



Pudsey Waterloo
Primary School



P.E. Curriculum Overview

Curriculum Intent

At Pudsey Waterloo we aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health, fitness and wellbeing. Opportunities to compete in sport and other physical activities build character and help to develop behaviour and attitudes that will benefit them throughout school life and beyond.

Children will:

- Develop competence to excel in a broad range of physical activities
- Know how to stay fit, healthy, and active and enjoy doing so
- Learn to win and lose, support others, showing sportsmanship, resilience and good character.
- Work as part of a team towards a common goal as well as individually improving their performance.
- Be allowed to be creative in a range of activities.
- Play competitively, respecting officials and other players.
- Strengthen thinking and decision-making skills
- Build and increasing confidence and self-esteem

Substantive Concepts		
Head - the thinker	Hand - the physical	Heart - Behaviour changer
<ul style="list-style-type: none"> • Understanding rules and being able to explain them to others • Using tactics within games to improve their performance. • Being a clear decision maker. 	<ul style="list-style-type: none"> • Being physically active • Developing a healthy lifestyle • Developing their agility, balance and coordination so that they can take part in a range of sports. 	<ul style="list-style-type: none"> • Being competitive whilst showing respect for teammates, the opposition and referees. • Demonstrating teamwork and displaying sportsmanship

P.E Skills Progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Unit 1 - Body Management - Follow balance obstacle challenge - work with others to move through hoops - reach and stretch to reach and place objects - steps, strides, hops, bounces, bridges and tunnels - Use a variety of ways to travel over apparatus	Unit 1 - Gymnastic - Adapt instructions to physical actions - Take off positions - Landing positions - Moving over and under apparatus - Shape and balances	Unit 1 - Manipulation & Coordination Unit - Coordinate limbs to carry out defined movements and actions - Reproduce movements with a ball bilaterally - Make contact with a ball using feet and legs - Practice hop, step and jump sequences - Send and stop objects using hands and feet	Unit 1 - Dance - Link colours to feelings. - Explore animals movements and levels - Replicating actions in larger groups - Seasons sequence work - Exploring leader and follow work	Unit 1 - Cooperate & solve Problems - Work as an individual and part of a group to match - Keep heart rate high - Work as a pair to demonstrate numbers - Travelling and travel trails - Work cooperatively to construct shapes	1 - Speed Agility Travel - Demonstrate ability in a variety of games - Recognise and follow instructions - Experiment starting and stopping positions - Perform fast and slow movements - Show control to stop and perform actions
Y1	Unit 1 - Attack Defend Shoot Head Recognise rules and apply them in competitive and cooperative games Make decisions about how to defend a target	Unit 1 - Send & Return Head Can describe how they worked with their partner to send and receive Confident to explore	Unit 1 - Gymnastics Head Use words such as rolling, travelling, balancing, climbing Can identify risks of	Unit 2 - Attack Defend Shoot Head Discuss changes in the body brought about by exercise Independently explore	Unit 2 - Send & Return Head Identify space to send a ball into Identify tactics to outwit an opponent, such as	Unit 2 - Gymnastics Head Decide which supporting concepts and actions to add to their sequence Choose appropriate

<p>Hand Aim at targets and shoot from varying distances, defended and unopposed Roll, slide or throw a beanbag or ball with accuracy Attempt to intercept and catch a thrown ball Use change of direction and speed in open play Come up with creative ways of manipulating different objects such as balls and beanbags Heart Work in collaboration with others to attack and score points Show motivation to improve and attempt more difficult challenges Unit 1 - Hit Catch Run Head Can choose where to send the ball to maximise the chance to score Can make choices where to stand in the field to restrict runs scored Hand Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency Catch a medium-sized ball thrown/hit over a short distance in a competitive scenario Attempt to and with occasional success catch a ball from the air in a game Run between and around bases to score points Retrieve and return a ball to a base Heart Decide as a team the best positioning to intercept balls Show awareness of teammates fielding positions to restrict runs in a simple game scenario</p>	<p>different actions such as hitting other types of targets Hand With some accuracy and sensitivity, feed ball to a partner for them to hit Score points against opposition over a line/net Chase, stop and control balls and other objects such as beanbags and hoops Use coordination and agility to keep rallies going in pairs and small groups Track balls and other equipment sent to them, moving in line with the ball to collect or return Heart Work with a partner to send and return an object and play in a simple rally Recognise your actions impact others, e.g. feeding a ball accurately and at the correct pace Unit 1 - Dance Head Demonstrate understanding that a