

National Curriculum Requirements of Physical Education at Key Stage 1

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

Knowledge, Skills and Understanding breakdown for P.E.

Year 1

Games	Dance	Gymnastics	Athletics
Practise basic striking, sending and receiving Throw underarm and overarm Catch and bounce a ball Use rolling skills Travel with a ball in different ways and directions Pass the ball to another player Kick a ball accurately to someone Begin to use space in a game Begin to mark a player and to dodge	Copy and repeat exercises Vary the speed of actions Put actions together Use choreographic devices – unison, canon, mirroring Improvise to create a simple dance	Create and perform a movement sequence Copy actions with a beginning, middle and end Produce contrasting actions – small/tall, narrow/wide Link two actions Travel in different ways and directions and speed Hold still shapes and simple balances Land safely after single jumps Move around, under, over and through different objects and equipment Perform simple rolls – log, curled, teddy bear Perform simple jumps – straight, tuck, jumping jack, half turn, pike, cat spring, off springboard Bunny hops Wheelbarrow with partner Perform simple balances – standing, kneeling, different shapes	Vary pace and speed when running Run with a basic technique Jog and sprint in a straight line Change direction when jogging or sprinting Perform different types of jump Jump as high as possible Jump as far as possible Land safely and with control Thrown underarm and overarm Throw towards a target Improve the distance that they throw

Year One Challenging

- Have a strong understanding of the health benefits associated with P.E.
- They will be able to reason why we warm up.

Knowledge, Skills and Understanding breakdown for P.E.

Year 2

Games	Dance	Gymnastics	Athletics
<p>Strike or hit a ball with increasing control Position the body to strike a ball Throw different equipment in different ways for accuracy and distance Throw, catch and bounce a ball with a partner Throw a ball for distance Bounce and kick a ball while travelling Know how to pass the ball in different ways Use different ways of travelling at different speeds, pathways, directions and course Change speed and direction while running Begin to recognise the best space in a game Understand the terms attack and defend</p>	<p>Copy, remember and repeat actions Create a short motif from a stimulus Change the speed and level of actions Use choreographic devices – unison, canon, mirroring Improvise to create a simple dance Use different transitions Move in time to music Perform sequences of their own</p>	<p>Copy, explore and remember actions and movements to create a sequence Link actions Travel in a variety of ways, including rolling Hold a still shape while balancing on different parts of the body Jump in a variety of ways and land with control and balance Climb onto and jump off equipment Perform simple rolls – log, curled, teddy bear, rocking for forward roll, crouched forward roll Perform simple jumps – straight, tuck, jumping jack, half turn, cat spring, cat spring to straddle Bunny hops, wheelbarrow, T-Lever, scissor kick Travel in different ways – hopscotch, skipping, galloping Perform simple balances – standing, kneeling, large body parts, on apparatus, with partner, different shapes, front and back support Perform sequences of their own</p>	<p>Run at different paces using a variety of stride length Begin to select the most suitable pace and speed for distance Run with the basic technique Perform and compare different types of jump Combine jumps together with some control Jump for distance from a standing position Know that leg muscles are used in a jumping action Throw different equipment in different ways Throw with accuracy at a target Investigate how to throw further</p>

Year Two Challenging

- They will be able to explain what happens to our body during exercise.
- They understand why it is important to lead a healthy and active lifestyle.

National Curriculum Requirements of Physical Education at Key Stage 2

Pupils should be taught to:

- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- 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.
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

Knowledge, Skills and Understanding breakdown for P.E.

Year 3

Games	Dance	Gymnastics	Athletics	Swimming
Striking and hitting a ball successfully with the correct technique depending on game Strike the ball for distance Throw and catch with control and accuracy using the correct technique for the game Gather the ball Throw the ball in different ways – high, low, fast, slow	Improvise with a partner to create simple dance Create motifs with different stimuli Create larger sequences Use correct dance vocabulary Perform with awareness of rhythm and expression Develop the quality of actions	Compose simple sequences on own and with others Link combinations of actions including changes of direct, speed and level Develop quality of actions, shapes and balances Use turns whilst travelling in a variety of ways Use a range of jumps in their sequences Create interesting body shapes while	Demonstrate different techniques for the best performance Improve leg and arm actions when sprinting Combine running with jumping over hurdles with a focus on lead and trail leg Use one and two feet to take off and land	To develop basic pool safety skills and confidence in water To develop travel in vertical or horizontal position and introduce floats To develop push and glides, any kick action on front and back with or without support aids To develop entry and exit,

Develop overarm bowl Move with the ball in different ways Pass the ball in two different ways during a game Know how to keep possession Find useful space		holding balances Develop roll techniques – crouched forward roll, forward roll from standing, tucked backwards roll Develop jumps – straight, tuck, jumping jack, star, straddle, pike, straight jump half turn, cat leap Jump on/off equipment – squat on, star off, tuck off, straddle off pike off Handstands Cartwheel Travel in different ways Perform more complex balances and shapes – large and small body parts, on apparatus, matching and contrasting balances with a partner	Improve standing long jump technique Land safely Throw with control and accuracy Overarm throw with accuracy and distance	travel further, float and submerge To develop balance, link activities and travel further on whole stroke To show breath control Introduction to deeper water Treadingwater
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Year Three Challenging

- Be examples of good practice within lessons.
- They will be able to demonstrate new skills to their peers.

Knowledge, Skills and Understanding breakdown for P.E.

