





# **The Ribblesdale Federation of Schools**

## **P.E Curriculum Handbook C**

|   |          | Year A   |   |                                   |   |                                |   |  |                     | Year B  |  |                                 |  |                  |               | Year C                               |                               |                               |                  |  |  |
|---|----------|--|---|-----------------------------------|---|--------------------------------|---|--|---------------------|---|--|---------------------------------|--|------------------|---------------|--------------------------------------|-------------------------------|-------------------------------|------------------|--|--|
|   |          | Autumn 1   | Autumn 2  | Spring 1                          | Spring 2  | Summer 1                       | Summer 2  | Autumn 1   | Autumn 2            | Spring 1  | Spring 2   | Summer 1                        | Summer 2                                       | Autumn 1         | Autumn 2      | Spring 1                             | Spring 2                      | Summer 1                      | Summer 2         |  |  |
| Reception and Year 1                      | Lesson 1 | Fundamental skills (Games to develop kicking, throwing and catching) | Invasion games (Netball type skill development) | Dance                             | Indoor Athletics skill development                | Sports Day practice/ Athletics | Striking and fielding skills (towards rounders) | Fundamental skills (Games to develop kicking, throwing and catching) | Dance               | Gymnastics  | Invasion games (Basketball type skill development) | Sports Day practice/ Athletics  | Striking and fielding skills (towards Cricket) |                  |               |                                      |                               |                               |                  |  |  |
|   | Lesson 2 | Health and Fitness (to develop basic movements)                      | OAA   | Gymnastics                        | Invasion games (skill development towards Hockey) | Swimming                       | Swimming  | Health and Fitness (to develop basic movements)                      | OAA/ Team building  | Net/wall games (Badminton type skill development) | Net/wall games (tennis type skill development)     | Swimming                        | Swimming                                       |                  |               |                                      |                               |                               |                  |  |  |
| Year 2 and Year 3                         | Lesson 1 | Football   | Health and Fitness                              | Gymnastics                        | Badminton   | LP - May Day rehearsals        | Tennis  | OAA  | Netball/ Basketball | Badminton   | Dance / LP - May Day rehearsals                    | Handball                        | Rounders                                       |                  |               |                                      |                               |                               |                  |  |  |
|   | Lesson 2 | Rugby (Rib Coach)  | Indoor Athletics                                | Swimming                          | Swimming  | Cricket (Settle C.C.)          | Rounders  | Rugby (Rib Coach)  | Gymnastics          | Swimming  | Swimming   | Athletics (sports day practice) | Cricket (Settle C.C.)                          |                  |               |                                      |                               |                               |                  |  |  |
| Gigg Primary Y2/3 lesson 1 in sports hall |          |  | Tennis  | Badminton                         | Hockey  |                                | Athletics                                       |  | Netball/ Gymnastics | Tennis  | Handball   |                                 |  |                  |               |                                      |                               |                               |                  |  |  |
| Year 4, 5 and Year 6                      | Lesson 1 | Football   | Netball   | Indoor Athletics                  | Hockey  | Athletics/ Sports Day          | Rounders  | Health and Fitness   | Basketball          | Health and Fitness - Circuits                     | Handball   | Athletics/ Sports Day           | Rounders                                       | Indoor Athletics | Netball       | Badminton                            | Football                      | Athletics / Sports Day        | Rounders         |  |  |
|   | Lesson 2 | Swimming   | Swimming  | Gymnastics (skills and apparatus) | Dance LP - May Day rehearsal                      | Cricket (Settle C.C.)          | Tennis  | Swimming   | Swimming            | Gymnastics (group work)                           | Dance/ Cheer LP - May Day rehearsal                | Cricket (Settle C.C.)           | OAA  | Swimming         | Swimming      | Gymnastics (Apparatus and sequences) | Hockey LP - May Day rehearsal | Cricket (Settle C.C.)         | Tennis           |  |  |
| Gigg Primary Y2/3 lesson 1 in sports hall |          |  | Netball   | Badminton                         | Hockey  |                                | Rugby   |  | Basketball          | Tennis  | Handball   |                                 |  |                  | Netball       | Badminton                            |                               |                               | Rugby            |  |  |
| Inter House competitions                  |          | Mini-Olympics  | Netball   | Benchball Badminton               | Hockey  | Sports Day                     | Rounders  | Mini-Olympics  | Netball             | Benchball Badminton                               | Hockey   | Sports Day                      | Rounders                                       | Mini-Olympics    | Netball       | Benchball Badminton                  | Hockey                        | Sports Day                    | Rounders         |  |  |
| Inter school competitions                 |          | Cross country  | Inter-school Netball/Football                   | Inter-school Netball/Football     | Inter-school Netball/Football                     | Cateral Shield                 |   | Cricket Festival   | Cross country       | Inter-school Netball/Football                     | Inter-school Netball/Football                      | Inter-school Netball/Football   |  | Cricket Festival | Cross country | Inter-school Netball/Football        | Inter-school Netball/Football | Inter-school Netball/Football | Cricket Festival |  |  |

