

None Negotiables – PE



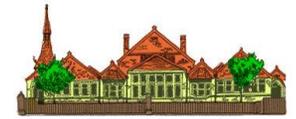
Year Group	Topics	None Negotiables
Year 1		<ul style="list-style-type: none"> • Kick a ball • Move with control and coordination • Link 2 simple actions • Move into and out of a space safely • Hold a position while balancing on different parts of the body • Use movement to respond to music • Strike a ball with a racket • Throw & catch • Participate in team games
Year 2		<ul style="list-style-type: none"> • Use term team mate, opponent • Develop tactics and leadership • Catch and kick a ball • Athletics - jump, throw, run - combined with games. • Copy and remember moves and positions. • Move with control and coordination. • Link two or more actions together to make a sequence. • Uses movements to communicate a mood, feeling of idea. • Move with control, awareness and space. • Travel by rolling forwards, backwards, sideways, • Hold a position whilst balancing on different points of the body. • Jump in a variety of ways and land with increasing control and balance. • Throw, catch and strike a ball
Year 3		<ul style="list-style-type: none"> • Combine skills of running, jumping, throwing and catching. • Develop and combine; flexibility, strength, technique, control and balance. • Use a range of simple movements to produce individual and group dances • Compare their performances in a range of activities and sports
Year 4		<ul style="list-style-type: none"> • Combine skills of running, jumping, throwing and catching, applying these to individual and team games • Develop and combine; flexibility, strength, technique, control and balance. working individually and with others form apply these too games and develop sequences • Use a range of movements to develop and perform group and individual dances

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		<ul style="list-style-type: none"> • Undertake an outdoor and adventurous activity • Compare their performances in a range of activities and sports
<p>Year 5</p>		<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.) • Work alone, or with team mates in order to gain points or possession • Strike a bowled or volleyed ball with accuracy • Use forehand and backhand when playing racket games • Field, defend and attack tactically by anticipating the direction of play • Choose the most appropriate tactics for a game • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team • Create complex and well- executed sequences that include a full range of movements including; travelling, balances, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures & linking skills. • Swim 25m unaided • Enter the water safely • Tread water for 2 minutes • Use a range of swimming strokes effectively •
<p>Year 6</p>		<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.) • Work alone, or with team mates in order to gain points or possession • Strike a bowled or volleyed ball with accuracy • Use forehand and backhand when playing racket games • Field, defend and attack tactically by anticipating the direction of play • Choose the most appropriate tactics for a game • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team • Create complex and well- executed sequences that include a full range of movements including; travelling, balances, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures & linking skills. • Hold shapes which are strong, fluent and expressive • Include in a sequence set pieces, choosing the most appropriate linking elements

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		<ul style="list-style-type: none">• Vary speed, direction, level and body rotation during floor performances• Practise and refine the gymnastic techniques used in performances• Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)• Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)• Use equipment to vault and to swing (remaining upright)• Compose creative and imaginative dance sequences• Perform expressively and hold a precise and strong body position• Perform and create complex sentences• Express an idea in original and imaginative ways• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece• Perform complex moves that combine strengths and stamina gained through gymnastics activities (such as cartwheels or handstands)• Perform safe self-rescue in different water based situations
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