

P.E at Parkgate Juniors

P.E at Parkgate Juniors inspires all children to take part in a range of sporting activities and develop a lifelong love of sport. We encourage children to be active both during the school day and throughout the week at home. Every child is taught a variety of skills through sports such as: cricket, gymnastics, athletics, basketball and dance that develop their physical coordination, fitness and stamina. Children are shown in lessons how to lead a healthy active lifestyle, which can be used in everyday life and positively impact upon their well being. Every lesson promotes an understanding of leadership skills, rule keeping, building self-esteem and confidence. We give the children an opportunity to experience success and deal with losses in competitions against each other and schools in our local area. We provide a range of after school clubs based on the children's interest, that allow children to build social relationships by being part of a school team. At Parkgate we create an atmosphere that sport is for all. We create a passion for exercise which can stay with them for life.



P.E-policy on a page

Purpose and Aims

Purpose

- To educate and encourage children on how to lead a sustainable healthy and active lifestyle through physical activities and inspire children to succeed in competitive situations that encourage fair play and respect.

Aims

- To ensure children are physically competent and confident in a range of physical activities
- To build stamina to allow children to be physically active for sustain periods of time
- To experience competitive activities in school and within the community
- To inspire and motivate children to lead a healthy active lifestyle

Provision

Our curriculum is categorised in two ways:

- **Breadth** – within each year group children experience a range of different physical activities which use running throwing, jumping and catching that are applied to competitive situations. These activities include gymnastics, dance, rugby, hockey, cricket, rounders, athletics and basketball. Children develop their flexibility, strength, technique, control and balance and learn how to evaluate their own and others performances.
- **Depth** - children develop physical skills and apply them to a range of different competitive situations whilst gaining an understanding of tactics. This includes them taking part in intra school competitions competing within their year group and also inter competitions involving competing with local schools in the area at partnership festivals.

Progression

Progression

Our curriculum is based upon the aims of the National Curriculum and applied with physical activities based on our children's diverse needs. It is adapted with guidance from our county partnership which encourages and supports high quality Physical Education through resourcing and CPD. Skills are progressed from lower to upper key stages with lower years focusing on introducing and refining basic skills and by the end of Key Stage 2 being able to apply these skills within competitive games.

Assessment and reporting

Teachers assess both formatively during lessons and summatively at the end of the year judging whether they are below, at or above age-related expectations.

Monitoring, evaluation and improvement

The subject leader carries out monitoring of the quality of teaching through termly planning scrutiny, observations and audits teacher's assessment of pupils achievement. By evaluating the strengths and limitations of the teaching of P.E, the subject lead can diagnose what key issues have arisen and then produce an action plan to address these. The subject lead throughout the year tracks the progress in addressing these issues in order to monitor the improvement of the subject as a whole.

Intent

Aims/ Statement of Intent:
To educate and encourage children on how to lead a healthy and active lifestyle through physical activities. To ensure children are physically competent and confident in a range of physical activities. To build stamina to allow children to be physically active for sustain periods of time. To experience competitive activities to develop principles of fair play and respect. To inspire and motivate children to lead a healthy active lifestyle and create a life long love of sport.

Knowledge and skills:
Throwing and catching, running, jumping, attacking and defending, flexibility, strength, power, balance, knowledge of key words, evaluation of performances, outdoor adventurous activities , teamwork.

Implementation

Approaches to learning/How our pupils learn :
visual demonstrations and models, group work, team games, application of skills, rehearsal of skills, introduction to key vocabulary, cross curricular links, building on sequences, competitive situations, scaffolding, appropriate equipment and resources, pupils as teachers, spotting misconceptions, evaluating learning, links between subjects, coordination.

Support: verbal feedback, mixed ability groups, peer feedback, adaptations to tasks/ equipment/space, sport specialist, Sports partnership resources, outside coaching

Enrichment (including link and opportunities): intra/inter competitions, sports day, PGL, extra curricular clubs, play leader training, daily mile, family festivals, personal best challenges

Impact

Skills: Confidently and accurately applying the correct technique to: throw, catch, run, jump and to be able to apply these in competitive situations. Have an awareness of attacking and defending principles. To compare and evaluate performances of their own and their peers.

Attitudes/ wellbeing and personal development:
- increased confidence, improved self esteem, motivation, cooperation with others, open to new sports, resilience, enjoyment , mental well being, develop love of the sport

Book study method

Pupil voice

Google forms

Learning walks

Work and planning scrutiny

Teacher talks

Quiz

Teacher assessment

Annotations on plans

Feedback



Curriculum Overview - P.E

		Curriculum Overview - P.E							
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Lower Key Stage 2	Year 3	Swimming / Dance Stone age	gymnastics / swimming	Hockey / Basketball	Basketball / Hockey	athletics	athletics and rounders	Year 3	
	Year 4	gymnastics / basketball	gymnastics / Basketball	Hockey / Dance	Dance / Hockey	athletics - personal best	rounders - bowling and fielding	Year 4	
Upper Key Stage 2	Year 5	dance - space	hockey / gymnastics	gymnastics / rugby	basketball / rugby	outdoor adventure / athletics	athletics / Rounders	Year 5	
	Year 6	dance - 1940's	invasion games - hockey	gymnastics	basketball	athletics - personal best	athletics / striking and fielding / rounders	Year 6	

Scheme of work – progression of knowledge (and skills)

SUBJECT: P.E			
<p>The national curriculum for history aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ♣ use running, jumping, throwing and catching in isolation and in combination ♣ 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 ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best. ♣ 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. 			
Subject and Topic: P.E		Knowledge	Skills
Year 3	Dance	<p>Understand how to respond to a variety of stimuli or themes such as the stone age with appropriate movements.</p> <p>Understand how to create and develop a character in order to tell a story through movements.</p> <p>Understand how to develop characterisation, exploring different roles in history.</p> <p>Understand how to use movements to tell a story.</p>	<p>Children can respond to stimuli of the stone age through movement.</p> <p>Children can develop movements using different levels.</p> <p>Children can extend dances to create sequences with a partner or small group.</p> <p>Children can perform dances in a small group or partner.</p>
	Gymnastics	<p>Understand a variety of balances and movements.</p> <p>Understand a variety of rolls.</p> <p>Understand what symmetry and asymmetry means.</p> <p>Understand how to use a variety of apparatus safely when creating sequences.</p>	<p>Children use movements to create symmetry and asymmetry.</p> <p>Children use balance and rolls within sequences with some control.</p> <p>Children make use of some pieces of apparatus within a sequence of movement.</p> <p>Children to form and perform sequences of movement.</p>