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|                  |  |                         | Indoor Athletics | XC |                  |          |                         | Swimming Gala | Indoor Athletics |  |  |  |                  | Swimming Gala | Indoor Athletics        |  |            |  |                  |          |
| Curriculum trips |  | Y5 walk up Ingleborough |                  |    | May Day Festival | OAA Y2/3 | Y5 walk up Ingleborough |               | OAA Y4/5/6       |  |  |  | May Day Festival | OAA Y2/3      | Y5 walk up Ingleborough |  | OAA Y4/5/6 |  | May Day Festival | OAA Y2/3 |

## Ribblesdale Federation of Schools

“Do everything in love”

### Ribblesdale Federation of Schools

#### Intent, Implementation, and Impact in Physical Education, Sport and Outdoor Learning. 2022/2023

| Intent   | Implementation  | Impact   |
|--|---|--|
| <p>Within our schools it is our intention to teach Physical Education, in a safe and supportive environment, ensuring children attain optimum physical and emotional development and good health.</p> <p>We want all children to experience a wide variety of sports and develop physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving; it can teach children to cope with both success and failure in competitive, individual and team based physical activities at both an intra and inter level. (Lose with dignity – Win with grace, but always strive to beat a personal best.)</p> <p>Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the physical literacy underpinning the values and disciplines that PE promotes. Sport provides an ideal environment for all our children to further develop on their journey to succeeding in our strongly held school values.</p> <p>All our staff will have the support and opportunity to increase their confidence, knowledge and skills in PE, school sport and outdoor learning. Modelling fair play and embedding adaptability, resilience and cooperation as the building blocks of teamwork and physical development. Celebrating strengths and developing ability in all areas of physical activity over</p> | <p>Our schools follow a PE curriculum that is structured to deliver a range of high-quality teaching and learning opportunities, during which every child participates to develop their skills and learning through competitive, team and individual sports.</p> <p>Through our provision, children are inspired to succeed at PE and develop a lifelong love for sport.</p> <p>Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.</p> <p>We teach the National Curriculum, supported by a clear progression of skills and knowledge. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.</p> <p>Children gain experience of a variety of fundamental skills focusing on: agility, balance, co-ordination and fitness. Children take part in developing individual skills, group skills and team games, using PE equipment appropriate for their age. During the year all children from Y6 to Y1 will have a series of structured swimming sessions and to explore and understand opportunities in their local environment. Teacher's confidence and skills and knowledge grow alongside the children with clear individual feedback given that is personal and immediate as and when appropriate.</p> | <ul style="list-style-type: none"> <li>The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.</li> <li>Participation in a variety of physical activities, games and sports through quality teaching that is engaging and fun.</li> <li>The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.</li> <li>Access the opportunity to climb one of the Three Peaks.</li> <li>The willingness to practice skills in a wide range of different activities and situations individually, in small groups and in teams; to apply these skills in chosen activities to achieve exceptionally high levels of performance, including success in competitive sports.</li> <li>The children will have an understanding and take responsibility for their own health, achieving high levels of physical fitness; utilising the skills and knowledge acquired through PE.</li> <li>A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.</li> <li>The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.</li> <li>The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve; motivating and instilling excellent</li> </ul> |

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| time. (Practise makes progress) |  | <p>sporting attitudes in others.</p> <ul style="list-style-type: none"><li>. Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography; knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need for guidance.</li><li>. A keen interest in PE: a willingness to participate eagerly in every lesson; highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.</li></ul> |
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| Autumn 1   | Fundamental skills- Indoor Athletics  |
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| <p>Year 4</p> <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to hold an indoor shot put.</li> <li>• I know to bend my knees into a squat stance when completing the vertical jump.</li> <li>• I know how throw safely.</li> <li>• I know how to jump over hurdles with some success.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can chest push using the correct trajectory.</li> <li>• I can jump using bent knees and an effective arm swing and measure with some accuracy.</li> <li>• I can keep a constant speed when jumping over the speed jump mat.</li> <li>• I can skip with control and focus.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can officiate in an honest and fair way when taking part in mini-competitions.</li> <li>• I can evaluate my own and others' performance, giving suggestions to improve.</li> <li>• I can be a coach/official/leader during my lessons.</li> </ul> | <p>Year 5</p> <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to stand when throwing an indoor shot put.</li> <li>• I know to use an arm swing during the vertical jump.</li> <li>• I know and understand the most effective jumping technique when jumping for distance.</li> <li>• I know the skills needed to carry out a pull throw.</li> <li>• I know how to pass a relay baton with control and success.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can extend arms fully during a chest push to gain distance.</li> <li>• I can jump using a standing long jump and triple jump technique.</li> <li>• I can develop a good rhythm and control when jumping over the speed bounce.</li> <li>• I can skip with rhythm and control for 25 skips or more.</li> <li>• I can be competitive during the lessons.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can use appropriate terminology to evaluate performances critically.</li> <li>• I can officiate with honesty and accuracy and record the results.</li> <li>• I can coach others in order to improve their techniques.</li> </ul> |

### Suggested enrichment ideas

Sports Day in June

Indoor Athletics inter-Federation competition.

