

PE

Y7

Acquiring and developing skills

- Children select and combine skills, techniques and ideas and apply them accurately and appropriately showing precision, control and fluency to a range of new sports and team situations.

Selecting and applying skills, tactics and compositional ideas

- In a range of contexts, children draw on what they know about strategy, tactics and composition, working with different team structures successfully.

Evaluating and improving Performance

- Children analyse and compare their own performances to improve personal best.

Competition and cooperation

- Children will play mostly in same gender teams.
- Children who express an interest in certain sports will represent the school in the wider community.
- Children will show good sportsmanship during lessons and when representing the school.

Knowledge and understanding of fitness and health

- Children will be in charge of their own warm ups and cool downs, they understand how a healthy diet impacts on the body and performance



Y6

Acquiring and developing skills

- Children select and combine skills, techniques and ideas and apply them accurately and appropriately showing precision, control and fluency.
- Children can swim competently, confidently and proficiently over a distance of at least 25 metres
- They can use a range of strokes effectively [when swimming]
- Children can perform safe self-rescue in different water-based situations

Selecting and applying skills, tactics and compositional ideas

- When performing children draw on what they know about strategy, tactics and composition.

Evaluating and improving Performance

- Children analyse and comment on skills techniques and ideas and how these are applied in their own and others' work.
- They modify and refine skills and techniques to improve their performance.

Competition and cooperation

- Children work in a variety of team structures in a wide range of sports implementing taught skills to a match of any sport.
- Children will work as a team to best decide on where individual's strengths lie and place team members in positions to mirror this.
- Children show good sportsmanship, congratulate team members and other teams. Eager to take part as well as win.
- Some children will represent the school in the wider community.
- All children will participate in competitions.

Knowledge and understanding of fitness and health

- Children know how their body reacts during different types of exercise. They warm up and cool down in ways that suit the activity. They know why regular safe exercise is good for their fitness and health.
- Understand that diet effects the body and how different food groups are needed for a balanced diet.



Y5

Acquiring and developing skills

- Children link skills, techniques and ideas and apply them accurately and appropriately.

Selecting and applying skills, tactics and compositional ideas

- Children performance shows precision, control and fluency and that they understand tactics and composition.

Evaluating and improving Performance

- Children compare and comment on skills, techniques and ideas used in own and others' work and use this understanding to improve their performance.

Competition and cooperation

- Children will work in different team structures in games of those sports taught throughout the year. Eager to take part as well as win.
- Children will recognise when other team members and opposing teams have performed well and congratulate them.
- Some children will represent the school in the wider community.
- All children will participate in competitions.

Knowledge and understanding of fitness and health

- Children explain and apply basic safety principles in preparing for exercise. They describe the effects exercise has on their own bodies and how it is valuable to their own health and fitness.
- Children understand that diet effects the body.



Y4

Acquiring and developing skills

- Children select and use skills, actions and ideas appropriately, applying them with greater control and co-ordination and in a range of games.

Selecting and applying skills, tactics and compositional ideas

- Children select and use skills, actions and ideas appropriately applying them with control and co-ordination.
- They understand tactics and composition by starting to vary how they respond.

Evaluating and improving Performance

- Children can see how their work is similar and different to and from the work of others.
- They use this to improve their own work.

Competition and cooperation

- Children will play in different team structures against other teams in their class and year group using taught skills.
- Children will recognise when other team members have done well and congratulate them.
- Some children will represent the school in the wider community.
- All children will participate in competitions.

Knowledge and understanding of fitness and health

- Children give reasons why they warm up before exercise and why physical activity is good for their health.
- Children can explain what a healthy diet is.



Y3

Acquiring and developing skills

- Children will develop different attacking and defending skills and strategies which are transferable across different sports.
- Children learn how to pass, receive and dribble in different ways.
- They show different levels and pathways when they travel.
- Children develop the fundamental skills of passing, catching, moving into space, intercepting, tracking and shooting.
- Children develop the skills of bowling, ground fielding, catching, wicket keeping and batting and how to link these skills
- They learn to handle a ball and to travel with it under control.
- Children can perform a range of gymnastic movements with seamless links
- They begin to combine skills of striking, fielding and running in small game situations.
- Children can control a ball and send it across a net using a variety of ground strokes

Selecting and applying skills, tactics and compositional ideas

- With encouragement children select and use skills and ideas
- Appropriately beginning to apply them with control and co-ordination.
- They understand and apply a wider range of tactics and compositional ideas in play.

Evaluating and improving Performance

- Children can talk about similarities and differences to and from the work of others.
- As a group, they can use this to improve their performances.