dance has a start, middle and end Confident to explore space within their dances and movements Hand Simplistically use concepts such as unison and mirroring in dance, copying examples Perform basic body actions along with music Remember and repeat simple movement patterns Move with control and</p>	<p>working on and around apparatus Hand Safely move and carry basic gym equipment such as mats and benches Recognise 'like' actions and link them together Perform simple gymnastic actions and shapes Make their body tense, relaxed, stretched and curled Heart Create an active journey using different body parts Value other's efforts when they perform; watch and listen Unit 1 - Run Jump Throw Head Demonstrate awareness for the need to improve and attempt to improve Recognise and implement concepts such as waiting your turn Select correct skill for the situation Hand Can start and stop at speed, run in straight lines using a variety of speeds Attempt various jumps taking off and landing on different foot combinations, e.g., 2 to 1, 1 to 2 etc. Handle and throw a variety of different objects and attempt to throw for distance Move a variety of objects</p>	<p>creative ways to score points - try something new to score Hand Begin to engage in competitive activities Apply basic principles of attacking and defending in a game Bounce a medium-sized ball to self and attempt to bounce to others Judge when and where to move to get in a defensive position Use lateral movement to get into a solid defensive position Heart Cooperate to perform a range of challenges using skills such as gesture/signalling Identify the things that they like about exercise both in and outside of school Unit 2 - Hit Catch Run Head Can choose where to send the ball to maximise the chance to score Can make choices where to stand in the field to restrict runs scored Hand Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency Catch a medium-sized ball thrown/hit over a short distance in a competitive scenario Attempt to and with</p>	<p>hitting to space Hand Able to send an object with increased confidence using hand or bat Move towards a moving ball to return with hand or bat Transfer sending and returning skills in a different position such as sitting and kneeling Select and apply skills to win points Play with a variety of equipment to send such as tennis balls, balloons and larger balls Heart Play cooperatively in a game situation Keep active during lesson even when tired or out of breath Unit 2 - Dance Head Identify similarities between gymnastics and dance/other physical activity Recognise that dances can have themes and stories Hand Use different parts of the body, combine arm and leg actions Perform with an awareness of body shape required With help, compose a basic movement phrase Follow written routes, remember and recall movement patterns</p>	<p>actions for a task, link showing understanding of an action's start and finish position Hand Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping Show spinning and rocking in isolation and short sequences Attempt to perform unison and canon Perform in time when using unison and cannon Confidently take and transfer weight on hands in open and closed skills, e.g. a balance/pushing from the floor in a game Heart Move on, off, and over an object with confidence Communicate with a partner to create a short sequence Unit 2 - Run Jump Throw Head Suggest links between types of exercises, e.g. training speed for different jumping activities Select correct skill for the situation Hand Copy and repeat basic movements for extended periods developing stamina Demonstrate some core strength to hold a variety of shapes and positions Perform skills</p>
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		<p>show spatial awareness Show strength and flexibility during different types of activity such as movement phrases or starter activities Heart Work with a partner to use repeating motifs in dance movement phrase Tap into emotions to respond to the feelings in the music by translating to body movement</p>	<p>quickly, showing a range of techniques Developed agility and coordination skills to competently take part in a range of activities Heart Participate as part of a team to compete in running relays Put in effort and stay motivated when challenged</p>	<p>occasional success catch a ball from the air in a game Run between and around bases to score points Retrieve and return a ball to a base Heart Decide as a team the best positioning to intercept balls Show awareness of teammates fielding positions to restrict runs in a simple game scenario</p>	<p>Build techniques from one lesson to another, showing increasing skill Heart Make some suggestions of how other's can improve their work Engage with the class to perform marching sequence and canon</p>	<p>and tasks in set times Move limbs in isolation and combination, such as when practising sprint technique Undertake repetitive action and activities and show consistency across these movements Heart Work partner to help improve their performance Apply knowledge of boundaries such as lanes & avoid impeding others</p>
