



**Mary Tavy and Brentor Community Primary School**

**PE Skills Progression**

<b><u>Skills</u></b>	<p align="center">Acquiring and Developing Skills (A&amp;D)          Selecting and applying skills, tactics and compositional ideas (S&amp;A)          Evaluating and improving performance (E&amp;I)          Knowledge and understanding of fitness and health (H&amp;P)</p>					
<b><u>Physical Development: Early Learning Goal (ELG)</u></b>						
<b><i>Gross Motor Skills</i></b>						
Children at expected level of development will be able to: -Negotiate and spaces safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.						
<b><i>Fine Motor Skills</i></b>						
Children at expected level of development will be able to: -Hold a pencil effectively in preparation for fluent writing, using the tripod grip in almost all cases. -Use a range of small tools, including scissors, paint brushes and cutlery. -Begin to show care and accuracy when drawing.						
<b>E Y F S</b>	<p align="center"><b><u>Fundamental Movements</u></b></p> <p>Move frequently using suitable spaces and speeds.</p> <p>Understand their own needs.</p> <p>Show good Standards I.E listening to teacher/coach.</p> <p>Dress themselves with minimal support</p> <p>Know equipment</p>	<p align="center"><b><u>Gymnastics</u></b></p> <p>Move freely in a variety of different ways.</p> <p>Make both anticlockwise and clockwise movements.</p> <p>Understand the need for a warm up and importance of healthy food.</p> <p>To learn basic balances, using a range of body parts: legs, hands, back, glutes.</p>	<p align="center"><b><u>Dance</u></b></p> <p>Move confidently and freely using a range of body parts and different levels.</p> <p>Can move to music and follow a beat.</p> <p>Experiment in moving in different ways , moving from low to high - high to low.</p>	<p align="center"><b><u>Multiskills &amp; Football</u></b></p> <p>Demonstrate increasing control over objects.</p> <p>Can move confidently and negotiate space effectively.</p> <p>Use safety measures without direct supervision.</p> <p>Can catch, throw and roll a range of objects.</p> <p>Can use and demonstrate a dominant hand or foot.</p>	<p align="center"><b><u>Cricket &amp; Problem Solving</u></b></p> <p>Demonstrating increasing control and coordination in large and small movements.</p> <p>Using good control when throwing or aiming at a target.</p> <p>Can apply a variety of batting skills hitting a static and moving ball.</p> <p>Can work in pairs and teams successfully.</p>	<p align="center"><b><u>Athletics &amp; Tennis</u></b></p> <p>Participating in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other successes.</p> <p>Knowing how to sprint and how to run "fast".</p> <p>Learning how to participate in a variety of different events including hurdles, long jump , javelins.</p>

	needs to be used safely.  Showing good teamwork.  To learn basic ball skills I.E rolling, throwing, catching.	Learn how to land safely  Learn how to roll safely  To climb and explore apparatus with confidence and minimal support.  To work in small groups and pairs.  To follow instructions and too remember a simple routine.	Move to different styles of music, different speeds.  Can work both independently and within pairs or groups.  To follow instructions and remember a sequence to a dance routine.	Can turn using equipment.  Can work well in a team.  Can recognize and understand sportsmanship.	Can problem solve in pairs or small groups to enable an outcome.  Can be resistant when a task is being difficult.	Can demonstrate mastery in fundamental movements, applying them to certain events.  Can demonstrate control in equipment, playing a range of shots and using different parts of the racket.  Can support and encourage teammates.
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<b>Skills</b>	<p>Acquiring and Developing Skills (A&amp;D)</p> <p>Selecting and applying skills, tactics and compositional ideas (S&amp;A)</p> <p>Evaluating and improving performance (E&amp;I)</p> <p>Knowledge and understanding of fitness and health (H&amp;P)</p>
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**National Curriculum: Key Stage 1:** Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination , individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, a well a developing balance, agility and coordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending , perform dances using simple movement patterns.

