

PE**Y1**

Dance

Acquiring, developing, selecting and applying skills and tactics

CORE

Move to music

Copy and repeat actions and dance moves

Perform some dance moves

Put a sequence of actions together to create a motif

Move around the space safely

Practise and repeat their movement phrases and perform them with some control

Describe what they have done

Watch others and describe performances and begin to say how they could improve

WORKING DEEPER

Compose and link movement phrases to perform simple dances with clean beginning, middle and end with control

Move to music with good rhythm and timing of their actions

Games

Acquiring, developing, selecting and applying skills & tactics

CORE

Throw underarm and overarm

Catch and bounce a ball

Hit a ball with a bat/racquet and use hitting skills in a game

Move and stop safely

Throw accurately and catch consistently with both hands

Travel with a ball in different ways

Travel with a ball in different directions (side to side, forwards and backwards) with control

Use kicking skills in a game and pass the ball to another player

Begin to use the terms attacking and defending

Use simple defensive skills (marking a player, defending a space)

WORKING DEEPER

Strike or hit a ball with increasing control

Use kicking and dribbling skills in a drill or a game situation

Perform learnt skills in a range of games with increasing control, skill and accuracy

Use simple attacking skills (dodging a player)

Follow simple rules and engage in competitive activities and team games

Gymnastics

Acquiring, developing, selecting and applying skills & tactics

CORE

Copy actions to create and perform a movement sequence with a beginning, middle and end

Control their body when balancing, holding still shapes and simple balances

Control their body when travelling

Copy sequences (of at least 2 actions) and repeat them

Roll (log, curled side, teddy bear) in different ways with control

Travel in different ways, changing speed and direction

Balance (standing, kneeling, pike, tuck, star, straight, straddle shapes) in different ways

Climb safely

Stretch in different ways

Curl in different ways

WORKING DEEPER

Link a series of actions to make a sequence that demonstrates increasing control and balance

Performs more complex rolls, jumps, shapes and balances (e.g. forward roll, tucked backwards roll, straddle and pike jumps, balances on apparatus)

Jump (straight, tuck, jumping jack, half turn, cat spring) in different ways

Link and repeat basic gymnastic actions and perform movement phrases with some control and accuracy

Athletics

Acquiring, developing, selecting and applying skills & tactics

CORE

Vary their pace and speed when running

Run with a basic technique over different distances

Show good posture and balance

Jog in a straight line

Change direction when jogging

Sprint in a straight line

Change direction when sprinting

Perform different types of jumps (eg. 2 feet to 2 feet, 2 foot to 1 foot, 1 foot to same foot/opposite foot)

Perform a short jumping sequence

Jump as high/far as possible

Land safely and with control

WORKING DEEPER

Maintain control as they change direction when jogging or sprinting

Travel at different speeds and be able to maintain and control a run over different distances

Jump for distance from a standing position with accuracy and control

Throw with accuracy at targets of different heights and lengths

Throw underarm and overarm towards a target with increasing accuracy

Improve the distance they throw by using more power

Begin to perform learnt skills with some control

Engage in competitive activities and team games

Knowledge and understanding of fitness and health

CORE

Describe how their bodies feel when still and when exercising

Talk about how to exercise safely

Swimming and water safety

Acquiring, developing, selecting and applying skills & tactics

CORE

Demonstrate understanding of pool rules

Enters the water safely and knows where the shallow end is

Can climb onto floating object without support

Holds onto poolside or pool rail safely

Exits the water safely

Knows dangers of jumping into water

Demonstrates an understanding of correct body position when swimming

Understands importance of a streamlined position

Can travel 10m on the front with kicking legs and flotation (if needed)

Can travel 10m on the back with kicking legs and flotation (if needed)

Treads water with flotation (if needed)

Show frog kicks (breaststroke) with flotation (if needed)

Blows bubbles with face in the water

Holds breath with face in the water

Picks up sunken object that is within reach

Performs star, tuck, and pencil floats with supporting floatation (if needed)

PE

Y2



Dance

Acquiring, developing, selecting and applying skills & tactics

CORE

Copy, remember and repeat actions

Repeat and explore actions to create a short motif with control and coordination

Dance imaginatively using simple choreographic devices (unison, canon, mirroring)

Change rhythm, speed, level and direction of their actions

Dance with control and coordination to music

Make a sequence by linking sections together

Link some movements to show a mood or feeling

Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings

Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness

WORKING DEEPER

Begin to improvise with a partner or small group to create a simple dance with some awareness of rhythm and expression

Perform learnt skills and techniques with control and confidence

Talk about differences between their own and others' performance

Suggest improvements based on observations

Games

Acquiring, developing, selecting and applying skills & tactics

CORE

Strike/hit a ball (positioning the body correctly) with increasing control

Learn skills for playing striking and fielding games

Throw different types of equipment (balls, beanbags, hoops etc) in different ways, for accuracy and distance

Throw, catch and bounce a ball with a partner

Use throwing and catching skills in a game (tag rugby, netball, rounders, cricket)

Bounce and kick a ball whilst moving, varying direction and speed

Use kicking and dribbling skills in a game (football and hockey)

Know how to pass the ball in different ways in different games

Continue to use and understand the terms attacking and defending (choosing and using the best space)

WORKING DEEPER

Demonstrate successful hitting and striking skills in a game situation

Use simple attacking and defending skills in a game and be able to consistently apply and follow rules fairly

Compete in a controlled manner, performing learnt skills and techniques with confidence