Y2	<p><u>Unit 1 - Attack Defend Shoot</u> Head Begin to look for space to pass into or run to receive Recognise you sometimes need to stay within a defined area Hand Can send a ball using feet Can send a ball, varying distances using feet Can receive a ball using feet Link combinations of skills, e.g. dribbling and passing with hands in isolation and combination Can send a ball using hands Can receive a ball using hands Heart Can play in a variety of positions in both defence and attack Show awareness of teammates and opponents in games <u>Unit 1 - Hit Catch Run</u> Head Make choices about where to hit the ball Judge and change pace in a variety of running activities Hand</p>	<p><u>Unit 1 - Send & Return</u> Head Decide on and play with the dominant hand Begin to recognise when a ball has landed 'in' and 'out' of the boundaries Hand Demonstrate basic sending skills in isolation and small games Use correct grip to hold a tennis racquet Hit a ball using hand consistency Hit a ball using a racquet with some consistency Take part in a rally Use a self-feed to start a game Return a ball coming towards them using a hand or racquet Heart Play in modified games with others to send and return the ball over a line/net</p>	<p><u>Unit 1 - Gymnastics</u> Head Perform with some control and consistency, basic actions at different speeds and on different levels Explain what you are looking for when judging Hand Create and perform a simple sequence Perform using recognised start and finish shapes Explore and practice transitions between elements Demonstrate flexibility in movements Perform a sequence using some apparatus Heart Reflect on their own performance and use a scoring system to judge performance Work well with others to</p>	<p><u>Unit 2 - Attack Defend Shoot</u> Head Making decisions to send balls to a player in space Select the most appropriate skill to move forwards to shoot Hand Choose when to attempt to intercept the ball Can send a variety of different size and shaped balls using hands Can catch a variety of different sizes and shaped balls using hands Perform the role of goalkeeper using basic stopping skills Explore the concept of intercepting Heart Can play in a variety of positions in both defence and attack Show awareness of teammates and</p>	<p><u>Unit 2 - Send & Return</u> Head Develop tactics to outwit your opponent, so they cannot return the ball Describe what an attacking shot is Hand Play using attacking shots Developed sitting volleyball skills to standing Can feed a ball over a net Send a ball to different areas of the court Start a game using basic serving skills Heart Work with a partner to play a simple rally Work as a team to get the ball over the net to win points <u>Unit 2 - Dance</u> Head Volunteer and show</p>	<p><u>Unit 2 - Gymnastics</u> Head Work safely on own and with others in gymnastics competitions Refine and develop a routine to improve their performance Hand Attempt to use rhythm whilst performing a sequence Use core strength to link gymnastic elements, e.g. back support and a half twist Remember and repeat sequences Show increasing control over apparatus during sequences Show smooth transitions Heart Develop character and show maturity to work near others Work with a partner to copy, create and join</p>

	<p>Run in a game to score points Attempted to play the role of wicket-keeper or backstop Position yourself well to stop balls Use skills as a team to prevent runs Use different techniques to send a ball into other areas of the field, e.g. kick, hit Heart Can work in small groups to field and bat Display sportsmanship when competing against others</p>	<p>Work cooperatively with a partner to practise sending and receiving skills Unit 1 - Dance Head Show confidence to perform in front of others Select movements that show a clear understanding of the theme/story/idea of the dance Hand Explore and use basic choreography, including levels, speed changes, unison and cannon Move with imagination responding to the music Plan a dance to have a beginning, middle and end Show good timing with the music Begin to use formations in a dance Heart Create a short, simple dance with a partner Attempt to work as part of a group to perform a dance</p>	<p>help improve each others' sequences/movements Unit 1 - Run Jump Throw Head Make choices about appropriate throws for different types of activity Can identify areas of actions that need improvement, e.g. power in throws to throw further Hand Develop strength, agility, coordination and balance over a variety of activities Can negotiate obstacles showing increased control of body and limbs Demonstrate different types of throws Show quick feet actions for sprinting Perform a variety of static and dynamic balances Heart Work cooperatively to complete running and throwing tasks Consider others when playing games to respect their space and boundaries</p>	<p>opponents in games Work with a partner and in small groups to develop skills Unit 2 - Hit Catch Run Head Make choices about where to hit the ball Judge and change pace in a variety of running activities Hand Run in a game to score points Attempted to play the role of wicket-keeper or backstop Position yourself well to stop balls Use skills as a team to prevent runs Use different techniques to send a ball into other areas of the field, e.g. kick, hit Heart Can work in small groups to field and bat Display sportsmanship when competing against others</p>	<p>leadership in group dances Volunteer ideas as part of a group Hand Remember and repeat dance steps Perform to the count of 8 Perform with expression Show some sense of dynamic, expressive and rhythmic qualities in their dance Use