<b>K S 1</b>	<u>Multiskills &amp; Fundamental Movements</u> <b>Children will be taught to:</b> Take part in multi skills festivals. Designed to develop the fundamental movement skills of balance, coordination and agility through a range of different activities. <b>(A&amp;D/H&amp;F)</b>  Recap movement skills learnt in EYFS, building on more complex, locomotive skills.	<u>Gymnastics</u> <b>Children will be taught to:</b>  Develop and enhance fundamental skills through floor based balances.  Respond to instructions and commands.  Move between mats and small apparatus and change the speed of movement.  Learn a variety of basic gym actions.	<u>Dance</u> <b>Children will be taught to:</b>  Learn basic movements relating to feelings, different ways of moving high and low, speeds. <b>(A&amp;D)</b>  Show that they have a clear starting and finishing position.  Respond to different music showing a range of emotions.	<u>Tag Rugby</u> <b>Children will be taught to:</b>  To avoid and negotiate space effectively.  To apply simple attacking and defending tactics to enable an outcome.  To pass and throw accurately.  To change speed and slow down effectively.	<u>Hockey</u> <b>Children will be taught to:</b>  Playing running and avoiding games to increase,  Participate in small, sided games.  Being able to dodge, move effectively in small spaces.  To be able to use different passes, to move the ball multidirectional.	<u>Basketball</u> <b>Children will be taught to:</b>  Focus on throwing and catching.  Playing running and avoiding games to increase,  Pass and receive a ball in different ways with control and increased accuracy.  Participate in small, sided games.
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	<p>Explore different ways of using a ball.</p> <p>Explore different ways of throwing / sending a ball or other equipment.</p> <p>Retrieve and stop a ball using different parts of the body <b>(A&amp;D)</b>.</p> <p>Play a range of running and dodging games. Talk about our bodies and the effects of exercise has on the body e.g. heavy breathing.</p> <p>Participate in team games.</p> <p>Develop simple attacking and defending techniques.</p> <p>Pass and receive a ball in different ways with increased control. <b>(H&amp;F)</b></p> <p>Start to self assess and recognise on how to improve on their own ability. <b>(E&amp;I)</b></p> <p>Continue to develop fundamental movements to achieve mastery.</p>	<p>Be still in different body shapes and balances and combine different ways of traveling. <b>(A&amp;D)</b></p> <p>Handle apparatus safely.</p> <p>Recognise how it feels when the body is tense, how do we extend our bodies, control our movements.</p> <p>Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, and direction. <b>(H&amp;F)</b></p> <p>Learn how to roll and jump safely and effectively.</p> <p>Develop short sequences on their own.</p> <p>Use imagination to find different ways of using apparatus. Form simple sequences of different actions using floor and apparatus.</p> <p>Have a clear start, middle and end. <b>S&amp;A</b></p> <p>Have a clear focus when watching others perform.</p> <p>Say when a movement or skill is performed well (aesthetic appreciation).</p>	<p>Perform dance movements and simple routines using simple movement patterns.</p> <p>Explore a wide range of styles of dance to different music. <b>(S&amp;A)</b></p> <p>Can work independently and with small groups or pairs.</p> <p>Evaluate and improve a dance performance by recording and viewing their rehearsals. <b>S&amp;A</b></p> <p>Use a range of vocabulary to describe moods and how dances make them feel.</p> <p>Remember and repeat simple dance phrases. Perform dances using simple movement patterns. <b>E&amp;I</b></p>	<p>To learn simple rules and apply them in a more competitive situation.</p> <p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics to Make it difficult for opponents.</p> <p>Keep the ball and find the best places to score. <b>(S&amp;A)</b></p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills and tactics. Recognise what is successful and how to use this knowledge.</p> <p>Participate in team games. Understand and develop tactics for attacking and defending.</p>	<p>To be able to change direction using the ball.</p> <p>To be able to make decisions to help individuals and their team.</p> <p>To apply simple defending and attacking tactics.</p> <p>To have increased control using equipment.</p> <p>Be successful in a range of dribbling games.</p> <p>To learn a range of different passes, and how to receive the ball.</p>	<p>Being able to dodge, move effectively in small spaces.</p> <p>To be able to use different passes, to move the ball multidirectional.</p> <p>To be able to change direction using the ball.</p> <p>To be able to make decisions to help individuals and their team.</p> <p>To apply simple defending and attacking tactics.</p> <p>Be successful in a range of dribbling games.</p> <p>To control the ball at different speeds.</p> <p>To be able to use both hands.</p> <p>To be able to send and receive the ball in a variety of ways I.E bounce pass.</p> <p>To be able to dribble in multidirectional movements and to dribble into both small and large spaces.</p> <p>To apply simple defending and attacking tactics to enable a positive outcome.</p> <p>To be able to work in small teams as well as in pairs.</p>
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		<p>Describe what they have done and what they have seen. (Make it easier or harder. Use advice to improve.)</p> <p>Develop balance, agility and coordination. of travelling, stillness, jumping, timing, changing shape, size, direction <b>E&amp;I</b></p>				
	<p><b>Cricket</b> <b>Children will be taught to:</b></p> <p>Be confident and safe in the spaces used to play games.</p> <p>Explore and use skills and actions and ideas individually and in combination to suit the game they are playing. <b>(A&amp;D)</b></p> <p>Understand that being active is good for them and fun.</p> <p>Can participate in team games.</p> <p>Can throw accurately at different distances.</p> <p>Show good control in using equipment when batting and when fielding.</p> <p>Can strike a stationary and moving ball.</p>	<p><b>Swimming</b> <b>Children will be taught to:</b></p> <p>To be able to meet the national standards for swimming.</p> <p>To be water confident</p> <p>To jump in with confidence, to perform a range of different strokes.</p>	<p><b>Athletics</b> <b>Children will be taught to:</b></p> <p>To provide children friendly competition in athletic events such as, sprints, long distances, javelins etc, such as in sports day.</p> <p>To allow children to develop their own fundamental skills and to enhance them for certain events.</p> <p>To continue to improve balance and coordination.</p> <p>To provide children friendly competition in athletics events such as, sprints, long distances, javelins etc, such as in sports day.</p> <p>To allow children to develop their own fundamental skills and to</p>	<p><b>Tennis</b> <b>Children will be taught to:</b></p> <p>To handle equipment effectively and with control.</p> <p>To be able to use a racket and ball to hit effectively and with control.</p> <p>To be able to play a range of shots using different parts of the racket.</p> <p>To be able to move into correct spaces to enable better contact on the ball.</p> <p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Use their ability to solve problems and make decisions. <b>S&amp;A</b></p>	<p><b>Netball</b> <b>Children will be taught to:</b></p> <p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics to Make it difficult for opponents.</p> <p>Keep the ball and find the best places to score. <b>(S&amp;A)</b></p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills and tactics. Recognise what is successful and how to use this knowledge.</p> <p>Participate in team games. Understand and develop tactics for attacking and defending.</p>	<p><b>Dodgeball</b> <b>Children will be taught to:</b></p> <p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics to Make it difficult for opponents.</p> <p>Keep the ball and find the best places to score. <b>(S&amp;A)</b></p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills and tactics. Recognise what is successful and how to use this knowledge.</p> <p>Participate in team games. Understand and develop tactics for attacking and defending.</p>