Use at least one technique to attack or defend to play a game successfully

Understand the importance of rules in a game and compete against self and others

Gymnastics

Acquiring, developing, selecting and applying skills & tactics

CORE

Copy, plan, show and link actions and movements to create their own sequence

Hold a still shape whilst balancing (pike, tuck, star, straight, straddle shapes, front and back support) on different points of the body (standing, kneeling, on apparatus and with a partner)

Travel in a variety of ways (log roll, curled side roll, teddy bear roll, rocking forward roll, crouched forward roll, hopstotch, skipping, galloping, bunny hop) showing control in their movements

Jump in a variety of ways (tuck, jumping jack, half turn, cat spring, cat spring to straddle) and land with increasing control and balance

Work on their own and with a partner to create a sequence

Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end

WORKING DEEPER

Compose and link combinations of good quality actions with confidence and control, including changes of direction, speed or level

Perform more complex rolls, jumps, shapes and balances, as well as handstand, cartwheel and lunge into handstand

Adapt the sequence to include apparatus or a partner

Use different combinations of floor, mats and apparatus, showing control, accuracy and fluency

Athletics

Acquiring, developing, selecting and applying skills & tactics

CORE

Recognise and describe how the body feels during and after different physical activities

Run at different paces, describing the different paces

Use a variety of different stride lengths to travel at different speeds and in varied directions

Begin to select the most suitable pace and speed for distance

Complete an obstacle course

Be able to maintain and control a run over different distances

Perform and compare different types of jumps: e.g. 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to same foot, 1 foot to opposite foot.

Combine different jumps together with some fluency and control

Jump for distance from a standing position with accuracy and control and choose the most appropriate jumps to cover different distances

WORKING DEEPER

Perform learnt running, jumping and throwing skills and techniques with control and confidence

Know that the leg muscles are used when performing a jumping action

Throw different types of equipment in different ways, for accuracy and distance

Throw with accuracy at targets of different heights

Investigate ways to alter their throwing technique to achieve greater distance

Perform learnt skills with increasing control

Compete against self and others

Watch and describe performances and use what they see to improve their own performance

Talk about the differences between their work and that of others

Understand how to exercise and describe how their bodies feel during different activities

Explain what their body needs to keep healthy (drinking water, eating healthily, physical activity, get enough sleep)

Swimming and water safety

Acquiring, developing, selecting and applying skills & tactics

CORE

Knows the HELP (Heat Escape Lessening Position) and that it can help retain body heat in the water

Knows how to recover from cold temperatures and to huddle in a group for warmth

Jumps into deep water safely

Understands importance of treading water

Climbs out of the water when out of depth

Can travel 10m on the front with no floatation

Can travel 10m on the back with no floatation

Demonstrates front crawl arms (this can be from a standing position in the water)

Treads water for 30 seconds with no floatation

Demonstrates breaststroke legs

Demonstrates breaststroke arms

Demonstrates kicking from the hip with pointed toes and no floatation (front crawl and backstroke)

Swims with held breath and face in the water

Performs star float, tuck float, pencil float

Performs push and glide on the front

Performs push and glide on the back

Can log roll from back to front with floatation

Performs a pencil dive

Swims 25m of any stroke with floatation (can pause and hold the side rail)

Collects sunken objects that require full submersion

Jumps into deeper water

PE

Y3



Dance

Acquiring, developing, selecting and applying skills & tactics

CORE

Begin to improvise with a partner to create a simple dance

Share and create movement phrases (motif) with a partner and in small groups from different stimuli

Repeat, remember, adapt and perform these movements/ motifs in a dance/ larger sequence

Explore and develop new actions while working with a partner or a small group

Perform with some awareness of rhythm and expression (to convey feelings and emotions)

Perform learnt skills and techniques with control and confidence

Describe what makes a good dance phrase

Describe and comment on their own performance and that of others

Make simple suggestions to improve quality

WORKING DEEPER

Confidently improvise with a partner or on their own, and compose longer dance sequences in a small group

Demonstrate precision, control, rhythm and spatial awareness when performing a dance

Games

Football

CORE

Use the correct technique for dribbling with a football with control

Stop the ball with control after dribbling with it

Use the correct technique for passing a football, generally with accuracy

Use the correct technique for receiving a pass, generally with control and success

Combine dribbling and passing

Find and use space effectively to receive a pass, in order to support teammates

Understand how to mark an opponent and generally execute this with success

Demonstrate the correct technique for block tackling

Demonstrate some defensive skills in a game

WORKING DEEPER

Execute ball control skills with good control and success

Use the correct technique for dribbling with a football, passing a ball, and receiving a pass, all with good accuracy, control and success

Effectively combine dribbling and passing and demonstrate and apply a variety of football skills and techniques confidently and consistently in a game situation

Demonstrate the correct technique
when shooting at goal

Talk about at least 2 elements of fitness
needed for football (strength, speed,
agility, endurance)

Tag Rugby

CORE

Demonstrate knowledge of how to hold a rugby ball and use the learnt grip with support

Pass a rugby ball with some accuracy using elements of the correct technique when stationary

Catch a rugby ball with some success

Pass a rugby ball with some accuracy using elements of the correct technique while moving at a walking pace

Understand that a pass can only be made backwards

Use the sidestep to get around a passive defender at a walking pace

Show understanding of, and sometimes use, attacking and defending skills to contribute towards the success of their team

Show some knowledge of the rules of tag rugby and sometimes adhere to them in a game