Competition and cooperation

- Children will play against other teams in their class and year group in sports covered in lessons.
- Children will begin to understand what makes a good team player and how to work as part of a team. Some children will represent the school in the wider community.
- All children will participate in competitions.

Knowledge and understanding of fitness and health

- Children begin to understand why they warm up and why physical activity is important for good health.
- Children can explain what a healthy diet is with support.

Y2	<p style="text-align: center;">↑</p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> Children can sequence with clear starting and finishing position using curling, stretching and arch. Children use hand eye coordination skills to strike a ball with a club/bat. Children can evade others, attack and defend. Children can hop, travel backwards, jump and dodge. They look at how they use their hands and feet to send and receive a ball. Children use some strategies of attack and defence. Children begin to use one hand when picking up a ball. They bowl using overarm throws. Children develop striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net They remember and perform a basic sequence of movement when led by a teacher. 	<p style="text-align: center;">↑</p> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> Children vary skills, actions and ideas and link these in ways that suit set activities. They begin to show some understanding of simple tactics and basic compositional ideas. 	<p style="text-align: center;">↑</p> <p><u>Evaluating and improving Performance</u></p> <ul style="list-style-type: none"> Children talk about differences between their own and others performances and suggest improvements. 	<p style="text-align: center;">↑</p> <p><u>Competition and cooperation</u></p> <ul style="list-style-type: none"> Children work in a small team against another team in a game setting, show some awareness of other team members and how they need each other to succeed, compete against themselves to improve on previous achievements. 	<p style="text-align: center;">↑</p> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> Children understand how to exercise safely and describe how their bodies feel during various activities. Children begin to understand what it means to eat healthily.
Y1	<p style="text-align: center;">↑</p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> Children learn how to send and receive and how to bounce, dribble dodge and evade. They show increasing control over an object in throwing and catching it. Children develop their ability to coordinate and link movements and refine their techniques. They demonstrate agility, balance and coordination. Children use basic batting, fielding and bowling skills. They start to link skills to perform actions and sequences of movement. 	<p style="text-align: center;">↑</p> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> Children apply basic skills competently in a range of physical activities. 	<p style="text-align: center;">↑</p> <p><u>Evaluating and improving Performance</u></p> <ul style="list-style-type: none"> Children describe and comment on their own and others 'actions. 	<p style="text-align: center;">↑</p> <p><u>Competition and cooperation</u></p> <ul style="list-style-type: none"> Children begin to work as a team in a small game setting, they share with a partner or group e.g. passing a ball to a partner, take turns. 	<p style="text-align: center;">↑</p> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> Children know how to exercise safely and how their bodies feel during activities. Understand that fruit and vegetables are good for them.
R	<p style="text-align: center;">↑</p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> Children negotiate space and obstacles safely, with consideration for themselves and others. They demonstrate strength, balance and coordination when playing. They can move by running, jumping, dancing, hopping, skipping and climbing. 	<p style="text-align: center;">↑</p> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> Children move with confidence and co-ordination on simple equipment. 	<p style="text-align: center;">↑</p> <p><u>Evaluating and improving performance</u></p> <ul style="list-style-type: none"> Children talk with children about what worked well and how they would change it next time. 	<p style="text-align: center;">↑</p> <p><u>Competition and cooperation</u></p> <ul style="list-style-type: none"> Children show enjoyment towards physical activity, work alongside other class members, sharing the equipment, taking turns and working as a team to put the equipment away. 	<p style="text-align: center;">↑</p> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> Children recognise the importance of keeping healthy. They should know the changes that happen to their bodies when active e.g. increased heart beats.
N	<p style="text-align: center;">↑</p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> Children skip, hop, stand on one leg and hold a pose for a game 	<p style="text-align: center;">↑</p> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> Pupils begin to use equipment such as pedal bikes 		<p style="text-align: center;">↑</p> <p><u>Competition and cooperation</u></p> <ul style="list-style-type: none"> Children enjoy playing simple my turn your turn games. 	<p style="text-align: center;">↑</p> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> Children understand what foods are healthy.
2yo	<p style="text-align: center;">↑</p> <p><u>Acquiring and developing skills</u></p> <ul style="list-style-type: none"> Children walk, run, jump and climb – and start to use the stairs independently. They enjoy starting to kick, throw and catch balls. 	<p style="text-align: center;">↑</p> <p><u>Selecting and applying skills, tactics and compositional ideas</u></p> <ul style="list-style-type: none"> Pupils link skills to using simple equipment such as push along bikes 			<p style="text-align: center;">↑</p> <p><u>Knowledge and understanding of fitness and health</u></p> <ul style="list-style-type: none"> Children can select a healthy snack