



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	<p>Introduction to PE: Unit 1</p> <ul style="list-style-type: none"> • I can demonstrate balance. • I can make independent choices. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. 	<p>Fundamentals: Unit 1</p> <ul style="list-style-type: none"> • I am beginning to negotiate space safely. • I am beginning to take turns with others. • I am building my confidence to try new challenges. • I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games. • I follow instructions with support. 	<p>Gymnastics: Unit 1</p> <ul style="list-style-type: none"> • I can copy and create shapes with your body • I can create shapes whilst on apparatus. • I can develop balancing and taking weight on different body parts • I can develop jumping and landing safely • I can rock and roll! • I can copy and create a short sequence by linking actions together 	<p>Dance: Unit 1</p> <ul style="list-style-type: none"> • I can explore how different body parts move • I can remember and repeat actions • I can express and communicate ideas through movement • I can use a range of directions and levels • I can create movements and perform simple dance patterns • I can copy and repeat actions with confidence 	<p>Games: Unit 1</p> <ul style="list-style-type: none"> • I can run and stop safely • I can throw to a target and keep score • I can show an understanding of different roles being played in a game • I can follow instructions carefully and safely for tagging games • I can take turns 	<p>Ball Skills: Unit 1</p> <ul style="list-style-type: none"> • I can roll a ball to a target • I can stop a rolling ball • I can be accurate sometimes when throwing to a target • I can sometimes bounce and catch a ball • I can kick a ball
R	<p>Introduction to PE: Unit 2</p> <ul style="list-style-type: none"> • I play co-operatively and take turns with others. • I understand the rules and can explain why it is important to follow them. • I use movement skills with developing balance and co-ordination. 	<p>Fundamentals: Unit 2</p> <ul style="list-style-type: none"> • I can follow instructions involving several ideas or actions. • I can play co-operatively, take turns and congratulate others. • I can play games taking consideration of the rules. • I can show an understanding of my feelings and can regulate my behaviour. • I can use movement skills with developing balance and co-ordination. 	<p>Gymnastics: Unit 2</p> <ul style="list-style-type: none"> • I can create short sequences using shapes, balances and travelling actions • I can jump and land safely from a height • I can rock and roll on different body parts • I can travel around, over and through apparatus • 	<p>Dance: Unit 2</p> <ul style="list-style-type: none"> • I can copy, repeat and explore actions in response to a theme • I can explore different levels, shape and direction • I can move with control and co-ordination • I can express ideas through movement • I can move in time with the music • I can begin to use counts 	<p>Games: Unit 2</p> <ul style="list-style-type: none"> • I can follow instructions carefully and safely for tagging games in groups • I can play against a partner • I can use co-ordination to play by the rules • I can strike a ball • I can keep score • I can work as a team 	<p>Ball Skills: Unit 2</p> <ul style="list-style-type: none"> • I can roll and track a ball • I can be accurate when throwing to a target • I can dribble with hands • I can throw and catch with a partner • I can dribble with my feet • I can kick a ball to a target



