



LIMITLESS POTENTIAL

IGNITE PASSION

EMBRACE DIFFERENCE

PE National Curriculum overview: Year 1

Year Group	Autumn Term		Spring Term		Summer Term	
Year 1	<p>Dance- Animals To move safely and creatively in space To show different types of travel showing good timing and use of levels To show different pathways and levels in movement To show good partner/cooperation skills To understand what makes a good performance</p> <p>Fundamental Movement Skills 1 To show increasing control over an object To negotiate space successfully</p>	<p>Locomotion 2 To work safely within a defined space To run skilfully and negotiate space To recognise a variety of skipping techniques</p> <p>Fundamental Movement Skills 2 To demonstrate agility, balance and coordination To apply basic skills in a range of physical activities To display self-confidence</p>	<p>Target Games 2 To perform actions and sequences of movements To apply skills competently in a range of physical activities</p> <p>Object Manipulation 2 To confidently travel with a ball at my feet To show increasing control over throwing/kicking an object To travel around safely with my head up</p>	<p>Yoga Storybook To experiment with different ways of moving To initiate new combinations of movement</p> <p>Invasion Game Skills 1 To understand some principles of attacking and defending To manage behaviours and feelings well To apply attacking and defending skills when required</p>	<p>Invasion Game Skills 2 To understand some principles of attacking and defending To manage behaviours and feelings well To apply attacking and defending skills</p> <p>Tri Golf To work safely within a defined space To communicate effectively and work well with others To show awareness of boundaries and rules</p>	<p>Athletics 2 To warm up safely prior to exercise To comment on the work of others using technical language To demonstrate sporting values</p>



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PE National Curriculum overview: Year 2

Year Group	Autumn Term		Spring Term		Summer Term	
Year 2	<p>Dance- Animals To move safely and creatively in space To focus on timing and performing To show use of different levels in traveling movements To show different pathways in traveling movements To show use of level, direction and unison whilst performing To work well in pairs To use feedback to improve performance</p> <p>Fundamental Movement Skills 2 To demonstrate agility, balance and coordination To display self-confidence and motivation To apply skills confidently in a range of physical activities</p>	<p>Target Games 3 To begin to link skills to perform actions and sequences of movement To apply skills competently</p> <p>Gymnastics To demonstrate agility, balance and coordination To be physically confident in performing To recognise success in myself and others</p>	<p>Fundamental Movement Skills 3 To work safely within a defined space To manage my feelings and behaviours well To demonstrate sporting values</p> <p>Gymnastics To be physically confident and make a purposeful contribution To devise a sequence of balances and spins</p>	<p>Invasion Game Skills 2 To understand some principles of attacking and defending To manage my feelings To apply attacking and defending skills when required</p> <p>Yoga To warm up safely prior to exercise To demonstrate sporting values To demonstrate self-confidence and motivation</p>	<p>Striking & Fielding Skills 2 To work safely within a defined space To communicate effectively with others To show an awareness of boundaries and rules</p>	<p>Athletics 2 To warm up safely To comment on the work of others using technical language To demonstrate sporting values</p> <p>Net and Wall 2 To link actions and sequences of movements To understand interpretation of rules and accept decisions given To communicate effectively</p>



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PE National Curriculum overview: Year 3

Year Group	Autumn Term		Spring Term		Summer Term	
<p>Year 3</p>	<p>Hockey To demonstrate agility, coordination, balance and precision To communicate constructively on the work of others To apply skills in different situations</p>	<p>Tennis To move into good positions to strike a ball To hit consistent forehand returns To get into good positions to play backhand shots To volley a ball on the backhand forehand striking the ball downwards To serve from the baseline into my opponent's side of the court To use tactics against an opponent</p>	<p>Football To trap a ball and cushion it when receiving To dribble a ball using both feet To shield a ball from an opponent To turn confidently with a ball To play a small game and demonstrate my turns To make good decisions in possession To demonstrate skills in a competitive environment</p>	<p>Tag Rugby To scoop a ball up from the floor To dodge and avoid being tagged by an opponent To work alongside and against others To pocket pass with accuracy To communicate effectively To pass backwards accurately To communicate effectively</p>	<p>Cricket To find space To show an awareness of others To bowl a ball overarm To throw accurately and powerfully To show tactical awareness To bowl with a run up To communicate well To support fellow fielders</p>	<p>Rounders To use a good throwing technique To show a good catching technique To develop batting and bowling skills To develop throwing skills To catch high balls To lead comfortably</p>

