



**Invasion Games: (Netball, Football, Hockey, Basketball)**  
 Show simple dribbling skills  
 Pass a ball using hands and feet (5m+ away)  
 Stop, control and pass a ball accurately whilst running  
 Begin to understand spatial awareness  
 Hold a Hockey stick correctly and move with the ball

**Dance:**  
 Using different levels and direction/planes of dance consistently  
 Dance and differing speeds and rhythms consistently  
 Dance with level of control and coordination - maintaining shapes and movement  
 Recreate movements and patterns shown from a stimulus  
 Combine segments of dance together to make sequence  
 Match a form of movement with mood or feeling  
 Perform a dance involving some or all disciplines

**Net and Wall Games: (Rounders, Benchball, Tennis)**  
 Strike a ball using a racket/bat along floor, in air and to partner  
 Hold racket/bat correctly  
 Stand in ready position and move body ready to hit when the ball  
 Start to understand forehand and backhand  
 Start serving a ball under arm by bouncing first  
 Develop tactics for scoring, stopping, passing and travelling  
 To follow and understand the rules of a game

**Athletics:**  
 Run with confidence showing agility  
 Demonstrate basic running and jumping techniques  
 Demonstrate how to throw long distances  
 Throw a variety of objects in different ways  
 Demonstrate how to jump/hurdle while running  
 Run over long distances  
 Run, jump, throw and catch using the best ways shown and most suited to the activity  
 Run in between posts placed in a long line bending legs and body to help change direction

**Gymnastics:**  
 Make body curl and stretch big  
 Tense and relax the body  
 Demonstrate jumping with control while making clear shapes in the air  
 Demonstrate control and strength in a range of movements and balances  
 Perform a sequence with at least 3 different parts (balance, jump, roll, travel)  
 Comment on and help other children's sequences  
 Balance for at least 5 seconds in range of balances with 2+ points of contact  
 Link sequence using a variety of jumps, travels, balances and rolls on floor/apparatus

**Athletics:**  
 Explain how to succeed in more challenging activities  
 Perform basic techniques for running, jumping, throwing and catching  
 Make zig-zag through evenly spaced markers (2m apart)  
 Catching a range of different sized objects  
 Hopping on the spot on the same foot  
 Jump for distance and height

Year 2

**Gymnastics:**  
 To make body curl and stretch big  
 To tense and relax the body  
 To show strength while balancing  
 To demonstrate jumping with control and introduce shapes while jumping  
 To climb, balance and travel safely on apparatus while keeping control of the body  
 To perform basic rolls  
 To make a sequence involving balances, travels and jumps

**Dance:**  
 To explore pattern and shape in movement  
 To be able to copy simple dance moves  
 To make up a dance sequence after watching an example  
 To dance using imagination and creativity  
 To use different levels and direction/planes of dance  
 To dance at different speeds and rhythms

Year 1

**Net and Wall Games: (Dodgeball, Benchball)**  
 Demonstrate basic control of equipment  
 Aim, pass, catch and throw a ball  
 Stop a ball  
 Join in group games  
 Start to follow simple rules of a game

**Create Development/Gymnastics:**  
 To make body curl small, stretch big  
 To tense and relax the body  
 To understand what being still in a balance means  
 To explore small and large bases when balancing  
 To make small and big shapes with body  
 To travel in a variety of basic ways  
 To climb and hang in control on apparatus



real PE

EYFS

**Create Development/Gymnastics:**  
 To create footwork patterns  
 To try different styles of jumps  
 Explore flight phases ie take off & landing  
 Negotiate space and obstacles safely  
 Explore moving energetically

**Early Learning Goal: Physical Development**  
 Revise and refine fundamental movement skills already acquired: rolling, jumping, crawling, walking, running, hopping, skipping, climbing.  
 Progress towards fluent style of moving with control and grace.  
 Develop overall body strength, balance, coordination and agility  
 Use core muscle strength to achieve good posture  
 Combine different movements with ease and fluency  
 Confidently and safely use a range of large and small apparatus





**Swimming (by end of KS2)**  
 Develop confidence in water and how to be safe in and around pool  
 Develop travelling in vertical and horizontal positions  
 Develop push and glides, any kick action on front and back with or without support aids  
 Develop entry and exit into water, travel further, float and submerge  
 Submerge fully to retrieve an item  
 Show control of breathing  
 Introduce floats, treading water and deeper water