Year 4

Games	Dance	Gymnastics	Athletics
Use a bat, racket or stick to hit a ball or shuttlecock with accuracy and control Serve underarm Be able to return – rally Strike a moving ball Strike a stationary ball Develop different ways of throwing and catching Move with the ball in different ways Pass the ball with speed and accuracy in a game Make the best use of space to pass and receive	Repeat and perform patterns and actions of a chosen dance style Compose a dance that reflects a style Improvise with a partner Compose longer dance sequences in small groups Vary dynamics and develop actions and motifs to a stimuli Demonstrate rhythm and spatial awareness Change parts of the dance upon self evaluation	Create a series of actions that fit a theme Use a range of actions, directions and levels in sequences Move with clarity, fluency and expression Travel in different ways including flight Improve placement and alignment when balancing Perform a number of rolls: forward from standing, straddle forward roll, tucked backward roll Backward roll to straddle Perform a number of jumps: straight, tucked, jumping jack, star, straddle, pike, straight half	Improve technique for sprinting develop a sprint finish Perform in a relay – baton passing Combine a hop, step and jump for standing triple jump Begin to measure distance jumped or thrown Perform a pull throw

Use fielding skills to prevent a player from scoring		and full turn, cat leap, cat leap half turn Squat jump on to apparatus, straddle, star jump off, tuck jump off, straddle jump off, pike jump off Lunge into handstand Lunge into cartwheel Travel in a variety of ways: tiptoe, step, jump, hop, chassis steps, jumps, leaps Balance in a number of ways: 1, 2, 3 and 4 point balances Balance on apparatus, balances with and against a partner, using different shapes	
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Year Four Challenging

- These children will be confident in leading groups or parts of lessons such as the warm up.
- Be adaptable and resilient.
- They will be able to adapt to different skills and game situations quickly and when under pressure

Knowledge, Skills and Understanding breakdown for P.E.

Year 5

Games	Dance	Gymnastics	Athletics	Outdoor activities
Use different techniques to hit a ball Develop a range of shots for different purposes Develop backhand technique Use an overhead serve Consolidate different ways of throwing and catching and know when to use Use a variety of ways to dribble a ball Pass a ball with speed, accuracy and with appropriate technique during a game Keep and win back possession	Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect a chosen style Show change of pace and timing in movements Devise in response to stimuli Use transitions to link motifs smoothly together Ensure actions fit the rhythm Modify as part of self and peer evaluation Use complex dance vocabulary	Select ideas to compose a sequence of movements, shapes and balances Perform jumps, shapes and balances fluently and with control Develop the placement of their bodies in balances recognising their centre of gravity Combine equipment with movement to create sequences Perform a variety of rolls: forward roll from standing straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle Perform a variety of jumps: as Y4 and	Accelerate from different starting positions Refine sprinting technique including sprint start Select the most suitable pace for the distance they run Improve technique for jumping distances Perform an effective standing jump Perform a standing triple jump Begin to develop techniques for a vertical jump Perform a fling throw Throw a variety of implements Measure and record throws and	Orientate themselves on a short trail Create a trail for others to follow Begin to use navigation equipment Communicate effectively to complete a route Complete route as an individual and as a team Identify a key on a map Create a plan of the activity Identify the quickest route Use a map to complete an orienteering course Begin to use a compass

<p>Increase awareness of space Shoot in a game Use fielding skills as a team to prevent scoring Know when to pass and dribble Create their own games</p>		<p>also stag jump, split leap Enter and exit equipment in a variety of ways Lunge into handstand Lunge into cartwheel Lunge into round off Travel in a variety of ways: as Y4 Balance in a variety of ways: as Y4 Perform in time to music</p>	<p>jumps and try and improve</p>	
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Year Five Challenging

- Coach other children and help them to achieve their goals.
- Show great commitment to extra-curricular activities, intra events and when representing school in inter-school events.
- Transferring of skills between sports and disciplines with ease showing a strong understanding of the skill or learning.

Knowledge, Skills and Understanding breakdown for P.E.

Year 6				
Games	Dance	Gymnastics	Athletics	Outdoor Activities
<p>Hit a bowled ball over longer distances Direct a ball when striking or hitting Understand how to serve to start a game Throw and catch accurately under pressure Use taught ball skills in game situations Choose and make the best pass available – link with other skills Keep and win the ball back effectively</p>	<p>Identify and repeat patterns and actions of a chosen dance style Compose individual, partner and group dances that reflect a chosen style Use dramatic expression Control movements throughout the dance Create a fluent sequence Show change of pace and timing Move rhythmically and accurately Link all movements Use complex dance vocabulary</p>	<p>Create own complex sequences involving a full range of actions and movements including travelling, balancing, holding shapes, jumping, leaping, swinging and stretching Show precise and controlled placement of body parts Confidently use the equipment Perform a variety of rolls: As Y5, Pike backward roll Perform a variety of jumps: As Y5, Cat leap full turn, stag leap Enter and exit equipment in a variety of ways</p>	<p>Practise and refine sprinting technique Build up speed quickly for sprint finish Run over hurdles with fluency – lead leg focus and consistent stride Work as a team in a relay Demonstrate stamina over longer distances to maintain a sustained speed Standing vertical jump Control each stage of the triple jump</p>	<p>Orientate themselves with confidence around a course Design a course that is clear to follow and offers challenge Communicate clearly Orienteer as an individual and in a team Successfully use a map to complete a course Use a compass for navigation</p>

<p>Demonstrate good awareness of space Create a plan of attack or defence Work as a team to develop fielding strategies Follow and create rules to play a game</p>		<p>Lunge into cartwheel, lung into round off Hurdle step, hurdle step into cartwheel Travel in a variety of ways: As Y5 Balance in a variety of ways: as Y5 Link actions to perform a complex sequence</p>	<p>Improve technique for jumping for height and length Improve technique for throws Perform a heave throw Measure and record</p>	
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Year Six Challenging

- Show great commitment to extra-curricular activities, intra events and when representing school in inter-school events.
- Transferring of skills between sports and disciplines with ease showing a strong understanding of the skill or learning.