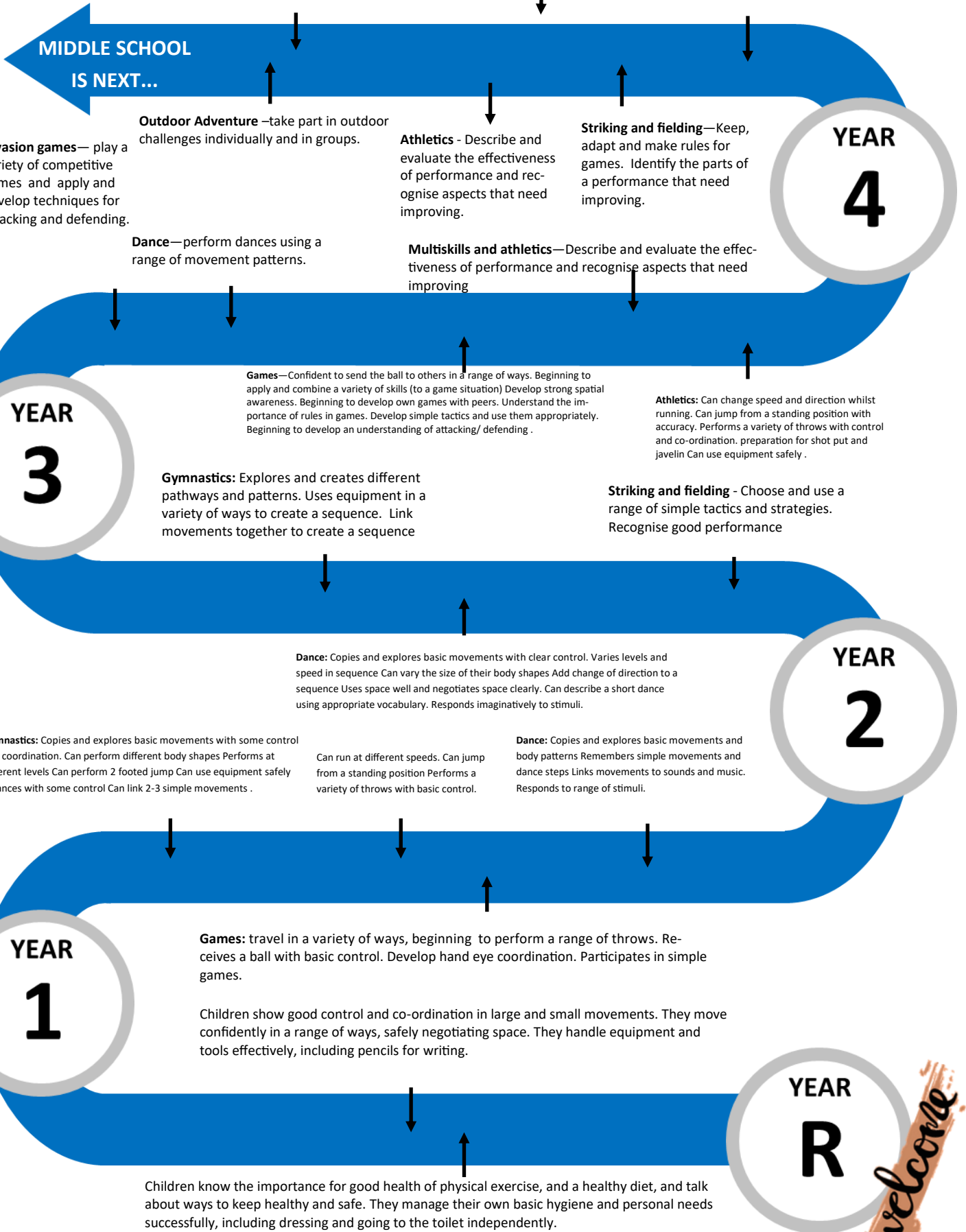


PE

Swimming and water safety—pupils should swim competently, confidently and proficiently over a distance of at least 25 metres ☑ use a range of strokes effectively ☑ perform safe self-rescue in different water-based situations.

Athletics— develop flexibility, control, technique and balance.

Net and wall games - play games using throwing and catching and hitting balls with racquets.



MIDDLE SCHOOL IS NEXT...

YEAR 4

Invasion games— play a variety of competitive games and apply and develop techniques for attacking and defending.

Outdoor Adventure—take part in outdoor challenges individually and in groups.

Athletics - Describe and evaluate the effectiveness of performance and recognise aspects that need improving.

Striking and fielding—Keep, adapt and make rules for games. Identify the parts of a performance that need improving.

Dance—perform dances using a range of movement patterns.

Multiskills and athletics—Describe and evaluate the effectiveness of performance and recognise aspects that need improving

Games—Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Beginning to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Beginning to develop an understanding of attacking/ defending .

Athletics: Can change speed and direction whilst running. Can jump from a standing position with accuracy. Performs a variety of throws with control and co-ordination. preparation for shot put and javelin Can use equipment safely .

YEAR 3

Gymnastics: Explores and creates different pathways and patterns. Uses equipment in a variety of ways to create a sequence. Link movements together to create a sequence

Striking and fielding - Choose and use a range of simple tactics and strategies. Recognise good performance

Dance: Copies and explores basic movements with clear control. Varies levels and speed in sequence Can vary the size of their body shapes Add change of direction to a sequence Uses space well and negotiates space clearly. Can describe a short dance using appropriate vocabulary. Responds imaginatively to stimuli.

YEAR 2

Gymnastics: Copies and explores basic movements with some control and coordination. Can perform different body shapes Performs at different levels Can perform 2 footed jump Can use equipment safely Balances with some control Can link 2-3 simple movements .

Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control.

Dance: Copies and explores basic movements and body patterns Remembers simple movements and dance steps Links movements to sounds and music. Responds to range of stimuli.

YEAR 1

Games: travel in a variety of ways, beginning to perform a range of throws. Receives a ball with basic control. Develop hand eye coordination. Participates in simple games.

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

YEAR R

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

