

## **EYFS**

### **Ball Skills Unit 1**

- To develop rolling a ball to a target
- To develop stopping a rolling ball
- To develop accuracy when throwing to a target
- To develop bouncing and catching a ball
- To develop dribbling a ball with your feet
- To develop kicking a ball

### **Ball Skills Unit 2**

- To develop rolling and tracking a ball
- To develop dribbling with hands
- To develop throwing and catching with a partner
- To develop kicking a ball to a target

### **Gymnastics Unit 1 and 2**

- To copy and create shapes with your body
- To develop balancing and taking weight on different body parts
- To develop jumping and landing safely
- To develop rocking and rolling
- To copy and create short sequences linking actions together
- To create short sequences using shapes, balances and travelling actions

### **Introduction into PE Unit 1 and 2**

- To move safely and sensibly in a space
- To develop moving safely and stopping with control
- To use equipment safely and responsibly
- To use different travelling actions whilst following a path
- To work with others co-operatively and play as a group
- To follow, copy and lead a partner
- To move around safely in a space
- To follow instructions and stop safely
- To stop safely and develop control when using equipment
- To follow instructions and play safely as a group
- To follow a path and take turns
- To work co-operatively with a partner

### **Fundamentals Unit 1 and 2**

- To develop balancing whilst stationary and on the move
- To develop running and stopping
- To develop changing direction
- To develop jumping and landing
- To develop hopping and landing with control
- To explore different ways to travel
- To develop balancing
- To develop different ways to travel using equipment

### **Dance Unit 1 and 2**

- To use counts of 8 to know when to change action
- To explore different body parts and how they move
- To explore different body parts and how they move and remember and repeat actions
- To express and communicate ideas through movement exploring directions and levels
- To copy and repeat actions showing confidence and imagination
- To move with control and coordination, linking, copying and repeating actions

**Games Unit 1 and 2**

- To be able to play games showing an understanding of the different roles within it
- To follow instructions and move safely when playing tagging games
- To work co-operatively and learn to take turns
- To work with others to play team games
- To develop accuracy when throwing and practise keeping score
- To learn to play against an opponent
- To play by the rules and develop coordination
- To explore striking a ball and keeping score
- To work co-operatively as a team

## **KS1/Year 1**

### **Ball skills**

- To develop control and co-ordination when dribbling a ball with your hands
- To explore accuracy when rolling a ball
- To explore throwing with accuracy towards a target
- To explore dribbling and rolling skills developing control and accuracy
- To recognise changes in the body during exercise
- To explore control and co-ordination when dribbling a ball with your feet
- To explore tracking a ball that is coming towards me
- To explore ball skills rolling, dribbling, throwing, tracking and catching in small group games

### **Fitness**

- To understand how to run for longer periods of time without stopping
- To develop co-ordination through hula hoop skills
- To develop individual skipping
- To take part in a circuit to develop stamina and co-ordination
- To take part in a circuit to develop stamina and agility
- To explore exercises that use your own body weight
- To develop 'ABC' agility, balance and co-ordination

### **Gymnastics**

- To explore travelling movements using the space around you
- To develop quality when performing gymnastic shapes
- To develop stability and control when performing balances
- To develop technique and control when performing shape jumps
- To develop technique in the barrel, straight and forward roll
- To link gymnastic actions to create a sequence

### **Team Building**

- To co-operate and communicate with a partner to solve challenges
- To explore and develop teamwork skills
- To develop communication skills
- To use communication skills to lead a partner
- To plan with a partner and small group to solve problems
- To communicate with a group to solve challenges

### **Invasion**

- To develop dribbling towards a goal
- To understand what being 'in possession' means
- To develop passing to a teammate with your feet
- To develop dribbling a ball with hands and move towards a goal with the ball
- To develop throwing to a teammate and support a teammate when in possession
- To move into space showing an awareness of defenders
- To develop dodging and use it to lose a defender
- To be able to stay with a player when defending
- To develop taking a ball towards goal

### **Fundamentals**

- To explore balance, stability and landing safely
- To explore how the body moves differently when running at different speeds
- To explore changing direction and dodging
- To explore jumping, hopping and skipping actions
- To explore co-ordination and combining jumps
- To explore combination jumping and skipping in an individual rope