WORKING DEEPER

Use a sidestep to get around a passive defender at a jogging/running pace

Sidestep a defender and pass the ball with success and generally use the space effectively

Use a range of attacking and defending skills to contribute to the success of their team

Demonstrate knowledge of many of the rules of tag rugby and follow them in a game

Hockey

CORE

Applying basic attacking and defending skills in simple hockey drills/games, such as marking and dodging

Usually keep control of the ball using a hockey stick when moving and dribbling

Move and dribble with the ball with increasing speed and proficiency, holding the hockey stick in the correct way

Have a good understanding of the roles of the defender and the defending team

Have a good understanding of the roles of the attacker and the attacking team

Know how to keep and win back possession of the ball in a team game

Find a useful space and get into it to support teammates

WORKING DEEPER

Consistently and effectively apply basic attacking and defending skills, such as marking, dodging and intercepting

Keep excellent control of the ball when moving and dribbling

Pass the ball in different ways using the correct technique and with consistently good control and accuracy

Netball

CORE

Throw and catch a netball with control and accuracy

Pass the ball in different ways using most elements of the correct technique and usually with good control and accuracy

Pass the ball over a range of distances during skills practice drills and begin to apply this in a netball game

Know how to mark an opponent and usually do this with success

Know how to get free from a defender and usually do this with success

Aim for and hit a target from increasingly greater distances

Apply and follow rules fairly

Usually work effectively as part of a team

Watch, describe and evaluate the effectiveness of a performance and describe how their performance has improved over time

WORKING DEEPER

Effectively, consistently and accurately pass the ball over a range of distances in a game situation

Mark an opponent with great success, including making interceptions

Get free from a defender with speed and success in a game situation

Aim for and hit a target from a range of angles and distances with increasing accuracy and success

Tennis

CORE

Demonstrate a range of effective footwork skills during footwork drills, such as moving in different directions and changing direction whilst maintaining balance

Understand the importance of good footwork, movement and positioning in tennis, including the ready position

Roll a ball with good control and accuracy at a target

Throw a ball underarm with good control and accuracy at a target

Confidently use throwing and catching skills in a games involving precision and accuracy with success

Control a tennis ball in a range of ways, including bouncing the ball up and down, using good hand-eye coordination and racket skills

Hit a ball along the ground with accuracy using a tennis racket and use this skill to have a co-operative rally with a partner

Effectively hit a ball using a forehand technique and demonstrate this in a game, including using the correct grip

WORKING DEEPER

Use an excellent forehand and backhand technique to accurately hit the ball and consistently demonstrate this in rallies and games

Show excellent aiming skills to accurately and consistently hit a ball close to or in a target area

Hit a ball to land close to or in a target area

Throw a ball using a double-handed backhand throw with good accuracy and technique

Effectively hit a ball using a backhand technique and demonstrate this in a game, including using the correct grip

Work co-operatively in a team to keep a rally going, using both the forehand and backhand hit

Cricket and Rounders

CORE

Catch a ball with accuracy and perform a range of catching and gathering skills with control

Throw underarm and overarm with control and accuracy

Use an overarm throw to hit a target with accuracy

Throw a ball in different ways (e.g. fast, slow, high, low)

Strike a ball in an intended direction using a cricket or a rounders bat

Use a range of fielding techniques

Use a range of fielding techniques (eye on the ball, react to the ball, effective stopping technique, communication with team, selecting appropriate throw)

Use striking and fielding skills in a game

WORKING DEEPER

Demonstrate excellent all round skills (striking and fielding) by throwing and catching consistently well, stopping balls travelling from different heights and speeds, and communicating effectively with teammates showing leadership where appropriate

Develop a safe and effective overarm bowl (cricket) and underarm bowl (rounders)

Compete against self and others in a controlled manner

Gymnastics

Acquiring, developing, selecting and applying skills & tactics

CORE

Choose ideas to compose and perform a movement sequence independently and with others

Links combinations of actions with increasing confidence, including changes of direction, speed or level

Develop the quality of their shapes and balances (pike, tuck, star, straight, straddle shapes, front and back support, large and small body part balances, balances on apparatus, matching and contrasting partner balances)

Move with coordination, control and care

Use turns whilst travelling in a variety of ways

Use a range of jumps (straight, tuck, jumping jack, star, straddle, pike, cat leap, straight jump half turn) in their sequences

Devise and perform a gymnastic sequence (on their own and in a pair) showing a clear beginning, middle and end

WORKING DEEPER

Use an increasing range of actions, directions and levels in their sequences, moving with clarity, fluency and expression

Show changes of direction, speed and level in a more complex performance, showing accurate placement and alignment of the body in balances

Create interesting body shapes while holding balances (large and small body part balances, balances on apparatus, matching and contrasting partner balances, pike, tuck, star, straight, straddle shapes, front and back support) with control and confidence

Begin to show flexibility in movements

Perform a crouched forward roll, forward roll from standing, tucked backward roll

Perform a handstand, lunge into handstand, and cartwheel

Travel and link actions in the following ways: tiptoe, step, jump, hop, hopscotch, skipping, chassis steps, cat leap, straight jump half turn

Athletics

Acquiring, developing, selecting and applying skills & tactics

CORE

Identify and demonstrate how different techniques can affect their running performance

Focus on their arm and leg action to improve their sprinting technique

Begin to combine running with jumping over hurdles

Understand the importance of adjusting running pace to suit the distance being run

