

Physical Education	EYFS		Year 1	Year 2
<p>Autumn 1 and 2 (Cycle A): How we Express ourselves</p> <p>Autumn 1 and 2 (Cycle B): Who We Are</p>	<p>I can move safely and sensibly in a space with consideration of others</p> <p>I can begin to move safely and stop with control.</p> <p>I can use equipment safely and responsibly.</p> <p>I can use different travelling actions whilst following a path.</p> <p>I can work with others co-operatively and play as a group.</p> <p>I can follow, copy and lead a partner.</p> <p>I can begin to develop the following skills:</p> <ul style="list-style-type: none"> - rolling a ball to a target. - stopping a rolling ball. - improve accuracy when throwing to a target. - bouncing and catching a ball. - dribbling a ball with your feet. - kicking a ball. <p>To use counts of 8 to know when to change action.</p> <p>To explore different body parts and how they move.</p> <p>To explore different body parts and how they move and remember and repeat actions.</p>	<p>Autumn 1</p> <p>How We Express Ourselves</p>	<p>Area/Sport: Fundamentals and Ball Skills</p> <p>Progression/coverage:</p> <p>Can they copy actions? Can they repeat actions and skills? Can they move with control and care? Can they describe how their body feels before, during and after an activity? Can they talk about what they have done? Can they describe what other people did?</p>	<p>Area: Fundamentals</p> <p>Coverage/Progression:</p> <p>Can they balance, be stable and land safely? Can they explore how their body moves when running at different speeds? Can they change direction and dodge objects? Can they explore jumping, hopping and skipping? Can they co-ordinate and combine jumps?</p>
		<p>Autumn 2</p> <p>Who We Are</p>	<p>Area/Sport: Gymnastics, Sending and Receiving</p> <p>Progression/coverage:</p> <p>Can they copy actions? Can they repeat actions and skills? Can they move with control and care? Can they describe how their body feels before, during and after an activity? Can they talk about what they have done? Can they describe what other people did?</p> <p>Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling? Can they control their body when balancing? Can they copy sequences and repeat them?</p>	<p>Area: Games; Evaluating and Improving</p> <p>Coverage/Progression:</p> <p>Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules?</p> <p>Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p>

	<p>To express and communicate ideas through movement exploring directions and levels.</p> <p>To copy and repeat actions showing confidence and imagination.</p>		<p>Can they roll in different ways? Can they travel in different ways? Can they balance in different ways? Can they climb safely? Can they stretch in different ways? Can the curl in different ways?</p>	
<p>Spring 1 (Cycle A): Who We Are</p> <p>Spring 1 (Cycle B): How We Organise Ourselves</p>	<p>To move with control and coordination, linking, copying and repeating actions.</p>	<p>Spring 1 Sharing The Planet</p>	<p>Area/Sport: Dance, Target Skills</p> <p>Progression/coverage:</p> <p>Can they copy actions? Can they repeat actions and skills? Can they move with control and care? Can they describe how their body feels before, during and after an activity? Can they talk about what they have done? Can they describe what other people did?</p> <p>Can they move to music? Can they copy dance moves? Can they perform some dance moves? Can they make up a short dance? Can they move around the space safely?</p>	<p>Area: Gymnastics; Acquiring and Developing Skills; Evaluating and Improving</p> <p>Coverage/Progression:</p> <p>Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence?</p> <p>Can they copy and remember actions? Can they repeat and explore actions with control and coordination?</p> <p>Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p>
<p>Spring 2 (Cycle A): Where We Are in Place and Time</p> <p>Spring 2 (Cycle B): How We Organise Ourselves</p>		<p>Spring 2 Where We Are In Place And Time</p>	<p>Area/Sport: Yoga, Invasion</p> <p>Progression/coverage:</p> <p>Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling? Can they control their body when balancing? Can they copy sequences and repeat them? Can they roll in different ways? Can they travel in different ways? Can they balance in different ways? Can they climb safely? Can they stretch in different ways? Can the curl in different ways?</p>	<p>Area/Sport: Dance; Acquiring and Developing Skills; Evaluating and Improving</p> <p>Progression/coverage:</p> <p>Can they dance imaginatively? Can they change rhythm, speed, level and direction? Can they dance with control and co-ordination? Can they make a sequence by linking sections together? Can they link some movements to show a mood or feeling?</p> <p>Can they copy and remember actions?</p>