different parts of the body in isolation and combination Heart Show engagement in tasks and perform with freedom, e.g. freestyling Able to comment on ideas and emotions and how these can be portrayed through dance</p>	<p>sequences Unit 2 - Run Jump Throw Head Begin to make links between components of fitness, e.g. strength and outcome, i.e. length of throw Attempt a new breathing technique during running Hand Can throw and handle a variety of objects, including quoits, beanbags, balls, hoops Use agility in running games Run for a sustained period Throw demonstrating power Practise to improve jumping skills Heart Discuss thoughts and feelings around physical challenges and what it means to be a team player Work cooperatively to complete running, jumping and throwing tasks Consider others when playing games to respect their space and boundaries</p>
Y3	<p>Basketball Head Explain why we look to 1) shoot 2) pass, and 3) dribble Apply contact rules when defending Hand Experiment with different ball-handling skills</p>	<p>Handball Head Implement some handball rules in games Use individual strengths to their advantage Hand Can attempt 3 step rule</p>	<p>Football Head Recognise the need to look forward when attacking a goal Sometimes make good choices about when to pass and when to dribble</p>	<p>Tennis Head Keep count/score of a game Describe different types of shots using the terms short, long etc Hand</p>	<p>Rounders Head Adhere to some basic rounders rules Explain the importance of being ready in the field Hand Bowl an underarm ball</p>	<p>OAA Head Describe their work and the strategies they use to solve problems Independently identify factors needed to complete a task</p>

	<p>Perform short passes Show good defensive posture Use two hands to play a basketball shot Use a jump ball to start a game Heart Assist teammates to shoot Take on the role of referee</p> <p>Tag Rugby Head Explain why we look to 1) shoot 2) pass, and 3) dribble Apply contact rules when defending Hand Experiment with different ball-handling skills Perform short passes Show good defensive posture Use two hands to play a basketball shot Use a jump ball to start a game Heart Assist teammates to shoot Take on the role of referee</p>	<p>with some confidence Show correct catching ready position Send the ball using different techniques Attempt to intercept the ball from an opponents throw Receive the ball with some consistency Heart Help team to create chances to score Show support, encouragement and good sportsmanship</p> <p>Hockey Head Recognise key features of a hockey stick, including how to hold it and use the flat side Play using basic hockey rules Hand Send the ball in isolation and in a game Can show a defensive tackling position Receive a ball with some consistency Stop and control the ball and move into dribble Work the feet around the ball to avoid kicking it Heart Work as a team to score points Show support, encouragement and good sportsmanship</p>	<p>Hand Send the ball using the inside of the foot Control the ball and pass unchallenged Use short passes to keep possession in a game Sometimes move into space to receive the ball Use the outside of the foot to control the ball and dribble Heart Show support, encouragement and good sportsmanship Work as part of a team to attack towards a goal</p> <p>Cricket Head Adhere to some basic cricket rules Explain how fielders work together to restrict batters runs Hand Hit a ball using a forward drive Accurately bowl a ball underarm Strike a bowled ball Strike a ball off a tee with some consistency Stop a moving ball Develop throwing skills to throw over longer distances Heart Field as a team to return the ball to the bowler/base effectively As a team, apply simple tactics to choose where to hit the ball</p>	<p>Show tennis ready position Play over a net Play a continuous game using: throwing and catching or some simple hitting Serve underarm to begin a game Return a moving ball (hand or racquet) Heart Take part in a rally by working well with a partner Play against an opponent</p> <p>Unit 1 - Dance Head Discuss own, and others work with some awareness of choreography Describe using appropriate language the features of dances performed by others Hand Competently include props and other ideas in their dance Perform movements to an audience Express moods and feelings of a character through the dance piece Attempt short pieces of improvised dance responding to the structure/theme of the dance Dance using different levels and direction Heart Share and create short dance phrases with a partner and in small</p>	<p>Show the ready position to catch a ball Attempt to hit a ball using one hand hitting Stop a moving ball Develop throwing skills to throw over longer distances Heart Identify how to improve own, and others work and be tactful Field as a team to return the ball to the bowler/base effectively</p> <p>Unit 1- Gymnastics Head Modify actions independently using different pathways, directions and shapes Identify similarities and differences in sequences</p> <p>Hand Perform sequences with contrasting actions Perform in unison with a partner Remember and repeat sequences Adapt basic sequences to include some apparatus Show body control in individual movements and sequences Heart Work as a group to create a basic sequence Can suggest how developing strength and flexibility helps in maintaining a healthy, active