

PE: Year 1				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<input type="checkbox"/> Copy and explore basic body actions demonstrated by teacher <input type="checkbox"/> Choose movements to make into their own phrases	<input type="checkbox"/> Know where their heart is and why it beats faster <input type="checkbox"/> Link movement to moods, ideas and feelings	<input type="checkbox"/> Practise and repeat their phrase with some control <input type="checkbox"/> Copy simple movement patterns from each other	<input type="checkbox"/> Use simple dance vocabulary to describe movement <input type="checkbox"/> Respond to different stimuli with a range of actions
Gymnastics	<input type="checkbox"/> Perform simple gymnastics movements (jump, roll, travel, climb, still) <input type="checkbox"/> Use space safely, being aware of others and apparatus	<input type="checkbox"/> Make up and perform simple movement phrases <input type="checkbox"/> Link and perform basic gymnastic actions <input type="checkbox"/> Perform movements with some control and accuracy	<input type="checkbox"/> Know the difference between tension and relaxation <input type="checkbox"/> Carry apparatus safely, with guidance	<input type="checkbox"/> Watch and describe a basic phrase using accurate language
Games	<input type="checkbox"/> Move fluently, changing direction and speed easily without collision <input type="checkbox"/> Roll, throw, strike, kick with some control <input type="checkbox"/> Get in line with the ball to receive	<input type="checkbox"/> Know how to aim and hit into a good space <input type="checkbox"/> Use and change skills to win games <input type="checkbox"/> Use space to their advantage	<input type="checkbox"/> Describe what it feels like when breathing faster during exercise <input type="checkbox"/> Explain why running and playing games is good for them	<input type="checkbox"/> Watch others' movements carefully <input type="checkbox"/> Describe what they have done or seen others do <input type="checkbox"/> Copy what they see and say why it is good

Progression

- Copy & explore (Shown body actions to repeat and experiment with)
- Choose movements to make short phrase (2/3 movements)
- Practise simple movements (jump, roll, travel, climb)
- Make up & perform simple movement phrases (2/3 actions)
- Basic actions – roll a ball, throw it underarm, kick it and strike it, just making connection
- Aim and hit into a good space (3-5m areas)

PE: Year 2				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<ul style="list-style-type: none"> <input type="checkbox"/> Make short dance phrases that express moods and feelings <input type="checkbox"/> Repeat a short dance phrase, improving control <input type="checkbox"/> Perform short dance phrases using rhythm and movement <input type="checkbox"/> Use music to guide dance phrase 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk about different stimuli for the start of dance phrases <input type="checkbox"/> Explore actions in response to a stimuli <input type="checkbox"/> Explore ideas, moods and feelings by improvising and experimenting with movement 	<ul style="list-style-type: none"> <input type="checkbox"/> Know how their bodies feel after dance activities <input type="checkbox"/> Know that they need to warm up and cool down for dance 	<ul style="list-style-type: none"> <input type="checkbox"/> Say what they like and dislike, giving reasons <input type="checkbox"/> Show an understanding of mood and describe how dance makes them feel
Gymnastics	<ul style="list-style-type: none"> <input type="checkbox"/> Perform a range of actions with control and coordination <input type="checkbox"/> Repeat sequences of gymnastic actions <input type="checkbox"/> Move smoothly from a position of stillness to a travelling movement <input type="checkbox"/> Move smoothly from a position of stillness to another 	<ul style="list-style-type: none"> <input type="checkbox"/> Create, repeat and perform a short sequence <input type="checkbox"/> Include apparatus or a partner <input type="checkbox"/> Vary sequence using floor, mats and apparatus 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain how they and their bodies feel after gymnastics <input type="checkbox"/> Recognise and avoid risks when handling and placing apparatus 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe their own or their partners sequence accurately <input type="checkbox"/> Choose one aspect of their performance to improve and say how to improve it