1	<p>Fundamentals</p> <ul style="list-style-type: none"> • I can change direction when moving at speed. • I can recognise changes in my body when I do exercise. • I can run at different speeds. • I can show hopping and jumping movements. • I can select my own actions in response to a task. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • I can catch with two hands • I can dribble a ball with my hands and feet • I can understand simple tactics • I can roll and throw with some accuracy towards a target 	<p>Gymnastics</p> <ul style="list-style-type: none"> • I can perform in front of others • I can link simple actions together to create a sequence. • I can make my body tense, relaxed, stretched and curled. • I can remember and repeat actions and shapes. • I can say what I liked about someone else's performance. • I can use apparatus safely and wait for my turn. <p><u>Target Games</u></p> <ul style="list-style-type: none"> • I can use an underarm throw • I can use underarm and overarm for accuracy • I can choose the correct technique for the situation • I can show throwing for accuracy and distance 	<p>Dance</p> <ul style="list-style-type: none"> • I can begin to use counts for movements • I can copy, remember and repeat actions. • I can move confidently and safely. • I can use different parts of the body in isolation and together. • I can work with others to share ideas and select actions. • I can choose appropriate movements for different dance ideas. 	<p>Team building</p> <ul style="list-style-type: none"> • I can communicate with a partner to solve challenges. • I can explore and develop teamwork skills. • I can use clear communication skills • I can plan with a partner to solve group problems <p><u>Invasion</u></p> <ul style="list-style-type: none"> • I can change direction to move away from a defender. • I can recognise space when playing games. • I can send and receive a ball with hands and feet. • I can use simple rules to play fairly. • I can move to stay with another player when defending. • I can understand when I am a defender and when I am an attacker 	<p>Net and Wall</p> <ul style="list-style-type: none"> • I can defend space using the ready position • I can use a secure grip on the racket • I can hit a ball using the racket • I can throw a ball over the net so that it lands in the court area <p><u>Mindfulness</u></p> <ul style="list-style-type: none"> • I can copy and remember poses • I can use flexibility to hold a pose • I can use balancing to hold a pose • I can hold a pose using a prop • I can create a sequence of movement with a partner 	<p>Athletics</p> <ul style="list-style-type: none"> • I can understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. • I can throw for distance • I can throw for accuracy • I can move at different speeds using agility <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I can use underarm throwing in a small sided game • I can use my hand to hit the ball • I can retrieve the ball when fielding • I can use simple tactics to win the game • I can track a ball that is travelling in a different direction
2	<p>Fundamentals</p> <ul style="list-style-type: none"> • I can describe how my body feels during exercise. • I can show balance when changing direction. • I can show hopping, skipping and jumping movements with some balance and control. • I can work co-operatively with a partner and a small group. 	<p>Invasion</p> <ul style="list-style-type: none"> • I can dodge and find space away from the other team. • I can move with a ball towards goal. • I can sometimes dribble a ball with my hands and feet. • I can stay with another player to try and win the ball. 	<p>Dance</p> <ul style="list-style-type: none"> • I can copy, remember, repeat and create dance phrases. • I can describe how my body feels during exercise. • I can show a character and idea through the actions and dynamics I choose. • I can use counts to stay in time with the music. 	<p>Team building</p> <ul style="list-style-type: none"> • I can follow instructions carefully. • I can say when I was successful at solving challenges. • I can share my ideas and help to solve tasks. • I can work co-operatively with a partner and a small group. 	<p>Net and Wall</p> <ul style="list-style-type: none"> • I can hit a ball over the net and into the court area. • I can throw accurately to a partner. • I can use simple tactics to make it difficult for an opponent. • I know how to score points and can remember the score. 	<p>Athletics</p> <ul style="list-style-type: none"> • I can identify good technique. • I can jump and land with control. • I can use an overarm throw to help me to throw for distance. • I can work with others, taking turns and sharing ideas.



