

Water Mill Primary School

P.E Skill Progression

Gymnastics

<p><b>Early Years Outcomes</b> The main Early Years Outcomes covered in the Gymnastics units are:</p> <p><b>1</b> Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40-60)</p> <p><b>2</b> Experiments with different ways of moving. (PD M&amp;H 40-60)</p> <p><b>3</b> Jumps off an object and lands appropriately. (PD M&amp;H 40-60)</p> <p><b>4</b> Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&amp;H 40-60)</p>	<p><b>KS1 National Curriculum Aims</b> The main KS1 national curriculum aims covered in the Gymnastics units are:</p> <p><b>1</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p>	<p><b>KS2 National Curriculum Aims</b> The main KS2 national curriculum aims covered in the Gymnastics units are:</p> <p><b>1</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p><b>2</b> Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>				
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Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Health and Fitness

Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.  Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities.  Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Know the importance of strength and flexibility for physical activity.  Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance.  Explain why exercise is good for your health.  Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down.  Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good for health, fitness and wellbeing.  Know ways they can become
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	Galloping	Galloping Straight jump half-turn	Chassis steps Straight jump half turn Cat leap	Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot
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### Shapes and Balances

Standing balances	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes	Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support	Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support	1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support	1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support	1, 2, 3 and 4- point balances Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support
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### Compete/Perform

Control my body when performing a sequence of movements.  Participate in simple games.	Perform using a range of actions and body parts with some coordination.  Begin to perform learnt skills with some control.	Perform sequences of their own composition with coordination.  Perform learnt skills with increasing control.	Develop the quality of the actions in their performances.  Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and create sequences with fluency and expression.  Perform and apply skills and techniques with control and accuracy.	Perform own longer, more complex sequences in time to music.  Consistently perform and apply skills and techniques with accuracy and control.	Link actions to create a complex sequence using a full range of movement that showcases different abilities, performed in time to music.  Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Begin to record their peers' performances, and evaluate these.
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### Dance

<p><b>Early Years Outcomes</b> The main Early Years Outcomes covered in the Dance units are:</p> <p>1 Moves freely and with pleasure and confidence in a range of</p>	<p><b>KS1 National Curriculum Aims</b> Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative</p>	<p><b>KS2 National Curriculum Aims</b> Pupils should continue 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. Pupils should be taught to:</p> <p>1 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];</p>
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<p>ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (PD – M&amp;H 30-50)</p> <p>2 Experiments with different ways of moving. (PD – M&amp;H 40-60)</p> <p>3 Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. (PD – M&amp;H ELG)</p> <p>4 Enjoys joining in with dancing and ring games. (EAD – M &amp; M 30-50)</p> <p>5 Beginning to move rhythmically. (EAD – M &amp; M 30-50)</p> <p>6 Imitates movement in response to music. (EAD – M &amp; M 30-50)</p> <p>7 Begins to build a repertoire of songs and dances. (EAD – M &amp; M 40-60)</p> <p>8 Children sing songs, make music and dance, and experiment with ways of changing them. (EAD – M &amp; M ELG)</p> <p>9 Developing preferences for forms of</p>	<p>physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <p>1 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;</p> <p>2 perform dances using simple movement patterns.</p>	<p>2 perform dances using a range of movement patterns;</p> <p>3 compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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<p>expression. (EAD – BI 30-50)</p> <p>10 Uses movement to express feelings. (EAD – BI 30-50)</p> <p>11 Creates movement in response to music. (EAD – BI 30-50)</p> <p>12 Captures experiences and responses with a range of media, such as dance. (EAD – BI 30-50)</p> <p>13 Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD – BI 40-60)</p> <p>14 Children represent their own ideas, thoughts and feelings through dance. (EAD – BI ELG)</p>		
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<b>Health and Fitness</b>						
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<p>Describe how the body feels when still and when exercising.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
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<b>Dance Skills</b>						
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<p>Join a range of different movements together.</p>	<p>Copy and repeat actions.</p> <p>Put a sequence of actions</p>	<p>Copy, remember and repeat actions.</p>	<p>Begin to improvise with a partner to create a simple</p>	<p>Identify and repeat the movement patterns and</p>	<p>Identify and repeat the movement patterns and</p>	<p>Identify and repeat the movement patterns and</p>
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<p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short movement phrase which demonstrates their own ideas.</p>	<p>together to create a motif.</p> <p>Vary the speed of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Begin to improvise independently to create a simple dance.</p>	<p>Create a short motif inspired by a stimulus.</p> <p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of their actions.</p>	<p>dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p>	<p>actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p>
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**Compete/Perform**