Games	<ul style="list-style-type: none"> <input type="checkbox"/> Perform a range of throwing, rolling, striking, kicking and gathering skills <input type="checkbox"/> Show good awareness of others in running, catching and avoiding games 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose and use tactics to suit different situations <input type="checkbox"/> React to situations in a way that helps partner and makes it difficult for opponents <input type="checkbox"/> Know how to score and keep the rules of the game 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand and describe changes in their heart rate <input type="checkbox"/> Begin to anticipate what they will feel like after playing games 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch and describe performances accurately <input type="checkbox"/> Recognise what is successful <input type="checkbox"/> Copy actions and ideas and use to improve own performance

PE: Year 3				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<ul style="list-style-type: none"> <input type="checkbox"/> Respond to stimuli using language and movement <input type="checkbox"/> Incorporate different qualities and dynamics into their movement <input type="checkbox"/> Explore and develop new actions while working with a partner or a small group 	<ul style="list-style-type: none"> <input type="checkbox"/> Link actions to make dance phrases with partners or small groups <input type="checkbox"/> Perform short dances with expression, showing an awareness of others 	<ul style="list-style-type: none"> <input type="checkbox"/> In simple language, explain why they warm up and cool down <input type="checkbox"/> Sustain their effort in their dances 	<ul style="list-style-type: none"> <input type="checkbox"/> Use a range of expressive language to describe dance <input type="checkbox"/> Recognise 'unison' and 'canon' and suggest to improve
Gymnastics	<ul style="list-style-type: none"> <input type="checkbox"/> Explore use of floor, mat & apparatus using shape, balance & travel <input type="checkbox"/> Practise an action or short sequence and improve it's quality <input type="checkbox"/> Show control, accuracy and fluency when performing actions 	<ul style="list-style-type: none"> <input type="checkbox"/> Create and perform a gymnastic sequence <input type="checkbox"/> Adapt a sequence to include different levels, speeds or directions <input type="checkbox"/> Work well on their own and work well with pair sequences 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand the importance of warming up <input type="checkbox"/> Identify when their body is prepared for gymnastics <input type="checkbox"/> Understand that strength and suppleness are parts of fitness 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain the similarities/ differences between two performances <input type="checkbox"/> Understand what is involved in improving the quality of a performance
Invasion Games	<ul style="list-style-type: none"> <input type="checkbox"/> Use a range of skills to keep possession and control of the ball <input type="checkbox"/> Pass, receive and dribble the ball, keeping control and possession 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep possession and make progress towards the goal <input type="checkbox"/> Make good decisions on what to do/where to pass <input type="checkbox"/> Know how to use space in games 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe what happens to the heart <input type="checkbox"/> Identify which games have the biggest impact on stamina <input type="checkbox"/> Describe how some games use short bursts of speed 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain how best to keep possession <input type="checkbox"/> Identify what they do best and what they find difficult <input type="checkbox"/> Identify players who do well in games and explain why
Net/wall	<ul style="list-style-type: none"> <input type="checkbox"/> Perform basic skills with control and consistency <input type="checkbox"/> Vary the speed and direction of the ball <input type="checkbox"/> Get in line with the ball and keep a small rally going 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose good places to stand when receiving and give reasons for choice <input type="checkbox"/> Hit the ball into space, at speeds or different heights to outwit opponent <input type="checkbox"/> Use rules and keep games going without dispute 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify what activities they could use to warm up <input type="checkbox"/> Recognise what happens to the body when playing games <input type="checkbox"/> Know why warming up is important 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe what is successful in their own and others' play <input type="checkbox"/> Identify what they need to do to improve and how to go about doing it
Athletics <i>(Core task: Take aim)</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Run consistently and smoothly at different speeds <input type="checkbox"/> Throw a range of implements into a target area with consistency and accuracy 	<ul style="list-style-type: none"> <input type="checkbox"/> Recognise that there are different styles of running, jumping and throwing <input type="checkbox"/> Pace their effort well 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify and record when their body is cool, warm and hot <input type="checkbox"/> Recognise and record that their body works differently in different types of challenge and event <input type="checkbox"/> Carry out stretching and warm-up activities safely 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch and describe specific aspects of running, jumping and throwing styles <input type="checkbox"/> Suggest, with guidance, a target for improving distance or height