Jump using one and two feet to take off and to land with

Develop an effective take-off and flight phase for the standing long jump and land safely and with control

Throw (overarm, under arm and push throws) with greater control and accuracy

Continue to develop techniques to throw for increased distance

Recognise changes in body temperature, heart rate and breathing

WORKING DEEPER

Confidently demonstrate an improved technique for sprinting and be able to speed up and slow down smoothly

Perform and apply skills and techniques with speed, control and accuracy, taking part in a range of competitive games and activities

Recognise and describe the effects of exercise on the body

Know the importance of strength and flexibility for physical activity

Explain why is it important to warm up and cool down

Swimming

Progression and outcomes for achieving skills required to meet end KS2 NC requirements

CORE

Explain how to be safe in different water environments

Swims 10m in clothing

Is able to take breaks when swimming a longer distance (tread water, float on back)

Completes 10m front crawl with rhythmic breathing

Completes 10m breaststroke with rhythmic breathing

Completes 10m backstroke

Completes 25m in any stroke

Treads water for 60 seconds

Skulls feet first

Skulls head first

Swims 10m underwater

Performs a series of floats (star, pencil, tuck) without touching the pool floor

Performs floats (star, pencil, tuck) out of depth

Performs a log roll from front to back with no floatation

Performs a log roll from back to front with no floatation

Performs an underwater push and glide on the front

Performs a forward roll in the water

Performs a surface dive

Surface dives to collect sunken objects

PE

Y4



Dance

Developing, selecting and applying skills & tactics

CORE

Identify and repeat the movement patterns and actions of a chosen dance style.

Compose a dance that reflects the chosen dance style.

Confidently improvise with a partner or on their own.

Compose longer dance sequences in a small group.

Demonstrate precision and some control in response to stimuli.

Begin to vary dynamics and develop actions and motifs in response to stimuli.

Demonstrate rhythm and spatial awareness.

Change parts of a dance as a result of self-evaluation.

Perform and create sequences with fluency and expression.

WORKING DEEPER

Perform and apply skills and techniques with control and accuracy.

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Games

Football

CORE

Move with the ball using a range of techniques, showing control and fluency.

Pass the ball with increasing speed, accuracy and success in a game situation.

Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.

Make the best use of space to pass and receive the ball.

Use a range of attacking and defending skills and techniques in a game.

Use fielding skills as an individual to prevent a player from scoring.

Vary the tactics they use in a game.

Use hand-eye coordination to strike a moving and a stationary ball.

WORKING DEEPER

Modify their use of skills or techniques to achieve a better result.

Use at least two different shots or dribble technique in a game situation.

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Tag Rugby

CORE

Use the correct grip while holding the ball to be able to pass it effectively.

Pass the ball with accuracy, using the correct technique while stationary.

Pass the ball with accuracy using the correct technique while on the move.

Move their hands to catch a ball arriving at different heights and angles.

Sometimes get into the correct position to receive a pass from a teammate.

Use the sidestep to get around a passive defender at a pace faster than walking.

Explain and demonstrate most of the rules of tagging, including in a game situation.

WORKING DEEPER

Expertly use the correct grip while moving with the ball and be able to pass it effectively.

Pass the ball with control and accuracy to the left and the right, using the correct technique while moving at pace.

Confidently intercept the ball to win possession for their team and set up an attack.

Consistently and confidently use a range of attacking and defending skills to contribute to the success of their team.

Hockey

CORE

With support, hold the hockey stick correctly for pushing and stopping the ball.

Stop and control the ball effectively, using elements of the correct technique.

Use elements of the correct body position for forehand dribbling with some efficiency.

Keep some control of the ball while dribbling.

Change direction with the ball with some control at a walking pace.

Begin to use the correct technique for the Indian dribble while stationary and on the move.

WORKING DEEPER

Consistently and effectively use the correct technique for tackling safely.

Consistently demonstrate accuracy when aiming for a target a longer distance away.

Can perform and apply a variety of attacking and defending skills competently and confidently, to contribute towards the success of their team.

Change direction with the ball with good control at a jogging pace.

Netball

CORE

Catch the Netball with two hands, bringing it safely into the chest.

Execute the chest, shoulder and bounce pass with some control and accuracy.

Land with one or two feet with or without the ball.

Catch a netball while in motion using both a one or two-footed landing with some success.

Know how to mark an opposition player who is in possession of the ball (marking the ball).

Know how to mark an opposition player who is not in possession of the ball (marking the player).

Execute the movement skills of dodging with some success.

Begin to use the correct footwork to pivot in a range of situations and scenarios,

Begin to use a range of passes in a game situation.

WORKING DEEPER

Apply a range of attacking movement skills to outwit a defender with success in a game.

Understand the footwork rule and demonstrate their understanding in a game situation.

Catch a netball while in motion using both a one or two-footed landing with success.

Choose the most appropriate netball pass in a game situation and execute it with success.

Tennis

CORE

Show some ability to maintain control of a ball on a racket while moving.

Grip and hold the tennis racket correctly when hitting a forehand groundstroke.

Use the forehand stroke, with some shots landing on the opposition's side.

Demonstrate knowledge of how and when to get into the ready position but may sometimes need reminding.

Serve the ball using the underarm technique.

Hit a serve towards a target area.

At times, hit a ball before it bounces using the volley technique.

Use the ready position between shots, to prepare themselves for the next volley.

Understand some of the basic rules in tennis and knows how to keep score.

WORKING DEEPER

Hit a backhand stroke at a targeted area.

