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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.