	Hockey	<p>Understand how to dribble the ball keeping possession to beat an opponent.</p> <p>Understand how to change direction keeping control of the ball.</p> <p>Understand how to hold the hockey stick to help with the accuracy of dribbling.</p> <p>Understand how to apply the correct technique when dribbling.</p> <p>Understand how to pass the ball to a player and receive the ball.</p>	<p>Children dribbling the ball demonstrating some control.</p> <p>Children are able to pass and receive a ball.</p> <p>Children to combine dribbling and passes.</p> <p>Children develop using a combination of dribbling, passing and receiving the ball.</p> <p>Children pass and shoot the ball aiming at a target.</p>
	Rugby	<p>Understand how to hold and pass a rugby ball sideways.</p> <p>Understand the rule of not being able to pass forward.</p> <p>Understand how to release the ball for an accurate throw.</p> <p>Understand how to run with the ball without losing possession.</p> <p>Understand how to find space when moving with the ball.</p>	<p>Children are able to hold the ball without losing possession.</p> <p>Children run with the ball without losing possession.</p> <p>Children release the ball with some accuracy.</p> <p>Children pass the ball sideways.</p> <p>Children to make use of space when running with the ball.</p>
	Athletics	<p>Understand why we have to accelerate at the start of a race.</p> <p>Understand how to run for speed in a team, using a relay baton.</p> <p>Understand how to run when running for speed, creating a pumping action.</p> <p>Understand how to throw for distance and why the correct technique is essential to send the object further.</p> <p>Understand how to use my arms and legs to help create distance when jumping.</p>	<p>Children to explore running for speed.</p> <p>Children to explore acceleration when running.</p> <p>Children introduced to relay running.</p> <p>Children to run as part of a team.</p> <p>Children to throw for both distance and accuracy.</p> <p>Children to perform a standing long jump.</p>
	Tennis	<p>Understand what part of racquet we should use to hit the ball.</p>	<p>Children use a racquet to hit the ball with some accuracy.</p>

		<p>Understand why we need to hit the ball into space on the court.</p> <p>Understand why we need to return to the middle of the court once we have hit the ball.</p> <p>Understand where to hit the ball on the court.</p> <p>Understand why we need to control the ball when playing a shot.</p>	<p>Children return a ball to their opponent.</p> <p>Children to explore getting into space to receive a ball.</p> <p>Children explore correct stance to receive and hit the ball.</p> <p>Children to explore using a forehand.</p> <p>Children to introduction tennis, outwitting an opponent.</p>
	Rounders	<p>Understand how and when to use overarm and underarm throws.</p> <p>Understand how catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball.</p> <p>Understand how to throw a ball overarm using the correct technique.</p> <p>Understand the difference between batting and fielding.</p> <p>Understand what our roles are when we are playing a small sided game.</p>	<p>Children introduced to overarm throwing.</p> <p>Children introduced to underarm throwing.</p> <p>Children to apply overarm and underarm throwing.</p> <p>Children introduced to how to stop the ball.</p> <p>Children to catch the ball with some accuracy.</p> <p>Children to apply stopping the ball in a small game using fielding techniques.</p>
Year 4	Dance	<p>Understand how to develop sequences with our partner in character that show relationships and interlinking dance moves.</p> <p>Understand how to create movements based around a stimulus of magnets.</p> <p>Understand how to use levels and formations to create variety in your sequence.</p> <p>Understand how to explore a variety of movements to ascertain the best moves to link with a</p>	<p>Children to extend sequences with a partner/ group in character.</p> <p>Children to create and develop sequences with a partner/ group in character that show relationships and interlinking dance moves.</p> <p>Children to use the stimulus of magnets to create dance movements.</p> <p>Children to perform their own sequences.</p> <p>Children to assess both their own and others performance.</p>

		<p>stimulus and improve the performance.</p> <p>Understand how to peer and self assess, identifying strengths and weaknesses in our own and others' performances.</p>	
	Gymnastics	<p>Understand how to create a balance independently and with a partner using different levels and points of contact.</p> <p>Understand how to create sequences combining movements with various methods of travel.</p> <p>Understand how to combine rolls, jumps and balances within a sequence.</p> <p>Understand how to use a variety of pieces of apparatus safely when creating sequences with a partner and independently.</p> <p>Understand how to peer and self-assess, identifying strengths and weaknesses in our own and others' performances.</p>	<p>Children can apply and perform a variety of balances independently and with a partner.</p> <p>Children can use a range of balances and rolls within sequences with good control.</p> <p>Children make use of a variety of pieces of apparatus within a sequence of movement.</p> <p>Children to form and perform sequences of movement that are linked together.</p>
	Hockey	<p>Understand the correct dribbling technique.</p> <p>Understand how to pass and receive the ball.</p> <p>Understand how to move with the ball to avoid interception by an opponent.</p> <p>Understand how to dribble with the ball with accuracy and control at some speed.</p> <p>Understand how to change direction using agility and control when dribbling with the ball.</p>	<p>Children demonstrate the correct dribbling technique.</p> <p>Children demonstrate passing and receiving the ball with greater accuracy.</p> <p>Children move with the ball to avoid interception using their bodies effectively.</p> <p>Children change their direction with control to avoid interception.</p> <p>Children explore ways to tackle an opponent.</p>

		Understand how to approach an opponent with the ball to tackle.	
	Basketball	<p>Understand how to effectively apply passing and moving skills to keep possession.</p> <p>Understand when to shoot, where to shoot from and why.</p> <p>Understand how to apply the correct technique when passing.</p> <p>Understand the different types of passing and when to use them.</p> <p>Understand how to use the correct dribbling technique.</p> <p>Understand how to dribble the ball with accuracy and control.</p>	<p>Children to demonstrate and refine dribbling skills.</p> <p>Children to demonstrate and refine passing and receiving in games.</p> <p>Children to demonstrate and refine passing and dribbling creating space.</p> <p>Children to demonstrate and refine passing and dribbling to create shooting opportunities.</p> <p>Children to be introduced to marking and defending skills.</p>
	Athletics	<p>Understand why we need to pace ourselves when running for distance.</p> <p>Understand why we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race.</p> <p>Understand how we can use our bodies to jump as far as possible, using a combination of jumps.</p> <p>Understand how to use our bodies to throw with greater distance.</p>	<p>Children to develop running at speed through refining technique.</p> <p>Children to explore their stride pattern.</p> <p>Children to exploring running at pace.</p> <p>Children to use and apply tactics when running for distance</p> <p>Children to perform a javelin throw.</p> <p>Children to perform a standing triple jump.</p>
	Rounders	<p>Understand how to bowl underarm with knowledge of the correct technique.</p> <p>Understand when to use underarm and overarm throwing.</p> <p>Understand how to throw and catch the ball with accuracy in isolation.</p> <p>Understand how to hold the bat to strike the ball.</p>	<p>Children perform an overarm throw with accuracy and control.</p> <p>Children perform an underarm throw with accuracy and control.</p> <p>Children perform fielding techniques such as the long barrier.</p> <p>Children to catch both long and short throws.</p>

