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|  | Fundamental Skills | Dance | Gymnastics |
| EYFS | • Walk up and down a hill/ step.• Run• Skip• Crawl• Throw and catch bean bags and balls.• Kick and pass a ball.• Bat a ball.• Aim at a target. | • Explore moving to music with developing control and grace. | • Roll side to side and back and forth.• Jump from two feet to two feet.• Hop on one leg. • Climb up/ down and over/ under. |
| Y1 | • Adjust speed when running.• Throw overarm and underarm.• Catch a range of different sized objects with two hands. • Kick and stop a ball with feet.• Hit a ball with a bat.• Aim at a target. | • Copy simple moves. • Explore moving all body parts in time to music. • Perform a sequence of moves to an audience.  | •Balance using different body parts. •Travel at different levels/speeds/ directions around the space provided.•Jump from two feet to two feet in different directions.• Roll in a pencil, egg and teddy position.•Perform a balance or a jump to an audience. |
| Y2 | • Adjust speed and change direction when running.• Throw, catch, kick and pass in a simple game. • Develop special awareness in a game situation. • Learn and follow the rules of a simple game. • Hit a ball with a range of bats. • Dribble a ball.  | • Copy short combinations of movements.• Coordinate arm and leg movements. • Perform a sequence of moves to an audience. | • Balance with arms/ legs extended whilst engaging core muscles. • Travel from one position of stillness to another. •Jump from two feet to two feet making a shape in the air.• Learn to forward roll. •Perform a balance and a jump with a travelling movement to an audience. |

**Physical Education – Key Stage 1**

**Physical Education – Key Stage 2**

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|  | Games | Dance | Gymnastics | Athletics | OAA |
| Y3 | • Work with a team in a competitive game. • Learn and follow the rules of competitive games. • Develop understanding of fair play. • Apply principles of attacking and defending. • Learn to mark a player.• Learn when to find space in a game. • Develop technique for games specific throwing and batting. • Develop one handed catching. • Improve control when dribbling and kicking a ball.  | • Develop coordination, control, and strength.• Develop expressive skills. • Perform a sequence of moves to an audience. | • Balance on 1, 2, 3, and 4 points.• Explore balancing with a partner. •Jump off equipment with a safe landing.•Develop forward roll.•Perform a sequence using apparatus. | • Run at different speeds and set pace over longer distance.•Explore different styles of throwing. • Compare performance with previous ones and demonstrate improvement to achieve personal best.  | • Participate in outdoor and adventurous activity challenges both individually and within a team.• Residential trip. |
| Y4 | • Develop cooperation with teammates. • Learn and follow the rules of competitive games.• Apply appropriate technique to different games. • Develop tactics. • Throw, catch, kick, and pass accurately. • Develop control and consistency in hitting, aiming, and dribbling.  | • Compose, refine, and improve performance.  | • Balance on the floor and apparatus. • Develop balancing with a partner. • Jump on/ along equipment.• Forward roll from/ to a standing position.•Perform a sequence with changes of speeds and levels.  | • Adjust pace, effort, and speed.• Compare performance with previous ones and demonstrate improvement to achieve personal best.   | • Participate in outdoor and adventurous activity challenges both individually and within a team. |
| Y5 | • Develop techniques to maximise teamwork. • Learn and follow the rules of competitive games.• Develop tactics. • Throw, catch, kick, and pass with greater accuracy, control, and efficiency. • Develop techniques to dribble, pass and shoot. • Consistently hit the ball with a bat/ racket.  | • Compose, refine, and improve performance.  | • Perform balances demonstrating good body tension independently and with a partner. • Jump on/ off equipment making different shapes in the air. •Explore starting and finishing positions for rolls. • Perform a sequence including rolls, balances, and jumps whilst changing speed and levels on the equipment.  | • Develop running technique.• Compare performance with previous ones and demonstrate improvement to achieve personal best.  | • Participate in outdoor and adventurous activity challenges both individually and within a team. |
| Y6 | • Show respect for teammates, opponents, and referee. • consistently follow the rules of competitive games.• Use forehand and backhand with a racket. • Use technique to dribble, pass, shoot, throw, catch and bat with accuracy.  | • Compose, refine, and improve performance.  | • Develop upper body strength taking weight on hands to balance. • Jump over, along, and off apparatus with control in the air and on landing. • Perform rolls with clear starting and finishing positions with good movement control. •Perform a sequence of balances, rolls and jumps with a partner on/ off equipment.  | • Sustain pace over longer distance. • Compare performance with previous ones and demonstrate improvement to achieve personal best.  | • Participate in outdoor and adventurous activity challenges both individually and within a team.• Residential trip. |

**Physical Education – Swimming**

Children will attend swimming lessons in Year 2, 3 and 4 and will learn to:

* swim competently, confidently, and proficiently over a distance of at least 25 metres.
* use a range of strokes effectively.
* perform safe self-rescue.