				<p>Can they repeat and explore actions with control and coordination?</p> <p>Can they talk about what is different between what they did and what someone else did?</p> <p>Can they say how they could improve?</p>
<p>Summer 1 (Cycle A): How The World Works</p> <p>Summer 1 (Cycle B): Sharing The Planet</p>		<p>Summer 1</p> <p>How The World Work</p>	<p>Area/Sport: Athletics, Net and Wall, Sports Day Practice</p> <p>Progression/coverage:</p> <p>Can they throw underarm? Can they roll a piece of equipment? Can they hit a ball with a bat? Can they stop and move safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways?</p>	<p>Area/Sport: Health and Fitness</p> <p>Progression/coverage:</p> <p>Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy?</p>
<p>Summer 2 (Cycle A): How The World Works</p> <p>Summer 2 (Cycle B): How We Express Ourselves</p>		<p>Summer 2</p> <p>How We Organise Ourselves</p>	<p>Area/Sport: Team Skills, Striking and Fielding</p> <p>Progression/coverage:</p> <p>Can they throw underarm? Can they roll a piece of equipment? Can they hit a ball with a bat? Can they stop and move safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways?</p>	<p>Area/Sport: Games; Evaluating and Improving</p> <p>Progression/coverage:</p> <p>Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules?</p> <p>Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p>

Physical Education	Year 3	Year 4	Year 5	Year 6
<p>Autumn 1</p> <p>How We Express Ourselves</p>	<p>Area/Sport: Ball Skills</p> <p>Progression/coverage:</p>	<p>Area/Sport: Dance</p> <p>Progression/coverage:</p>	<p>Area/Sport: Netball and Fitness</p> <p>Can they link skills, techniques</p>	<p>Area/Sport: Basketball</p> <p>Progression/coverage:</p>

	<p>I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.</p> <p>Area/Sport: Fundamentals</p> <p>Progression/coverage:</p> <p>I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up.</p>	<p>Can they take the lead when working with a partner or group?</p> <p>Can they use dance to communicate an idea?</p> <p>Can they work on their movements and refine them?</p> <p>Is their dance clear and fluent?</p> <p>Can they move and use actions with co-ordination and control? AG</p>	<p>and ideas and apply them accurately and appropriately?</p> <p>Do they show good control in their movements?</p> <p>Can they explain some important safety principles when preparing for exercise?</p> <p>Can they explain what effect exercise has on their body?</p> <p>Can they explain why exercise is important?</p>	<p>I can create and use space to help my team. I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I can use the rules of the game honestly and consistently. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can work in collaboration with others so that games run smoothly. I recognise my own and others strengths and areas for development and can suggest ways to improve. I understand when to use different styles of defence in game situations.</p> <p>Area/Sport: Golf</p> <p>I can identify different areas of the golf course. I can show control of distance when chipping and putting. I can use a wider range of skills with increasing control under pressure. I can use feedback provided to improve the quality of my work. I can use the rules of the game consistently to play honestly and fairly.</p>
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<p>Autumn 2 Who We Are</p>	<p>Area/Sport: Gymnastics</p> <p>Progression/coverage:</p> <p>I can adapt sequences to suit different types of apparatus. I can choose actions that flow well into one another. I can choose and plan sequences of contrasting actions. I can complete actions with increasing balance and control. I can move in unison with a partner. I can provide feedback using key words. I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.</p> <p>Area/Sport: Dodgeball</p> <p>Progression/coverage:</p> <p>I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words. I can throw with some accuracy and I am beginning to catch with some consistency. I understand the aim of the game. I work co-operatively with my group to self-manage games.</p>	<p>Area/Sport: Ball Skills</p> <p>Progression/coverage:</p> <p>I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.</p>	<p>Area/Sport: Football and Dance</p> <p>Progression/coverage:</p> <p>I can defend one on one and know when to win the ball. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p>Area/Sport: Gymnastics</p> <p>Progression/coverage:</p> <p>I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality. I can lead a small group through a short warm-up routine. I can use appropriate language to evaluate and refine my own and others' work. I can work collaboratively with others to create a sequence. I understand how to work safely when learning a new skill. I understand what counter balance and counter tension is and can show examples with a partner.</p> <p>Area/Sport: Volleyball</p> <p>Progression/coverage:</p> <p>I am confident to make decisions when refereeing. I can select the appropriate action for the situation and make this decision quickly. I can use a wider range of skills with increasing control under pressure. I can use feedback provided to improve the quality of my work. I can use the rules of the game</p>