L	Can apply tactics to enable an outcome.		enhance them for certain events.	Watch others and describe what is happening.	To be able to pass and receive in a variety of ways.	To be able to pass and receive in a variety of ways.
	Perform fielding techniques with increased control and coordination (H&F)		To continue to improve balance and coordination.	Talk about what they have done and how they did it. Participate in team games.	To be able to apply fundamental movements to dodge single/ multi objects.	To be able to apply fundamental movements to dodge single/ multi objects.
	Perform fielding techniques with increased control and co-ordination. E&I		Explore movement techniques with increased control.	Pass and receive a ball in different ways with control and increased accuracy.	To play in small teams, and to apply team tactics , and to show good teamwork.	To play in small teams, and to apply team tactics , and to show good teamwork.
	Pass and receive a ball in different ways with control and increased accuracy.		How to run, throw and jump and perform these with increased control and co-ordination. S&A/E&	Perform fielding techniques with increased control and coordination. E&I		
	To be able to strike the ball in a variety of different ways		.			
	To be able to recognise space and utilise it effectively					
To show good teamwork and decision making.						

<b>Skills</b>	Acquiring and Developing Skills (A&D) Selecting and applying skills, tactics and compositional ideas (S&A) Evaluating and improving performance (E&I) Knowledge and understanding of fitness and health (H&F)
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**National Curriculum: Key Stage 2 :** Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: 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.

L	<u>Hockey</u>	<u>Netball</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Tag Rugby</u>	<u>Handball</u>
	<b>Children will be taught to:</b>					
					Playing competitive games.	

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2

Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.

Know which passes are best, tactics to keep possession. Find space to receive and support.

Know what to think about when the team has and hasn't got the ball.

How to organise themselves differently to play each of the games successfully. Understand patterns of play- if the ball is in a certain position where should players be. **S&A**

Practise passing to a partner using a number of sending and receiving techniques.