		<p>Understand how to gain a good fielding position.</p> <p>Understand how to outwit the fielding team when batting by varying the direction we strike the ball.</p>	<p>Children to explore the use of a backstop within a game.</p> <p>Children to strike the ball with a bat.</p> <p>Children to the long barrier in a game using fielding techniques.</p>
Year 5	Dance	<p>Understand how to develop sequences with a group based on the stimulus of space using choregraphical devices and purposeful interlinking dance moves.</p> <p>Understand how to create and perform movements based around a stimulus of space.</p> <p>Understand how to use level, formation and choregraphical devices such as cannon to create variety in your sequence.</p> <p>Understand how to be creative with a variety of movements making use of the most effective movements at portraying the stimulus and improve the performance.</p> <p>Understand how to peer and self assess, identifying strengths and weaknesses in our own and others' performances against a given criteria.</p>	<p>Children to extend and create sequences with a group in character.</p> <p>Children to create, develop and refine sequences with a group in character that show relationships and purposeful interlinking dance moves.</p> <p>Children to use the stimulus of space to create dance movements.</p> <p>Children to perform their own sequences with control and rhythm.</p> <p>Children to assess both their own and others performance against a given criteria.</p>
	Gymnastics	<p>Understand how to create a counter balance with a partner using different points of contact.</p> <p>Understand how to create sequences combining movements</p>	<p>Children can apply and perform a variety of counter balances with a partner.</p> <p>Children can use a range of balances, jumps and rolls within</p>

		<p>with various methods of travel with fluidity.</p> <p>Understand how to combine rolls, jumps and a variety of balances within a sequence.</p> <p>Understand how to use a variety of pieces of apparatus safely when performing sequences with counter balances.</p> <p>Understand how to peer and self-assess, identifying strengths and weaknesses in our own and others' performances against a set criteria.</p>	<p>sequences with good control and power.</p> <p>Children make use of a variety of pieces of apparatus within a sequence of movement and when performing counter balances.</p> <p>Children to form and perform sequences of movement that are linked together with control.</p>
	Rugby	<p>Understand how to perform a sideways pass with accuracy and power.</p> <p>Understand and apply the rules of the game when passing the ball.</p> <p>Understand how to create space and make effective decisions of who to pass the ball to.</p> <p>Understand how to change position when running with the ball to help avoid interception.</p> <p>Understand how to score a try.</p> <p>Understand how to intercept the ball.</p> <p>Understand how to defend the ball by tagging the opposition.</p>	<p>Children are able to carry and move with the ball without losing possession.</p> <p>Children run with the ball into space and the opposition without losing possession.</p> <p>Children release the ball with accuracy and control.</p> <p>Children to accurately pass the ball sideways in a game situation.</p> <p>Children to tackle the opposition by tagging them.</p> <p>Children to score a try by running pass the line.</p>
	Basketball	<p>Understand how to use a variety of passes to keep possession.</p> <p>Understand how to create space to make an attacking play.</p> <p>Understand how to shoot the ball using the correct technique.</p>	<p>Children to dribble the ball with control and power.</p> <p>Children to perform a variety of passes within a game situation.</p> <p>Children to create space to receive the ball in a game situation.</p>

		<p>Understand how to apply the correct technique when using a variety of passes.</p> <p>Understand the different types of passing and when to use them in a game situation.</p> <p>Understand how to defend the ball using correct technique.</p> <p>Understand how to dribble with the ball with accuracy, control and power.</p>	<p>Children to effectively pass and dribble the ball to create shooting opportunities.</p> <p>Children to be defend and mark within a game situation.</p> <p>Children to be aware of their role within the game.</p>
	Athletics	<p>Understand how to effectively finish a race to improve your performance.</p> <p>Understand how to improve your stride pattern to improve your sprinting performance.</p> <p>Understand how to make an effective relay changeover.</p> <p>Understand how to hold and release equipment to throw e.g. shot put.</p> <p>Understand how to effectively jump over hurdles.</p> <p>Understand what my personal best is in different events.</p>	<p>Children to develop running at speed through refining technique and ensuring an effective finish.</p> <p>Children to explore and improve our stride pattern.</p> <p>Children to use and perform an effective relay changeover.</p> <p>Children to perform a shot put throw.</p> <p>Children to perform jumps over hurdles.</p> <p>Children to have an awareness of their own personal best and improve upon it.</p>
	Rounders	<p>Understand how to throw using both an underarm and overarm throw within a game.</p> <p>Understand how to throw and catch the ball with accuracy in game.</p> <p>Understand where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</p> <p>Understand how the fielding team can stop the batter scoring if they hit or miss the ball.</p>	<p>Children perform an overarm throw with accuracy, control and power.</p> <p>Children perform an underarm throw with accuracy and control and power.</p> <p>Children develop fielding tactics by maximising players.</p> <p>Children to catch both long and short throws accurately within a game.</p> <p>Children to understand and react if</p>

		<p>Understand how to create and apply simple fielding and batting tactics in order for our team to be successful.</p>	<p>the batter misses the ball. Children to strike the ball with a bat with power. Children to explore the use of fielding techniques by effective positioning of players. Children begin to apply tactics in mini games.</p>
	Outdoor adventurous activities	<p>Understand what effective verbal communication means. Understand how to take responsibility for others and lead others in an effective way. Understand how to plan a route effectively in order to locate as many points as possible. Understand how to manage time and avoid being late back and understand why this is important.</p>	<p>Children introduced to the concept of reading a map or a plan, being able to use a key correctly to help us navigate. Children orientate a map and locate points on the map in a set order. Children work together as a team for an end goal. Children effectively communicate as part of a team.</p>
Year 6	Dance	<p>Understand what choreography means and how this can be achieved in different ways. Understand how to create and perform movements based around a stimulus of 1940's style dancing. Understand different names for signature movements of 1940's dancing. Understand how to use level, formation, choreographical devices and dynamics to create variety in your sequence. Understand how to create fluidity within a sequence of dance moves. Understand how to peer and self assess, identifying strengths and weaknesses in our own and others' performances against a given</p>	<p>Children to extend and create sequences with a partner in the 1940's style. Children to create, develop and refine sequences with a partner in character that show rhythmic style and purposeful interlinking dance moves. Children to use the stimulus of 1940's swing to create dance movements. Children to perform their own sequences with control, precision and rhythm. Children to assess both their own and others performance against a given criteria and apply this feedback.</p>