Regularly get into the ready position before and after shots.

Use the correct technique for the double-handed and single-handed backhand.

Cricket

CORE

Attempt to move and position themselves into a ball's pathway when attempting to make a catch.

Understand the importance of keeping sight of the ball at all times.

Throw a ball overarm using a learnt technique.

Sometimes adopt the correct stance when facing a thrown or rolling ball.

Stand correctly as a batsman, using some elements of the cricket bat grip.

Strike a ball, sometimes going in their chosen direction.

Bowl on a good line and length consistently, ensuring that each bowled ball bounces once on delivery, with high accuracy for the intended target.

WORKING DEEPER

Instinctively adapt their hand, arm and body positioning appropriately, aiding them to make different types of catches successfully.

Show excellent understanding of the overarm throwing technique, by positioning themselves correctly and fluidly.

Fluidly adapt their body into the correct position when using the long barrier technique, to effectively stop or control a rolling ball.

Show an excellent understanding of how to position themselves in the batting crease, demonstrating a relaxed and confident grip when in their stance.

Rounders

CORE

Hold and swing a rounders bat correctly in order to connect with a bowled ball.

Bowl a rounders ball using the correct technique in order to reach the batter.

Catch a ball accurately when it is thrown directly to them.

Accurately throw a ball overarm and underarm in the right direction.

Move into the correct position or space to catch a ball that is thrown or hit into the field, with some success.

WORKING DEEPER

Use a range of tactics during a game and explain how these will benefit the overall strategy.

Accurately throw a ball overarm over a long distance in order to reach a designated target.

Gymnastics

Developing, selecting and applying skills & tactics

CORE

Move with coordination, control and care.

Begin to show flexibility in movements.

Use an increasing range of actions, directions and levels in their sequences.

Perform a variety of rolls (i.e., Forward roll from standing, Straddle forward roll, Tucked backward roll, and Backward roll to straddle).

Perform a variety of jumps (i.e., Straight jump, Tuck jump, Jumping jack, Star jump, Straddle jump, Pike jump, Straight jump half-turn, Straight jump full-turn, Cat leap & Cat leap half-turn).

Perform lunge into handstand and cartwheel.

Perform following shapes and balances with control (i.e., 1, 2, 3 and 4- point balances, Balances on apparatus, Balances with and against a partner, Pike, tuck, star, straight, straddle shapes & Front and back support).

WORKING DEEPER

Independently create a sequence of actions that fit a theme.

Perform and create sequences with fluency and expression.

Perform and apply skills and techniques with control and accuracy.

Use a variety of methods to travel (i.e., Tiptoe, step, jump & hop, Hopscotch, Skipping, Chassis steps, Straight jump half turn, Straight jump full turn, Cat leap, Cat leap half turn & Pivot).

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Modify their use of skills or techniques to achieve a better result.

Athletics

Developing, selecting and applying skills & tactics

CORE

Explain why exercise is good for your health.

Know some reasons for warming up and cooling down.

Confidently demonstrate an improved technique for sprinting.

Carry out an effective sprint finish.

Perform a relay, focusing on the baton changeover technique.

Speed up and slow down smoothly.

Perform a standing long jump using one and two feet to take off landing safely and with control.

Begin to measure the distance jumped.

Perform a pull throw.

Measure the distance of their throws.

WORKING DEEPER

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Modify their use of skills or techniques to achieve a better results.

Continue to develop techniques to throw for increased distance.

Perform and apply skills and techniques with control and accuracy.

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Orientate themselves with accuracy around a short trail.

Create a short trail for others with a physical challenge.

Start to recognise features of an orienteering course.

Communicate clearly with other people in a team, and with other teams.

Associate the meaning of a key in the context of the environment.

Try a range of equipment for creating and completing an activity.

Make an informed decision on the best equipment to use for an activity.

Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.

PE

Y5



Dance

Developing, selecting and applying skills & tactics

CORE

Identify and repeat the movement patterns and actions of a chosen dance style

Compose individual, partner and group dances that reflect the chosen dance style

Show a change of pace and timing in their movements

Develop an awareness of their use of space

Demonstrates imagination and creativity in the movements they devise in response to stimuli

Improvise with confidence, still demonstrating fluency across the sequence

Ensure their actions fit the rhythm of the music

WORKING DEEPER

Dance with expression, fluency and control, linking all movements and ensuring that transitions flow

Demonstrate consistent precision when performing dance sequences

Choose and use criteria to evaluate own and others' performances and modify a sequence as a result of self and peer evaluation

Consistently perform own longer, more complex sequences in time to music with accuracy and control

Games

Football

CORE

Use a variety of ways to dribble the ball in a game with success

Use ball skills in various ways and begin to link together

Keep and win back possession of the ball effectively in a team game

Demonstrate an increasing awareness of space

Choose the best tactics for attacking and defending

Shoot at goal in a game

Know when to pass and when to dribble in a game

Explain why they have used particular skills or techniques, and the effect they have had on their performance

WORKING DEEPER

Use dribbling and passing skills together with speed, accuracy and control

Identify and use different attacking and defending skills and techniques in a game situation, and use leadership skills when appropriate

Move with the ball with control and at speed, changing direction and keeping possession, contributing to the success of their team in a game situation

Tag Rugby

CORE

Consolidate best technique for control and accuracy when throwing and catching the rugby ball in a game situation

Pass a ball with control and accuracy using appropriate technique while both stationary and on the move