	<p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • I can dribble a ball with my hands and feet with some control. • I can roll and throw a ball to hit a target. • I can send and receive a ball using both kicking and throwing and catching skills. • I can track a ball and collect it. • I can understand and begin to use simple tactics 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can perform the basic gymnastic actions with some control and balance. • I can plan and repeat simple sequences of actions for rolling, balancing and jumping. • I can use directions and levels to make my work look interesting. • I can use shapes when performing other skills. • I can work safely with others and apparatus. 	<ul style="list-style-type: none"> • I can work with a partner using mirroring and unison in our actions • I can begin to provide feedback using key words • I can begin to perform with confidence 	<ul style="list-style-type: none"> • I can work as a group to solve problems • I can understand how to use, follow and create a simple diagram/map. <p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can build up stamina for running for longer periods of time • I can describe what is happening to my body during exercise • I can use agility to complete a circuit • I can explore using body weight for exercises 	<p><u>Mindfulness</u></p> <ul style="list-style-type: none"> • I can copy and repeat body stretches • I can understand the strength needed for balance • I can copy and remember actions to create a sequence • I can work with a partner and teach them my routine • I can use clear shapes in poses 	<ul style="list-style-type: none"> • I can show balance and co-ordination when running at different speeds. <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I am developing underarm and overarm throwing skills. • I can hit a ball using equipment with some consistency. • I can track a ball and collect it. • I can use simple tactics. • I know how to score points and can remember the score. • I understand the rules of the game and can use these to play fairly in a small group.
<h1>3</h1>	<p><u>Ball skills</u></p> <ul style="list-style-type: none"> • I can explore and develop a variety of throwing techniques. • I can develop confidence and accuracy when tracking a ball • I can catch using one and two hands • I can dribble a ball with control <p><u>Football</u></p> <ul style="list-style-type: none"> • I can control the ball and dribble under pressure • I can control the ball with different parts of the body • I can jockey/track an opponent • I can use simple tactics • I can work co-operatively with my team 	<p><u>Gymnastics – balancing</u></p> <ul style="list-style-type: none"> • I can adapt sequences to suit different types of apparatus. • I can choose actions that flow well into one another. • I can choose and plan sequences of contrasting actions. • I can complete actions with increasing balance and control. <p><u>Hockey</u></p> <ul style="list-style-type: none"> • I can send the ball with a push pass with some accuracy • I can receive the ball 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with some control. • I can begin to use simple tactics. • I can understand my role as an attacker and defender • I can use the bounce and chest pass and begin to recognise when to use them. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I can repeat, remember and perform a dance phrase. • I can use counts to keep in time with a partner and group. • I can create actions to move in contact with a partner or interact with a partner 	<p><u>Handball</u></p> <ul style="list-style-type: none"> • I can find space away from others and near to my goal. • I can provide feedback using key words. • I can throw, catch, dribble and shoot the ball with some control • I can shoot with more accuracy • I can apply individual and team defending skills <p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can use racket and ball control • I can return the ball using a forehand groundstroke • I can begin to use the two-handed backhand 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> • I can use the bowling action • I can run around the outside of the bases and make tactical decisions about when to run to the next base • I can field using the short barrier technique • I can use batting technique to aim where to hit the ball <p><u>OAA</u></p> <ul style="list-style-type: none"> • I can use co-operation and teamwork skills • I can work towards a collective goal • I can identify objects on a map, draw and follow a simple map • I can draw a route using directions 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • I can take part in a relay activity, remembering when to run and what to do. • I can throw a variety of objects, changing my action for accuracy and distance. • I can use different take off and landings when jumping. • I can use key points to help me to improve my sprinting technique. <p><u>Gymnastics – Mirroring and matching</u></p> <ul style="list-style-type: none"> • I can move in unison with a partner. • I can create a partner sequence incorporating equipment