	<p>Dance- Around the World To demonstrate agility, coordination, balance and precision To creatively change static actions into travelling movements To communicate effectively with a partner To communicate effectively within a group To evaluate the work of others using accurate technical language</p>	<p>Gymnastics To step gracefully and with control To hold balances with good control To show different graceful ways of getting from floor to ground To explore a variety of rolls To perform a range of gymnastics movements at my level</p>	<p>Gymnastics To take weight on patches To take bodyweight on my back and shoulders To perform in front of my peers with physical confidence To take weight on my hands as part of a sequence To perform shoulder and teddy bear rolls To perform with control and dynamics</p>	<p>Health Related Fitness To warm up and cool down To perform a variety of yoga poses To demonstrate a good core strength To enjoy competing and performing To jump dynamically and land safely To start/finish a sprint race with good technique</p>	<p>Basketball To control a basketball To control a ball on the move To pass a ball using good techniques To dribble, pass and shoot a basketball</p>	<p>Athletics To correctly start a sprint race To hurdle efficiently To communicate with others To develop jumping consistency To enjoy competing To replicate running, jumping and throwing techniques</p>
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PE National Curriculum overview: Year 4

Year Group	Autumn Term		Spring Term		Summer Term	
Year 4	<p>Swimming</p> <p>Health Related Fitness</p> <p>I can warm up and cool down</p> <p>I can sustain exercise when tired</p> <p>I can perform a variety of yoga poses</p> <p>I can demonstrate a good core strength</p> <p>I enjoy performing</p>	<p>Hockey</p> <p>I can demonstrate agility, coordination, balance and precision</p> <p>I can improve my dribbling technique</p> <p>I can communicate effectively</p> <p>I can pass a ball accurately</p> <p>I can receive a ball passed to me</p> <p>I can pass in a variety of ways with good technique</p> <p>I can apply skills in different, competitive settings</p> <p>Swimming</p>	<p>Dance- Around the World</p> <p>I can demonstrate agility, coordination and balance as part of a motif</p> <p>I can show good timing, posture and extension</p> <p>I can creatively change static actions into travelling movements</p> <p>I can change levels</p> <p>I can show good timing and control</p> <p>I can show mirror image</p> <p>I can communicate effectively</p> <p>I can evaluate performances</p> <p>I can use feedback to improve performance</p> <p>Swimming</p>	<p>Tennis</p> <p>I can play a game against an opponent, encouraging them to move around the court</p> <p>I can link skills to perform sequences</p> <p>I can reflect and recognise success in myself and others</p> <p>I can get into good positions to play a range of shots</p> <p>I can serve from the baseline</p> <p>I can use tactics to improve my performance</p> <p>Swimming</p>	<p>Cricket</p> <p>I can find space and am aware of others</p> <p>I can bowl a ball with a straight overarm</p> <p>I can take up a wicket keeping stance</p> <p>I can throw accurately and powerfully</p> <p>I can bat successfully with a partner</p> <p>I can communicate efficiently</p> <p>I can bowl with a run up</p> <p>I can back up fellow fielders in the field</p> <p>Swimming</p>	<p>Athletics</p> <p>I can use the correct technique to start a sprint race</p> <p>I can develop my coordination to improve speed</p> <p>I can hurdle consistently</p> <p>I can sprint between hurdles</p> <p>I can work well with others in a range of contexts</p> <p>I can throw overarm powerfully and accurately</p> <p>I can replicate the technique for running, throwing and jumping</p> <p>I can enjoy showcasing my talents</p> <p>Swimming</p>



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PE National Curriculum overview: Year 5