lifestyle</p>	<p>Use acquired skills to create maps and directions Hand Identify and use symbols on a map to navigate Play competitively and fairly implementing the rules Participate safely, considering others Perform with strength, stamina and endurance in more physical tasks Heart Lead others and be led Can work with others to solve problems</p> <p>Athletics Head Take part in basic scoring of different events When questioned, show understanding of their role in team relay performance Compete with others and record points Hand Link running and jumping activities with some fluency and consistency Control movements and body actions in response to specific instructions Jump for height and distance with control and balance Run at different speeds according to event and instruction Throw a variety of objects using recognised throws Throw more accurately and over greater</p>
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				groups Work to develop and take part in group and whole class dance		distances Heart Run as part of a relay team Identify how to improve their own, and others work and be tactful
Y4	<p><u>Badminton</u> Head Make it difficult for an opponent to return the shuttlecock Keep a record of score/points Hand Explore shots on both sides of the body and attempt with confidence Explore a range of recognised shots, e.g. overhead, forehand, backhand etc) Use a small range of racquet skills and tricks Able to return shuttle to different areas of opposition's court Show good court positioning after each shot Heart Recognise what skills require improvement and work to improve them Play competitively with others and against others in modified games</p> <p><u>Beginning Swimming</u> Head Enter and exit the water independently Move with more confidence in water including submerging themselves fully Hand Propel themselves over longer distances using swimming aids Float and regain to standing confidently Push and glide and transition from glide to stroke Apply basic arm and leg action to 'doggy paddle'</p>	<p><u>Netball</u> Head Show some awareness of high five positions Act as a scorer and timekeeper Hand Protect the ball after catching Catch the ball executing correct footwork rules Show speed and endurance in a game situation Use basic shooting techniques in isolation and a game Use one to one marking technique in a game Play within positional restrictions Heart Build up the attack as a team Recognise how playing as a team can improve your communication skills</p> <p><u>Beginning Swimming</u> Head Enter and exit the water independently Move with more confidence in water including submerging themselves fully Hand Propel themselves over</p>	<p><u>Cricket</u> Head With increasing consistency, choose where to direct a hit from a bowled ball Use and apply the basic rules of the game Hand Direct hits using taught shots, e.g. pull shot Track and intercept the ball along the ground, sometimes collecting with one hand Attempt overarm bowling with some accuracy Show more consistency in throwing and catching over a variety of distances Field a bouncing ball Heart Show fair play such as accepting when run out or stumped Work with a partner to anticipate when to run</p> <p><u>Intermediate Swimming</u> Head Attempt surface dive Enter and exit the water in a variety of ways Hand Begin to use basic swimming techniques including correct arm and leg action</p>	<p><u>Unit 1- Dance</u> Head Demonstrate and discuss performance skills Remember movements and routines from previous weeks Hand Incorporate a freeze-frame into a dance Dance using a variety of formations confidently Clearly show set start positions for the beginning of the dance Perform with increasing musicality with control and confidence Use transitions to move from different dance positions Heart Work as part of a group to listen to and give ideas Include unison and cannon in the dance sequence</p> <p><u>Intermediate Swimming</u> Head Attempt surface dive Enter and exit the water in a variety of ways Hand Begin to use basic swimming techniques</p>	<p><u>Unit 1 - Gymnastic</u> Head Decide on ways to improve a piece of work using compositional elements and implement changes Apply a broader range of more challenging skills executed with precision Hand Create a unison sequence Demonstrate control when taking weight on hands Perform actions such as balance, body shapes and flight with control Implement compositional elements into sequences Hand Create a unison sequence Demonstrate control when taking weight on hands Perform actions such as balance, body shapes and flight with control Implement compositional elements into sequences</p> <p><u>Intermediate Swimming</u> Head Attempt surface dive Enter and exit the water in a variety of ways Hand</p>	<p><u>Athletics</u> Head Decide on ways to improve, run, jumps and throws and implement changes Compare different throws when using various equipment Demonstrate patience and determination Hand Show differences between sprinting and running speeds over a variety of distances Throw a variety of objects demonstrating accuracy, i.e. object landing in throwing zone Perform a range of jumps with consistency, sometimes approaching jump with a run-up Compete in running, jumping and throwing activities and compare their performance with previous Heart Work with others to score and record distance and times accurately Develop control in baton exchange and analyse as a team how to improve handover</p> <p><u>Intermediate</u></p>