				<p>consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
<p>Spring 1 Sharing The Planet</p>	<p>Area/Sport: Fitness</p> <p>Progression/coverage:</p> <p>I can collect and record my scores, recognising my strengths. I can complete exercises with control. I can persevere when I find a challenge hard. I can provide feedback using key words. I can use key points to help me to improve my sprinting technique. I can work safely with others. I show balance when changing direction. I understand that there are different areas of fitness.</p> <p>Area/Sport: Tag Rugby</p> <p>Progression/coverage:</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly. I can communicate with my team and move into space to help them. I can defend an opponent and attempt to tag them. I can move with a ball towards goal with increasing control. I can pass and receive the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p>	<p>Area/Sport: Tag Rugby</p> <p>Progression/coverage:</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly. I can communicate with my team and move into space to help them. I can defend an opponent and attempt to tag them. I can move with a ball towards goal with increasing control. I can pass and receive the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p> <p>Area/Sport: Fitness</p> <p>Progression/coverage:</p> <p>I can collect and record my scores, recognising my strengths. I can complete exercises with control. I can persevere when I find a challenge hard.</p>	<p>Area/Sport: Football and Dance</p> <p>Progression/coverage:</p> <p>I can defend one on one and know when to win the ball. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession.I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p>Area/Sport: Dance</p> <p>Progression/coverage:</p> <p>I can choreograph a dance and work safely using a prop. I can lead a small group through a short warm-up routine. I can perform dances confidently and fluently with accuracy and good timing. I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. I can use appropriate language to evaluate and refine my own and others' work. I can use feedback provided to improve the quality of my work. I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p> <p>Hockey</p> <p>I can create and use space to help my team.I can dribble, pass, receive and shoot the ball with increasing control. under pressure.I can select the appropriate action for the</p>

	<p>with increasing control. I can pass and receive the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p>	<p>I can provide feedback using key words. I can use key points to help me to improve my sprinting technique. I can work safely with others. I show balance when changing direction. I understand that there are different areas of fitness.</p>		<p>situation and make this decision quickly.I can use marking, tackling and/or interception to improve my defence.I can use the rules of the game consistently to play honestly and fairly.I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.I can work in collaboration with others so that games run smoothly.I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
<p>Spring 2 Where We Are In Place And Time</p>	<p>Area/Sport: Dance</p> <p>Progression/coverage:</p> <p>I am respectful of others when watching them perform. I can provide feedback using key words. I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and group. I can use dynamic and expressive qualities in relation to an idea. I can work with a partner and in a small group, sharing ideas. I create short dance phrases that communicate the idea.</p> <p>Area/Sport: Netball</p> <p>Progression/coverage:</p> <p>I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can communicate with my team and move into space to support</p>	<p>Area/Sport: Yoga</p> <p>Progression/coverage:</p> <p>I can describe how yoga makes me feel I can link poses together to make a yoga flow I can provide feedback using key terminology and understand what I need to do to improve I can transition from pose to pose in time with my breath I can work collaboratively and effectively with others I demonstrate yoga poses which show clear shapes I show increasing control and balance when moving from one pose to another</p>	<p>Area/Sport: Tag Rugby and Badminton</p> <p>Progression/coverage:</p> <p>Can they gain possession by working as a team? Can they pass in different ways?</p> <p>Can they use forehand and backhand with a racquet?</p> <p>can collect and record my scores, recognising my strengths. I can complete exercises with control. I can persevere when I find a challenge hard. I can provide feedback using key words. I can use key points to help me to improve my sprinting technique. I can work safely with others. I show balance when changing direction. I understand that there are different areas of fitness</p>	<p>Yoga</p> <p>I am confident to lead others, demonstrating poses and teaching them my flow. I can use feedback provided to improve the quality of my work. I can use my breath to transition from one pose to another with control. I can use yoga poses to improve my flexibility, strength and balance. I choose poses which link easily from one to the other to help my sequence flow. I recognise my own and others strengths and areas for development and can suggest ways to improve. I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>Tennis</p> <p>I can select the appropriate action for the situation and make this decision quickly. I can use a wider range of skills with increasing control under pressure.</p>

