

*The Physical Education Skills taught at Callowell*

- Y1 Roll, hit, run, jump, catch and kick with some control
- Y1 Throw, send and receive a ball in different of ways
- Y1 Copy and explore basic body actions and movement patterns
- Y1 Select movements to create their own dance phrases with beginnings, middles and ends
- Y1 Perform the basic actions of travelling, rolling, jumping and climbing
- Y1 Change speed and direction when travelling
- Y1 Show awareness of body parts, points and position when making still shapes
- Y1 Describe what they and others have done, using appropriate vocabulary with support
- Y2 Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination
- Y2 Use basic tactics for attacking and defending
- Y2 Copy, repeat and remember moves and shapes
- Y2 Movement shows control and coordination
- Y2 Perform a dance phrase with 2 or more joined movements / shapes
- Y2 Move and jump with some control and awareness of space
- Y2 Create a sequence using 2 or more linked actions
- Y2 Show contrasts on use of body and shape (such as small, tall, straight, curved)
- Y2 Balance on different points of the body, holding a still position
- Y2 Improve their own work through watching and commenting on others work
- Y3 Choose, use and vary simple tactics for attacking and defending (e.g. positioning)

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- Y3 Use a variety of skills consistently in a game e.g. rolling, hitting, kicking, throwing, catching
- Y3 Experiment with actions, dynamics, directions and levels
- Y3 Remember and repeat dance phrases
- Y3 Demonstrate control and coordination when performing a range of actions with transitions
- Y3 Devise, repeat and perform a short sequence that shows changes in speed, level and direction
- Y3 Create a sequence using apparatus
- Y3 Use basic maps and diagrams to orientate themselves and to move from one place to another
- Y3 Run at a speed appropriate to the distance
- Y3 Jump from a standing position
- Y3 Able to throw a ball using an under and over arm technique
- Y3 Describe the similarities and differences, and evaluate the effectiveness and quality of a performance
- Y3 Explain how their body feels during a range of physical activities, making reference to different parts of the body
- Y4 Strike, throw and catch with control and clear sense of direction
- Y4 Follow the formal rules of the game and demonstrate they can play fairly
- Y4 Keep possession of a ball (with e.g. hockey stick, hands, feet)
- Y4 Show awareness and accuracy in passing
- Y4 Vary speed and levels within a dance sequence
- Y4 Link movements into dance sequences
- Y4 Plan, perform and repeat fluent gymnastic sequences, linking still shapes with travelling

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- Y4 Show changes of direction, speed and level during a gymnastic sequence
- Y4 Create successful and stable balances and shapes
- Y4 Decide on strategies, skills and equipment needed to complete a challenge based on previous experience
- Y4 Sprint over a short distance
- Y4 Pace running over longer distances
- Y4 Develop technique to be able to throw further
- Y4 Jump in a number of ways (1-1, 2-1, 1-2, 2-2), using a run-up where appropriate
- Y4 Describe their own and others' work, making simple judgements about the quality of performances
- Y4 Suggest ways to improve their performance
- Y4 Recognise changes in heart rate, temperature and breathing rate
- Y5 Carefully select and use a variety of techniques to pass
- Y5 Develop consistency in their skills of running, throwing, catching, passing, jumping and kicking through practise and repetition of the skills
- Y5 Develop the skills of forehand or backhand when playing racket games, showing control when hitting
- Y5 Hit a bowled or volleyed ball with accuracy in return
- Y5 Learn different dance styles, explaining the patterns and forms of the dance
- Y5 Actions are controlled and express emotions
- Y5 Perform a range of gymnastic actions with consistency, fluency and clarity of movement
- Y5 Show body tension and extension and good weight transference when performing

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- Y5 Combine dynamics when making sequences using changes of speed, level and direction
- Y5 Use maps and compasses to orientate themselves
- Y5 Adjusts plans and actions depending on changing situations
- Y5 Able to work in a group to plan actions to solve a problem
- Y5 Choose the best pace for running over a variety of distances
- Y5 Use a range of throws accurately to hit a target over a range of distances
- Y5 Combine running and jumping in athletic activities (long jump)
- Y5 Compare and contrast the skills and ideas shown in own and others' work
- Y5 Develop own basic criteria to evaluate own and others' work based on previous learning
- Y5 Explain and demonstrate why and how people warm up for exercise
- Y5 Explain how physical exercise is important for good health
- Y6 Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking)
- Y6 Work alone and with a team to outwit an opponent / opposing team
- Y6 Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play
- Y6 Act as a good role model within a team, taking a lead role when required
- Y6 Choreograph creative and imaginative dance sequences, independently and in a group
- Y6 Choreograph and perform more complex sequences
- Y6 Demonstrate a consistent theme throughout a dance
- Y6 Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements

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- Y6 Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances
- Y6 Rehearse, refine and perfect gymnastic skills
- Y6 Read a variety of maps and plans of the environment, recognising symbols and features
- Y6 Value the importance of planning and thinking as they work through their challenge
- Y6 Take on both leadership and team roles when solving a problem, demonstrating good sportsmanship skills
- Y6 When running over a range of distances, show stamina, speed and control
- Y6 Throw accurately, perfecting techniques by analysing the movement and body shape
- Y6 Demonstrate control, balance and power in take-off and landing when jumping
- Y6 Compete with others, recording results, setting targets and endeavouring to improve performance
- Y6 Analyse and appraise skills and techniques used by others and apply in own work
- Y6 Practice, modify and perfect skills and techniques to improve performance
- Y6 Understand and explain the short and long term effects of exercise
- Y6 Lead warm up and cool down activities in ways that enhance the forthcoming activity
- Y6 Explain why regular exercise is important to general health and well-being
- KS2 Swim competently, confidently and proficiently over a distance of at least 25m
- KS2 Use a range of strokes effectively (front crawl, backstroke, breaststroke)
- KS2 Perform safe self-rescue in different water-based situations