Year Group	Autumn Term		Spring Term		Summer Term	
Year 5	<p>Team Building and Problem Solving</p> <p>I can use non-verbal communication effectively</p> <p>I can communicate verbally</p> <p>I can make a plan</p> <p>I can work with control and composure when under pressure</p> <p>I can work constructively</p> <p>I can work with others effectively</p> <p>I can evaluate as a team to improve in the future</p> <p>I can work with others to apply a plan</p>	<p>OAA</p> <p>I can communicate non-verbally to solve problems</p> <p>I can work as part of a team</p> <p>I can move fluently and confidently</p> <p>I can work with a partner to navigate obstacles whilst blindfolded</p> <p>I can think creatively to find solutions</p> <p>I can navigate using a map</p> <p>I can work quickly and effectively against a clock</p>	<p>Gymnastics</p> <p>I can perform routines and a range of skills seamlessly</p> <p>I can evaluate the work of others</p> <p>I can form strong arches and bridges</p> <p>I can leapfrog safely</p> <p>I can work with a partner to travel over and under the floor and benches</p> <p>I can travel over a partner by taking weight on my hands</p> <p>I can work over and under apparatus</p>	<p>Health Related Fitness</p> <p>I can sustain my pace when running</p> <p>I can lead others in warming up</p> <p>I can show determination and perseverance</p> <p>I can run for a period of time maintaining good pace</p> <p>I can perform a variety of exercises showing good technique</p> <p>I can challenge myself to improve across all areas</p> <p>I can improve on previous performances</p> <p>I can communicate with others to agree what we are doing as a group</p>	<p>Ultimate Frisbee</p> <p>I can send and catch a Frisbee accurately</p> <p>I can read the play and show tactical awareness</p> <p>I can intercept a Frisbee</p> <p>I can catch one handed</p> <p>I can work constructively, irrespective of who I am working with</p> <p>I can build attacks and gain possession</p> <p>I can find space</p> <p>I can apply my skills and knowledge in a game situation</p>	<p>Athletics</p> <p>I can change pace and run at different tempos</p> <p>I can sustain my pace over longer distances</p> <p>I can throw with accuracy and power using the pull technique</p> <p>I can lead others in warming up</p> <p>I can listen actively and contribute ideas</p> <p>I can throw with greater force over longer distances</p> <p>I can perform the correct techniques for triple, high and standing vertical jumps</p> <p>I can combine sprinting and hurdling</p> <p>I can transfer a relay baton as part of a team</p>

	<p>Netball</p> <p>I can send a netball in a variety of ways I can read play and show tactical awareness I can pass accurately using a variety of passes I can show tactical awareness I can shoot with good technique I can show tactical performance</p>	<p>Volleyball</p> <p>I know when to attack and when to defend I can put the team first I can listen to others</p> <p>I can demonstrate tactical/ performance awareness as an individual and team member I can play a tip shot I can serve over distance I can receive a volleyball I can set a ball I can spike a ball</p>	<p>Dance- The Haka</p> <p>I can learn a motif and demonstrate some agility, balance, coordination and precision I can focus on good timing and performing in unison I can show different levels and pathways when I travel I can include mirror image and changes in direction in my choreography I can include changes in formation, dynamics, direction and level I can communicate effectively</p>	<p>Handball</p> <p>I can move into space, signal to receive and catch consistently well I can move on the ball quickly to catch out the opposition I can pass and move to support the ball carrier I can demonstrate awareness as an individual and a team member I can work constructively I can disguise passes I can apply a range of skills purposely in a game</p>	<p>Cricket</p> <p>I can catch consistently well under pressure I can perform routines and a range of skills seamlessly I can bowl a ball with accuracy and a short run up I can confidently perform a range of fielding techniques I can pick up and return a ball consistently and accurately I can link my skills and perform in a competitive game</p>	
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PE National Curriculum overview: Year 6