### Fundamental skills- Indoor Athletics

Year 6

#### Knowledge

- I know how to carry out an indoor shot put throw with some success.
- I know the technique needed to pull-throw with power and accuracy.
- I know how to throw safely and with understanding.
- I know to push into the ground and create an explosive lift during the vertical jump.
- I know and understand the correct jumping technique for distance.
- I know how to pass a relay baton in a competitive (timed) environment.

#### Skills

- I can select the correct running style according to the speed I am going.
- I can perform a triple jump using technique to improve my own distance during the lesson.
- I can perform the speed bounce with speed, fluency and control.
- I can skip 30 times or more at speed.
- I can be competitive in mini-athletics events.

#### Communication

- I can use appropriate terminology to evaluate performances critically.
- I can officiate with honesty and accuracy and record the results.
- I can coach others in order to improve their techniques.
- I can take on the role of a time keeper with accuracy.

**Suggested enrichment ideas**

Sports Day in June

Indoor Athletics inter-Federation competition.

**Autumn 1 and 2**

**Fundamental skills- Swimming**

Year 4/Y5/Y6

Swimming is compulsory in either KS1 or KS2.

Knowledge

- I know how to perform safe rescue in different water based situations. . .
- I know the different strokes and how to improve them.
- I know and use swimming terminology; treading water, float, submerge, dive, front crawl, backstroke etc...
- I know how and when to breathe during longer swimming distances.
- I Know how to take part in a competitive swim.
- I know different ways of entering and exiting the pool.

Skills

- I can swim confidently using strokes on my front and back.
- I can swim at least 25m competently, confidently and proficiently.
- I can develop different ways of entering the pool and link activities eg; dive in and collect an object from the pool bottom.
- I can travel further and carry out repeated whole stroke actions with success.
- I can show breathing control when swimming, with increasing consistency.
- I can tread water consistently for a prolonged period.

Communication

- I can perform water rescue.
- I can name and describe the teaching points for the strokes we use in swimming.
- I can evaluate my own, or the technique of another pupil and give advice how to improve.

**Suggested enrichment ideas**

To take part in the Craven schools swimming gala.

**Autumn 2**

**Fundamental skills- Netball**

**Year 4**

**Year 5**

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| <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• I know how to use a chest pass and shoulder pass to support team in scoring.</li> <li>• I know how to make decisions regarding which is the best type of pass to use</li> <li>• I know how to begin to use a bounce pass, which only bounces once.</li> <li>• I know how to identify space to move into and show a clear target to receive a pass.</li> <li>• I know how to mark another player and begin to attempt interceptions.</li> <li>• I know where positions are allowed on a court.</li> <li>• I know how to play competitive 3v3 or 4v4 games.</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• I can use a chest pass and shoulder pass to support team in scoring.</li> <li>• I can make decisions regarding which is the best type of pass to use.</li> <li>• I can begin to use a bounce pass, which only bounces once.</li> <li>• I can identify space to move into and show a clear target to receive a pass.</li> <li>• I can mark another player and begin to attempt interceptions.</li> <li>• I can identify where positions are allowed on a court.</li> <li>• I can play competitive 3v3 or 4v4 games.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• I can lead a small group for a pulse raiser and stretches</li> </ul> | <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• I know how to use all three passes (chest, shoulder &amp; bounce) correctly</li> <li>• I know how use a range of speeds within a game to support a team in scoring.</li> <li>• I know how to begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</li> <li>• I know how to lose a defender to receive a pass.</li> <li>• I know how to defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</li> <li>• I know how to play competitive 4v4 matches with basic netball rules.</li> <li>• I know consequences of breaking game rules.</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• I can use all three passes (chest, shoulder &amp; bounce) correctly</li> <li>• I can use a range of speeds within a game to support a team in scoring.</li> <li>• I can begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</li> <li>• I can lose a defender to receive a pass.</li> <li>• I can defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</li> <li>• I can play competitive 4v4 matches with basic netball rules.</li> <li>• I can show understanding of consequences of breaking game rules.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• I can lead a small group for a pulse raiser and stretches confidently</li> <li>• I can coach and umpire small games with some consistency</li> </ul> |
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### **Suggested enrichment ideas**