**Dance**

- To explore travelling actions and use counts of 8 to move in time with the music
- To remember and repeat actions and respond imaginatively to a stimulus
- To copy, remember and repeat actions that represents the theme
- To copy, repeat, create and perform actions that represent the theme
- To use expression and create actions that relate to the story
- To use a pathway when travelling
- To copy, repeat and choose actions that represent the theme
- To show changes in expression, level and shape

**Sending and Receiving**

- To develop rolling and throwing a ball towards a target
- To develop receiving a rolling ball and tracking skills
- To be able to send and receive a ball with your feet
- to develop throwing and catching skills over a short distance
- To develop throwing and catching skills over a longer distance
- To apply sending and receiving skills to small games

**Striking and Fielding**

- To develop underarm throwing and catching and put this into small sided games
- To develop overarm throwing
- To develop striking a ball with my hand and equipment
- To retrieve a ball when fielding
- To understand how to get a batter out
- To develop decision making and understand how to score points

**Target games**

- To develop underarm throwing towards a target
- To develop throwing for accuracy
- To develop underarm and overarm throwing for accuracy
- To develop throwing for accuracy and idstance using underarm and overarm
- To select the correct technique for the situation
- To develop throwing for accuracy and distance

**Athletics**

- To learn to move at different speeds for varying distances
- To develop a foundation for balance and stability
- To develop agility and co-ordination
- To explore hopping, jumping and leaping for distance

- To develop throwing for distance
- To develop throwing for accuracy

**Net and Wall**

- To defend space, using the ready position
- To play against an opponent and keep the score
- To develop control when handling a racket
- To develop racket and ball skills
- To develop sending a ball using a racket
- To develop hitting over a net

## **KS1/Year 2**

### **Ball Skills**

To explore different ball handling skills

To be able to roll a ball to hit a target

To develop co-ordination and be able to stop a rolling ball

To be able to develop technique and control when dribbling a ball with your feet

To develop control and technique when kicking a ball

To develop co-ordination and technique when throwing and catching

To develop control and co-ordination when dribbling a ball with your hands

To show Co-ordination and control in a variety of ball skills

### **Gymnastics**

To perform gymnastic shapes and link them together

To be able to use shapes to create balances

To demonstrate different shapes, take off and landings when performing jumps

To develop rolling and sequence building

### **Team Building**

To follow instructions and work with others

To co-operate and communicate in a small group to solve challenges

To create a plan with a group to solve the challenges

To communicate effectively and develop trust

To work as a group to solve problems

To work with a group to copy and create a basic map

### **Fundamentals**

To develop balance, stability and landing safely

To explore how the body moves differently when running at different speeds

To develop changing direction and dodging

To develop and explore jumping, hopping and skipping actions

To develop co-ordination and combining jumps

To develop combination jumping and skipping in an individual rope

### **Dance**

To repeat, link and choose actions

To create actions and accurately copy others actions

To copy, remember and repeat actions using facial expressions to show different characters

To perform in unison creating shapes with a partner

To be able to mirror a partner and create ideas

To copy, repeat and create actions in response to a stimulus

To copy, create, perform actions considering dynamics

To create a short dance phrase with a partner showing clear changes of speed

### **Sending and Receiving**

To roll a ball towards a target

To be able to track and receive a rolling ball

To be able to stop, send and receive a ball with your feet

To develop throwing and catching skills

To send and receive a ball using a racket

### **Striking and Fielding**

To be able to track a rolling ball and collect it

To develop accuracy in underarm throwing and consistency in catching when fielding a ball

To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's

To develop striking for distance and accuracy

To develop decision making to get a batter out

To develop decision making when under pressure

### **Target games**

To develop an understanding of target games and consider how much power to apply when aiming a

To understand how to score in different target games using overarm throwing

To develop understanding of different target games using the skill of kicking

To develop striking to a target

To develop hitting a moving target

To select an appropriate skill to play a game

### **Athletics**

To develop the sprinting action

To develop jumping for distance

To develop technique when jumping for height

To develop throwing for distance

To develop throwing for accuracy

To develop technique when taking part in an athletics carousel

### **Net and Wall**

To develop racket familiarisation

To develop placing an object

To use the ready position to defend space on court

To develop returning a ball with hands

To develop returning a ball using a racket

To move an opponent to win a point

## **KS2/Year 3/4**

### **Gymnastics Year 3**

- To be able to create interesting point and patch balances
- To develop stepping into shape jumps with control
- To develop the straight, barrel, and forward roll
- To be able to transition smoothly into and out of balances
- To create a sequence with matching and contrasting actions and shapes
- To create a partner sequence incorporating equipment

