



P.E curriculum overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
N	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball. Observes the effects of activity on their bodies.</p> <p>Understands that equipment and tools have to be used safely.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball. Observes the effects of activity on their bodies.</p> <p>Understands that equipment and tools have to be used safely.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball. Observes the effects of activity on their bodies.</p> <p>Understands that equipment and tools have to be used safely.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p>	<p>Physical Development Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p>



	Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.	Can stand momentarily on one foot when shown. Can catch a large ball. Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.
R	<p><u>Physical Development</u> Experiments with different ways of moving.</p> <p>Jumps off an object and lands appropriately.</p> <p>Negotiates space successfully when playing racing and</p>	<p><u>Physical Development</u> Experiments with different ways of moving.</p> <p>Jumps off an object and lands appropriately.</p> <p>Negotiates space successfully when playing racing and chasing games</p>	<p><u>Yoga Bugs</u> Experiments with different ways of moving.</p> <p>Negotiates space successfully when playing racing and chasing games with other children,</p>	<p><u>Yoga Bugs</u> Experiments with different ways of moving.</p> <p>Negotiates space successfully when playing racing and chasing games with</p>	<p><u>Physical Development</u> Experiments with different ways of moving.</p> <p>Jumps off an object and lands appropriately.</p>	<p><u>Physical Development</u> Experiments with different ways of moving.</p> <p>Jumps off an object and lands appropriately.</p>



	<p>chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching and kicking it.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>Shows understanding of how to transport and store equipment safely.</p> <p>Practices some appropriate safety measures without direct supervision.</p>	<p>with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching and kicking it.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>Shows understanding of how to transport and store equipment safely.</p> <p>Practices some appropriate safety measures without direct supervision.</p> <p>ELG – Children show good control and co-ordination in large and small movements. They move</p>	<p>adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>ELG – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</p> <p>ELG – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their</p>	<p>other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>ELG – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle</p>	<p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching and kicking it.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when tackling new challenges and</p>	<p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching and kicking it.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Shows understanding of the need for safety when</p>
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	<p><i>ELG – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</i></p> <p><i>ELG – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i></p>	<p><i>confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</i></p> <p><i>ELG – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i></p>	<p><i>own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i></p>	<p><i>equipment and tools effectively.</i></p> <p><i>ELG – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i></p>	<p>considers and manages some risks.</p> <p>Shows understanding of how to transport and store equipment safely.</p> <p>Practices some appropriate safety measures without direct supervision.</p> <p><i>ELG – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</i></p> <p><i>ELG – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage</i></p>	<p>tackling new challenges and considers and manages some risks.</p> <p>Shows understanding of how to transport and store equipment safely.</p> <p>Practices some appropriate safety measures without direct supervision.</p> <p><i>ELG – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</i></p> <p><i>ELG – children know the importance for good health of physical exercise, and a healthy diet,</i></p>
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					<i>their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i>	<i>and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</i>
1 (indoor)	<p>Gymnastics Choose and link skills and actions in short movement phrases.</p> <p>Explore variations in direction, level and speed of movement.</p> <p>Work together to perform a modelled group sequence.</p> <p>Identify successes.</p>	<p>Gymnastics Choose and link skills and actions in short movement phrases.</p> <p>Explore variations in direction, level and speed of movement.</p> <p>Work together to perform a modelled group sequence.</p> <p>Identify successes.</p>	<p>Dance Copy simple movement patterns.</p> <p>Choose simple actions to match sounds and music.</p> <p>Learn simple sequences.</p> <p>Perform movements in order.</p> <p>Work successfully with others to perform a modelled group sequence.</p>	<p>Dance Copy simple movement patterns.</p> <p>Choose simple actions to match sounds and music.</p> <p>Learn simple sequences.</p> <p>Perform movements in order.</p> <p>Work successfully with others to perform a modelled group sequence.</p>	<p>Football Send and receive a ball as part of an activity.</p> <p>Participate in group activities.</p> <p>Beginning to demonstrate basic changes of direction, level and speed.</p> <p>Beginning to show an awareness of how the body functions/changes during exercise.</p> <p>Beginning to use fundamentals of movement to achieve success individually and as a team.</p>	<p>Football Send and receive a ball as part of an activity.</p> <p>Participate in group activities.</p> <p>Beginning to demonstrate changes of direction, level and speed.</p> <p>Beginning to show an awareness of how the body functions/changes during exercise.</p> <p>Beginning to use fundamentals of movement to achieve success</p>