PE: Year 4				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<ul style="list-style-type: none"> <input type="checkbox"/> Think about character and narrative ideas and respond through movement <input type="checkbox"/> Experiment with a wide range of actions individually, with a partner or in a group 	<ul style="list-style-type: none"> <input type="checkbox"/> Use different ideas to create motifs using unison and canon <input type="checkbox"/> Practise and combine more complex phrases 	<ul style="list-style-type: none"> <input type="checkbox"/> Show understanding of warming up and cooling down and do it on their own 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe and interpret dance movements using appropriate vocabulary <input type="checkbox"/> Suggest how dance and performances can be improved
Gymnastics	<ul style="list-style-type: none"> <input type="checkbox"/> Perform a range of actions with consistency, fluency and clarity of movement <input type="checkbox"/> Make shapes on the floor and apparatus, working with a partner <input type="checkbox"/> Combine actions and maintain the quality when performing with a partner 	<ul style="list-style-type: none"> <input type="checkbox"/> Combine actions to make sequences, changing speed, level, direction and shape <input type="checkbox"/> Gradually increase the length of sequences <input type="checkbox"/> Work with a partner to make a short sequence on floor, mats and apparatus 	<ul style="list-style-type: none"> <input type="checkbox"/> Devise routines of stretching exercises that prepare them for their gym work 	<ul style="list-style-type: none"> <input type="checkbox"/> Make simple assessments of performance based on criteria given by teacher <input type="checkbox"/> Refine their sequences and others' work <input type="checkbox"/> Offer constructive ideas when working with a partner
Invasion Games	<ul style="list-style-type: none"> <input type="checkbox"/> Use a range of techniques when passing <input type="checkbox"/> Change direction and speed when dribbling the ball <input type="checkbox"/> Show growing consistency and control in games <input type="checkbox"/> Play with greater speed and flow 	<ul style="list-style-type: none"> <input type="checkbox"/> Keep and use rules they are given <input type="checkbox"/> Suggest how rules could be changed to improve the game <input type="checkbox"/> Adapt rules in agreement with others <input type="checkbox"/> Use a range of tactics to keep possession of the ball and to attack goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Use knowledge they have learnt to make up suitable warm up activities 	<ul style="list-style-type: none"> <input type="checkbox"/> Know and explain tactics and skills they are confident with and use well in games <input type="checkbox"/> Choose different ways of practising these skills and tactics <input type="checkbox"/> Describe the help they need to improve their play
Striking/Fielding	<ul style="list-style-type: none"> <input type="checkbox"/> Strike a ball with intent and throw it more accurately when bowling/fielding <input type="checkbox"/> Intercept and stop the ball with consistency and sometimes catch it <input type="checkbox"/> Return the ball quickly and accurately 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose and use batting or throwing skills to make game harder for opponents <input type="checkbox"/> Choose where to stand successfully as a fielder <input type="checkbox"/> Work well as a team to make it harder for the batter 	<ul style="list-style-type: none"> <input type="checkbox"/> Know the demands that specific activities make on their bodies <input type="checkbox"/> Know the importance of warming up 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe what is successful in their own and others' play <input type="checkbox"/> Identify parts of their performance that need improving and suggest how to achieve this

PE: Year 5				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<ul style="list-style-type: none"> <input type="checkbox"/> Choose appropriate material to create new motifs in a dance style <input type="checkbox"/> Perform specific skills and movement patterns and different dance styles with accuracy 	<ul style="list-style-type: none"> <input type="checkbox"/> Compose, develop and adapt motifs to make dance phrases and use these in longer dances 	<ul style="list-style-type: none"> <input type="checkbox"/> Warm up and cool down independently <input type="checkbox"/> Use exercises that stretch and tone their bodies 	<ul style="list-style-type: none"> <input type="checkbox"/> Use dance terminology to identify different styles of dance <input type="checkbox"/> Talk about the relationship between the dance and its accompaniment <input type="checkbox"/> Suggest ways to develop their technique and composition