Keep and win back possession of the ball effectively in a game

Demonstrate an increasing awareness of space

Choose the best tactics for attacking and defending

WORKING DEEPER

Consistently perform and apply skills and techniques (passing, tagging, intercepting and sidestepping) with accuracy, speed and control, showing leadership skills when appropriate to contribute to the success of their team

Hockey

CORE

Use a hockey stick to dribble a ball with accuracy and control, changing pace and direction

Pass a ball accurately using appropriate techniques to a team mate

Use hockey stick to receive a ball with control

Dribble the ball in a game with success

Keep and win back possession of the ball effectively in a game situation

Shoot at goal in a game

WORKING DEEPER

Move with the ball, holding the hockey stick with the correct grip, with speed and control, including changing direction

Pass and receive the ball in a variety of ways using the correct technique with control and accuracy

Link dribbling and passing skills together with success and fluency

Use the space well to pass and receive the ball

Netball

CORE

Throw a netball in a variety of ways (overhead, shoulder, chest throws and bounce pass) with control

Catch a netball with two hands with confidence and success

Consolidate different ways of throwing a netball and know when each is appropriate in a game

Understand the footwork rule and be able to demonstrate this with increasing accuracy during a game

Pass a ball with accuracy to a team mate in a game situation

Shoot in a game with increasing awareness of the appropriate technique

Choose the best tactics for attacking (find space) and defending (mark player and intercept)

Use more than one type of netball pass in a game situation

WORKING DEEPER

Move at different speeds and in different directions in specific drills to practise this and sometimes effectively in a game scenario

Know how to mark an opposition player who is in possession of the ball (marking the ball) and sometimes adopt elements of the correct technique when doing this in a game

Know how to mark an opposition player who is not in possession of the ball (marking the player) and sometimes adopt elements of the correct technique when doing this in a game

Understand and sometimes use attacking and defending skills to contribute towards the success of their team

Tennis

CORE

Effectively use balance and coordination to keep control of a moving ball on their racket while travelling

Use a racket effectively to catch and keep control of a ball travelling at different height and angles

Demonstrate an understanding of positioning and move their feet quickly to get into a good position to control a ball with a racket

Identify and apply different techniques for hitting a tennis ball

Explore when different shots are best used

Hit the ball with a forehand shot (using the correct grip)

Hit the ball with a backhand shot (using the correct grip)

Practise techniques for all strokes in a rally situation with a partner

Play a tennis game using an underarm serve working cooperatively with a partner

WORKING DEEPER

Move confidently from the ready position into the playing of groundstrokes and back again

Hit the ball with accuracy towards a targeted area using both forehand and backhand strokes

Strike an accurately tossed ball, showing a flowing overhead service stroke

Cricket

CORE

Bowl a ball accurately using both an underarm and overarm technique

Strike a ball with a cricket bat with control

Use at least two different batting strokes

Show understanding of how to be an effective wicket keeper

Throw the ball with speed and accuracy when fielding

Use fielding skills as a team to prevent the opposition from scoring

WORKING DEEPER

Strike a bowled ball in an intended direction, into space

Stop a ball using a range of techniques, including the long-barrier technique

Understand the active role of a fielder and know how to 'attack the ball'

Play cooperatively with teammates, showing leadership skills when appropriate, making decisions when to run for points and when to not

Successfully choose and use a range of simple tactics and strategies when striking and fielding

Rounders

CORE

Hit a bowled ball with a rounders bat out into the field

Bowl a ball controlling the speed and direction of the ball to reach the batter

Move into the correct position or space when fielding to catch a ball that is thrown or hit into the field

Accurately throw a ball overarm or underarm to reach a designated target

Choose and apply relevant tactics during a game according to an agreed strategy

WORKING DEEPER

Strike a bowled ball with a rounders bat into an intended direction, into space

Catch and throw the ball with one hand, and in some cases with their non dominant hand

Gymnastics

Developing, selecting and applying skills & tactics

CORE

Select ideas to compose and perform specific sequences of movements, shapes and balances

Adapt their sequences to fit new criteria or suggestions

Perform the following jumps with fluency and control (straight jump, tuck jump, jumping jack, star jump, straddle jump, pike jump, stag jump, straight jump half turn, straight jump full turn, cat leap, cat leap half turn, split leap)

Perform the following rolls with fluency and control (forward roll from standing, straddle forward roll, pike forward roll, tucked backward roll, backward roll to straddle)

Perform a lunge into handstand, a lunge into cartwheel and a lunge into round off with fluency and control

Perform the following shapes and balances with fluency and control (1, 2, 3 and 4- point balances, balances on apparatus, part body weight partner balances, pike, tuck, star, straight, straddle shapes, front and back support)

WORKING DEEPER

Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping and stretching, demonstrating precise and controlled placement of body parts throughout

Apply skills and techniques consistently, showing precision and control

Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements

Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance

Develop strength, technique and flexibility throughout performances

Travel and link actions in the following ways: tiptoe, step, jump, hop, hopstotch, skipping, chassis step, straight jump half turn, straight jump full turn, cat leap, cat leap half turn, pivot

Combine equipment with movement to create longer sequences, with changes of speed, level and direction

Explain why they have used particular skills or techniques, and the effect they have had on their performance

Athletics

Developing, selecting and applying skills & tactics

CORE

When running, accelerate from a variety of starting positions and select their preferred position

Identify their reaction times when performing a sprint start

Continue to practise and refine their technique for sprinting, focusing on an effective sprint start

Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run

Identify and demonstrate stamina, explaining its importance for runners

Improve techniques for jumping for distance

Perform an effective standing long jump

Perform a standing triple jump with increasing confidence

Develop an effective technique for the standing vertical jump (jumping for height) including take off and flight

WORKING DEEPER

Confidently and independently select the most appropriate pace for different distances and different parts of the run

Demonstrate endurance and stamina over longer distances in order to maintain a sustained run

Thoroughly evaluate their own and others' work (in running, jumping and throwing events) suggesting thoughtful and appropriate improvements

Land safely and with control

Measure the distance and height
jumped with accuracy

Perform a fling throw

Throw a variety of implements using a
range of throwing techniques

Measure and record the distance of
their throws

Continue to develop techniques to
throw for increased distance

Know and understand the reasons for
warming up and cooling down

Explain some safety principles when
preparing for and during exercise

Explain why exercise is important

Compare and comment on skills,
techniques and ideas that they and
others have used

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Start to orientate themselves with increasing confidence and accuracy around an orienteering course, both as part of a team and independently

Design an orienteering course that can be followed and offers some challenge to others

Begin to use navigational equipment (map and compass) to orientate around a trail

Use clear communication to effectively complete a particular role in a team

Identify a key on a map and begin to use the information in activities

Choose the best equipment for an outdoor activity

Create a simple plan for an outdoor activity for others to follow

Offer a detailed and effective evaluation of both personal performances and activities

PE

Y6



Dance

Developing, selecting and applying skills & tactics

CORE

Identify and repeat the movement patterns and actions of a dance style individually, with a partner and as a group

Use dramatic expression in dance movements and motifs

Perform with confidence, using a range of movement patterns

Demonstrate strong and controlled movements throughout a dance sequence

Combine flexibility, techniques and movements to create a fluent sequence

Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs

Show a change of pace and timing in their movements

Move rhythmically and accurately in dance sequences

WORKING DEEPER

Dance with sustained fluency and control, linking all movements and ensuring that transitions flow

Demonstrate consistent precision and flair when performing dance sequences

Modify elements of a sequence as a result of self and peer evaluation

Use complex dance vocabulary to compare and improve work

Improvise with confidence, still demonstrating fluency across their sequence

Analyse and evaluate skills and techniques within a sequence (both their own and that of others) and suggest ways to improve the quality of performance

Games

Football

CORE

Pass the ball confidently using the correct technique with accuracy and control

Use dribbling and passing skills together with accuracy

Use at least 2 different attacking skills and techniques in a game and evaluate my and other's work and suggest ways to improve

Use at least 2 different defending skills and techniques in a game and evaluate my and other's work and suggest ways to improve

Keep score in a game, play as part of a team and use leadership skills when appropriate

Demonstrate a good awareness of space

WORKING DEEPER

Consistently choose and make the best pass in a game situation and link a range of skills together with fluency e.g. passing and receiving the ball on the move

Keep and win back possession of the ball effectively and in a variety of ways, showing more complex skills and agility in a competitive match (for the school team, school sports club or external club)

Tag Rugby

CORE

Throw and catch a rugby ball accurately and successfully under pressure in a game

Move with the ball with control and at speed

Change direction with the ball

Pass and receive the rugby ball using the correct technique with control and accuracy

Identify and use different attacking methods in a game

Identify and use different defending methods in a game

Use space well to pass and receive the ball

Contribute to the success of their team when attacking or defending, showing leadership skills when appropriate

WORKING DEEPER

Show confidence in moving and changing direction with the ball using the correct technique in a tag rugby game with speed, control and fluency and support others in doing so too

Choose the best pass to make in a game situation and execute it with accuracy and precision

Link together different skills in a game consistently and effectively, such as passing the ball whilst running at speed

Use the space effectively and intentionally to help keep possession of the ball

Hockey

CORE

Lead and take part in warm-ups and cool-downs safely and effectively

Move with the ball, holding the hockey stick with the correct grip, dribbling the ball with speed and control, including changing direction

Pass and receive the ball in a variety of ways using the correct techniques with control and accuracy

Link dribbling and passing skills together with success and fluency

Use space well to pass and receive a ball

Begin to choose and apply appropriate skills and techniques for attacking and defending in a hockey game

Evaluate their own and others' work, suggesting appropriate improvements

WORKING DEEPER

Show confidence in moving and changing direction with the ball using the correct technique in a hockey game with speed, control and fluency and support others in doing so too

Choose the best pass to make in a game situation and execute it with precision

Link together different skills in a game situation and execute it with accuracy and precision

Use space effectively and intentionally to help keep possession of the ball

Netball

CORE

Consistently move to meet the netball and catch it with one or two hands, bringing it safely to the chest

Execute the chest pass and bounce pass with control and accuracy

Execute the shoulder pass and overhead pass with control and power

Effectively use a range of passes in a game situation

Land with one or two feet with or without the ball and use the correct footwork to pivot in a range of situations

Understand the footwork rule and demonstrate their understanding in a game situation

Move at a range of speeds and in different directions in specific drills to practise this and apply this with success in a game scenario

Effectively execute the movement skills of dodging and leading to outwit a defender with success in a game

WORKING DEEPER

Confidently execute the chest pass, shoulder pass, bounce pass and overhead pass with accuracy, consistency and control in a range of situations

Use an excellent technique to catch the netball with both one and two hands confidently and consistently

Demonstrate an excellent understanding of the footwork rule and adhere to it in a game situation