					Identify successes.	individually and as a team.
1 (outdoor)	<p>Multi-skills Demonstrate basic control of equipment.</p> <p>Perform basic techniques for throwing and catching in varied environments.</p> <p>Copy basic movements including throwing and catching.</p> <p>Beginning to use fundamentals of movement to achieve success individually and as a team.</p>	<p>Multi-skills Demonstrate basic control of equipment.</p> <p>Perform basic techniques for throwing and catching in varied environments.</p> <p>Copy basic movements including throwing and catching.</p> <p>Beginning to use fundamentals of movement to achieve success individually and as a team.</p>	<p>Improving agility Beginning to repeat and perform sequences of movements.</p> <p>Beginning to demonstrate changes of direction, level and speed.</p> <p>Beginning to show an awareness of how the body functions/changes during exercise.</p>	<p>Improving agility Beginning to repeat and perform sequences of movements.</p> <p>Beginning to demonstrate changes of direction, level and speed.</p> <p>Beginning to show an awareness of how the body functions/changes during exercise.</p>	<p>Improving catching Demonstrate basic control of equipment.</p> <p>Perform basic techniques for throwing and catching in varied environments.</p> <p>Copy basic movements including throwing and catching.</p> <p>Beginning to use fundamentals of movement to achieve success individually and as a team.</p>	<p>Improving throwing Demonstrate basic control of equipment.</p> <p>Perform basic techniques for throwing and catching in varied environments.</p> <p>Copy basic movements including throwing and catching.</p> <p>Beginning to use fundamentals of movement to achieve success individually and as a team.</p>
2 (indoor)	<p>Gymnastics Master basic actions with co-ordination, including taking off and landing, balance and rolling.</p> <p>Make effective use of space.</p>	<p>Gymnastics Master basic actions with co-ordination, including taking off and landing, balance and rolling.</p> <p>Make effective use of space.</p> <p>Create short movement phrases with a beginning, middle and ending.</p>	<p>Dance Copy and explore movement patterns.</p> <p>Respond imaginatively, choosing actions to match a variety of sounds and music.</p> <p>Perform movements in time with sounds and music.</p>	<p>Dance Copy and explore movement patterns.</p> <p>Respond imaginatively, choosing actions to match a variety of sounds and music.</p>	<p>Improving agility Perform basic techniques for running, jumping, throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p>	<p>Athletics Master basic movements including running, jumping, throwing and catching.</p> <p>Perform basic techniques for running, jumping,</p>



	<p>Create short movement phrases with a beginning, middle and ending.</p> <p>Demonstrate contrasts in direction, level and speed of movement.</p> <p>Collaborate successfully with others to perform a group sequence.</p> <p>Identify improvement and successes.</p>	<p>Demonstrate contrasts in direction, level and speed of movement.</p> <p>Collaborate successfully with others to perform a group sequence.</p> <p>Identify improvement and successes.</p>	<p>Learn simple sequences with precision.</p> <p>Create and perform simple movements in order.</p> <p>Identify improvements and success.</p>	<p>Perform movements in time with sounds and music.</p> <p>Learn simple sequences with precision.</p> <p>Create and perform simple movements in order.</p> <p>Identify improvements and success.</p>	<p>Identify improvement and success in a range of increasingly challenging activities</p> <p>Shows an awareness of how the body functions/changes during exercise.</p>	<p>throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p> <p>Identify improvement and success in a range of increasingly challenging activities.</p>
<p>2 (outdoor)</p>	<p>Multi-skills</p> <p>Master basic control of equipment.</p> <p>Master basic movements including running, jumping, throwing and catching. – in isolation and varied environments.</p> <p>Perform basic techniques for running, jumping, throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p> <p>Identify improvement and success in a range of increasingly challenging activities</p>	<p>Multi-skills</p> <p>Master basic control of equipment.</p> <p>Master basic movements including running, jumping, throwing and catching. – in isolation and varied environments.</p> <p>Perform basic techniques for running, jumping, throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p> <p>Identify improvement and success in a range of increasingly challenging activities</p>	<p>Football</p> <p>Develop tactics for attacking and defending in the context of a team games.</p> <p>Develop tactics for scoring, stopping, passing and travelling.</p> <p>Participate in team games.</p> <p>show an awareness of how the body functions/changes during exercise.</p> <p>Identify improvement and success in a range of increasingly challenging activities. – displaying fair play and respect.</p>	<p>Football</p> <p>Develop tactics for attacking and defending in the context of a team games.</p> <p>Develop tactics for scoring, stopping, passing and travelling.</p> <p>Participate in team games.</p> <p>show an awareness of how the body functions/changes during exercise.</p> <p>Identify improvement and success in a range</p>	<p>Improving catching and throwing</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Perform basic techniques for running, jumping, throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p> <p>Identify improvement and success in a range</p>	<p>Athletics</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Perform basic techniques for running, jumping, throwing and catching as appropriate for activities – running race, target throwing, jumping over a hurdle/obstacle.</p> <p>Identify improvement and</p>