	<p>Heart</p> <p>Swim a short distance between 5 and 20 metres unaided using one consistent stroke</p> <p>Attempt skill of sculling and use to propel themselves</p>	<p>longer distances using swimming aids</p> <p>Float and regain to standing confidently</p> <p>Push and glide and transition from glide to stroke</p> <p>Apply basic arm and leg action to 'doggy paddle'</p> <p>Heart</p> <p>Swim a short distance between 5 and 20 metres unaided using one consistent stroke</p> <p>Attempt skill of sculling and use to propel themselves</p>	<p>Attempt to use basic breathing patterns when swimming</p> <p>Submerge, sink, roll and rotate underwater</p> <p>Heart</p> <p>Swim over greater distance of 10 and 20 metres with confidence in shallow water</p> <p>Work in collaboration to perform group challenges such as group floats</p>	<p>including correct arm and leg action</p> <p>Attempt to use basic breathing patterns when swimming</p> <p>Submerge, sink, roll and rotate underwater</p> <p>Heart</p> <p>Swim over greater distance of 10 and 20 metres with confidence in shallow water</p> <p>Work in collaboration to perform group challenges such as group floats</p>	<p>Begin to use basic swimming techniques including correct arm and leg action</p> <p>Attempt to use basic breathing patterns when swimming</p> <p>Submerge, sink, roll and rotate underwater</p> <p>Heart</p> <p>Swim over greater distance of 10 and 20 metres with confidence in shallow water</p> <p>Work in collaboration to perform group challenges such as group floats</p>	<p>Swimming</p> <p>Head</p> <p>Attempt surface dive</p> <p>Enter and exit the water in a variety of ways</p> <p>Hand</p> <p>Begin to use basic swimming techniques including correct arm and leg action</p> <p>Attempt to use basic breathing patterns when swimming</p> <p>Submerge, sink, roll and rotate underwater</p> <p>Heart</p> <p>Swim over greater distance of 10 and 20 metres with confidence in shallow water</p> <p>Work in collaboration to perform group challenges such as group floats</p>
Y5	<p>Football</p> <p>Head</p> <p>Select an appropriate conclusion to run, e.g. shoot, pass, dribble further</p> <p>Play in a formation, e.g. diamond</p> <p>Hand</p> <p>Receive the ball and turn</p> <p>Run with the ball with more control</p> <p>Work with a partner to pass on the move</p> <p>Apply goal side marking in a game</p> <p>Play confidently in a variety of positions</p> <p>Heart</p> <p>Use individual skills to keep possession, explain how this helps the team</p> <p>Use appropriate language to explain their attacking and defensive play</p> <p>Netball</p> <p>Head</p>	<p>Hockey</p> <p>Head</p> <p>Apply basic defensive positions in the game</p> <p>Know and apply the rules consistently in game situations</p> <p>Hand</p> <p>Use a block tackle in a game</p> <p>Able to combine basic skills such as dribbling and passing</p> <p>Apply basic marking in a game situation</p> <p>Play in different positions with some success</p> <p>Drag the ball left to right with some control and consistency</p> <p>Use a range of skills to keep possession e.g.,</p>	<p>Tennis</p> <p>Head</p> <p>Cooperate and collaborate with others to play in a sportsmanlike way</p> <p>Play in a game adhering to modified doubles rules</p> <p>Recognise where to stand on the court when playing on their own and with others</p> <p>Hand</p> <p>Demonstrate a variety of shots in isolation (volley, forehand, backhand, overhead etc)</p> <p>Play a variety of shots in a game</p> <p>Successfully approach the ball to return before the second bounce</p>	<p>Unit 1- Dance</p> <p>Head</p> <p>Confidently participate in dances from different parts of the world</p> <p>Discuss what non-locomotor is and demonstrate a non-locomotor movement</p> <p>Hand</p> <p>Refine & improve dances adapting them to include the use of space rhythm & expression</p> <p>Perform different styles of dance clearly and fluently</p> <p>Perform a solo dance to an audience</p> <p>Incorporate more challenging formations</p>	<p>Unit 1 - Gymnastic</p> <p>Head</p> <p>Selects a component for improvement and use guidance from others to do so</p> <p>Take the lead in a group</p> <p>Hand</p> <p>Create longer and more complex sequences and adapt their performances</p> <p>Attempt to perform more complex skills in isolation such as round-off</p> <p>Make a dynamic sequence with contrasting shapes and actions and balances, demonstrating smooth transitions</p> <p>Remember and repeat longer sequences with</p>	<p>Rounders</p> <p>Head</p> <p>Apply the backwards hitting rules</p> <p>Apply tactics when setting the field</p> <p>Hand</p> <p>Make choices on how many bases to run based on the distance/location of the hit</p> <p>Increased accuracy when throwing over shorter distances</p> <p>Tracking flight of the ball to improve catching success</p> <p>Play more attacking shots looking for gaps in the field</p> <p>Show correct position to attempt to catch on</p>

