls</p>	<p>games</p> <p>Decide on the best position and move accordingly.</p> <p>Understand basic tactics of a game.</p> <p>To use basic rules.</p> <p>Pass and receive a ball when on the move.</p> <p>To pass a ball to a moving player</p> <p>Develop striking skills on the ground and in the air.</p>	<p>Throw and catch accurately.</p> <p>Begin to apply tactics and rules in a game.</p> <p>Develop skills to pass between own team</p> <p>Develop striking skills with a bat</p> <p>Learn to intercept, pass, mark an opponent, dodge and signal.</p> <p>Learn to intercept and stop a moving ball</p>	<p>Keep and control the possession of a ball and pass in different ways.</p> <p>Field with control.</p> <p>Receive a ball from one direction and strike in another</p> <p>Develop attacking and defending strategies.</p> <p>Experience all roles in striking and fielding games.</p>	<p>To work in a team or alone to gain possession of a ball.</p> <p>Have secure and specific tactics which they can demonstrate for attacking and defending</p> <p>Be an effective team player</p>
Dance and movement	Show control with large and small movements.	Begin to perform simple structured dance using	Perform some simple dance moves. Demonstrate	Perform dances using a range of movement patterns with	Refine movements to create a basic dance sequence	Refine movements to create a more complex,	When composing it is imaginative, creative and expressive.

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	<p>Move freely with pleasure and confidence in a range of ways.</p>	<p>dance patterns.</p> <p>Show some rhythm and control when moving.</p> <p>Respond to a range of stimuli</p> <p>Use a variety of basic dance actions</p> <p>Vary speeds, directions and pathways</p>	<p>rhythm, control, and mood.</p> <p>Use different levels, speeds and appropriate actions</p> <p>Perform in different formations</p>	<p>actions with control and co-ordination.</p> <p>Link two or more actions together.</p> <p>Work in unison</p> <p>Create simple motifs</p> <p>Perform rhythmically and musically</p> <p>Evaluate how dances might be improved</p>	<p>to match a purpose and communicate ideas.</p> <p>Movements begin to show fluidity.</p> <p>Use simple motifs and movement patterns</p> <p>Use appropriate dance vocabulary</p> <p>Perform with expression</p>	<p>imaginative sequence to match a purpose.</p> <p>Movements are controlled.</p>	<p>Dances and Movements show controlled, clear, consistent, accurate and fluent sections.</p>
<p>Outdoor Adventurous activities</p>		<p>Show control on large equipment outdoors.</p> <p>Work with friends outdoors.</p> <p>Follow a trial in a familiar environment.</p> <p>Relate symbols to an</p>	<p>Follow a simple course using a basic map.</p> <p>Follow simple compass directions.</p> <p>Set a simple map of a small area.</p> <p>Willingness to work and communicate as</p>	<p>Take part in outdoor and adventurous challenges individually.</p> <p>Developing knowledge of maps and diagrams to travel around a course.</p> <p>Shows some awareness of</p>	<p>Works collaboratively to move from one place to another using a map.</p> <p>Can identify potential risks.</p> <p>Follow 8 compass points and arrive at</p>	<p>Take part in outdoor and adventurous challenges within a team.</p> <p>Works collaboratively using a map to solve problems with confidence.</p> <p>Identify risks and advise</p>	<p>Orientate self to solve problems, locating particular places.</p> <p>Adapt actions to changing situations.</p> <p>Increase confidence in map reading in</p>

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		<p>environment</p> <p>Co-operate with others in problem solving activities.</p>	<p>part of a team.</p>	<p>safety.</p> <p>Follow 4 compass points and arrive at final destination.</p> <p>Follow simple trails with others in familiar environments</p> <p>Use photo trails or grid maps.</p>	<p>final destination.</p> <p>Follow trails in changing and more unfamiliar environments.</p> <p>Relate map symbols to terrain features.</p>	<p>others.</p> <p>Navigate using compass directions</p> <p>Improve accuracy and consistency in setting a map.</p> <p>Ability to plan, review and improve performance.</p>	<p>unfamiliar environments</p> <p>Develop awareness of weather conditions and appropriate clothing for being outdoors</p> <p>Work confidently alone or in groups in challenging situations.</p>
Swimming and Water Safety				<p>Over the year:</p> <p>Immerse body in the water confidently.</p> <p>Explore different strokes and use at least one basic stroke confidently, breathing properly.</p> <p>If using floats, swim with a controlled leg</p>	<p>Any child not meeting the 25m requirement will receive swimming intervention.</p>	<p>Any child not meeting the 25m requirement will receive swimming intervention.</p>	<p>Any child not meeting the 25m requirement will receive swimming intervention.</p>

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				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	Show increasing control over an object in pushing, patting, throwing, catching or kicking it. Can catch a large ball. To experiment with different ways of moving Throw a ball in direction intended Run in a straight line. Dress and	Develop basic balance, running and jumping skills. Throw and catch with a partner, using bean bags, quoits and small balls. Kick / roll a ball. Move with control and care. Develop spatial awareness and avoid contact with others.	Hit a ball with a bat. Throw and kick a ball in different ways. Show how to exercise safely. Throw, catch & bounce a ball when standing still or moving. Recognise and describe what their body feels like when doing different exercise. Dribble to	Move and use co-ordination and control. Choose appropriate rolling, kicking and hitting skills within games. Develop spatial awareness To catch, pass and receive with hands, feet and equipment in different ways Improvement of hand/eye/ball/bat co-ordination	Develop an understanding of how to improve in different physical activities and sports Throw and catch a ball with control. Strike a ball with control in different directions To roll and throw equipment at different	Compare their sporting performances with previous ones and demonstrate improvement to achieve their personal best. Throw and strike a ball with control and accuracy. Link skills, techniques and ideas and apply them accurately and appropriately.	Evaluate their own success in physical activities and sports. Strike a ball using backhand and forehand skills. Use a variety of techniques to pass a ball. Experience throwing, catching, striking with different weighted balls

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	<p>undress independently for PE sessions</p> <p>Bounce a large ball</p> <p>Listen to instructions and engage in an activity</p>		<p>develop control with hands, feet and equipment.</p>	<p>Throw in different directions confidently</p>	<p>speeds</p>	<p>Develop speed of reaction</p>	<p>Apply skills, techniques and ideas consistently.</p> <p>Recognise strengths and weaknesses in their own performance.</p>