		criteria and make use of this feedback.	
	Hockey	<p>Understand the correct dribbling technique to keep possession of the ball.</p> <p>Understand how to effectively change position with control and coordination when dribbling with the ball.</p> <p>Understand how to dribble into space to avoid interception.</p> <p>Understand how to intercept the ball from the opposition.</p> <p>Understand how to pass and receive the ball with accuracy and control.</p> <p>Understand how to shoot the ball with power and accuracy.</p>	<p>Children to accurately demonstrate the correct dribbling technique and use this within a game situation.</p> <p>Children demonstrate passing and receiving the ball with accuracy and control within a game situation.</p> <p>Children travel with the ball to avoid interception using their bodies and space effectively.</p> <p>Children change their direction at speed and with control to avoid interception within a game.</p> <p>Children perform different ways of tackling the opposition.</p> <p>Children perform shots at a target with some accuracy.</p>
	Gymnastics	<p>Understand how to create matching and mirroring sequences using a wide range of balances including counter balances.</p> <p>Understand how to create sequences combining movements with various methods of travel using power.</p> <p>Understand how to effectively combine rolls, jumps and a variety of balances within a sequence.</p> <p>Understand how to use a variety of pieces of apparatus safely when performing sequences with a range of movements.</p> <p>Understand how to peer and self-assess, identifying strengths and</p>	<p>Children can apply and perform a variety of matching and mirroring movements.</p> <p>Children can use a range of balances, jumps and rolls within sequences with good control, precision and power.</p> <p>Children make use of a variety of pieces of apparatus within a sequence of movement and when performing matching and mirroring movements.</p> <p>Children to form and perform sequences of movement that are linked together with control and power.</p> <p>Children to apply feedback both personally and from their peers.</p>

		weaknesses in our own and others' performances against a set criteria and apply this feedback.	
	Basketball	<p>Understand how to effectively use a variety of passes to keep possession.</p> <p>Understand how to effectively create space to make an attacking play.</p> <p>Understand how to accurately shoot the ball using the correct technique.</p> <p>Understand how to apply the correct technique when using a variety of passes in competitive situations.</p> <p>Understand the different types of passing and when to effectively use them in a game situation.</p> <p>Understand how and when to defend the ball using correct technique.</p> <p>Understand how to dribble the ball with accuracy, control and power in a game situation.</p>	<p>Children to dribble the ball with control, speed and power.</p> <p>Children to perform a variety of passes within a game situation with accuracy.</p> <p>Children to effectively create space to receive the ball in a game situation.</p> <p>Children to effectively pass and dribble the ball to create shooting opportunities within a game situation.</p> <p>Children to effectively defend and mark within a game situation.</p> <p>Children to be aware of their role within the game and make effective tactical decisions.</p>
	Athletics	<p>Understand how to effectively finish a race to improve my performance when competing against others.</p> <p>Understand how to improve my stride pattern to improve my sprinting performance when competing against others.</p> <p>Understand how to make an effective relay changeover.</p> <p>Understand how to improve my throwing technique when competing against others.</p> <p>Understand how to improve my jumping when competing against others.</p>	<p>Children to develop running at speed through refining technique and ensuring an effective finish when competing.</p> <p>Children to explore and improve my stride pattern when competing.</p> <p>Children to use and perform an effective relay changeover.</p> <p>Children to perform a range of throws using different pieces of equipment.</p> <p>Children to perform a range of jumps using.</p>

		Understand what my personal best is in different events and how to improve this when competing against others.	Children to have an awareness of their own personal best and improve upon it when competing.
	Rounders	<p>Understand how to throw using both an underarm and overarm throw within a game for effect.</p> <p>Understand how to throw and catch the ball with accuracy in game for effect.</p> <p>Understand where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</p> <p>Understand how the fielding team can stop the batter scoring if they hit or miss the ball.</p> <p>Understand how to create and apply fielding and batting tactics in order for our team to be successful in a full game.</p> <p>Understand how to umpire and score in a game.</p>	<p>Children perform an overarm throw with accuracy, control and power within a full game.</p> <p>Children perform an underarm throw with accuracy and control and power within in a full game.</p> <p>Children develop fielding tactics by maximising players in a full game.</p> <p>Children to catch both long and short throws accurately within a full game.</p> <p>Children to understand and react if the batter misses the ball within a full game.</p> <p>Children to strike the ball with a bat with power and accuracy.</p> <p>Children to explore the use of fielding techniques by effective positioning of players in a full game.</p> <p>Children begin to apply tactics in full games.</p>
	Outdoor adventurous activities	<p>Understand what makes an effective leader and apply these principles.</p> <p>Understand how to use effective communication within a team.</p> <p>Understand how to effectively solve problems that require resilience.</p> <p>Understand how to use a map with a key to find a methodical route.</p>	<p>Children explore and demonstrate effective team work and leadership skills in a variety of situations.</p> <p>Children demonstrate effective communication within a team to reach an end goal.</p> <p>Children demonstrate problem solving skills to reach a goal.</p> <p>Children use a map and a key to follow a clear route.</p>

Skills Ladder

Subject: PE				
Topic/areas to be covered	Skills to be taught	Learning objectives	Possible links with other areas	Other
Year 3 Gymnastics Dance Games Athletics Swimming	<ul style="list-style-type: none"> Range of dance and gymnastics. Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Run, jump, throw, catch in isolation – begin to combine. Attacking and defensive principles Compare performances and personal best 	<ul style="list-style-type: none"> To consider flexibility, strength, technique, control and balance in gymnastics. To explore movement using levels, formations and choregraphical devices e.g. cannon. To learn basic principles and skills suitable for attacking and defending used in a competitive game situation. To use running, jumping, throwing and catching in isolation. To begin to understand how a skill can be performed effectively. To learn and use a range of strokes effectively – front/back/breast strokes. 	PSHCE – Healthy eating. Science – keeping healthy/human body. Geography – rainforest dance. Literacy – following instructions. Music – dance Maths – length and distances. ICT – record performances.	Drama – Christmas Nativity School sports partnership festival - Athletics Daily Mile Sports day Tennis Club
Year 4 Gymnastics Dance Games Athletics Rounders	<ul style="list-style-type: none"> Range of dance and gymnastics. Attacking and defensive principles developing into competitive games. In isolation and in combination use running, jumping, throwing and catching. Evaluate and compare performances 	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance in gymnastics. To develop movement using levels, formations and choregraphical devices e.g. cannon. To develop principles and skills suitable for attacking and defending used in a competitive game situation. To begin to link running, jumping, throwing and catching. To compare performances and improve. 	PSHCE Literacy – following instructions. Science – keeping healthy/human body. ICT – record performances. Geography – rainforest dance. Music Maths – length.	Drama - Play School sports partnership festival – indoor athletics/ tri-golf Daily mile Sports day Dance Show Tennis Club