**Net and Wall Games: (Tennis, Cricket)**  
 Strike a ball to a partner a line floor or upwards in air  
 Start striking a ball over a the net using forehand and backhand  
 Show that backhand is easier with two hands  
 Move body accurately to receive a ball  
 Serve ball underarm without ball bouncing  
 Develop batting, bowling and fielding skills  
 Aim and throw using overarm effectively  
 Decide which tactics to use in a game and perform skills consistently  
 Follow and understand the rules of a game



**Athletics:**  
 Pace running for a certain distance  
 Develop and understand how to throw with power and accuracy, but safely  
 Perform a correct running technique in a competitive situation  
 Know different exercises that can be done to improve health and fitness  
 Try different footwork styles and patterns  
 Understand the best technique for standing long jumping



**Invasion Games: (Football, Basketball, Netball, Rugby)**  
 Dribble into space and pass using different parts of foot  
 Control ball when receiving variety of passes  
 To use a variety of ball passes effectively, and at different angles when moving  
 Run and move at different speeds with and without ball  
 Change speeds and directions  
 Apply spatial awareness and understand how it can help in a game  
 Defend by marking and attempting interceptions  
 Begin to explain coaching points to others  
 Understanding positions and rules of game

**Dance:**  
 Use different levels and direction/planes of dance consistently  
 Dance using imagination and creativity when presented with music or story/character/task  
 Dance appropriately to music, using movement/dances according to rhythm and time of music  
 Perform dances that are clearly thought out in relation to a task, that are smooth with no clear beginning and end  
 Perform a dance of their own involving some or all disciplines in a group

**Invasion Games: (Football, Rugby, Basketball, Hockey, OAA)**  
 Keep control of a ball including when running and passing backwards  
 Identify space and begin to move into it  
 Attack, defend and know what marking is  
 Know what part of the foot can be used for different skills  
 Holding Hockey stick correctly and show which side to use  
 Copy skills and techniques - use them within context of game  
 Receive, throw, dribble and hold a ball with control and equipment  
 Play tournament as a team and vary tactics to improve performance  
 Understand rules of game



**Year 4**

**Gymnastics:**  
 Observe, share, help and positively critique other's skills and sequences  
 Create sequence using mirroring or matching a partner and explain hoe they can improve  
 Perform a sequence as a pair/group, including different parts (balance, jump, roll; travel) with great control  
 Perform minimum of 3 different rolls with control  
 Link a roll with a travel and balance using good body control on floor/apparatus



**Athletics:**  
 Demonstrate a good running technique at different speeds and directions  
 Improve throwing and jumping techniques  
 Demonstrate control when running, jumping, throwing and sprinting  
 Introduced to how relay and passing of the baton works  
 Understand different running techniques and when to use them  
 Start to understand how health and fitness are related to exercise  
 To perform a mini competition  
 Compare my performance to others  
 Run at speed over a distance



**Net and Wall Games: (Tennis, Cricket)**  
 Gently hit a ball off racket in any direction  
 Hold racket in one hand correctly and move body to receive ball  
 Strike a ball to a partner, along floor or in air with control  
 Use forehand and backhand to strike ball  
 Develop tactics for scoring, stopping, passing and travelling  
 Follow and understand the rules of a game  
 Throw and catch a ball in a game  
 Stop the ball while fielding  
 Play tournament as a team and apply tactics



**Dance:**  
 Use different levels and directions/planes of dance consistently  
 Dance in a group or pair either mirroring or in unison  
 Dance appropriately to the music, using movement/dances, according to time and rhythm of music  
 Combine segments of dance together and make sequence  
 Dance whilst expressing emotions relating to music playing  
 Perform a dance of their own involving some or all disciplines



**real PE**

**Year 3**

**Gymnastics:**  
 Identify and create own balances, jumps, rolls in response to a ask  
 Travel using whole body in variety of ways including leaping, spinning and skipping  
 Travel while using hand equipment such as ribbons, hoops, ropes and balls  
 Perform a sequence including different parts (balance, roll., jump, travel) with great control  
 Know and demonstrates good balance on floor and apparatus