Intra School House Cup

Intra Federation Tournament (Settle College) Autumn 1

**Fundamental skills- Netball**

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| <p><b>Year 6</b></p> <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know which pass is best to use and when in a game.</li> <li>• I know how to use a range of square &amp; straight passes to change direction of the ball</li> <li>• I know how to use landing foot to change direction to lose a defender.</li> <li>• I know how to draw a defender away to create space for self or team.</li> <li>• I know how to position body to defend effectively, making successful interceptions</li> <li>• I know how to apply tactics to outwit opponents successfully.</li> <li>• I know how to identify ways to improve their individual and team performance.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can use the best pass at the best time in a game.</li> <li>• I can use a range of square &amp; straight passes to change direction of the ball</li> <li>• I can use landing foot to change direction to lose a defender.</li> <li>• I can draw a defender away to create space for self or team.</li> <li>• I can position body to defend effectively, making successful interceptions</li> <li>• I can apply tactics to outwit opponents successfully.</li> <li>• I can identify ways to improve their individual and team performance.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can umpire competitive games consistently implementing some of the rules.</li> </ul> |  |
| <p><b><u>Suggested enrichment ideas</u></b></p> <p>Intra School House Cup</p> <p>Intra Federation Tournament (Settle College) Autumn 1</p>   |  |

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| <p><b>Spring 1</b></p> | <p><b>Fundamental skills- Badminton</b></p> |
| <p>Year 4</p>          | <p>Year 5</p>                               |

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| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to serve the shuttle successfully into the opponent's court.</li> <li>• I know how to score adapted games and can successfully implement the correct serving rule.</li> <li>• I know how to play a co-operative rally with a partner.</li> <li>• I know the correct technique for a backhand shot.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can tap the shuttle over a low net into a controlled space.</li> <li>• I can play short rallies with a partner.</li> <li>• I can move from the ready position to a forehand shot with some success.</li> <li>• I can move the racket to make good contact for a forehand and backhand shot.</li> <li>• I can play in an adapted competitive game.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can umpire in an honest and fair way when taking part in adapted games.</li> <li>• I can evaluate my own and others' performance, giving suggestions to improve.</li> <li>• I can be a coach/official/leader during my lessons during skills and when warming up.</li> <li>• I can umpire in a fair manner for others.</li> </ul> | <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know and understand the correct serving rules and who serves when.</li> <li>• I know what an overhead clear is and when to use it.</li> <li>• I know some tactics that can be used to win points.</li> <li>• I know how to control my serve.</li> <li>• I know how to umpire with confidence.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can demonstrate a controlled forehand shot with some ability to place.</li> <li>• I can hit the shuttle using a backhand shot with some success.</li> <li>• I can hit an overhead clear with some success.</li> <li>• I can begin to use some basic tactics to win a rally.</li> <li>• I can use either serve during a competitive game with some success.</li> <li>• I can play over a higher net with some consistency</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can umpire in an honest and fair way when taking part in adapted games.</li> <li>• I can evaluate my own and others' performance, giving suggestions to improve.</li> <li>• I can be a coach/official/leader during my lessons and can umpire others' games in a fair way.</li> </ul> |
| <p><u>Suggested enrichment ideas</u></p> <p>Inter-school competition.</p> <p>Inter-House Badminton</p>  |  |
| <h3>Fundamental skills- Badminton</h3>  |  |

### Knowledge

- I know how to implement tactics to beat an opponent.
- I know the correct lines for a singles badminton court.
- I know how to perform a smash shot.
- I know how to umpire a full court singles game.
- I know how to play with a partner co-operatively during doubles.

### Skills

- I can win points off a forehand shot.
- I can win some points off a backhand shot.
- I can begin to move my opponent around the court.
- I can play lengthy co-operative rallies with a partner.
- I can use tactics to outwit my opponents.
- I can play a smash shot with some consistency.
- I can begin to play doubles with a partner against opponents.
- I can take part in a singles tournament.

### Communication

- I can use appropriate terminology to evaluate performances critically.
- I can umpire with honesty, consistency and accuracy and record the results.
- I can coach others in order to improve their techniques.

### Suggested enrichment ideas

Inter-school competition.

Inter-House Badminton

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| <p>Year 4</p>   | <p>Year 5</p>   |
| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to create/make up a paired or group sequence and perform it.</li> <li>• I know how incorporate matching and mirroring into a sequence.</li> <li>• I know how to perform a range of different rolls with body tension and control.</li> <li>• I know how to link skills with travel and balance and good body control.</li> </ul>                              | <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how combine my own work with the work of others.</li> <li>• I know how to include changes in speed, direction and shape in movements.</li> <li>• I know how to follow a set of rules/criteria (possibly made by my peers) to produce a sequence.</li> <li>• I know how to use mirroring/matching/cannon/synchronicity and can vary the speed/levels/direction.</li> </ul> |
| <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can make up a sequence working cooperatively with a partner/group and perform a well-rehearsed routine.</li> <li>• I can match and mirror my partner during a routine.</li> <li>• I can perform different rolls with tension and control.</li> <li>• I can perform a well-rehearsed sequence which links rolls, travel and balance on the floor and apparatus.</li> </ul> | <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can combine my own ideas cooperatively with others.</li> <li>• I can use a range of speed, direction and shapes when creating a sequence.</li> <li>• I can use a set criteria when creating a sequence and can include different actions and pace with success.</li> </ul>  |
| <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can share ideas and give positive criticism/advice to myself and others.</li> <li>• I can evaluate my own performance and suggest several ways to improve.</li> <li>• I can use the correct terminology to describe the skills I have used in my routine.</li> </ul>   | <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can identify my own strengths and weaknesses.</li> <li>• I can evaluate my own and others performance and suggest a way to improve.</li> <li>• I can use the correct terminology to describe the skills I have used in my routines.</li> </ul>   |
| <p><u>Suggested enrichment ideas</u></p>  |   |
| <p>Fundamental skills- Gymnastics</p>   |   |
| <p>Year 6</p>   |   |