<p>Year 5 Gymnastics Dance Games Athletics Rounders</p>	<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity – challenges both individually and in a team. • Range of dance and gymnastics. • Attacking and defensive principles in competitive games. • In isolation and combination run, jump, catch and throw and progress to combination. • Evaluate and compare performances and personal best. 	<ul style="list-style-type: none"> • To develop a range of movement using flexibility, strength, technique, control and balance in gymnastics. • To create and perform movement using levels, formations and choregraphical devices e.g cannon. • To apply principles and skills suitable for attacking and defending used in a complete game situation. • To use running, jumping, throwing and catching in game situations. • To take part in outdoor and adventurous activity challenges both individually and within a team. • To compare performances in detail and improve. 	<p>PSHCE - Healthy eating. Literacy – following instructions. Science – keeping healthy/human body and space dance Maths – length. Music – dance ICT – record performances. Geography (northern heights) – maps, safety outdoor environments, orienteering skills</p>	<p>Drama - Play School sports partnership festival – tag rugby Daily Mile Play leaders Junior Gamesmaker training Cycling proficiency Sports day Dance Show Football club and matches Netball club and Tournament</p>
<p>Year 6 WW2 1940s dance Games Gymnastics Residential trip – outdoor education athletics</p>	<ul style="list-style-type: none"> • • Take part in outdoor and adventurous activity – challenges both individually and in a team. • Range of dance and gymnastics. • Evaluate and compare performances and personal best. • Play competitive games. • In isolation and combination run, jump, catch and throw and in combination and game situations. 	<ul style="list-style-type: none"> • To perform a range of movement using flexibility, strength, technique, control and balance in gymnastics. • To perform, create and link movement using levels, formations and choregraphical devices e.g. cannon. • To apply and understand principles and skills suitable for attacking and defending used in a complete game situation. • To master and apply running, jumping, throwing and catching in game situations. • To perform outdoor and adventurous activity challenges both individually and within a team. • To analyse and evaluate performances in detail and make improvements. • 	<p>History – WW2 Literacy – write match reports. Science – keeping healthy/human body. PSHCE - Healthy eating. Music- dance ICT – record performances. Geography (PGL) – maps, water safety in different situations (lake). Maths – shapes on courts and pitch and length.</p>	<p>Drama – Play School sports partnership festival – cricket Daily Mile Sports day Residential trips- PGL Football Club and matches Netball club and matches</p>

Vocabulary

Physical education vocabulary ladder			
Year 3	Year 4	Year 5	Year 6
Rhythm Improvisation Sequence Combination Coordination Jump Land Stretch Turns rolls Travel Formation Power Balance Strength Pace space Control	Expression Contrasting Sequence Combination Movement Jump Travel Turns Rolls Formation Spacing Power Balance Strength Intercept Possession Teamwork Striking	Formation Aesthetic Flexibility Force Sustain Sequence Combination Movement Jump Travel Turns Rolls Formation Spacing Power Balance Strength Intercept	Formation Flexibility Gesture dynamics Force Symmetry Sequence Combination Movement Jump Travel Turns Rolls Formation Spacing Power Balance Strength

Striking Fielding Throw Catch	fielding throw catch	Regain Accuracy Possession Teamwork Striking fielding throw catch	Intercept Counter attack Accuracy Possession Teamwork Striking fielding throw catch
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Resources we use

Resources	Learning outside the classroom
Netball Basketballs Rugby balls Hockey balls and sticks Tennis balls Gymnastic mats Gymnastic apparatus Benches Cones Rounders bats and balls Hoops Skipping ropes Batons Hurdles Tennis racquets	Family festivals Extra curricular fixtures in netball and football Stay active sessions Residential trips Daily mile Sports day Sports week activities P.E awards