### **Gymnastics Year 4**

- To develop individual and partner balances
- To develop control in performing and landing rotation jumps
- To develop the straight, barrel, forward and straddle roll
- To develop strength in inverted movements

### **Tag Rugby**

- To develop ball handling skills demonstrating increasing control and accuracy
- To develop throwing, catching and running with the ball

### **To develop an understanding of tagging rules**

- To begin to use the 'forward pass' and 'offside' rule
- To be able to support a teammate when attacking
- To be able to dodge a defender and move into space when running towards a goal
- To develop defending skills and use them in a game situation
- To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament

### **Netball**

- To develop ball handling skills and practise throwing and catching
- To develop passing and moving and to be able to play within the footwork rule
- To develop passing and moving towards a goal
- To develop movement skills to lose a defender
- To be able to defend an opponent and try to win the ball
- To develop the shooting action
- To develop playing using netball rules
- To learn the positions of 5-a-side netball and where each is allowed to go

### **Football**

- To develop control whilst dribbling the ball
- To develop controlling the ball and dribbling under pressure
- To develop passing to a teammate
- To develop passing and moving
- To be able to control the ball with different parts of the body
- To develop changing direction with the ball using an inside and outside hook
- To be able to jockey/track an opponent
- To be able to apply the rules and tactics you have learnt to play in a football tournament

### **OAA**

- To develop co-operation and teamwork skills
- To develop trust and team work
- To involve all team members in an activity and work towards a collective goal
- To develop trust and accept support whilst listening to others and following instructions
- To be able to identify objects on a map, draw and follow a simple map
- To draw a route using directions and be able to orientate a map and navigate around a grid

### **Golf**

- To explore hitting technique and aiming towards a target

To explore shot accuracy  
To explore the technique for putting  
To explore the technique for chipping  
To explore the techniques used for a short game  
To explore the technique for a long game

### **Dance Year 3**

To create actions in response to a stimulus and move in unison with a partner  
To create actions to move in contact with a partner or interact with a partner  
To understand how dynamics affect the actions performed.  
To be able to select and use actions to represent an idea  
To work with a partner to choose actions that relate to an idea  
To remember and repeat actions, using dynamics to clearly show different phrases  
To choose actions which relate to the idea, using space and timing to make my work look interesting  
To understand and use formations, choosing poses which relate to the stimulus  
To use transitions and changes of timing to move into and out of shapes

### **Rounders**

To play different roles in a game and begin to think tactically about each role  
To develop the bowling action and learn the rules of bowling  
To run around the outside of the bases and make decisions about when to stop and when to run  
To field a ball using a two handed pick up and a short barrier  
To develop batting technique and an understanding of where to hit the ball  
To apply skills and rules learnt to play rounders

### **Cricket**

To develop overarm throwing and catching  
To develop underarm bowling  
To learn how to grip the bat and develop batting technique  
To be able to field a ball using a two handed pick up and a short barrier  
To develop overarm bowling technique  
To play apply skills learnt to mini cricket

### **Athletics Year 3**

To develop the sprinting technique and improve on your personal best  
To develop changeover in relay events  
To develop jumping technique in a range of approaches and take off positions  
To develop throwing for distance and accuracy  
To develop throwing for distance in a pull throw

### **Athletics Year 4**

To develop power and speed in the sprinting technique  
To develop technique when jumping for distance  
To develop power and technique when throwing for distance  
To develop a pull throw for distance and accuracy  
To develop officiating and performing skills  
To develop stamina and an understanding of speed and pace in relation to distance

### **Dance Year 4**

To copy and create actions in response to an idea and be able to adapt this using changes of space  
To choose actions which relate to the theme  
To use actions, dynamics, spacing and timing to represent a state of matter  
To remember and repeat actions and create dance ideas in response to a stimulus  
To use action and reaction when creating ideas with a partner  
To remember, repeat and create actions to represent an idea  
To use choreographing ideas to change how actions are performed