				of increasingly challenging activities. – displaying fair play and respect.	of increasingly challenging activities.	success in a range of increasingly challenging activities. – displaying fair play and respect.
3 (indoor)	<p>Gymnastics Copy a variety of balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.</p> <p>Perform modelled sequences on the floor and using apparatus, which are designed to develop balance and flexibility.</p> <p>Control basic variations in level, speed and direction – e.g. slow/fast/high/low/up/down.</p> <p>Create sequences in pairs.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performances to others.</p>	<p>Gymnastics Copy a variety of balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.</p> <p>Perform modelled sequences on the floor and using apparatus, which are designed to develop balance and flexibility.</p> <p>Control basic variations in level, speed and direction –e.g. slow/fast/high/low/up/down.</p> <p>Create sequences in pairs.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performances to others.</p>	<p>Dance Explore movements in response to a stimulus – instructions/music/sounds.</p> <p>Perform imaginative movements with control – including moving in time and with co-ordination.</p> <p>Create and perform simple movement patterns.</p> <p>Create dances in pairs.</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performances to others.</p>	<p>Handball Demonstrate confident control of equipment.</p> <p>Copy skills and techniques and use them within the context of a game.</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game.</p> <p>Participate in team games using tactics.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>	<p>Cricket Demonstrate confident control of equipment.</p> <p>Copy skills and techniques and use them within the context of a game.</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game.</p> <p>Participate in team games using tactics.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>	<p>Athletics Demonstrate confident control of equipment.</p> <p>Copy skills and techniques and use them within the context of a race or field event.</p> <p>Demonstrate control when running, sprinting, throwing and jumping.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>
3 (outdoor)	<p>Tennis (GLL) Demonstrate confident control of equipment.</p>	<p>Tennis (GLL) Demonstrate confident control of equipment.</p>	<p>Tag Rugby Demonstrate confident control of equipment.</p>	<p>Tag Rugby Demonstrate confident control of equipment.</p>	<p>Cricket Demonstrate confident control of equipment.</p>	<p>Athletics Demonstrate confident control of equipment.</p>



	<p>Copy skills and techniques and use them within the context of a game.</p> <p>Suggest ways to improve performance.</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance.</p>	<p>Copy skills and techniques and use them within the context of a game.</p> <p>Suggest ways to improve performance.</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance.</p>	<p>Copy skills and techniques and use them within the context of a game.</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game.</p> <p>Participate in team games using tactics.</p> <p>Suggest ways to improve performance.</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance.</p>	<p>Copy skills and techniques and use them within the context of a game.</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game.</p> <p>Participate in team games using tactics.</p> <p>Demonstrates a clear understanding of how the body changes/functions during exercise.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>	<p>Copy skills and techniques and use them within the context of a game.</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game.</p> <p>Participate in team games using tactics.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>	<p>Copy skills and techniques and use them within the context of a race or field event.</p> <p>Demonstrate control when running, sprinting, throwing and jumping.</p> <p>Suggest ways to improve performance.</p> <p>Compare his/her own performance.</p>
4 (indoor)	<p>Gymnastics</p> <p>Show variety in balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.</p> <p>Create and perform sequences on the floor and using apparatus, which</p>	<p>Gymnastics</p> <p>Show variety in balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces.</p> <p>Create and perform sequences on the floor and using apparatus, which demonstrates balance and flexibility.</p>	<p>Dance</p> <p>Perform a variety of dance styles.</p> <p>Use a component of dance in composition.</p> <p>Create a sequence of movement with a clear</p>	<p>Handball</p> <p>Demonstrate confident control of equipment in opposed situations.</p> <p>Demonstrate relevant skills and techniques within the context of a competitive game.</p>	<p>Swimming (taught by swimming provider) – objectives taken from the NC</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p>Athletics</p> <p>Demonstrate control and technique when running, sprinting, throwing and jumping.</p> <p>Select technique intended to improve</p>