Endpoints

Year 3

Below expected	At expected	Above expected
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<p><u>Gymnastics:</u> Beginning to create sequences of movements using more than one movement. Use turns and jumps in their sequences with limited control. Beginning to hold balances with limited control. Able to use apparatus to show movements.</p> <p><u>Dance:</u> Perform movements in time with music.</p> <p><u>Games:</u> Able to throw and catch with limited control and accuracy. Able to throw and catch within a competitive game situation with some success. Begin to develop a safe overarm throw. Able to move with the ball in a with some control. Able to pass the ball in a game situation with limited some success. Aware of simple attacking and defending skills in a game. Is aware of rules within games and starting to follow them fairly.</p> <p><u>Athletics:</u> Able to combine arm and leg action to develop their sprinting technique. Able to combine running with jumping over hurdles with limited coordination. Able to use both one and two feet to take off and to land with limited power. Able to land safely and with limited control. Developing the ability to throw and developing techniques for throwing for distance. Developing increasing control in their overarm throw.</p>	<p><u>Gymnastics:</u> Able to create a sequence of movements combining movements showing changes in direction and level. Use turns and jumps in their sequences. Able to hold balances and starting to show flexibility in a variety of movements. Use apparatus to aid sequences of movement.</p> <p><u>Dance:</u> Perform with some awareness of rhythm and expression.</p> <p><u>Games:</u> Able to throw and catch with control and accuracy. Able to throw and catch within a competitive game situation. Begin to develop a safe and effective overarm throw. Able to move and pass the ball in a variety of ways with some control. Know how to keep and win back possession of the ball in a competitive game. Able to use of simple attacking and defending skills in a game. Apply and follow rules fairly.</p> <p><u>Athletics:</u> Aware of their arm and leg action to improve their sprinting technique. Able to combine running with jumping over hurdles. Able to use both one and two feet to take off and to land with. Able to land safely and with control. Able to throw with control, accuracy and developing techniques for throwing for distance.</p>	<p><u>Gymnastics:</u> Creatively able to create a sequence of movement combining movements showing changes in direction and level with increasing confidence. Use a variety of turns and jumps in their sequences with accuracy and control. Able to hold balances for an extended amount of time and able to demonstrate flexibility and power in a variety of movements. Creatively use apparatus within sequences of movements.</p> <p><u>Dance:</u> Perform their own movements demonstrating rhythm and expression.</p> <p><u>Games:</u> Able to throw and catch with greater control and accuracy. Able to throw and catch effectively within a competitive game situation. Able to demonstrate a safe and effective overarm throw. Able to move with the ball in a variety of ways with control accuracy. Able to pass the ball in a game situation with success and precision. Able to keep and win back possession of the ball in a competitive game. Confidently able to make use of simple attacking and defending skills in a game. Can apply and follow rules fairly and with confidence.</p> <p><u>Athletics:</u> Can change their arm and leg action to improve their sprinting technique.</p>
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<p>Developing the technique of a push throw.</p> <p><u>Outdoor adventurous activities:</u> Developing skills to communicate with others. Developing skills to Identify symbols on a key. Able to orientate themselves with limited accuracy in a short trail.</p> <p>Developing the ability to describe and evaluate the effectiveness of a performance and describe how their performance can improve.</p>	<p>Show increasing control in their overarm throw. Able to perform a push throw.</p> <p><u>Outdoor adventurous activities:</u> Able to communicate with others. Identify symbols on a key. Able to orientate themselves with accuracy in a short trail.</p> <p>Able to describe and evaluate the effectiveness of a performance and describe how their performance can improve.</p>	<p>Able to successfully combine running with jumping over hurdles. Able to use both one and two feet to take off and to land with power and success. Able to land safely and with greater control. Throw with control and accuracy and developing techniques for throwing for distance. Able to demonstrate greater control in their overarm throw. Accurately able to perform a push throw.</p> <p><u>Outdoor adventurous activities:</u> Able to communicate with others. Identify symbols on a key. Able to orientate themselves with accuracy and confidence in a short trail.</p> <p>Able to describe and evaluate the effectiveness of a performance and describe with key vocabulary how their performance can improve.</p>
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Below expected	At expected	Above expected
<p><u>Gymnastics:</u> Developing the skills to create a sequence of actions and movements that fit a theme using some balances, jumps and rolls. Make use of equipment to aid performance of sequences with some success. Able to use actions demonstrating changes in direction, levels and speed. Developing the use of travel movements including flight to link movements. Developing strength, good technique, flexibility and balance within a range of different movements and actions. Starting to improve balances with an awareness of the centre of gravity.</p> <p><u>Dance:</u> Developing the use and repetition of movements and actions of a given style of dance. Beginning to demonstrate precision and limited control in response to stimuli. Developing the skills to improvise movements with a partner or on their own. Beginning to show variation in dynamics when performing actions in response to stimuli. Starting to develop rhythm and spatial awareness.</p> <p><u>Games:</u> Developing hand-eye coordination to strike a ball. Developing different ways of throwing and catching with limited precision. Able to move with the ball using techniques showing some control and fluency.</p>	<p><u>Gymnastics:</u> Able to create a sequence of actions and movements that fit a theme using a range of balances, jumps and rolls. Make use of equipment to aid performance of sequences. Able to use an increasing range of actions demonstrating changes in direction, levels and speed. Demonstrate the use of travel movements to link movements together. Demonstrate strength, good technique, flexibility and balance within a range of different movements and actions. Begin to improve the placement of body parts and perform balances with an awareness of the centre of gravity.</p> <p><u>Dance:</u> Able to use and repeat movements and actions of a given style of dance. Able to demonstrate precision and some control in response to stimuli. Able to improvise movements with a partner or on their own. Demonstrate variation in dynamics when performing actions in response to stimuli. Demonstrate rhythm and spatial awareness.</p> <p><u>Games:</u> Demonstrate hand-eye coordination to strike a ball. Develop different ways of throwing and catching. Able to move with the ball using a range of techniques showing control and fluency.</p>	<p><u>Gymnastics:</u> Able to create an interesting sequence of actions and movements that fit a theme using a wide range of balances, jumps and rolls. Make use of equipment to aid performance of sequences confidently and successfully. Able to use an increasing range of actions demonstrating changes in direction, levels and speed with control and power. Demonstrate a wide range of travel movements including flight to link movements together. Demonstrate strength, good technique, flexibility and balance within a wide range of different movements and actions. Able to improve the placement of body parts and perform balances with an awareness of the centre of gravity demonstrating control and precision.</p> <p><u>Dance:</u> Able to use and repeat movements and actions of a given style of dance with control and fluency. Able to demonstrate precision and greater control in response to stimuli. Able to confidently improvise movements with a partner or on their own. Demonstrate variation in dynamics when performing actions in response to stimuli to improve the quality of the dance. Demonstrate good rhythm and spatial awareness.</p> <p><u>Games:</u> Demonstrate hand-eye coordination to strike a ball with confidence and accuracy.</p>

<p>Able to pass the ball with limited speed, accuracy and success in a competitive situation. Developing the ability to make the best use of space to pass and receive the ball whilst moving. Demonstrate some attacking and defending skills and techniques in a competitive situation. Developing the use of fielding skills as an individual to prevent a player from scoring. Developing the use of tactics in a game.</p> <p><u>Athletics:</u> Developing an improved technique for sprinting. Developing the ability to speed up and slow down smoothly. Able to land safely and with limited control. Developing the ability to perform a pull throw. Begin to develop techniques to throw for increased distance.</p> <p><u>Outdoor adventurous activities:</u> Developing the ability to orientate themselves around a short trail and starting to create their own trail. Start to recognise the features of an orienteering course. Developing communication skills with others in a team. Beginning to Link a key to the surrounding environment.</p> <p><u>Evaluation:</u> Developing the skills to evaluate the effectiveness of their own and others performances. Starting to change their use of skills or techniques to achieve a better result</p>	<p>Able to pass the ball with increasing speed, accuracy and success in a competitive situation. Able to make the best use of space to pass and receive the ball whilst moving. Demonstrate a range of attacking and defending skills and techniques in a competitive situation. Use fielding skills as an individual to prevent a player from scoring. Able to vary the tactics they use in a game.</p> <p><u>Athletics:</u> Demonstrate an improved technique for sprinting. Demonstrating speeding up and slowing down smoothly. Able to land safely and with control. Able to perform a pull throw. Continue to develop techniques to throw for increased distance.</p> <p><u>Outdoor adventurous activities:</u> Orientate themselves around a short trail and able to create their own trail. Start to recognise the features of an orienteering course. Able to communicate with others in a team. Link a key to the surrounding environment.</p> <p><u>Evaluation:</u> Able to watch, describe and evaluate the effectiveness of their own and others performances, giving ideas for improvements. Able to change their use of skills or techniques to achieve a better result</p>	<p>Develop different ways of throwing and catching with power and accuracy. Able to move with the ball using a range of techniques showing greater control and fluency. Able to pass the ball with increasing speed, accuracy and increasing success in a competitive situation. Able to make the best use of space to pass and receive the ball whilst moving at speed. Demonstrate confidently and effectively a range of attacking and defending skills and techniques in a competitive situation. Use fielding skills effectively as an individual to prevent a player from scoring. Able to vary the tactics they use in a game based on the situation.</p> <p><u>Athletics:</u> Demonstrate an improved technique for sprinting using power and strength. Demonstrating speeding up and slowing down smoothly effectively. Able to land safely and with control and precision. Able to perform a pull throw with accuracy. Continue to develop techniques to throw for increased distance using power and precision.</p> <p><u>Outdoor adventurous activities:</u> Orientate themselves confidently around a short trail and able to create their own trail. Able to recognise the features of an orienteering course. Able to communicate with others in a team effectively. Link a key to the surrounding environment with accuracy.</p> <p><u>Evaluation:</u></p>
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		Able to watch, describe using key vocabulary and evaluate the effectiveness of their own and others performances, giving ideas for improvements. Able to change their use of skills or techniques effectively to achieve a better result
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Year 5