## **KS2/Year 5/6**

### **Gymnastics Year 5**

- To be able to perform symmetrical and asymmetrical balances
- To develop the straight, forward, straddle and backward roll
- To be able to explore different methods of travelling, linking actions in both canon and synchronisation
- To be able to perform progressions of inverted movements
- To explore matching and mirroring using actions on the floor
- To be able to create a partner sequence

### **Gymnastics Year 6**

- To be able to develop the straddle, forward and backward roll
- To develop counter balance and counter tension
- To be able to perform inverted movements with control
- To be able to perform the progression of a headstand and a cartwheel
- To be able to create a group sequence

### **Tag Rugby**

- To develop attacking principles, understanding when to run and when to pass
- To develop throwing and catching with control
- To be able to use the 'forward pass' and 'offside' rules
- To be able to play games using tagging rules
- To develop dodging skills to lose a defender
- To develop drawing defence and understanding when to pass
- To be able to work as a defending unit to prevent attackers from scoring
- To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament

### **Netball**

- To develop passing and moving
- To develop passing and moving towards a goal
- To be able to use the attacking principle of creating and using space
- To be able to change direction and lose a defender
- To be able to defend a ball side and know when to go for interceptions
- To develop the shooting action
- To be able to change direction to get free from a defender and receive a pass
- To learn the positions of 5-a-side netball
- To play in a 5-a-side netball tournament

### **Football**

- To develop dribbling the ball with control
- To be able to dribble the ball under pressure
- To pass the ball accurately to a target to help to maintain possession
- To use first touch control to help to maintain possession
- To use different turns to keep the ball away from defenders
- To develop defending skills to gain possession
- To develop goalkeeping skills to stop the opposition from scoring
- To be able to apply the rules and tactics you have learnt to play in a football tournament

### **OAA**

- To build communication and trust whilst showing an awareness of safety
- To work as a team to solve problems, sharing ideas and collaborating with one another
- To develop tactical planning and problem solving
- To share ideas and work as a team to solve problems
- To develop navigational skills and map reading
- To be able to use a key to identify objects and locations

## **Golf**

- To develop putting technique and accuracy
- To develop the technique for chipping
- To develop the technique for a short game
- To develop the technique for a long game
- To select the appropriate shot for the situation
- To design a course and select the appropriate shot for the situation

## **Dance**

- To create a dance using random structure and perform the actions showing quality and control
- To copy and repeat a set dance phrase showing confidence in movements
- To understand how changing the dynamics of an action changes the appearance of the performance
- To understand and use relationships and space to change how a performance looks
- To work with a group to create poses and link them together using transitions
- To use choreographing devices when working as a group
- To copy and repeat movements in the style of Rock 'n' Roll
- To work with a partner to copy and repeat actions keeping in time with the music
- To work collaboratively with a group to create a dance in the style of Rock 'n' Roll
- To work collaboratively with a partner to explore and develop dance idea
- To use changes in the level and speed when choreographing
- To copy and create actions using a prop as a dance stimulus
- To use choreographing devices to improve how the performance looks
- To communicate a story through dance

## **Athletics Year 5**

- To be able to apply different speeds over varying distances
- To develop fluency and coordination when running for speed
- To develop technique in relay changeovers
- To develop technique and coordination in the triple jump
- To develop throwing with force for longer distances
- To develop throwing with greater control and technique

## **Athletics Year 6**

- To work collaboratively with a partner to set a steady pace
- To develop your own and others sprinting techniques
- To develop power, control and technique for the triple jump
- To develop power, control and technique when throwing for distance
- To develop throwing with force and accuracy for longer distances
- To work collaboratively in a team to develop the officiating skills of measuring, timing and recording

## **Rounders**

- To develop the bowling action and understand the role of the bowler
- To develop the batting technique
- To make decisions about where and when to send the ball to stump a batter out
- To develop a variety of fielding techniques and when to use them in a game
- To develop long and short barriers in fielding and understand when to use them
- To apply the rules and skills you have learnt to play in a rounders tournament

## **Cricket**

- To develop throwing accuracy and catching skills
- To develop batting accuracy and directional batting
- To develop catching skills (close/deep catching and wicket keeping)
- To develop overarm bowling technique and accuracy
- To develop a variety of fielding techniques and to use them within a game
- To develop long and short barriers and apply them to a game situation