	<p>demonstrates balance and flexibility.</p> <p>Control subtle variations in level, speed and direction.</p> <p>Combine ideas with others to create a group sequence.</p> <p>Identify what needs to improve about his/her own performance.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance to others and recognise success.</p>	<p>Control subtle variations in level, speed and direction.</p> <p>Combine ideas with others to create a group sequence.</p> <p>Identify what needs to improve about his/her own performance.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance to others and recognise success.</p>	<p>beginning, middle and ending.</p> <p>Combine ideas with others to create a routine.</p> <p>Identify what needs to improve about his/her own performance.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p> <p>Compare his/her own performance to others and recognise success.</p>	<p>Apply basic principles of attacking and defending to fulfil a role within a competitive game.</p> <p>Identify the roles of team members in executing tactics.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p>	<p>♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>♣ perform safe self-rescue in different water-based situations.</p>	<p>performance when competing.</p> <p>Identify what needs to improve about his/her own performance.</p> <p>Compare his/her own performance to others and recognise success.</p>
<p>4 (outdoor)</p>	<p>Rounders</p> <p>Demonstrate confident control of equipment in opposed situations.</p> <p>Demonstrate relevant skills and techniques within the context of a competitive game.</p> <p>Apply basic principles of attacking and defending to fulfil a role within a competitive game.</p>	<p>Rounders</p> <p>Demonstrate confident control of equipment in opposed situations.</p> <p>Demonstrate relevant skills and techniques within the context of a competitive game.</p> <p>Apply basic principles of attacking and defending to fulfil a role within a competitive game.</p> <p>Identify the roles of team members in executing tactics.</p>	<p>Netball</p> <p>Demonstrate confident control of equipment in opposed situations.</p> <p>Demonstrate relevant skills and techniques within the context of a competitive game.</p> <p>Apply basic principles of attacking and defending to fulfil a role within a competitive game.</p>	<p>Netball</p> <p>Demonstrate confident control of equipment in opposed situations.</p> <p>Demonstrate relevant skills and techniques within the context of a competitive game.</p> <p>Apply basic principles of attacking and defending to fulfil a</p>	<p>Swimming (taught by swimming provider) – objectives taken from the NC</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>Athletics</p> <p>Demonstrate control and technique when running, sprinting, throwing and jumping.</p> <p>Select technique intended to improve performance when competing.</p> <p>Identify what needs to improve about</p>



	<p>Identify the roles of team members in executing tactics.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p>	<p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p>	<p>Identify the roles of team members in executing tactics.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p>	<p>role within a competitive game.</p> <p>Identify the roles of team members in executing tactics.</p> <p>Demonstrates a developed understanding of how the body changes/functions during exercise.</p>	<p>♣ perform safe self-rescue in different water-based situations.</p>	<p>his/her own performance.</p> <p>Compare his/her own performance to others and recognise success.</p>
<p>5 (indoor)</p>	<p>Swimming (taught by swimming provider) – objectives taken from the NC</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>♣ perform safe self-rescue in different water-based situations.</p>	<p>Gymnastics</p> <p>Demonstrate increasing control during sequences on the floor and using apparatus.</p> <p>Employ sustained balance and increased flexibility.</p> <p>Suggest and implement improved movements to enhance a group sequence.</p> <p>Recognise and identify components of his/her own success.</p> <p>Improve his/her own performance to achieve his/her own personal best.</p>	<p>Dance</p> <p>Create and perform dances using a variety of styles.</p> <p>Use more than one dance component in a composition.</p> <p>Link sequences to create a routine.</p> <p>Suggest and implement improvements to develop a group routine.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>	<p>Circuits</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>	<p>Hockey</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>Combine relevant skills and techniques within the context of a competitive game.</p> <p>Apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as a team to execute tactics.</p>	<p>Athletics</p> <p>Demonstrate strength, technique and control to improve performance when running, sprinting, throwing and jumping.</p> <p>Select appropriate technique intended to optimise strength and agility when competing.</p> <p>Combine techniques following instruction – long jump, triple jump, javelin throw, hurdles, shot put.</p>