<u>Below expected</u>	<u>At expected</u>	<u>Above expected</u>
<p><u>Gymnastics:</u></p> <p>Creates their own sequence of movement using some balances, travel and jumps. Alter their sequences to fit criteria with support. Beginning to developing the placement of body parts in balances to improve control. Able to use equipment within sequences in a variety of ways with some control. Developing strength, technique and flexibility throughout performances.</p> <p><u>Dance:</u></p> <p>Identify and repeat the movement patterns and actions of a chosen dance style. Able to demonstrate some change of dynamics such as pace, levels and formations. Choose basic movements based upon a stimulus. Beginning to link movements together using travel movements to show fluency. Make use of musical accompaniments when performing movements with some success. Starting to alter parts of a sequence as a result of self and peer evaluation. Use limited dance vocabulary to talk about dance performances.</p>	<p><u>Gymnastics:</u></p> <p>Creates their own sequence of movement using balances, travel and jumps. Alter their sequences to fit criteria. Developing the placement of body parts in balances to improve control. Able to use equipment within sequences in a variety of ways. Demonstrate strength, technique and flexibility throughout performances.</p> <p><u>Dance:</u></p> <p>Identify, repeat and create the movement patterns and actions of a chosen dance style. Able to demonstrate a change of dynamics such as pace, levels and formations. Choose movements based upon a stimulus. Able to link movements together using travel movements to show fluency. Make use of musical accompaniments when performing movements. Able to alter parts of a sequence as a result of self and peer evaluation. Use dance vocabulary to talk about dance performances.</p>	<p><u>Gymnastics:</u></p> <p>Creates their own complex sequence of movement using balances, travel and jumps with power and control. Alter their sequences to fit criteria with creativity. Developing the placement of body parts in balances to improve control and appearance. Able to use equipment effectively within sequences in a variety of ways. Demonstrate strength, technique and flexibility throughout performances consistently.</p> <p><u>Dance:</u></p> <p>Identify, repeat and create the movement patterns and actions of a chosen dance style effectively. Able to demonstrate a change of dynamics such as pace, levels and formations confidently. Choose a wide range of movements based upon a stimulus. Able to link movements together using travel movements to show fluency with confidence.</p>

<p><u>Games:</u></p> <p>Able to demonstrate some different techniques for hitting a ball Able to demonstrate some different ways of throwing and catching. Demonstrating some ball skills used in various ways, and begin to link together other skills. Able to pass a ball with limited speed and accuracy using appropriate techniques in a competitive situation. Developing the ability to keep and win back possession of the ball effectively in a team game. Beginning to demonstrate an increasing awareness of space in team games. Has some understanding when to pass and when to dribble in a game.</p> <p><u>Athletics:</u></p> <p>Continue to practise their technique for sprinting involving a sprint start. Able to use some pace when running distance based on their own fitness level to sustain the run. Beginning to understand what stamina is and how to improve it when running. Beginning to develop an effective technique for a range of jumps including take-off, flight and landing safely with control. Able to throw a variety of implements using a range of throwing techniques with limited accuracy.</p> <p><u>Outdoor adventurous activities:</u></p>	<p><u>Games:</u></p> <p>Able to demonstrate different techniques for hitting a ball Able to demonstrate different ways of throwing and catching, and know when each is appropriate in a game. Demonstrating ball skills used in various ways, and begin to link together other skills. Able to pass a ball with speed and accuracy using appropriate techniques in a competitive situation. Able to keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space in team games. Able to choose the best tactics for attacking and defending. Have an understanding when to pass and when to dribble in a game.</p> <p><u>Athletics:</u></p> <p>Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Able to use pace when running distance based on their own fitness level to sustain the run. Understand what stamina is and how to improve it when running. Develop an effective technique for a range of jumps including take-off, flight and landing safely with control. Able to throw a variety of implements using a range of throwing techniques.</p> <p><u>Outdoor adventurous activities:</u></p>	<p>Make use of musical accompaniments to demonstrate a strong sense of rhythm when performing movements. Able to alter parts of a sequence as a result of self and peer evaluation. Use a range dance vocabulary to talk about dance performances.</p> <p><u>Games:</u></p> <p>Able to demonstrate different techniques for hitting a ball with power and accuracy. Able to demonstrate different ways of throwing and catching with accuracy, and know when each is appropriate in a game. Demonstrating ball skills accurately used in various ways, and link together other skills effectively. Able to pass a ball with speed and consistent accuracy using appropriate techniques in a competitive situation. Able to keep and win back possession of the ball effectively and confidently in a team game. Demonstrate an increasing awareness of space in team games. Able to choose the best tactics for attacking and defending. Have a good understanding when to pass and when to dribble in a game.</p> <p><u>Athletics:</u></p> <p>Confidently practise and refine their technique for sprinting, focusing on an effective sprint start. Able to use pace effectively when running distance based on their own fitness level to sustain the run.</p>
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<p>Begin to orientate themselves with limited confidence around an orienteering course. Design a simple orienteering course that can be followed. Begin to use navigation equipment on a course with limited accuracy. Starting to identify a key on a map and begin to use this on a course.</p> <p>When provided with a criteria to help them can evaluate and assess their own and others performances using limited specific vocabulary.</p>	<p>Begin to orientate themselves with some confidence around an orienteering course. Design an orienteering course that can be followed. Begin to use navigation equipment on a course. Identify a key on a map and begin to use this on a course.</p> <p>Choose and use a criteria to help them evaluate and assess their own and others performances using some specific vocabulary.</p>	<p>Understand what stamina is and use it to improve running performances. Demonstrate an effective technique for a range of jumps including take-off, flight and landing safely with control. Able to throw accurately and with power a variety of implements using a range of throwing techniques.</p> <p><u>Outdoor adventurous activities:</u></p> <p>Able to orientate themselves with confidence around an orienteering course. Design an orienteering course that can be followed. Begin to use navigation equipment on a course effectively. Identify a key on a map and begin to use this on a course accurately.</p> <p>Choose and use an appropriate criteria to help them evaluate and assess their own and others performances using a range specific vocabulary.</p>
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Year 6