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| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to transfer sequences onto differing apparatus and floor space effectively.</li> <li>• I know how to create, adapt and refine a 6-8part floor routine as an individual, pair and group.</li> <li>• I know how to demonstrate 3 paired or group balances in sequences using a variety of skills.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can carry out sequences on a variety of apparatus.</li> <li>• I can perform a well-rehearsed routine with upwards of six components.</li> <li>• I can perform group balances, which are challenging, with success.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can identify my own strengths and weaknesses and explain what I can do to improve my sequences and routines.</li> <li>• I can evaluate my own and others performance and suggest a way to improve.</li> <li>• I can use the correct terminology to describe the skills and movement actions I have used in my routines.</li> </ul> <p><u>Suggested enrichment ideas</u></p> |  |
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| <b>Spring 2</b> | <b>Fundamental skills- Football</b> |
| Year 4          | Year 5                              |

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| <ul style="list-style-type: none"> <li>• <u>Knowledge</u></li> <li>• I know how to dribble with small touches into space.</li> <li>• I know how to send a football to someone on the team, using different parts of foot.</li> <li>• I know how to keep a ball under control when receiving a range of passes from team.</li> <li>• I know how to recognise where the space is and can move into it.</li> <li>• I know how to mark another player and begin to attempt interceptions.</li> <li>• I know how to play small sided competitive games.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can dribble with small touches into space.</li> <li>• I can send a football to someone on the team, using different parts of foot.</li> <li>• I can keep a ball under control when receiving a range of passes from team.</li> <li>• I can recognise where the space is and can move into it.</li> <li>• I can mark another player and begin to attempt interceptions.</li> <li>• I can play small sided competitive games.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can lead a small group for a pulse raiser and stretches</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Knowledge</u></li> <li>• I know how to dribble making small touches into space with speed.</li> <li>• I know how send a football to someone on the team, using different parts of foot accurately.</li> <li>• I know how to use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).</li> <li>• I know how to see space, and use it effectively.</li> <li>• I know how to lose a defender to receive a pass.</li> <li>• I know how to defend a player and make some successful interceptions for team.</li> <li>• I know how to play competitive games and successfully include rules.</li> <li>• <u>Skills</u></li> <li>• I can use all three passes (chest, shoulder &amp; bounce) correctly</li> <li>• I can use a range of speeds within a game to support a team in scoring.</li> <li>• I can begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</li> <li>• I can lose a defender to receive a pass.</li> <li>• I can defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</li> <li>• I can play competitive 4v4 matches with basic netball rules.</li> <li>• I can show understanding of consequences of breaking game rules.</li> <li>• <u>Communication</u></li> <li>• I can lead a small group for a pulse raiser and stretches confidently</li> <li>• I can coach and umpire small games with some consistency</li> </ul> |
| <p><b><u>Suggested enrichment ideas</u></b></p> <p>Intra School House Cup</p> <p>Intra Federation Tournament (Settle College) Autumn 1</p>   | <p><b>Fundamental skills- Football</b></p>  |
| Year 6   |   |

- Knowledge
- I know how to dribble making small touches into space with speed, to beat defenders
- I know how to use make decisions regarding how and when to send a football to someone in team.
- I know how to use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.
- I know how space changes within a game and when and how to move into changing spaces.
- I know how to draw defender away to create space.
- I know how to position my body to defend effectively, making successful interceptions.
- Skills
- I can dribble making small touches into space with speed, to beat defenders.
- I can make decisions regarding how and when to send a football to someone in team.
- I can use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.
- I can space changes within a game and when and how to move into changing spaces.
- I can draw a defender away to create space.
- I can position my body to defend effectively, making successful interceptions.
- Communication
- I can umpire competitive games consistently implementing some of the rules.