Control my body when	Perform using a range of	Perform sequences of their	Develop the quality of the	Perform and create	Perform own longer, more	Link actions to create a
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performing a sequence of movements.	actions and body parts with some coordination.  Begin to perform learnt skills with some control.	own composition with coordination.  Perform learnt skills with increasing control.  Compete against self and others.	actions in their performances.  Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	sequences with fluency and expression.  Perform and apply skills and techniques with control and accuracy.	complex sequences in time to music.  Consistently perform and apply skills and techniques with accuracy and control.	complex sequence using a full range of movement.  Perform the sequence in time to music.  Perform and apply a variety of skills and techniques confidently, consistently and with precision.
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**Evaluate**

Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performances.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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**Games**

<p><b>Early Years Outcomes</b></p> <p>The main Early Years Outcomes covered in the Games units are:</p> <p>1 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&amp;H 40-60)</p> <p>2 Children show good control and co-ordination in large and small movements. (PD – M&amp;H ELG)</p> <p>3 Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD</p>	<p><b>KS1 National Curriculum Aims</b></p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <p>1 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;</p> <p>2 participate in team games, developing simple tactics for attacking and defending;</p> <p>3 perform dances using simple movement patterns.</p>	<p><b>KS2 National Curriculum Aims</b></p> <p>Pupils should continue 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. Pupils should be taught to:</p> <p>1 use running, jumping, throwing and catching in isolation and in combination;</p> <p>2 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;</p> <p>3 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];</p> <p>4 compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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<p>M&amp;H 40-60)</p> <p>4 Experiments with different ways of moving. (PD M&amp;H 40-60)</p> <p>5 They move confidently in a range of ways, safely negotiating space. (PD M&amp;H ELG)</p>		
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<b>Health and Fitness</b>						
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<p>Describe how the body feels when still and when exercising.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm-up and cool-down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
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<b>Striking and Hitting a Ball</b>						
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<p>Hit a ball with a bat or racquet.</p>	<p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p>	<p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p>	<p>Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p>
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<b>Throwing and Catching a Ball</b>						
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<p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p> <p>Catch equipment using two</p>	<p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching</p>	<p>Develop different ways of throwing and catching.</p>	<p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p>
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hands.	and consistent catching.	skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.	and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl.			
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**Travelling with a Ball**

Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball.	Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.	Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques showing control and fluency.	Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
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**Passing a Ball**

Kick an object at a target.	Pass the ball to another player in a game. Use kicking skills in a game.	Know how to pass the ball in different ways.	Pass the ball in two different ways in a game situation with some success.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.
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**Possession**

			Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.
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**Using Space**

Move safely around the space and equipment. Travel in different ways, including sideways and backwards.	Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	Find a useful space and get into it to support teammates.	Make the best use of space to pass and receive the ball.	Demonstrate an increasing awareness of space.	Demonstrate a good awareness of space.
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**Attacking and Defending**

Play a range of chasing games.	Begin to use the terms attacking and defending.  Use simple defensive skills such as marking a player or defending a space.  Use simple attacking skills such as dodging to get past a defender.	Begin to use and understand the terms attacking and defending.  Use at least one technique to attack or defend to play a game successfully.	Use simple attacking and defending skills in a game.  Use fielding skills to stop a ball from travelling past them.	Use a range of attacking and defending skills and techniques in a game.  Use fielding skills as an individual to prevent a player from scoring.	Choose the best tactics for attacking and defending.  Shoot in a game.  Use fielding skills as a team to prevent the opposition from scoring.	Think ahead and create a plan of attack or defence.  Apply knowledge of skills for attacking and defending.  Work as a team to develop fielding strategies to prevent the opposition from scoring.
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### Tactics and Rules