<u>Below expected</u>	<u>At expected</u>	<u>Above expected</u>
<p><u>Gymnastics:</u> Create their own sequences involving the full range of movements: travelling, balancing and jumping with some accuracy. Able to demonstrate some controlled placement of body parts in their actions and balances. Developing the use equipment in sequences. Beginning to apply skills and techniques showing precision and control. Beginning to develop strength, technique and flexibility throughout performances.</p> <p><u>Dance:</u> Create and repeat basic movement patterns of a chosen dance style. Able to use limited expression and control in dance movements. Developing flexibility, rhythm and techniques to create a sequence. Beginning to adapt movements related to a stimulus e.g. levels, travel, pace etc. Developing the ability to improvise demonstrating some fluency across their movements. Developing the ability to move with fluency and control, linking all movements and ensuring that transitions flow.</p> <p><u>Games:</u> Able to hit a ball over longer distances with some success. Able to demonstrate some good hand-eye coordination to be able to direct a ball when striking or hitting with limited success.</p>	<p><u>Gymnastics:</u> Create their own sequences involving the full range of movements: travelling, balancing and jumping. Able to demonstrate controlled placement of body parts in their actions and balances. Able to use equipment in sequences. Able to apply skills and techniques showing precision and control. Demonstrate a development of strength, technique and flexibility throughout performances.</p> <p><u>Dance:</u> Create and repeat movement patterns of a chosen dance style. Able to use expression and control in dance movements and perform with confidence. Able to demonstrate flexibility, rhythm and techniques to create a fluent sequence. Able to adapt movements related to a stimulus e.g. levels, travel, pace etc. Improvise demonstrating some fluency across their movements. Able to move with fluency and control, linking all movements and ensuring that transitions flow.</p> <p><u>Games:</u> Able to hit a ball over longer distances. Able to demonstrate good hand-eye coordination to be able to direct a ball when striking or hitting. Able to throw and catch successfully in competitive situations.</p>	<p><u>Gymnastics:</u> Create their own complex sequences involving the full range of movements: travelling, balancing and jumping using power and control. Able to consistently demonstrate controlled placement of body parts in their actions and balances. Able to use equipment confidently in sequences. Able to consistently and effectively apply skills and techniques showing precision and control. Demonstrate strength, technique and flexibility throughout performances.</p> <p><u>Dance:</u> Create and repeat movement patterns of a chosen dance style with style and creativity. Able to use expression and control in dance movements and perform with confidence consistently. Able to demonstrate flexibility, rhythm and techniques consistently to create a fluent sequence. Able to adapt movements related to a stimulus creatively e.g. levels, travel, pace etc. Improvise confidently demonstrating fluency across their movements. Able to move with fluency and control, linking all movements and ensuring that transitions flow whilst maintaining power.</p> <p><u>Games:</u> Able to hit a ball over longer distances with accuracy and precision. Able to demonstrate good hand-eye coordination to be able to direct a ball when striking or hitting consistently.</p>

<p>Developing the ability to throw and catch in competitive situations. Developing confidence in using ball skills in various ways. Beginning to link a range of skills together with fluency, e.g. passing and receiving the ball on the move. Developing an awareness of space. Beginning to apply knowledge of skills for attacking and defending. Limited teamwork skills demonstrated to prevent the opposition from scoring. Able to follow basic rules to play a game successfully.</p> <p><u>Athletics:</u></p> <p>Able to practise an effective sprinting technique demonstrating some elements of reaction time and sprint finishes. Developing the skills needed to work as a team to competitively perform a relay. Demonstrates limited endurance and stamina over longer distances. Perform techniques with limited power and consistency for jumping for height and distance whilst landing safely. Continue to develop techniques to throw for increased accuracy.</p> <p><u>Outdoor adventurous activities:</u></p> <p>Orientate themselves with limited accuracy around an orientating course. Use navigation equipment with some success. Beginning to develop the skills to allow them to create their own orientating course for others to follow.</p>	<p>Able to show confidence in using ball skills in various ways. Able to link a range of skills together with fluency, e.g. passing and receiving the ball on the move. Capable of keeping and winning back possession of the ball and in a competitive game. Demonstrate a good awareness of space. Able to apply knowledge of skills for attacking and defending. Demonstrates good teamwork skills to prevent the opposition from scoring. Able to follow and create complicated rules to play a game successfully.</p> <p><u>Athletics:</u></p> <p>Able to recap, practise and refine an effective sprinting technique demonstrating reaction time and sprint finishes. Work as a team to competitively perform a relay. Demonstrate endurance and stamina over longer distances. Perform, develop and improve their techniques for jumping for height and distance whilst landing safely. Continue to develop techniques to throw for increased distance and accuracy.</p> <p><u>Outdoor adventurous activities:</u></p> <p>Orientate themselves with some accuracy around an orientating course. Use navigation equipment. Create their own orientating course for others to follow.</p>	<p>Able to throw and catch successfully with power and precision in competitive situations. Able to show consistently confidence in using ball skills in various ways. Able to link a range of skills together with fluency, e.g. passing and receiving the ball on the move. Capable of confidently and successfully keeping and winning back possession of the ball and in a competitive game. Demonstrate a good awareness of space consistently. Able to apply knowledge of skills for attacking and defending effectively. Demonstrates consistently good teamwork skills to prevent the opposition from scoring. Able to follow and create confidently complex rules to play a game successfully</p> <p><u>Athletics:</u></p> <p>Able to confidently recap, practise and refine an effective sprinting technique demonstrating reaction time and sprint finishes. Work as a team to effectively competitively perform a relay. Select the most appropriate pace for different distances. Demonstrate high levels of endurance and stamina over longer distances. Perform and improve their techniques for jumping for height and distance effectively whilst landing safely. Continue to develop techniques to throw for increased distance and accuracy shower power and consistency.</p> <p><u>Outdoor adventurous activities:</u></p>
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<p>Beginning to evaluate their own and others performances using correct vocabulary.</p>	<p>Evaluate their own and others performances using correct vocabulary.</p>	<p>Orientate themselves with greater accuracy around an orientating course. Use navigation equipment with confidence. Create their own orientating course for others to follow effectively.</p> <p>Thoroughly evaluate their own and others performances using a range of correct vocabulary.</p>
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