#### **Suggested enrichment ideas**

Intra School House Cup

Intra Federation Tournament (Settle College) Autumn 1

**Spring 2**

**Fundamental skills- Hockey**

| Year 4  | Year 5   |
|---|--|
| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know many of the rules of the game and can implement them honestly in a game.</li> <li>• I know simple tactics to score or keep possession against the opponents.</li> <li>• I know how to tackle safely.</li> <li>• I know how to improve my dribbling and shooting technique.</li> <li>• I know how to carry out a reverse stick.</li> <li>• I know how to send a ball on the reverse side.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can pass and receive the ball with increasing control on the forehand.</li> <li>• I can shoot and dribble with increasing consistency when in a competitive game.</li> <li>• I can help my team keep possession of the ball and move towards the attacking goal.</li> <li>• I can intercept a ball.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can umpire in an honest and fair way and implement the rules of the game.</li> <li>• I can evaluate my own and others' strengths and suggest areas for improvement.</li> <li>• I can explain what happens to my body when I warm up.</li> </ul> | <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know and understand the rules of the games and can implement them honestly most of the time.</li> <li>• I know and understand that there are different skills for different situations and I am beginning to use them in collaboration with others.</li> <li>• I know how to protect the ball from an opponent.</li> <li>• I know the skills needed to carry out a reverse pass.</li> <li>• I know how to be successful in a tackle.</li> <li>• I know how to use tactics to overcome my opponents.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can pass and receive a ball with some success under pressure.</li> <li>• I can dribble and shoot a ball at the goal with increasing success under pressure.</li> <li>• I can move into space to help my team keep possession.</li> <li>• I can often make the correct decision of when to go into a tackle and how to take a side line pass.</li> <li>• I can be competitive and show determination during the lessons.</li> <li>• I can attempt to play in different roles such as goal keeper, defence and attacker.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can recognise my own strengths and areas for development and can suggest ways to improve.</li> <li>• I can lead a partner through a short warm up routine.</li> <li>• I can coach others in order to improve their techniques.</li> </ul> |
| <p><b><u>Suggested enrichment ideas</u></b></p> <p>Inter house hockey</p>   |  |
| <p><b>Fundamental skills- Hockey</b></p>  |  |

|   |  |
|---|--|
| <p>Year 6</p>   |  |
| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to tackle safely and intercept when playing in defence.</li> <li>• I know and can implement tactics and strategies during a game.</li> <li>• I know to not pass the ball across my goal line when in defence.</li> <li>• I know how to create space for my team mates.</li> <li>• I know how to be an effective and fair referee and coach.</li> <li>• I know when it is best to use a slap/push/hit pass during the game.</li> <li>• I know I can take a free or side line pass to myself in a game.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can work collaboratively with my team to create and implement tactics such as a hit out or corner routine and can evaluate these.</li> <li>• I can pass and receive a ball with increased control and consistency under pressure.</li> <li>• I can use the rules of the game honestly and consistently.</li> <li>• I can create and use space to help my team.</li> <li>• I can use reverse stick ad hit a moving ball to create scoring chances.</li> <li>• I can work collaboratively with others so that the game runs smoothly.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can lead a small group through a short warm up routine.</li> <li>• I can umpire with honesty and accuracy.</li> <li>• I can see the strengths and areas for improvements in others' techniques and suggest ways to improve.</li> <li>• I can coach others in order to improve their techniques.</li> </ul> |  |
| <p><u>Suggested enrichment ideas</u></p> <p>Inter house hockey</p>  |  |

|   |   |
|---|---|
| <p>Year 4</p>   | <p>Year 5</p>   |
| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to select the correct running pace and technique for the event I am taking part in.</li> <li>• I know how to throw with power and accuracy.</li> <li>• I know how throw safely.</li> <li>• I know and can explore correct jumping technique when jumping for distance.</li> <li>• I know how to use the techniques learned in the unit in a competitive situation with some success.</li> </ul> | <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to select the correct running pace and technique for the event I am taking part in.</li> <li>• I know how to run for distance.</li> <li>• I know and understand the most effective jumping technique when jumping for distance.</li> <li>• I know the skills needed to carry out a pull throw.</li> <li>• I know how to use the techniques learned in the unit in a competitive situation with some success.</li> </ul>   |
| <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can use different paces when taking part in differing distances with some success.</li> <li>• I can throw an object in a safe way and with some power and accuracy.</li> <li>• I can be competitive during races and events against others in my class.</li> </ul>  | <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can appropriately select the running pace needed to complete different distances to the best of my ability. My technique will also change according to the distance/pace.</li> <li>• I can use the correct pace when completing a longer run.</li> <li>• I can perform a well-rehearsed jumping technique which is fluent and allows me to jump my furthest.</li> <li>• I can try to use a pull technique when throwing with some success.</li> <li>• I can be competitive during the lessons.</li> </ul> |
| <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can officiate in an honest and fair way when taking part in mini-competitions.</li> <li>• I can evaluate my own and others' performance, giving suggestions to improve.</li> <li>• I can be a coach/official/leader during my lessons.</li> </ul>  | <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can use appropriate terminology to evaluate performances critically.</li> <li>• I can officiate with honesty and accuracy and record the results.</li> <li>• I can coach others in order to improve their techniques.</li> </ul>   |
| <p><b><u>Suggested enrichment ideas</u></b></p> <p>Sports Day in June</p> <p>Indoor Athletics inter-Federation competition.</p>   | <p><b>Fundamental skills- Athletics</b></p>   |