		<p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p>	<p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p>		<p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>	<p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>
<p>5 (outdoor)</p>	<p>Swimming (taught by swimming provider) – objectives taken from the NC</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. 	<p>Handball</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>Combine relevant skills and techniques within the context of a competitive game.</p> <p>Apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as a team to execute tactics.</p> <p>Improve his/her own performance to achieve his/her personal best.</p>	<p>Netball</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>Combine relevant skills and techniques within the context of a competitive game.</p> <p>Apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as a team to execute tactics.</p>	<p>Netball</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>Combine relevant skills and techniques within the context of a competitive game.</p> <p>Apply principles suitable for attacking and defending in the context of a competitive game.</p>	<p>Hockey</p> <p>Demonstrate confident control of equipment in opposed situations whilst moving.</p> <p>Combine relevant skills and techniques within the context of a competitive game.</p> <p>Apply principles suitable for attacking and defending in the context of a competitive game.</p>	<p>Athletics</p> <p>Demonstrate strength, technique and control to improve performance when running, sprinting, throwing and jumping.</p> <p>Select appropriate technique intended to optimise strength and agility when competing.</p> <p>Combine techniques following instruction</p>



		<p>Recognise and identify components of his/her success.</p> <p>Display an understanding of fair play, working well with others and leading a small group – captaincy</p>	<p>Improve his/her own performance to achieve his/her personal best.</p> <p>Recognise and identify components of his/her success.</p> <p>Display an understanding of fair play, working well with others and leading a small group – captaincy</p>	<p>Collaborate as a team to execute tactics.</p> <p>Improve his/her own performance to achieve his/her personal best.</p> <p>Recognise and identify components of his/her success.</p> <p>Display an understanding of fair play, working well with others and leading a small group – captaincy</p>	<p>Collaborate as a team to execute tactics.</p> <p>Improve his/her own performance to achieve his/her personal best.</p> <p>Recognise and identify components of his/her success.</p> <p>Display an understanding of fair play, working well with others and leading a small group – captaincy</p>	<p>– long jump, triple jump, javelin throw, hurdles, shot put.</p> <p>With guidance uses knowledge of the relationship between the body and exercise to improve fitness.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>
6 (indoor)	<p>Gymnastics Balance, jump, travel and turn with accuracy and consistency across a range of apparatus and in a variety of spaces.</p> <p>Perform controlled and fluent sequences on the floor and using apparatus.</p> <p>Employ sustained and complex balances and ambitious movements, which increase challenge.</p>	<p>Gymnastics Balance, jump, travel and turn with accuracy and consistency across a range of apparatus and in a variety of spaces.</p> <p>Perform controlled and fluent sequences on the floor and using apparatus.</p> <p>Employ sustained and complex balances and ambitious movements, which increase challenge.</p>	<p>Hockey Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p>	<p>Hockey Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for</p>	<p>Handball Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p>	<p>Handball Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p>



	<p>Effectively communicate improvements, which add challenges to a sequence.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>	<p>Effectively communicate improvements, which add challenges to a sequence.</p> <p>Evaluate and recognise his/her own success.</p> <p>Understand how he/she has improved in to achieve his/her personal best</p>	<p>Collaborate as part of a team to effectively execute tactics.</p>	<p>attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to effectively execute tactics.</p>	<p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to effectively execute tactics.</p>	<p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to effectively execute tactics.</p>
<p>6 (outdoor)</p>	<p>Football (Arsenal) Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to effectively execute tactics.</p>	<p>Football (Arsenal) Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to effectively execute tactics.</p>	<p>Athletics Demonstrate strength, technique and control to maximise performance when running, sprinting, throwing and jumping.</p> <p>Analyse and improve appropriate technique in order to maximise strength and agility when competing.</p> <p>Successfully combine techniques in athletic activities.</p> <p>Uses knowledge of the relationship between the body and exercise to improve fitness.</p> <p>Display an understanding of fair play, working well with</p>	<p>Athletics Demonstrate strength, technique and control to maximise performance when running, sprinting, throwing and jumping.</p> <p>Analyse and improve appropriate technique in order to maximise strength and agility when competing.</p> <p>Successfully combine techniques in athletic activities.</p> <p>Uses knowledge of the relationship between the body and exercise to improve fitness.</p>	<p>Tennis (GLL) Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p>	<p>Tennis (GLL) Demonstrate confident control of equipment in opposed situations whilst moving at different speeds.</p> <p>Combine relevant skills and techniques with accuracy within the context of a competitive game.</p> <p>Successfully apply principles suitable for attacking and defending in the context of a competitive game.</p> <p>Collaborate as part of a team to</p>



			others and leading a medium sized group – captaincy	Display an understanding of fair play, working well with others and leading a medium sized group – captaincy	Collaborate as part of a team to effectively execute tactics.	effectively execute tactics.
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