

Key Skills

Basic sports skills- kicking, throwing
catching etc

Team games rules

Experience of types of PE

In depth knowledge of specific
sports

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PE Skills should be taught when linked to
projects where ever possible to ensure
real world application.



Physical Education

	Pre-School	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/ Athletics	Move confidently in a range of ways Experiments with ways of moving	Show control when travelling Jumps and lands appropriately Show coordination on both floor and apparatus	Show control and coordination when travelling and balancing Roll, jump, throw and balance with some control	Master basic movements including running, jumping, throwing and catching. Develop balance, agility and co-ordination and begin to apply these in a range of activities. Balance on different points of the body Travel at different speeds in a variety of ways Jump with accuracy from a standing position	Control a balance Combine techniques for a fluid sequence Show control and accuracy within throwing and jumping movements	Use a range of throwing, jumping and running speeds with control, accuracy and coordination Demonstrate strength and flexibility in movements Use running, jumping throwing and catching in isolation and in combination.	Control a take-off and landing Combine a range of running, jumping and throwing techniques Create a fluid sequence applying learnt skills	Show accuracy and control consistently within a range of movements Show speed consistently within a range of movements Show strength and stamina consistently within a range of movements Develop and adapt techniques to improve performance
Team games	Negotiates space successfully play racing and chasing games with each other, adjusting speed and direction	Join in with team games Begin to understand what it means to defend / attack in a game	Move or stop to catch or collect a ball Decide where to stand to make it difficult for the opposing team	Participate in team games, developing simple tactics for attacking and defending. Decide on the best position and move accordingly	Develop fielding and possession skills Begin to apply tactics and rules in a game	Play competitive games (modified where appropriate) and apply basic principles suitable for attacking and defending.	To work in a team or alone to gain possession of a ball Explain rules and tactics in detail	Gain possession confidently and apply attacking and defending skills Apply understanding of rules and tactics e.g. officiating

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				Understand basic tactics of a game		Keep and control the possession of a ball Apply and explain rules and tactics of a variety of games Field with control		
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	Perform dances using simple movement patterns. 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 Movements begin to show fluidity	Refine movements to create a more complex sequence to match a purpose Movements are clear and fluent	Movements show control When composing it is imaginative, creative and expressive	Perform dances using a range of movement patterns. Perform dances using advanced techniques with a range of dance styles and forms
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	Shows some awareness of safety Developing knowledge of maps and diagrams to travel around a course	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	Adapt actions to changing situations Orientate self to solve problems, locating particular places	Develop skills to solve problems in intellectual and physical challenges Confidently orientate self and others to solve a problem in a more unfamiliar environment
					Take part in outdoor and adventurous activity challenges both individually and within a team.			
					Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			

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	Pre -School	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming and Water Safety						<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 kick.</p> <p>Co-ordination and control in arm and leg movements.</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 kick.</p> <p>Co-ordination and control in arm and leg movements.</p> <p>Explore personal survival skills safely.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively (Eg, front crawl, backstroke and breast stroke).</p> <p>Perform safe self rescue in difference water-based situations.</p> <p>Swim 25m by the end of Year 6.</p>
Basic Skills	<p>Run in a straight line.</p> <p>Throw a ball in direction intended</p>	<p>Kick/role a ball</p> <p>Balance</p> <p>Throw and catch with a partner</p>	<p>Throw and kick a ball in different ways</p> <p>Hit a ball with a bat</p>	<p>Choose appropriate rolling, kicking and hitting skills within games</p>	<p>Throw and catch a ball with control</p> <p>Strike a ball with control</p>	<p>Throw and catch a ball with control</p> <p>Strike a ball with control</p>	<p>Use a variety of techniques to pass a ball</p> <p>Strike a ball using backhand and forehand skills</p>	<p>Use a variety of strikes confidently and demonstrate to others.</p>

Blue text signifies statutory requirement.