|   |  |
|---|--|
| <p>Year 6</p>   |  |
| <p><u>Knowledge</u></p> <ul style="list-style-type: none"> <li>• I know how to investigate running styles and changes of speed.</li> <li>• I know the technique needed to pull-throw with power and accuracy.</li> <li>• I know how to throw safely and with understanding.</li> <li>• I know about good running technique in competitive running.</li> <li>• I know and understand the correct jumping technique for distance.</li> <li>• I know how to utilise all the techniques learned in the unit in a competitive situation with success.</li> </ul> <p><u>Skills</u></p> <ul style="list-style-type: none"> <li>• I can select the correct running style according to the speed I am going.</li> <li>• I can use my hop and torso to create a pull during my throw to gain distance.</li> <li>• I can incorporate strategies into my running to try to win a competitive race.</li> <li>• I can use many of the correct techniques to enable me to jump my furthest.</li> <li>• I can be competitive in mini-athletics events.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• I can use appropriate terminology to evaluate performances critically.</li> <li>• I can officiate with honesty and accuracy and record the results.</li> <li>• I can coach others in order to improve their techniques.</li> </ul> |  |
| <p><b><u>Suggested enrichment ideas</u></b></p> <p>Sports Day in June<br/>Indoor Athletics inter-Federation competition.</p>  |  |

**Summer 1****Fundamental skills- Cricket****Year 4**Knowledge

- I know how to use the correct attacking batting technique to place the ball.
- I know and play in different fielding positions.
- I know how to develop skills that can be applied in a competitive game (accurate throwing/batting/bowling, how to stump the wickets, field long etc..)
- I know a range of tactics that can be used in isolation and during competitive games.
- I know many of the rules of cricket, (no ball, run-out, stump out etc...)

Skills

- I can use a drive hit to place the ball into a gap with some success.
- I can play competitively in different positions to help my team beat their opponent.
- I can show consistency in my cricket skills; throwing, catching, bowling, batting, wicket keeper.
- I can use tactics to beat my opponent, such as throwing to the correct stumps to get a batter out, move the fielding positions for R and L handed batters etc...

Communication

- I can officiate in an honest and fair way when taking part in small sided, adapted games.
- I can evaluate my own and others' performance, giving suggestions to improve.
- I can be a coach/official/leader during my lessons.

**Year 5**Knowledge

- I know how to link skills together to stop an opponent (field the ball and throw it to the correct end, catch the ball and throw it back to someone at the wickets, field short to put pressure on the batter etc..)
- I know that some aspects of fitness are needed in cricket eg; flexibility, co-ordination, agility, power.
- I know how to use fielding skills to stop the ball effectively.
- I know how to control the bat.
- I know the role of the wicket keeper.
- I know how to implement tactics to overcome an opponent.

Skills

- I can throw and catch consistently under pressure.
- I can bat using a forehand drive and defensive shot to outwit my opponents.
- I can field the ball effectively and throw it to the correct in-fielder to stop runs being scored.
- I can be an effective wicket keeper by catching out and stopping the batters from running by fielding to a base.
- I can use tactics in a game successfully by working as a team eg, fielding back to the bowler to stop runners.
- I can try to implement an overarm bowling technique during closed practices.

Communication

- I can officiate in an honest and fair way when taking part in small sided, adapted games.
- I can evaluate my own and others' performance, giving suggestions to improve.
- I can be a coach/official/leader during my lessons.

Suggested enrichment ideas

Inter-school competition.

Cricket festival at Settle C.C.

Utilise Settle C.C. coaches during lessons to enhance teaching.

## Fundamental skills- Cricket

Year 6

### Knowledge

- I know how to implement and follow the cricketing rules with consistency in a conditioned game.
- I know the correct layout for a cricket pitch and how to run between the wickets.
- I know a range of tactics for attacking and defending in the roles of the batter, bowler and fielder.

### Skills

- I can follow the cricket rules during competitive games.
- I can umpire effectively, score keeping and implement the correct rules and decisions.
- I can apply the correct cricketing rules in a variety of small sided adapted games.
- I can play in small sided games and can set up my own pitch accurately.
- I can use tactics to outwit my opponents in various positions, such as, bowling using a faster, slow bowl or spin, can field deep for a long hitter, come in for a short hitter and field to second when back stop to stump a batter out.
- I can use tactics when batting in order to score runs for my team such as a forehand drive, hitting to a gap in the field.

### Communication

- I can use appropriate terminology to evaluate performances critically.
- I can umpire with honesty, consistency and accuracy and record the results.
- I can coach others in order to improve their techniques.

### Suggested enrichment ideas

Inter-school competition.