Practise passing to a partner using a number of sending and receiving techniques.

Improve accuracy of passes and use space to keep possession better.

Remain in control of the ball while travelling.

Use communication skills to help others know where they are going. Look when travelling and what happens after they have passed the ball.

**A&D**

Start to have basic understanding of how to defend outnumbered and how to defend

Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.

Know which passes are best, tactics to keep possession. Find space to receive and support.

Know what to think about when the team has and hasn't got the ball.

How to organise themselves differently to play each of the games successfully. Understand patterns of play-

Develop and perform actions. Practice and concentrate on quality of movement.

Link different balances moving in and out of positions of stillness.

Transfer weight smoothly from one part of the body to another.

Use actions on the floor and over, through, across and along apparatus.

**A&D**

Vary and apply actions on floor and apparatus. Copy a partner's sequence on the floor and apparatus.

Perform easy combinations of contrasting actions.

Choose combinations that work in their sequences. How they devise sequences. **S&A**

Evaluate self and peer performance giving constructive criticism.

Continue to practice individual challenges to increase strength and mobility.

Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement.

**A&D**

Keep up an activity over a period of time and know what they need to warm up and cool down for dance.

**H&F**

Explore and create characters and narratives in response to a range of stimuli.

**S&A**

Describe, interpret and evaluate their own and others' dances, taking account of character and narrative. **E&I**

Playing 2 V 3, 3 V 4 as well as 5V5, 4V4. Applying team tactics to help enable a successful outcome.

Learning new skills while defending and attacking, I.E overloads, overlaps.

Working well in teams and pairs.

Know which passes are best, tactics to keep possession. Find space to receive and support.

Using different ways of communicating.

How to organise themselves differently to play each of the games successfully. Understand patterns of play- if the ball is in a certain position where should players be. **S&A**

To manipulate spaces effectively, being positive both with the ball and emotionally.

Can show good decision making when passing the ball.

Can move freely and multidirectional using equipment.

Start to have basic understanding of how to defend outnumbered and how to defend

Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.

Know which passes are best, tactics to keep possession. Find space to receive and support.

Know what to think about when the team has and hasn't got the ball.

How to organise themselves differently to play each of the games successfully. Understand patterns of play- if the ball is in a certain position where should players be. **S&A**

Practise passing to a partner using a number of sending and receiving techniques.

		<p>if the ball is in a certain position where should players be. <b>S&amp;A</b></p> <p>Playing 2 V 3, 3 V 4 as well as 5V5, 4V4. Applying team tactics to help enable a successful outcome.</p> <p>Learning new skills while defending and attacking, I.E overloads, overlaps.</p> <p>Working well in teams and pairs.</p> <p>Know which passes are best, tactics to keep possession. Find space to receive and support.</p> <p>Using different ways of communicating.</p> <p>Good decision making when passing and creating opportunities to score and when defending.</p> <p>How to organise themselves differently to play each of the games successfully. Understand patterns of play- if the ball is in a certain position where should players</p>	<p>Devise, perform and repeat sequences that include travel, body shapes and balances.</p> <p>Help them change sequences. Include changes of dynamics.</p> <p>Work with a partner.</p> <p>Adapt their sequences to include apparatus and to suit partner or small group. <b>S&amp;A</b></p> <p>Ask which parts of task they have completed and the ones they still need to practice.</p> <p>Compare and contrast similar performances. Suggest ways to improve the quality of sequence. <b>E&amp;I</b></p> <p>Can move confidently and freely from apparatus to apparatus.</p> <p>Can perform a wide range of rolls and Jumps.</p> <p>Can show good body control when linking balances and patterns of movements together.</p>		<p>Can describe and talk about their own performance and others.</p>	
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	<u>Dodgeball</u> <b>Children will be taught to:</b>	<u>Cricket</u> <b>Children will be taught to:</b>	<u>Swimming</u> <b>Children will be taught to:</b>	<u>Athletics</u> <b>Children will be taught to:</b>	<u>Tennis</u> <b>Children will be taught to:</b>	<u>Football</u> <b>Children will be taught to:</b>
	<p>Start to have basic understanding of how to defend outnumbered and how to defend</p> <p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession. Find space to receive and support.</p> <p>Know what to think about when the team has and hasn't got the ball.</p> <p>How to organise themselves differently to play each of the games successfully. Understand patterns of play- if the ball is in a certain position where should players be. <b>S&amp;A</b></p> <p>Practise passing to a partner using a number of sending and receiving techniques.</p>	<p>Consolidate and develop the range and consistency of their skills in striking and fielding games. <b>A&amp;D</b></p> <p>Recognise how specific activities affect their bodies.</p> <p>Play a wide range of shots consistently</p> <p>Show good control in a variety of fielding and bowling techniques</p> <p>Being able to bowl overarm.</p> <p>To play in a competitive format both intra/inter.</p> <p>Use their ability to solve problems and make decisions. <b>S&amp;A</b></p> <p>Perform fielding techniques with increased control and co-ordination. <b>E&amp;I</b></p> <p>To play shots with good control and accuracy.</p>	<p>To be able to meet the national standards for swimming.</p> <p>To be water confident</p> <p>To jump in with confidence, to perform a range of different strokes.</p> <p>To be able to show increasing control within swimming performing strokes to a good standard.</p>	<p>Run for short distances and times, and for longer distances and times. Keep a steady pace.</p> <p>Practise 5 basic jumps e.g hop, step, jump.</p> <p>Combine basic actions and form simple jump combinations.</p>	<p>Start to specialise in certain events. To play shots with good control and accuracy.</p> <p>To be able to recognise space and use the correct shot to win the point.</p> <p>To start playing more competitive games.</p> <p>To umpire and score other children's matches.</p>	<p>Play 3vs1 and 4vs1 and how to use the space and help each other.</p> <p>Score more regularly without making mistakes.</p> <p>Choose and adapt their techniques to keep possession and give their team a chance to shoot.</p> <p>Plan ideas and tactics similar across invasion games.</p> <p>Know what rules are needed to make games fair. Understand simple patterns of play. <b>S&amp;A</b></p> <p>Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents.</p> <p>Know what they need to improve their game and what they need to practice. <b>E&amp;I</b></p> <p>Using a range of skills to avoid defenders.</p>