**Swimming mop up (by end of KS2)**  
Develop confidence in water and how to be safe in and around pool  
Develop travelling in vertical and horizontal positions  
Develop push and glides, any kick action on front and back with or without support aids  
Develop entry and exit into water, travel further, float and submerge  
Submerge fully to retrieve an item  
Show control of breathing  
Introduce floats, treading water and deeper water



**Net and Wall Games: (Tennis, Cricket)**  
Be able to get into forehand and backhand position while on the run  
Demonstrate moving to, hitting the ball, recovering into ready position  
Demonstrate backhand grip technique  
Control the racket and it's swing in a smooth trajectory  
Serve the ball accurately, making the opponent move to return it  
Understand multiple rules in a game and demonstrate range of tactics  
Bowl overarm from a standing start with relative success  
Try cricket specific shots both in practice and in game and play shots into space  
Work as a team to identify and use effective space



**Athletics:**  
Understand different techniques when running, springing, throwing and jumping  
Demonstrate throwing with power, accuracy and safety  
Know of and perform different exercises for health and fitness  
Perform the best technique in relay running with baton and standing long jump, including in competitive situations  
Analyse my own technique and improve it



**Invasion Games: (Football, Basketball, Tag Rugby, Netball, OAA)**  
Dribble, run and change direction at speed beating defenders  
Decide in game situations direction and type of pass that are best to use  
Decide and demonstrate how best to control a ball when defender is nearby  
Understand and demonstrate how space changes and can be changed in a game by movement including using square and straight passes in Netball  
Show awareness of body placement to intercept and defend and begin to pivot  
Understand and perform both attack and defence skills  
Work and communicate effectively as a team and suggest ways to improve

**Dance:**  
Dance with high level of control and coordination in a group  
Perform smooth dance that incorporates different styles, backgrounds traditions and ages of dance  
Consistently make and perform a variety of dances in multiple styles  
Create dances using movement, emotion, speed that are appropriate to music  
Critique evaluate partners and groups using language specific to task/skill  
Perform dance of own involving all of these disciplines in group

**Invasion Games: (Football, Netball, Basketball, Hockey)**  
Receive, pass and dribble accurately and with control  
Demonstrate spatial awareness effectively  
Understand how to draw defender away and move into space to receive a pass  
Understand pace of a game and move ball accordingly  
Understand how different passes can change the pace  
Defend and perform interception while in a game  
Analyse individuals' skills and comment on effectiveness  
Alternating hold of hockey stick whilst dribbling and mark player  
Understand which pass is best in varying situations  
Understand rules of a game and work as part of a team



**Year 6**

**Gymnastics:**  
Identifying and create suitable sequences to perform to different audiences  
Perform floor sequences in pairs/groups with at least 6 parts  
Perform 3 pair balances during sequence involving other gymnastics skills  
Critique and compare sentences with other groups  
Perform sequence of multiple gymnastic skills at variety of levels and directions while demonstrating controlled movement  
Observe and comment on when skills are demonstrated in others work



**Athletics:**  
Work on long distance running  
Perform a throw with accuracy and power  
Understand techniques in relay running  
Perform variety of exercises that can aid health and fitness  
Develop and improve distance of a pull throw  
Demonstrate correct techniques in competitive situations  
Use strength, control and technique when running, sprinting, throwing and jumping



**Net and Wall Games: (Tennis)**  
Strike ball in forehand and backhand  
Get into appropriate positions  
Have racket ready to strike while moving  
Demonstrate controlled technique when striking over a net  
Serve ball correctly within court



**Dance:**  
Demonstrate smooth and controlled dances to differing music and tasks  
Dance with a high level of control and coordination in a group  
Perform smooth dance that incorporate different styles, backgrounds, traditions and ages of dance  
Reflect on, discuss and improve own dances  
Perform a dance of own involving all these disciplines in a group



**real PE**

**Year 5**

**Gymnastics:**  
Combine own sequences with others, observing different strength and weaknesses  
Demonstrate sequences with different speeds, movements and balances  
Create a sequence that follows a set task in pairs/groups that mirror or match using range of jumps, rolls, travels and balances  
Perform a sequence of multiple gymnastic skills at variety if levels and directions while demonstrating controlled movement