	<p>Know and apply the rules consistently in game situations Explain the technique for different passes Hand Use a variety of passes in a game at appropriate times Try different dodging techniques Use pivoting to pass in a game Attempt two-hand shooting Effectively find space in a game to receive the ball Heart Use appropriate language to explain their attacking and defensive play Use verbal and non-verbal communication to show teammates where you want the ball</p>	<p>stop, control and send Heart Work as a team to attack and defend Covering a variety of specific skills or concepts, discuss how they can improve Tag Rugby Head Recognise the principles of defence Play in formations, e.g. magic diamond Hand Combine running and passing skills with accuracy and consistency Know and apply the rules consistently in game situations Send and receive a pop pass during a game Adapt learnt skills to play in different positions with some success Heart Use appropriate language to explain their attacking and defensive play As a team, maintain possession Mark an opponent as an individual whilst communicating as a team</p>	<p>Use agility to help move around the court Heart Play with others with some flow to the game, keeping track of their scores Suggest and lead warm-ups that prepare the body appropriately for tennis Handball Head Play in formations and execute 'set plays' in game situations Explain the need for different tactics and attempt these in a game situation Introduce set plays and be able to explain the aim of the set play Hand Attempt a jump shot in a game situation Play the role of goalkeeper Use an offensive dribble to progress quickly up the court Use pivoting in a game to make more successful passes Heart Explain how a teams passage of play was successful Use appropriate language to explain their attacking and defensive play</p>	<p>into dances Create and use compositional ideas confidently, such as pathways, step patterns and unison Heart Recognise and comment on dances suggesting ways to improve Adapt a pair dance into a small group dance Cricket Head Recognise in a game when to play a defensive shot Field with some awareness of batters strengths Describe what 'setting a field' means Hand Throw with accuracy and consistency over short distances As the wicketkeeper, follow the path of the ball Attempt a range of shots in a game Employ specific bowling techniques such as overarm with more consistent accuracy Heart Communicate with your partner to maximise runs Show perseverance during the game and commitment to team</p>	<p>more difficult movements such as cartwheels, shoulder rolls Heart Work responsibly in trust exercises and when counterbalancing Perform symmetry and asymmetry individually, in pairs and as a group Compare performances and judge strengths and areas for improvement OAA Head Recall and remember symbols, items and objects during the task as an individual and team Play a role in problem-solving Communicate using code Hand Work at a high intensity for a sustained period of time whilst completing a task Evidence results and keep score Compete against others and perform under pressure Heart Explore and refine ways of communicating to best complete a set task Put trust in others and demonstrate trustworthy behaviour</p>	<p>stumps Heart Show perseverance during the game and commitment to the team Work collaboratively with others to both score runs and in the field to restrict runs Athletics Head Identify how they can change an activity by using the STEP principle Distinguish between good and poor performances and suggest ways to improve self and others Hand Sustain pace over shorter and longer distances such as running 100m and running for 2 minutes Explore a range of baton handling activities and attempt to receive in a restricted area Combine jumping sequences, e.g. hop, step, jump Perform a range of jumps in different activities Demonstrate a range of throwing actions using different equipment with some consistency and control Heart Able to run as part of a team in relay style events and demonstrate max effort pace Compare own performance with</p>
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						previous ones and demonstrate improvement to achieve personal best
Y6	<p><u>Netball</u> Head Umpire a game, explaining decisions where necessary Help the shooter by staying 'free' around the D Make choices about where to pass the ball Hand Mark the ball for a pass or shot Anticipate, track and control a rebounding ball from a shot Knock away the ball when appropriate Make quicker decisions in a game (on and off the ball) Apply the 1m rule consistently Heart Play in a competition Play in high 5 squad rotations keeping track of who is where and where you are rotating to next</p> <p><u>Football</u> Head Devise a drill that develops a particular skill Explain why certain areas of the goal are better to shoot at Hand Pass the ball to set up others to shoot Apply speed and accuracy to a penalty shot Apply correct body positioning when closing down a player to defend Attempt proper foot placement to send and receive the ball Shoot during a game Heart Collaborate with a partner to implement simple defensive</p>	<p><u>Tag Rugby</u> Head Use STEP principle to suggest, plan and lead a warm-up to compliment the lesson objectives Recognise the difference between attacking and defensive tactics Hand Support players when you are off the ball Consistently catch/stop and control a ball Make quicker decisions in games (on and off the ball) Use a variety of techniques for passing, controlling and moving the ball Use speed and agility in gameplay Heart Suggest ways to improve set plays Offer suggestions for improvements on other's warm-up activities</p> <p><u>Hockey</u> Head Choose and implement a range of strategies to attack