		<p>To be able to recognise space and use the correct shot to win the point.</p> <p>To start playing more competitive games.</p> <p>To umpire and score other children's matches.</p>				<p>Manipulate both big and small spaces.</p> <p>Use a range of passing techniques and recognise when to do this.</p> <p>To be able to use a range of body parts to stay in control of the ball.</p>
	<p><u>Tri-golf</u>  <b>Children will be taught to:</b></p> <p>To be able to recognise what equipment is used for what shots.</p> <p>To be able to show good control with equipment.</p> <p>To be creative in planning a personal challenge.</p> <p>To beat a personal best.</p> <p>To be able to play a range of shots, in a variety of ways.</p>					

<b>Skills</b>	<p style="text-align: center;">Acquiring and Developing Skills (A&amp;D)  Selecting and applying skills, tactics and compositional ideas (S&amp;A)  Evaluating and improving performance (E&amp;I)  Knowledge and understanding of fitness and health (H&amp;F)</p>					
<p><b>National Curriculum: Key Stage 2:</b> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: 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.</p>						
U P P E R K	<p style="text-align: center;"><u>Team Building &amp; Problem Solving</u></p> <p><b>Children will be taught to:</b></p> <p>Change speed, direction with the ball to get away from the defender.</p> <p>Watch and evaluate the success of the games they play in.</p> <p>Identify parts of the game that are going well and parts that need improving.</p> <p>Explain how confident they feel in different positions. Suggest what they need to practice to enjoy the game more.</p> <p>Change pitch size to make games better. E&amp;I</p>	<p style="text-align: center;"><u>Tag Rugby</u></p> <p><b>Children will be taught to:</b></p> <p>Show ways to keep the ball away from defenders. How to shield the ball.</p> <p>Change speed, direction with the ball to get away from the defender.</p> <p>Watch and evaluate the success of the games they play in.</p> <p>Identify parts of the game that are going well and parts that need improving.</p> <p>Explain how confident they feel in different positions. Suggest what they need to practice to enjoy the game more.</p>	<p style="text-align: center;"><u>Dance</u></p> <p><b>Children will be taught to:</b></p> <p>Explore and create characters and narratives in response to a range of stimuli. S&amp;A</p> <p>Describe, interpret and evaluate their own and others' dances, taking account of character and narrative. E&amp;I</p> <p>Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. A&amp;D</p> <p>Organise their own warm up and cool down activities to suit the dance. Show an</p>	<p style="text-align: center;"><u>Health &amp; Fitness</u></p> <p><b>Children will be taught to:</b></p> <p>To understand what happens to the body when warming up.</p> <p>To plan a fitness session.</p> <p>To learn the importance of a healthy lifestyle.</p> <p>To deliver a fitness session to other classmates.</p> <p>To understand human anatomy.</p> <p>To understand the difference between different training sessions and which athletes would use them. H&amp;F</p>	<p style="text-align: center;"><u>Tennis</u></p> <p><b>Children will be taught to:</b></p> <p>To be able to recognise what equipment is used for what shots.</p> <p>Hold and swing racket and where to stand on the court when hitting, catching and receiving.</p> <p>Hit the ball on both sides of the body and above head.</p> <p>Use different types of shots during a game. Improve accuracy. A&amp;D</p> <p>To be creative in planning a personal challenge.</p> <p>To beat a personal best.</p>	<p style="text-align: center;"><u>Swimming</u></p> <p><b>Children will be taught to:</b></p> <p>To be able to meet the national standards for swimming.</p> <p>To be water confident</p> <p>To jump in with confidence, to perform a range of different strokes.</p> <p>To be able to show increasing control within swimming performing strokes to a good standard.</p>