Demonstrate excellent footwork, speed and agility to move at a range of speeds and in different directions in specific drills to practise and with success in a game scenario

Know how to mark an opposition player who is in possession of the ball (marking the ball) and does this with some success in a game

Know how to mark an opposition player who is not in possession of the ball (marking the player) and do this with some success in a game

Perform all or most elements of the shooting technique in isolation and sometimes in a competitive game with success

Use a range of attacking and defending skills to contribute towards the success of their team

Understand and demonstrate how to be a good team player

Evaluate their own and others' performance, sometimes suggesting appropriate improvements

Tennis

CORE

Use balance and coordination to keep control of a moving ball on their racket while travelling

Use a racket effectively to catch and keep control of a ball travelling at different heights and angles

Demonstrate a good understanding of positioning and move their feet quickly to get into a good position to control a ball with a racket

Use the appropriate grip when hitting a forehand groundstroke

Move from the ready position into the playing of groundstrokes and back again

Demonstrate a good forehand technique to land shots over the net

Demonstrate a good backhand technique (either single-handed or double-handed) to land shots over the net

WORKING DEEPER

Demonstrate excellent forehand and backhand technique to successfully land shots deep towards the baseline

Strike a tossed ball, showing a flowing overhead service stroke

Confidently strike a ball before it bounces, using a good volley technique

Use a range of the techniques and skills learnt to take control of a rally and win points, whilst demonstrating understanding of tennis rules and scoring system

Hit a ball with accuracy towards a targeted area using both forehand and backhand strokes

Comfortably use the service stance to toss a ball into the ideal position for striking an overhead serve

Cricket

CORE

Accurately throw or roll a ball at a target, using the over-arm technique

Throw and catch accurately and successfully under pressure in a game

Strike a bowled ball in an intended direction

Stop a ball using a range of techniques (including the long barrier technique)

Understand the active role of a fielder and know how to 'attack the ball'

Play cooperatively with teammates, making decisions when to run for points and when to not

WORKING DEEPER

Catch and throw with one hand, and in some cases with their non-dominant hand

Take responsibility for their own skill progression by reviewing, analysing and evaluating their performance, and set and achieve personal challenges

Rounders

CORE

Throw and catch a ball accurately and successfully under pressure in a game

Strike a bowled ball in an intended direction, into space

Use good hand-eye coordination to be able to direct a ball when striking or hitting

Stop a ball using a range of techniques

Understand the role of a fielder and show good communication and play cooperatively with teammates

WORKING DEEPER

Play to, adapt and invent rules for striking and fielding games

Athletics

Developing, selecting and applying skills & tactics

CORE

When running, recap, practise and refine an effective sprint technique, including reaction time and acceleration (to pass other competitors)

Confidently and independently select the most appropriate pace for different distances and different parts of the run

Demonstrate endurance and stamina over longer distances in order to maintain a sustained run

Work as a team to competitively perform a relay

Develop the technique for the standing vertical jump

Maintain control at each of the different stages of the triple jump

Land jumps safely and with control

Develop and improve their techniques for jumping for distance and height and support others in improving their performance

Perform and apply different types of jumps in other contexts

Set up and lead jumping activities including measuring the jumps with confidence and accuracy

Perform a heave throw

Measure and record the distance of their throws

Continue to develop techniques to throw for increased distance and support others in improving their personal best

Develop and refine techniques to throw for accuracy

Take part in competitive games with a strong understanding of tactics and composition

Understand the importance of warming up and cooling down and explain how the body reacts to different kinds of exercise

Carry out warm-ups and cool-downs safely and effectively

Know ways they can become healthier and explain why we need regular and safe exercise

Demonstrate all round safe practise , including handling equipment safely, and observing accepted rules and conventions

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Orientate (both as part of a team and individually) with confidence and accuracy around an orienteering course

Design, prepare and manage an orienteering course that is clear to follow and offers challenge to others

Use navigation equipment (map, compass) to identify the quickest route to accurately complete an orienteering course

Use clear communication to effectively complete a particular role in a team

Use a range of map styles and make an informed decision on the most effective

Choose the best equipment for an outdoor activity

Work effectively as part of a team, communicating clearly and demonstrating leadership skills when necessary

Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements

Listen to feedback and improve an orienteering course from it

Swimming

Progression and outcomes for achieving skills required to meet end KS2 NC requirements

CORE

Can explain how to be safe in different water environments

Swims 10m in clothing

Is able to take breaks when swimming a longer distance (tread water, float on back)

Recognises dry land exercises that can benefit swimming ability and explain why these help

Understands the importance of being able to swim long distances

Understands how to train for endurance

Completes front crawl with rhythmic breathing for 10m

Completes breaststroke with rhythmic breathing for 10m

Completes backstroke for 10m

Completes 25m in any stroke

WORKING DEEPER

Swims a length in clothing

Describes an effective warm up routine for swimming

Able to evaluate stroke performance in others and provide constructive feedback

Completes 25m of front crawl while demonstrating correct breathing technique

Completes 25m of breaststroke while demonstrating correct breathing technique

Completes 25m of backstroke

Performs a standing dive from the poolside

Treads water for 60 seconds

Sculls feet first and head first

Swims 10m underwater

Performs floats (star, pencil, tuck) out of depth

Performs log rolls (front to back and back to front) with no flotation

Performs an underwater push and glide on the front and back

Performs a forward roll in the water

Performs a surface dive

Surface dives to collect sunken objects