Year Group	Autumn Term		Spring Term		Summer Term	
Year 6	<p>Netball</p> <p>I can receive a ball and already know what I want to do with it</p> <p>I can read the play and show tactical awareness</p> <p>I can anticipate the play and release the ball efficiently</p> <p>I can work constructively</p> <p>I can land and pivot to pass</p> <p>I can shoot accurately</p> <p>I can demonstrate a tactical performance</p> <p>I can apply some tactics we have decided on as a team</p>	<p>Dance- The Haka</p> <p>I can move fluently within a motif</p> <p>I can translate ideas into actions</p> <p>I can creatively change static actions into travelling movements</p> <p>I can include use of level changes, pathway and different directions</p> <p>I can communicate effectively</p> <p>I can use mirror image</p> <p>I can provide feedback and act on feedback to improve performance</p>	<p>Gymnastics</p> <p>I can work in a group to create a sequence of rolls</p> <p>I can create a sequence with a clear start and finish</p> <p>I can perform in unison</p> <p>I can perform routines seamlessly</p> <p>I can evaluate the work of others using technical language</p> <p>I can travel on different body parts</p> <p>I can mirror the work of others in a group</p>	<p>Dodgeball</p> <p>I can throw hard and low at opponents</p> <p>I can understand when to attack</p> <p>I can dodge balls that are thrown at me</p> <p>I can catch low balls</p> <p>I can play within the rules and solve any disputes</p> <p>I can choose the correct moment to attack or defend</p>	<p>Football</p> <p>I can demonstrate skill and close control</p> <p>I can pass the ball and move into space</p> <p>I can perform skills seamlessly</p> <p>I can combine skills to allow my team to maintain possession</p> <p>I can demonstrate a range of leadership skills</p> <p>I can identify which shooting technique to use to be successful</p> <p>I can play within the rules</p> <p>I can communicate well with teammates</p> <p>I can create goal scoring opportunities</p> <p>I can cooperate, communicate and collaborate to achieve goals</p>	<p>Athletics</p> <p>I can lead others in warming up</p> <p>I can change pace and run at different tempos</p> <p>I can throw after a run up</p> <p>I can listen actively</p> <p>I can throw with greater control and accuracy over longer distances</p> <p>I can enjoy competing and challenging myself</p> <p>I can perform the correct techniques for a variety of jumps</p> <p>I can transfer a relay baton efficiently as a team</p>

	<p>Health Related Fitness</p> <p>I can sustain pace when running I can motivate myself to do my best in a range of activities I can lead warm ups and work actively across whole sessions I can show determination and perseverance I can demonstrate a range of exercises showing good technique I can prepare properly for exercise I can negotiate with others as part of a group I can improve my performance in the future</p>	<p>OAA</p> <p>I can use non-verbal communication skills to solve problems I can work as part of a team I can move fluently and perform a range of skills confidently I can work with a partner to navigate confidently and successfully through a range of obstacles I can give clear instructions and stay focused I can think creatively to find solutions I can actively engage in competitive situations</p>	<p>Hockey</p> <p>I can hold the stick correctly and dribble with the ball I can move fluently and competently I can evaluate the work of others setting targets for improvement I can show a range of physical and cognitive skills I can work with a partner to get past a defender I can develop my skills in a range of positions I can respect the rules of a game</p>	<p>Tag Rugby</p> <p>I can tag someone safely I can understand what constitutes a try and what doesn't I know when to attack and when to defend I can send and receive a ball under pressure I can pass a ball backwards consistently I can pass missing out players in a line I can develop game understanding and compete I can work constructively</p>	<p>Ultimate Frisbee</p> <p>I can read the play and show tactical awareness I can send and receive a Frisbee I can throw a Frisbee on the forehand side I can catch one handed I can demonstrate tactical awareness I can build attacks and retain possession I can work constructively I can find space in tight areas</p>	<p>Rounders</p> <p>I can catch with soft hands I can throw accurately into space I can perform routines and a range of skills accurately I can bowl consistently at an accurate height I can ground field consistently well I can demonstrate leadership skills and am happy to take initiative I can communicate between bases I can play a full game taking on different roles I can adapt my game according to opposition/ the situation I can play within the rules and solve disputes</p>
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