Follow simple rules.	Follow simple rules to play games, including team games.  Use simple attacking skills such as dodging to get past a defender.  Use simple defensive skills such as marking a player or defending a space.	Understand the importance of rules in games.  Use at least one technique to attack or defend to play a game successfully.	Apply and follow rules fairly.  Understand and begin to apply the basic principles of invasion games.  Know how to play a striking and fielding game fairly.	Vary the tactics they use in a game.  Adapt rules to alter games.	Know when to pass and when to dribble in a game.  Devise and adapt rules to create their own game.	Follow and create complicated rules to play a game successfully.  Communicate plans to others during a game.  Lead others during a game.
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### Compete/Perform

Control my body when performing a sequence of movements.  Participate in simple games.	Perform using a range of actions and body parts with some coordination.  Begin to perform learnt skills with some control.  Engage in competitive activities and team games.	Perform sequences of their own composition with coordination.  Perform learnt skills with increasing control.  Compete against self and others.	Develop the quality of the actions in their performances.  Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.  Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control.  Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Take part in competitive games with a strong understanding of tactics and composition.
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### Evaluate

Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performance.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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### Athletics

Early Years Outcomes The main Early Years Outcomes covered in	<b>KS1 National Curriculum Aims</b> Pupils should develop fundamental movement skills, become increasingly competent and	<b>KS2 National Curriculum Aims</b> Pupils should continue 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
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<p>the Athletics units are:</p> <p>1 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&amp;H 40-60)</p> <p>2 Children show good control and co-ordination in large and small movements. (PD – M&amp;H ELG)</p> <p>3 Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&amp;H 40-60)</p> <p>4 Experiments with different ways of moving. (PD M&amp;H 40-60)</p> <p>5 They move confidently in a range of ways, safely negotiating space. (PD M&amp;H ELG)</p>	<p>confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <p>1 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;</p> <p>2 participate in team games, developing simple tactics for attacking and defending.</p>	<p>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. Pupils should be taught to:</p> <p>1 use running, jumping, throwing and catching in isolation and in combination;</p> <p>2 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;</p> <p>3 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];</p> <p>4 compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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### Health and Fitness

<p>Describe how the body feels when still and when exercising.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
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## Running

<p>Run in different ways for a variety of purposes.</p>	<p>Vary their pace and speed when running.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Jog in a straight line.</p> <p>Change direction when jogging.</p> <p>Sprint in a straight line.</p> <p>Change direction when sprinting.</p> <p>Maintain control as they change direction when jogging or sprinting.</p>	<p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Complete an obstacle course.</p> <p>Vary the speed and direction in which they are travelling.</p> <p>Run with basic techniques following a curved line.</p> <p>Be able to maintain and control a run over different distances.</p>	<p>Identify and demonstrate how different techniques can affect their performance.</p> <p>Focus on their arm and leg action to improve their sprinting technique.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Focus on trail leg and lead leg action when running over hurdles.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p>	<p>Confidently demonstrate an improved technique for sprinting.</p> <p>Carry out an effective sprint finish.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Speed up and slow down smoothly.</p>	<p>Accelerate from a variety of starting positions and select their preferred position.</p> <p>Identify their reaction times when performing a sprint start.</p> <p>Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</p> <p>Identify and demonstrate stamina, explaining its importance for runners.</p>	<p>Recap, practise and refine an effective sprinting technique, including reaction time.</p> <p>Build up speed quickly for a sprint finish.</p> <p>Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</p> <p>Accelerate to pass other competitors.</p> <p>Work as a team to competitively perform a relay.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of the run.</p> <p>Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p>
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## Jumping