and defend, such as restricting attackers space or goal side marking Suggest, plan and lead a warm-up or drill and use STEP technique to modify Hand Play confidently in a</p>	<p><u>Handball</u> Head Can say why you need to get 'free' in handball to receive the ball Recognise when a rule has been broken and explain the repercussions Make appropriate pass choices Hand Implement 'screening' into gameplay Use space in a counterattack Use accurate dribbling skills in a game Combine dribbling with other handball skills Heart Work as part of a team to switch from defensive to attacking play As a team, decide tactics to implement into the game</p> <p><u>Badminton</u> Head Make appropriate choices in games about the best shot to use Explain some of the tactics used in badminton Hand Attempt more technical shots such as smash, where able use in a game Apply a range of defensive tactics in a</p>	<p><u>Cricket</u> Head Apply with consistency standard rules of modified cricket game Use a range of tactics for attacking and defending in the role of bowler, batter and fielder Hand Attempt attacking field placement including slip, leg and cover position Track and catch high balls in isolation and gameplay Demonstrate control and consistency in a range of fielding skills, e.g. throwing, catching, tracking, intercepting Strike bowled balls in games and attempt a range of shots Show urgency when necessary when in the field Heart Work as a pair to field long balls Identify ways you can support your batting partner</p> <p><u>Unit 2 - Dance</u> Head Identify in others and self where a performance shows good qualities Explain what a live aural setting is and show a simple individual demonstration</p>	<p><u>OAA</u> Head Use knowledge of games in PE to suggest adaptations and variations to games/activities Follow instructions accurately Hand Use written description to identify objects Use speed at appropriate times to complete a task quicker Refine and adapt ideas in a group task Heart Use information given by others to complete a task and work collaboratively Work collaboratively to perform a more complex task Takes responsibility for a role in a task</p> <p><u>Unit 2 - Gymnastic</u> Head Compose a sequence that will achieve the highest score against the criteria Perform showing awareness of the judging criteria Hand Perform increasingly complex sequences Perform sequence to music Devise and perform a sequence with a time</p>	<p><u>Athletics</u> Head Accurately and confidently judge across a range of athletics activities Record accurately scores given in a variety of events Hand Demonstrate accuracy and good technique when throwing for distance Show good technique and control for jumping activities Use power to improve the start of a sprint Use skill and knowledge of activity to teach and lead others confidently Choose appropriate run-up distance as an individual for athletic jumps Use the right pace for different running distances Heart Demonstrate improvement when working with self and others Use appropriate language to deliver a taught activity to their peers</p> <p><u>Rounders</u> Head Demonstrate urgency when in the field</p>

	<p>techniques Work as a team to attack and defend, implementing a variety of football skills</p>	<p>variety of positions (attacking and defensive) Channel opposition players away from the middle of the pitch Use and apply more rules such as where to take hit-outs and long corner rules Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games Use simple set plays Consistently stop and control a ball Shoot from close range Heart Work as a team to identify and communicate players that need to be marked Use and apply boundary rules such as corners, self pass and sideline</p>	<p>game, individually and with a partner Begin to use full scoring systems Begin to use doubles service rules Use forehand, backhand and overhead shots with more confidence in games Heart Develop doubles play further implement basic positioning tactics Use speaking and listening skills to umpire and play with peers without dispute</p>	<p>Hand Practise and refine coordination skills through activities such as live aural setting/freeze frame Use gestures to communicate a theme Communicate the artistic intention of a dance fluently, musically and with control Implement skills from other activity areas, e.g. gym and games, to perform tasks Show a variety of performance qualities when performing Heart Use facial expression to communicate emotion and a further narrative Improve own choreography to make dance more interesting</p>	<p>limit Show clarity, fluency, accuracy and consistency in their movements Handle equipment during a sequence Heart Show a desire to improve competence across a broad range of actions Work independently and in small groups to make up sequences to perform to an audience</p>	<p>Apply a range of rules in a full rounders game Hand Show attacking and defensive skills as a batter Attempt to track and catch high balls in isolation and gameplay Increased speed when bowling Play in a complete game of rounders with markings and four bases Recognise when to run and when to stop on a base Heart Understand teammates perspective & motivation when accumulating runs/rounders Work with a partner/team to field longer balls Apply simple tactics to ensure all runners make it about bases</p>
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