Gymnastics	<ul style="list-style-type: none"> <input type="checkbox"/> Perform combinations of actions that show clear levels, speeds and directions <input type="checkbox"/> Perform actions, shapes and balances clearly, consistently and fluently 	<ul style="list-style-type: none"> <input type="checkbox"/> Repeat a longer sequence with extension, clear body shape and changes in direction <input type="checkbox"/> Adapt sequences to include a partner or a small group 	<ul style="list-style-type: none"> <input type="checkbox"/> Take more responsibility for their own warm-up <input type="checkbox"/> Know how muscles work, how to stretch and how to do strengthening exercises 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch and comment on the quality of movements, shapes and balances <input type="checkbox"/> Identify which aspects were performed accurately, fluently and clearly <input type="checkbox"/> Suggest improvements to speed, direction and level in composition
Invasion Games	<ul style="list-style-type: none"> <input type="checkbox"/> Perform skills with accuracy, confidence and control <input type="checkbox"/> Know the difference between attacking skills and defending skills 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose positions in their teams and know how to help attack <input type="checkbox"/> Use a variety of tactics to keep the ball <input type="checkbox"/> Know and find ways to get the ball towards the opponents goal <input type="checkbox"/> Know how to mark and defend their goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Suggest ideas for warming up, explaining their choice <input type="checkbox"/> Recognise activities that help strength, speed and stamina 	<ul style="list-style-type: none"> <input type="checkbox"/> Look for specific things in a game and explain if they are being done well
Net/wall	<ul style="list-style-type: none"> <input type="checkbox"/> Hit the ball with purpose, varying the speed, height and direction <input type="checkbox"/> Explain what they are trying to do and why it is a good idea <input type="checkbox"/> Spot the spaces in their opponent's court and try to hit the ball towards them <input type="checkbox"/> Position themselves well on court 	<ul style="list-style-type: none"> <input type="checkbox"/> Play shots on both sides of the body and above their heads <input type="checkbox"/> Direct the ball reasonably well towards their opponent's court <input type="checkbox"/> Show good backswing, follow through and feet positioning 	<ul style="list-style-type: none"> <input type="checkbox"/> Carry out warm-up activities carefully and thoroughly <input type="checkbox"/> Give good explanations of how warm-up activities affect the body <input type="checkbox"/> Know why warming up is important to help them play better <input type="checkbox"/> Know the types of exercise they should concentrate on, eg speed and flexibility 	<ul style="list-style-type: none"> <input type="checkbox"/> Know what they are successful at and what they need to practise more <input type="checkbox"/> Try things out and ask for help to perform better <input type="checkbox"/> Work well with others, adapting their play to suit their own and others' strengths
Athletics	<ul style="list-style-type: none"> <input type="checkbox"/> Perform a range of jumps showing power, control and consistency at both take-off and landing 	<ul style="list-style-type: none"> <input type="checkbox"/> Organise themselves in small groups safely, and take turns and different roles <input type="checkbox"/> Know and understand the basic principles of relay take-overs <input type="checkbox"/> Take part well in a relay event 	<ul style="list-style-type: none"> <input type="checkbox"/> Perform a range of warm-up activities <input type="checkbox"/> Say why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch a partner's athletic performance and identify the main strengths <input type="checkbox"/> Identify parts of the performance that need to be practised and refined, and suggest improvements

PE: Year 6				
	<i>Developing skills</i>	<i>Developing skills</i>	<i>Physical & mental</i>	<i>Evaluate & improve</i>
Dance	<ul style="list-style-type: none"> <input type="checkbox"/> Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns <input type="checkbox"/> Explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship 	<ul style="list-style-type: none"> <input type="checkbox"/> Select and use a range of compositional ideas to create motifs that demonstrate their dance idea <input type="checkbox"/> Perform to an accompaniment, communicating a dance idea on their own, with a partner and in a group 	<ul style="list-style-type: none"> <input type="checkbox"/> Describe how dance contributes to fitness and wellbeing <input type="checkbox"/> Identify what types of exercise they need to do to help their dancing 	<ul style="list-style-type: none"> <input type="checkbox"/> Use appropriate language and terminology to describe, interpret and evaluate their own and others' work <input type="checkbox"/> Comment on what works well and explain why <input type="checkbox"/> Recognise how costume, music and set can help to improve a dance performance
