



P.E.

Objectives and Progression:

Year 1:

Basic movement

Running at a variety of speeds, in different directions and in different styles, in and out of cones

Jump with both feet and for height, hop, skip without a rope

Control movement by stopping on command

Developing balance

Complete single balances

balancing on one foot; balancing on apparatus

learn how to do an egg roll, log roll and teddy bear roll

Agility and coordination

Be able to throw and receive a large ball – over arm and under arm

roll a ball to an end target

kick a ball with increasing accuracy to an end target, begin to dribble a ball around equipment

balance a ball on a racket

two handed strike

Team games

Be able to participate in a game with an opposing side and play a game following a set of rules

be able to control a ball within a game setting;

use hands to control a ball with increasing accuracy

Movement patterns (dance)

Dance to link in with learning theme; copy a dance pattern

move to a beat in different ways

link 2 dance movements together

Knowledge and understanding of fitness and health

know that being active is good for them and fun

<p>Year 2:</p>	<p>Basic movement Move in a variety of ways in and out cones and obstacles jump with both feet leaving the ground; hop; stop on command sprint, run, skip without a rope, jump for height, skip with a rope, gallop and side gallop, jump for distance</p> <p>Developing balance Single balance balancing on one foot be able to balance on a piece of apparatus side roll, climbing, line walk, bench walk</p> <p>Agility and coordination Be able to throw and catch a medium sized ball accurately Kick a ball Balance a ball on a bat Dribble a ball in and out of a set of obstacles Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target</p> <p>Team games Be able to participate in a game with an opposing side Be able to control a ball within a game setting Play a game with a set of rules Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball.</p> <p>Movement patterns (dance) Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together</p> <p>Knowledge and understanding of fitness and health recognise and describe what their bodies feel like during different types of activity</p>
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<p>Year 3</p>	<p>Swimming Safety and confidence when in and around water Accurate body shapes when floating, gliding front and back, and swimming distances unaided.</p> <p>Control and Balance Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll.</p> <p>Competitive games Participate in team games Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities</p> <p>Movement patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment</p> <p>Knowledge and understanding of fitness and health know and describe the short term effects of different exercise activities on the body know how to improve stamina begin to understand the importance of warming up</p> <p>Evaluating and improving performance recognise good performance and identify the parts of a performance that need improving use what they have learned to improve their work</p>
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<p>Year 4</p>	<p>Swimming Swim confidently over a distance of 25m Using three strokes with controlled breathing; perform safe self-rescue</p> <p>Control and Balance Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements</p> <p>Competitive games Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate Succeed and excel (in competitive sport) and other physically demanding activities Compete in a range of increasingly challenging situations</p> <p>Movement patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment Plan and perform a movement sequence showing contrasts in speed/level and direction Apply basic compositional ideas to create dance phrases with a partner and in a small group.</p> <p>Knowledge and understanding of fitness and health recognise which activities help their speed, strength and stamina and know when they are important in games recognise how specific activities affect their bodies</p> <p>Evaluating and improving performance explain their ideas and plans recognise aspects of their work which need improving suggest practices to improve their play</p>
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<p>Year 5</p>	<p>Control and Balance Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.</p> <p>Competitive games Participate in team games Play competitive games, modified where appropriate through team and individual games Develop simple tactics for attacking and defending Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations</p> <p>Movement patterns Create and perform a short sequence linking basic actions, with a clear beginning, middle and end. Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p> <p>Knowledge and understanding of fitness and health Know and understand the basic principles of warming up, and understand why it is important for a good quality performance; understand why exercise is good for their fitness, health and wellbeing</p> <p>Evaluating and improving performance choose and use information to evaluate their own and others' work; suggest improvements in their own and others' performances</p>
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<p>Year 6</p>	<p>Control and Balance Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts Can travel whilst bouncing a ball, showing control Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p> <p>Competitive games Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations Develop an understanding of how to improve in different physical activities and sports.</p> <p>Movement patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance? Refine own performance in response to others and self-analysis.</p> <p>Knowledge and understanding of fitness and health Understand why exercise is good for their fitness, health and wellbeing; understand the need to prepare properly for games</p> <p>Evaluating and improving performance develop their ability to evaluate their own and others' work, and to suggest ways to improve it; know why warming up and cooling down are important</p>
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