# S 2

Plan ideas and tactics similar across invasion games.

Know what rules are needed to make games fair.

Understand simple patterns of play. **S&A**

Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents.

Change pitch size to make games better. **E&I**

Plan ideas and tactics similar across invasion games.

Know what rules are needed to make games fair.

Understand simple patterns of play. **S&A**

Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents.

Know what they need to improve their game and what they need to practice. **E&I**

Using a range of skills to avoid defenders.

Manipulate both big and small spaces.

Use a range of passing techniques and recognise when to do this.

To be able to use a range of body parts to stay in control of the ball.

To work in pairs and as a team to enable a successful outcome.

understanding of why it is important. **H&F**

Explore, improvise and combine movement ideas fluently and effectively. **S&A**

Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work. **E&I**

Organise their own warm up and cool down activities to suit the dance. Show an understanding of why it is important. **H&F**

To understand what happens to the body when warming up.

To plan a fitness session.

To learn the importance of a healthy lifestyle.

To deliver a fitness session to other classmates.

To understand human anatomy.

To understand the difference between different training sessions and which athletes would use them. **H&F**

To be able to play a range of shots, in a variety of ways.

		<p>Understand that when a team has the ball they are attacking and when they haven't they are defending.</p> <p>Understand different ways of attacking and encourage them to use positions for their team carefully.</p> <p>Understand different ways to attack and defend.</p> <p>Choose right formations and tactics for attack and defence. Know how they support other players in attack and defence <b>S&amp;A</b></p>				
	<p><u>Athletics</u> <b>Children will be taught to:</b></p> <p>Set themselves and others targets in different events. <b>S&amp;A</b></p> <p>Enhance and challenge themselves through goals and personal bests.</p> <p>Run for short distances and times, and for longer distances and times. Keep a steady pace.</p> <p>Practise 5 basic jumps e.g hop, step, jump. Combine basic actions and form simple jump combinations.</p>	<p><u>Softball</u> <b>Children will be taught to:</b></p> <p>To play shots with good control and accuracy.</p> <p>To be able to recognise space and use the correct shot/</p> <p>To start playing more competitive games.</p> <p>To use good fielding techniques to throw accurately and to work as a team to cover each other.</p> <p>To bowl consistently with good control.</p> <p>Evaluate strengths and weaknesses in their own and</p>	<p><u>Basketball</u> <b>Children will be taught to:</b></p> <p>To manipulate spaces effectively, being positive both with the ball and emotionally.</p> <p>Can show good decision making when passing the ball.</p> <p>Can move freely and multidirectional using equipment.</p> <p>Can describe and talk about their own performance and others.</p>	<p><u>Cricket</u> <b>Children will be taught to:</b></p> <p>Practise passing to a partner using a number of sending and receiving techniques.</p> <p>Develop the range and consistency of their skills, especially in specific striking and fielding games. <b>A&amp;D</b></p> <p>Can show good decision making when passing the ball.</p>	<p><u>Gymnastics</u> <b>Children will be taught to:</b></p> <p>Explore a range of symmetric and asymmetric actions, shapes and balances. Control actions and combine them fluently.</p> <p>Be aware of extension, body tension and control.</p> <p>Move from floor to apparatus, change levels and move safely.</p> <p>Combine movements with others in a group (matching and mirroring). <b>A&amp;D</b></p> <p>Watch a performance and evaluate its success. Identify</p>	<p><u>Netball</u></p> <p>Understand that when a team has the ball they are attacking and when they haven't they are defending.</p> <p>Understand different ways of attacking and encourage them to use positions for their team carefully.</p> <p>Understand different ways to attack and defend.</p> <p>Choose right formations and tactics for attack and defence. Know how they support other players in attack and defence <b>S&amp;A</b></p>