		<ul style="list-style-type: none"> • I can dribble using the reverse stick • I can apply defending and attacking principles and skills in a hockey tournament 	<ul style="list-style-type: none"> • I can use dynamic and expressive qualities in relation to an idea. 			
4	<p>Tag Rugby</p> <ul style="list-style-type: none"> • I can pass and receive the ball with increasing control • I can understand the tagging rules • I can begin to use the forward pass and off-side rule • I can dodge a defender and move into space • I can use some defending skills in a game situation <p>Football</p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with increasing control. • I can use simple tactics to help my team score or gain possession • I can begin to change direction with the ball using an inside and outside hook. 	<p>Gymnastics</p> <ul style="list-style-type: none"> • I can identify some muscle groups used in gymnastic activities • I can use control in performing and landing rotation jumps. • I can plan and perform sequences with a partner that include a change of level and shape • I can safely perform balances individually and with a partner <p>Dodgeball</p> <ul style="list-style-type: none"> • I can catch with increasing consistency • I can throw with some accuracy at a target. • I can begin to catch a dodgeball at different heights • I can begin to block using the ball I can communicate with my teammates to apply simple tactics 	<p>Basketball</p> <ul style="list-style-type: none"> • I can use the bounce and chest pass and begin to recognise when to use them • I can track and defend an opponent • I can begin to use the technique for the set shot • I can use simple tactics to help my team score or gain possession <p><u>Dance</u></p> <ul style="list-style-type: none"> • I can choose actions which relate to the theme • I can perform a dance using matching and mirroring • I can use counts to keep in time with others and the music. • I can create a dance phrase and perform as part of a class performance. • I can begin to understand how dynamics, space and relationships can be used to represent a state of matter. • I can respond imaginatively to a range of stimuli relating to character and narrative 	<p>Handball</p> <ul style="list-style-type: none"> • I can understand how to move towards goal or away from a defender • I can use more accuracy whilst shooting • I can use simple tactics to help my team gain possession. <p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can return to the ready position to defend my own court • I can use the backhand technique and understand when to use it. • 	<p>Rounders</p> <ul style="list-style-type: none"> • I can play different roles in a game and begin to think tactically about each role. • I can bowl a ball with some accuracy and consistency • I can communicate with my teammates to apply simple tactics • I can use overarm and underarm throwing and catching skills with increasing accuracy. <p><u>OAA</u></p> <ul style="list-style-type: none"> • I can accurately follow and give instructions. • I can confidently communicate ideas and listen to others. • I can identify key symbols on a map and use a key to help navigate around a grid. • I can plan and apply strategies to solve problems. • I can reflect on when and why I was successful at solving challenges. • I can work collaboratively and effectively with a partner and a small group. 	<p>Athletics</p> <ul style="list-style-type: none"> • I can demonstrate the difference in sprinting and jogging techniques • I can jump for distance with balance and control. • I can throw with some accuracy and power to a target area • I can begin to learn how to officiate and perform <p>Gymnastics</p> <ul style="list-style-type: none"> • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can provide feedback using appropriate language relating to the lesson. • I can watch, describe and suggest possible improvements to others' performances and my own. • I can perform the straight, barrel, forward and straddle roll with accuracy.



5

Hockey

- I can communicate with my team and move into space to keep possession and score
- I can dribble, pass, receive and shoot the ball with some control under pressure
- I can use tracking, tackling and intercepting when playing in defence
- I can develop sending the ball using a push pass
- I can develop using an open stick (block) tackle and jab tackle to gain possession of the ball.

Football

- I can create and use space to help my team
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can use tracking and interception when playing in defence
- I can understand the need for tactics and can identify when to use them in different situations

Gymnastics

- I can create and perform sequences using apparatus, individually and with a partner
- I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance
- I can use feedback provided to improve my work
- I can perform symmetrical and asymmetrical balances
- I can develop the straight, forward, straddle and backward roll
- I can explore different methods of travelling, linking actions in both canon and synchronisation

Netball

- I can communicate with my team and use space to keep possession
- I can pass, receive and shoot the ball with some control under pressure.
- I can stay with an opponent and I am confident to attempt to intercept

Basketball

- I can develop protective dribbling against an opponent
- I can move into space to support a teammate
- I can choose when to pass and when to dribble
- I can use defensive techniques to win the ball
- I can develop my technique to increase accuracy when scoring

Dance

- I can accurately copy and repeat set choreography
- I can choose actions to create a motif individually and with others considering actions and dynamics
- I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing
- I can lead a group through short warm-up routines
- I can understand how changing dynamics changes the appearance of the performance

Cricket

- I can strike a bowled ball with increasing consistency
- I can use a wider range of fielding skills and begin to use these under pressure
- I understand and can apply some tactics when in different situations
- I can use throwing accuracy and directional batting
- I can use overarm bowling technique with some accuracy
- I can apply long and short barriers and apply them to a game situation