	<p>them. I can defend an opponent and try to win the ball. I can pass, receive and shoot the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p>			<p>I can use feedback provided to improve the quality of my work. I can use the rules of the game consistently to play honestly and fairly. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can work in collaboration with others so that games run smoothly. I recognise my own and others strengths and areas for development and can suggest ways to improve. I understand that there are different areas of fitness and how this helps me in different activities.</p>
<p>Summer 1 How The World Works</p>	<p>Area/Sport: Athletics Progression/coverage: I am developing jumping for distance. I can identify when I was successful. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I can work with a partner and in a small group, sharing ideas. I show determination to achieve my personal best.</p> <p>Area/Sport: Tennis Progression/coverage:</p>	<p>Area/Sport: Netball Progression/coverage: I can defend one on one and know when to win the ball. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession.I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p> <p>Area/Sport: Athletics Progression/coverage:</p>	<p>Area/Sport:Cricket Progression/coverage: Progression/coverage: I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words. I can return a ball to a partner. I can use basic bat skills. I understand the aim of the game. I understand the benefits of exercise. I work cooperatively with my group to self-manage games.</p>	<p>Area/Sport: Athletics Progression/coverage: I can compete within the rules showing fair play and honesty. I can help others to improve their technique using key teaching points. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can perform jumps for distance using good technique. I can select and apply the best pace for a running event. I can show accuracy and good technique when throwing for distance. I understand that there are different areas of fitness and how this helps me in different activities. I use different strategies to persevere to achieve my personal best.</p> <p>Area/Sport: Handball</p>

	<p>I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words. I can return a ball to a partner. I can use basic racket skills. I understand the aim of the game. I understand the benefits of exercise. I work cooperatively with my group to self-manage games.</p>	<p>I can demonstrate the difference in sprinting and jogging techniques I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I can show determination to improve my personal best. I support and encourage others to work to their best.</p>		<p>Progression/coverage:</p> <p>I am confident to lead others and can contribute appropriate ideas to group work. I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals. I can create and use space to help my team to maintain possession and create scoring opportunities. I can perform a range of skills with control and can select the appropriate action for the situation under pressure. I can work in collaboration with others to self-manage games so that they run smoothly. I recognise my own and others' strengths and areas for development and can suggest ways to improve. I use the rules of the game honestly and consistently when playing and refereeing.</p>
<p>Summer 2 How We Organise Ourselves</p>	<p>Area/Sport: Cricket</p> <p>Progression/coverage:</p> <p>I am able to bowl a ball towards a target. I am beginning to strike a bowled ball after a bounce. I am developing an understanding of tactics and I am beginning to use them in game situations. I am learning the rules of the game and I am beginning to use them honestly. I can persevere when learning a new skill. I can provide feedback using key words. I can use overarm and underarm</p>	<p>Area/Sport: Rounders</p> <p>Progression/coverage:</p> <p>I am able to bowl a ball with some accuracy, and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can communicate with my teammates to apply simple tactics. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>Area/Sport: Crickets and UCC</p> <p>Progression/coverage:</p> <p>Can they use a number of techniques to pass, dribble and shoot? Are they controlled when taking off and landing in a jump? Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules? Can they follow a map in an</p>	<p>Area/Sport: Rounders</p> <p>Progression/coverage:</p> <p>I can strike a bowled ball with increasing consistency. I can use a wider range of skills with increasing control under pressure. I can use the rules of the game consistently to play fairly. I can work collaboratively with others to get batters out. I can work in collaboration with others so that games run smoothly. I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p>

	<p>throwing, and catching skills. I work co-operatively with my group to self-manage games.</p> <p>Area/Sport: Handball</p> <p>Progression/coverage:</p> <p>I am learning the rules of the game and am beginning to use them honestly. I can defend an opponent to slow them down. I can find space away from others and near to my goal. I can provide feedback using key words. I can throw, catch, dribble and shoot the ball with some control. I understand my role both as a defender and as an attacker. I work cooperatively with my group to self-manage games.</p>	<p>I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I can use overarm and underarm throwing and catching skills with increasing accuracy. I share ideas and work with others to manage our game.</p> <p>Area/Sport: Tennis</p> <p>Progression/coverage:</p> <p>I can communicate with my teammates to apply simple tactics. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can provide feedback using key terminology and understand what I need to do to improve. I can return to the ready position to defend my own court. I can sometimes play a continuous game. I can use a range of basic racket skills. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p>unknown location?</p> <p>Can they use clues and compass directions to navigate a route?</p> <p>Can they change their route if there is a problem? Can they change their plan if they get new information?</p>	<p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p>
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Establishing strong roots, developing confident global citizens