	<p>Start to specialise in certain events. Combine basic actions and form simple jump combinations.</p> <p>Develop the consistency of their actions in a number of events.</p> <p>Increase the number of techniques they use. Sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes. Throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power, control and consistency at both take off and landing. <b>A&amp;D</b></p> <p>To be creative in planning a personal challenge.</p> <p>To beat a personal best.</p> <p>To be able to play a range of shots, in a variety of ways.</p>	<p>others' performances and suggest improvements. <b>E&amp;I</b></p> <p>To be able to play certain shot types and explain why and when you would use these.</p> <p>To organise a team and devise team tactics to enable a successful outcome.</p>	<p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession. Find space to receive and support.</p> <p>Know what to think about when the team has and hasn't got the ball.</p> <p>How to organise themselves differently to play each of the games successfully.</p> <p>Understand patterns of play- if the ball is in a certain position where should players be. <b>S&amp;A</b></p>	<p>Can describe and talk about their own performance and others.</p> <p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession. Find space to receive and support.</p> <p>To play shots with good control and accuracy.</p> <p>To be able to recognise space and use the correct shot.</p> <p>To start playing more competitive games.</p> <p>To use good fielding techniques to throw accurately and to work as a team to cover each other.</p> <p>To bowl consistently with good control.</p> <p>Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding. <b>S&amp;A</b></p> <p>Evaluate strengths and weaknesses in their own performances and others'</p>	<p>what was performed well and what needs improving.</p> <p>Choose a focus for improvement.</p> <p>Identify one or two aspects of their performance to practice and improve. <b>E&amp;I</b></p> <p>Make up a sequence and adapt it to different apparatus layouts.</p> <p>Use combinations of dynamics (pathways) to use space effectively. Make up your own rules for longer, more complex sequences.</p> <p>Plan a sequence and adapt it to limited equipment.</p> <p>Work as a group and share roles fairly.</p> <p>Investigate different ways of working with a partner or small group. Use compositional ideas (contrasts and variation in shape, speed, level, timing and actions) <b>S&amp;A</b></p>	<p>Apply good passing techniques to manipulate the spaces more accurately.</p> <p>Understand different tactics to be successful such as; counter attacking, overloads, pressing, overlaps, support runs, "dummy" runs.</p>
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				<p>and suggest improvements. E&amp;I</p> <p>To be able to play certain shot types and explain why and when you would use these.</p> <p>To organise a team and devise team tactics to enable a successful outcome.</p>		
	<p><u>Badminton</u></p> <p><b>Children will be taught to:</b></p> <p>Hit the ball on both sides of the body and above head.</p> <p>Use different types of shots during a game. Improve accuracy. <b>A&amp;D</b></p> <p>To be able to play a range of shots, in a variety of ways.</p> <p>To play shots in different areas of the court and knowing the shot type and when to play this.</p> <p>To be able to umpire and referee other childrens games.</p>	<p><u>Hockey</u></p> <p><b>Children will be taught to:</b></p> <p>To manipulate spaces effectively, being positive both with the ball and emotionally.</p> <p>Can show good decision making when passing the ball.</p> <p>Can move freely and multidirectional using equipment.</p> <p>Can describe and talk about their own performance and others.</p> <p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes</p>				

		<p>are best, tactics to keep possession. Find space to receive and support.</p> <p>Know what to think about when the team has and hasn't got the ball.</p> <p>How to organise themselves differently to play each of the games successfully.</p> <p>Understand patterns of play- if the ball is in a certain position where should players be. <b>S&amp;A</b></p> <p>Practise passing to a partner using a number of sending and receiving techniques.</p> <p>Develop the range and consistency of their skills, especially in specific striking and fielding games. <b>A&amp;D</b></p>				
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