<p>Jump in a range of ways, landing safely.</p>	<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Combine different jumps together with some fluency and control.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate the best jumps to cover different distances.</p> <p>Choose the most appropriate jumps to cover different distances.</p> <p>Know that the leg muscles are used when performing a</p>	<p>Use one and two feet to take off and to land with.</p> <p>Develop an effective take-off for the standing long jump.</p> <p>Develop an effective flight phase for the standing long jump.</p> <p>Land safely and with control.</p>	<p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Land safely and with control.</p> <p>Begin to measure the distance jumped.</p>	<p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Land safely and with control.</p> <p>Measure the distance and height jumped with accuracy.</p> <p>Investigate different jumping techniques.</p>	<p>Develop the technique for the standing vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Land safely and with control.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Perform and apply different types of jumps in other contexts.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p>
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		jumping action.				
<b>Throwing</b>						
Roll equipment in different ways. Throw underarm. Throw an object at a target.	Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.	Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.	Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.	Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy.
<b>Compete/Perform</b>						
Control their body when performing a sequence of movements Participate in simple games	Begin to perform learnt skills with some control. Engage in competitive activities and team games.	Perform learnt skills with increasing control. Compete against self and others.	Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.
<b>Evaluate</b>						
Talk about what they have done. Talk about what others have done.	Watch and describe performances. Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
<b>Outdoor Adventurous Activities</b>						
			<b>KS2 National Curriculum Aims</b> Pupils should continue 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. Pupils should be taught to: <ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and in a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>			

Health and Fitness						
			<p>Recognise and describe the effects of exercise on the body.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance for warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
Trails						
			<p>Orienteer themselves with increasing confidence and accuracy around a short trail.</p>	<p>Orienteer themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Start to recognise features of an orienteering course.</p>	<p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design an orienteering course that can be followed and offers some challenge to others.</p> <p>Begin to use navigation equipment to orientate around a trail.</p>	<p>Orienteer themselves with confidence and accuracy around an orienteering course when under pressure.</p> <p>Design an orienteering course that is clear to follow and offers some challenge to others.</p> <p>Use navigation equipment (maps, compasses) to improve the trail.</p>
Problem-Solving						
			<p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used as a key.</p>	<p>Communicate clearly with people in a team and with other teams.</p> <p>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Associate the meaning of a key in the context of the environment.</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities both as part of a team and independently.</p> <p>Identify a key on a map and begin to use the information in activities.</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Compete in orienteering activities both as part of a team and independently.</p> <p>Use a range of map styles and make an informed decision on the most effective.</p>
Preparation and Organisation						
			<p>Begin to choose equipment that is appropriate for an activity.</p>	<p>Try a range of equipment for creating and completing an activity.</p>	<p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity</p>	<p>Choose the best equipment for an outdoor activity.</p> <p>Prepare and orienteering</p>

				<p>Make an informed decision on the best equipment to use for an activity.</p> <p>Plan and organise a trail that others can follow.</p>	<p>that challenges others.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Identify the quickest route for others to accurately navigate an orienteering course.</p>	<p>course for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Manage an orienteering event for others to compete in.</p>
<b>Communication</b>						
			<p>Communicate with others.</p>	<p>Communicate clearly with others.</p> <p>Work as part of a team.</p> <p>Begin to use a map to complete and orienteering course.</p>	<p>Communicate clearly and effectively with others.</p> <p>Work effectively as part of a team.</p> <p>Successfully use a map to complete an orienteering course.</p> <p>Begin to use a compass for navigation.</p>	<p>Communicate clearly and effectively with others when under pressure.</p> <p>Work effectively as part of a team, demonstrating leadership skills when necessary.</p> <p>Successfully use a map to complete an orienteering course.</p> <p>Use a compass for navigation.</p> <p>Organise an event for others.</p>
<b>Compete and Perform</b>						
			<p>Begin to complete activities in a set period of time.</p> <p>Begin to offer an evaluation of personal performances and activities.</p>	<p>Complete an orienteering course more than once and begin to identify ways of improving completion time.</p> <p>Offer an evaluation of both personal performances and activities.</p> <p>Start to improve trails to increase the challenge of the course.</p>	<p>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p> <p>Improve a trail to increase the challenge of the course.</p>	<p>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.</p> <p>Listen to feedback and improve an orienteering course from it.</p>
<b>Evaluate</b>						
			<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of a performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better</p>	<p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques and the effect they have on</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>

				result.	their performance.	
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## Swimming

### Swimming and Water Safety National Curriculum Aims

All school must provide a swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to:

- 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.