Gymnastics	<ul style="list-style-type: none"> <input type="checkbox"/> Perform fluently and with control, even when performing difficult combinations <input type="checkbox"/> Work well with a partner or a small group to practise and refine their work 	<ul style="list-style-type: none"> <input type="checkbox"/> Make up longer sequences and perform them with fluency and clarity of movement <input type="checkbox"/> Vary direction, levels and pathways, to improve the look of a sequence <input type="checkbox"/> Use planned variations and contrasts in actions and speed in their sequences 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand what it is important to include in a warm up for gymnastic activity <input type="checkbox"/> Recognise that a cool down is important <input type="checkbox"/> Understand how gymnastic activity helps their overall health 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch performances and use criteria to make judgements and suggest improvements <input type="checkbox"/> Explain how a sequence is formed, using appropriate terminology to describe technique and composition
Invasion Games	<ul style="list-style-type: none"> <input type="checkbox"/> Combine and perform skills with control, adapting them to meet the needs of the situation <input type="checkbox"/> Perform skills with greater speed 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose when to pass or dribble, so that they keep possession and make progress towards the goal <input type="checkbox"/> Use attacking and defending skills appropriately in games <input type="checkbox"/> Choose and use different formations to suit the needs of the game 	<ul style="list-style-type: none"> <input type="checkbox"/> Know the importance of being fit, and what types of fitness are most important for games <input type="checkbox"/> Understand how playing games can contribute to a healthy lifestyle 	<ul style="list-style-type: none"> <input type="checkbox"/> Recognise and describe the best points in an individual's and a team's performance <input type="checkbox"/> Identify aspects of their own and others' performances that need improvement, and suggest how to improve them
Striking/ Fielding	<ul style="list-style-type: none"> <input type="checkbox"/> Use different ways of bowling <input type="checkbox"/> Bowl underarm accurately <input type="checkbox"/> Vary how they bowl <input type="checkbox"/> Bat effectively, using different types of shot <input type="checkbox"/> Field with increased accuracy <input type="checkbox"/> Throw over arm with accuracy and for a good distance 	<ul style="list-style-type: none"> <input type="checkbox"/> Hit the ball from both sides of the body <input type="checkbox"/> Direct the ball away from fielders, using different angles and speeds <input type="checkbox"/> Plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding <input type="checkbox"/> Gauge when to run after hitting the ball <input type="checkbox"/> Use tactics which involve bowlers and fielders working together 	<ul style="list-style-type: none"> <input type="checkbox"/> Make up their own warm up and explain how it is organised <input type="checkbox"/> Recognise their own and others' strengths 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify what they need to improve in their performance and suggest how they could do this <input type="checkbox"/> Know the importance of particular types of fitness to the game
Outdoor/ Adventure	<ul style="list-style-type: none"> <input type="checkbox"/> Read a variety of maps and plans accurately, recognising symbols and features <input type="checkbox"/> Use physical and teamwork skills well in a variety of different challenges 	<ul style="list-style-type: none"> <input type="checkbox"/> Successfully apply their skills and understanding to new challenges and environments <input type="checkbox"/> Recognise similarities between challenges and choose efficient approaches to new ones 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand the excitement and enjoyment of completing a challenge <input type="checkbox"/> Know how to prepare physically and organisationally to be safe and efficient 	<ul style="list-style-type: none"> <input type="checkbox"/> Are clear about what they have to achieve and recognise the importance of planning and thinking as they go <input type="checkbox"/> Identify what they have done well and adapt plans to be more efficient when facing similar challenges