Tennis

- I can use a wider range of skills and begin to use them under some pressure
- I can use feedback provided to improve my work
- I can use feedback provided to improve my work
- I can return the ball using a forehand and backhand groundstroke
- I can work collaboratively with a partner to keep a continuous rally

Rounders

- I can begin to strike a ball with a rounders bat
- I can make decisions about where and when to send the ball to stump a batter out.
- I can understand the tactics needed to win the game

Volleyball

- I can use the fast catch volley
- I can volley the ball using a set shot
- I can use the dig and use it accordingly
- I can use the underarm serve to learn the rules of serving
- I can understand and apply tactics into a volleyball tournament

Athletics

- I can perform a range of jumps showing some technique
- I can choose the best pace for a running event
- I can show accuracy and power when throwing for distance.
- I can use some technique and co-ordination in the triple jump

Gymnastics

- I can perform progressions of inverted movements
- I can explore matching and mirroring using actions both on the floor and on apparatus.
- I can create a partner sequence using apparatus
- I can use strength and flexibility to improve the quality of a performance
- I can use canon and synchronisation



		<ul style="list-style-type: none"> • I can understand what position I am playing in and how to contribute when attacking and defending • I can develop the shooting action • I can change direction and lose a defender 				
6	<p>Swimming</p> <ul style="list-style-type: none"> • I can use a range of strokes (for example, front crawl, backstroke and breaststroke) • I can perform safe self-rescue in different water based situations <p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can develop speed and stamina • I can develop body strength using my own body weight • I can develop co-ordination through skipping • I can perform actions to develop agility 	<p>Swimming</p> <ul style="list-style-type: none"> • I can swim confidently, competently, and proficiently over a distance of at least 25 metres • I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) <p><u>Football</u></p> <ul style="list-style-type: none"> • I can create and use space to help my team • I can dribble, pass, receive and shoot the ball with increasing control under pressure. • I can use marking, tackling and/or interception to improve my defence • I can use tactics with my team and evaluate the effectiveness of these. 	<p>Dance</p> <ul style="list-style-type: none"> • I can copy and repeat a set dance phrase showing confidence in movements. • To use changes in dynamics in response to the stimulus. • To develop a dance phrase using actions, dynamics, space and relationships. • To use choreographing devices to improve how the performance looks. <p><u>Netball</u></p> <ul style="list-style-type: none"> • I can create and use space to direct my team • I can pass, receive and shoot the ball under pressure. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I can use marking, tackling and/or interception to improve my defence 	<p>Cricket</p> <ul style="list-style-type: none"> • I can select the appropriate action for the situation • I can strike a bowled ball with increasing consistency and accuracy • I can use a wider range of fielding skills with increasing control under pressure. • I understand and can apply some tactics in the game as a batter, bowler and fielder <p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can use a wider range of skills with increasing control under pressure • I can use feedback provided to improve the quality of my work • I recognise my own and others strengths and areas for development and can suggest ways to improve. • I can use the volley and use it in a game situation 	<p>Rounders</p> <ul style="list-style-type: none"> • I can strike a bowled ball with increasing consistency • I can work collaboratively with others to get batters out • I understand and can apply an increasing level of tactics in the game as a batter, bowler and fielder • I can understand the tactics needed to win the game <p><u>Hockey</u></p> <ul style="list-style-type: none"> • I can develop sending the ball using a push pass with increasing accuracy • I can develop receiving the ball with control • I can move into a space to support a teammate • I can use an open stick (block) tackle and jab tackle to gain possession of the ball. 	<p>Athletics</p> <ul style="list-style-type: none"> • I can perform jumps for distance and identify my own and others' strengths and areas for development • I can select and apply the best pace for a running event • I can show accuracy and good technique when throwing for distance. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can combine and perform gymnastic actions, shapes and balances with control and fluency • I can create and perform sequences using compositional devices to improve the quality • I can understand counter balance and counter tension and show examples with a partner • I can perform inverted movements with control • I can use flight from hands to travel over apparatus • I can create a group sequence using formations and apparatus.