Award 1 	Award 2	Award 3	Award 4	Award 5	Award 6	Award 7
<p>Enter the water safely.</p> <p>Move forwards, backwards and sideways for a distance of 5 metres.</p> <p>Scoop the water to wash the face and hair.</p> <p>Blow bubble with nose and mouth submerged.</p> <p>Take part in a teacher led game.</p> <p>Demonstrate an understanding of the pool rules.</p> <p>Exit the water safely.</p>	<p>Enter the water safely.</p> <p>Move into a stretched floating position, using aids if needed.</p> <p>Regain an upright position from floating on the front (aids may be used).</p> <p>Regain an upright position from floating on the back (aids may be used).</p> <p>Push and glide in a horizontal position to/from the pool wall.</p> <p>Travel on front and back for 5 metres. Must have flat body position.</p> <p>Exit the water safely.</p>	<p>Jump in and submerge (min pool depth 0.9 metres).</p> <p>Fully submerged to pick up an object.</p> <p>Push and glide on front and back.</p> <p>Push and glide from wall to bottom of pool.</p> <p>Perform a rotation from front to back and gain an upright position.</p> <p>Perform a rotation from back to front and gain an upright position.</p> <p>Exit the water safely.</p>	<p>Enter the water safely (jump, steps, swivel).</p> <p>Tuck float for 5 seconds.</p> <p>Perform a sequence of 3 floating shapes.</p> <p>Push and glide on front with arms extended and log roll onto the back.</p> <p>Push and glide on back and with arms extended and log roll onto the front.</p> <p>Travel on front, tuck to rotate around the horizontal axis to return on back.</p> <p>Exit the water without the use of the steps.</p>	<p>Enter the water safely (jump).</p> <p>Kick 10 metres backstroke (float may be used).</p> <p>Kick 10 metres front crawl (float may be used).</p> <p>Kick 10 metres butterfly or breaststroke.</p> <p>Travel on back and roll on one continuous movement onto front.</p> <p>Travel on front and roll on one continuous movement onto back.</p> <p>Swim 10 metres.</p> <p>Shout and signal rescue.</p> <p>Exit the water safely.</p> <p>Swim 25 metres using a recognised stroke.</p>	<p>Perform 3 different jumps into the water, including straddle jump.</p> <p>Head first and feet first sculling for 5 metres.</p> <p>Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.</p> <p>Tread water for 30 seconds.</p> <p>Perform a handstand and hold for 3 seconds.</p> <p>Perform a forward somersault.</p> <p>Swim 10 metres in clothes.</p> <p>Exit deep water without using the steps.</p> <p>Swim 25 metres using a recognised stroke.</p>	<p>Push and glide and swim 25 metres backstroke.</p> <p>Push and glide and swim 25 metres front crawl.</p> <p>Push and glide and swim 25 metres breaststroke.</p> <p>Push and glide and swim 25 metres butterfly.</p> <p>Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:  <i>Sculling:</i> head first, feet first  <i>Rotation:</i> forward or backward somersault, log roll  <i>Floating:</i> star on the front or on the back, tuck float, create own  <i>Eggbeater:</i> Moving, lifting one or both arms out of the water</p> <p>Perform a sitting dive or dive.</p> <p>Push and glide and swim 50 metres continuously using one stroke.</p> <p>Push and glide and swim 100 metres, using a minimum of</p>

						<p>three different strokes.</p> <p>Tread water using eggbeater action for 30 seconds.</p> <p>Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.</p>
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