Cricket festival at Settle C.C.

Utilise Settle C.C. coaches during lessons to enhance teaching.

**Summer 2****Fundamental skills- Rounders****Year 4**Knowledge

- I know how to use a forehand batting technique to place the ball.
- I know and play in different rounders positions with some success in all positions.
- I know how to develop skills that can be applied in a competitive game (accurate throwing/batting/bowling, how to stump a post, field long etc..)
- I know a range of tactics that can be used in isolation and during competitive games.
- I know many of the rules of rounders; backwards hit, no ball, run-out, stump out.

Skills

- I can use a forehand hit to place the ball into a gap with some success.
- I can play competitively in different positions to help my team beat their opponent.
- I can show consistency in my rounders skills; throwing, catching, bowling, batting, post play and backstop.
- I can use tactics to beat my opponent, such as throwing to a post to stump out, move the fielding positions for R and L handed batters.
- I can begin to lead my team and suggest when to run and stay at a post when batting.

Communication

- I can officiate in an honest and fair way when taking part in small sided games and can implement no-balls in a loud voice with some help.
- I can evaluate my own and others' performance, giving suggestions to improve when batting and throwing/catching.
- I can be a coach/official/leader during my lessons.

Suggested enrichment ideas

Inter-Federation competition.

Rounders and BBQ night to raise school funds at LP.

**Year 5**Knowledge

- I know how to link skills together to stop an opponent (field the ball and throw it to 4<sup>th</sup> base, catch the ball and stump at 2<sup>nd</sup> then throw quickly to the bowler to raise etc..)
- I know that some aspects of fitness are needed in rounders eg; flexibility, co-ordination, agility, power.
- I know how to use fielding skills to stop the ball effectively.
- I know how to control the bat and begin to implement the backhand hit.
- I know the role of the backstop.
- I know how to implement tactics to overcome an opponent.

Skills

- I can throw and catch consistently under pressure.
- I can bat using a forehand and occasionally a backhand to outwit my opponents.
- I can field the ball effectively and throw it to the correct in-fielder to stop points being scored.
- I can be an effective backstop by catching out and stopping the batters from running by fielding to a base. By being alert and always in the ready position behind the bat.
- I can use tactics in a game successfully by working as a team eg, fielding back to the bowler to stop runners.

Communication

- I can officiate in an honest and fair way when taking part in small sided, adapted games.
- I can evaluate my own and others' performance, giving suggestions to improve.
- I can be a coach/official/leader during my lessons.

## Fundamental skills- Rounders

Year 6

### Knowledge

- I know how to implement and follow the rounders rules with consistency in a game.
- I know the correct layout for a rounders pitch and how to run round the posts.
- I know a range of tactics for attacking and defending in the roles of the batter, bowler and fielder.
- I know the rules of the game and can remind others of these rules.

### Skills

- I can follow and implement the rounders rules during competitive games.
- I can umpire effectively and implement the correct rules and decisions in an honest and fair way.
- I can play in games and can set up my own pitch accurately.
- I can use tactics to outwit my opponents in various positions, such as, bowling using a donkey drop, slow bowl or spin, can field deep for a long hitter, come in for a short hitter and field to second when back stop to stump a batter out.
- I can use tactics when batting in order to score rounders for my team such as a backhand, hitting to a gap in the field.

### Communication

- I can use appropriate terminology to evaluate performances critically.
- I can umpire with honesty, consistency and accuracy and record the results.
- I can coach others in order to improve their techniques.

### Suggested enrichment ideas

Inter-Federation competition.

Rounders and BBQ night to raise school funds at LP.

| <b>Summer 2</b>   |  | <b>Fundamental skills- Tennis</b>  |
|---|--|--|
| <b>Year 4</b>   |  | <b>Year 5</b>  |
| <u>Knowledge</u>  |  | <u>Knowledge</u>   |
| <ul style="list-style-type: none"> <li>• I know how to complete a forehand, backhand, volley and serve.</li> <li>• I know how to implement the rules of tennis into a game.</li> <li>• I know and can implement the second service rule.</li> <li>• I know how to score correctly when it is written down.</li> <li>• I know some simple tactics to outwit an opponent.</li> <li>• I know how to take part in singles and doubles games.</li> </ul>   |  | <ul style="list-style-type: none"> <li>• I know how to complete a forehand, backhand, volley and serve and begin to know when to execute each stroke.</li> <li>• I know how to successfully implement the rules of tennis into a game.</li> <li>• I know and can implement the second service rule.</li> <li>• I know how to score correctly.</li> <li>• I know some tactics to outwit an opponent.</li> <li>• I know how to take part in singles and doubles games.</li> </ul>  |
| <u>Skills</u>   |  | <u>Skills</u>  |
| <ul style="list-style-type: none"> <li>• I can use the correct techniques with to hit the ball effectively to my partner.</li> <li>• I can use tactics successfully to beat an opponent in singles games.</li> <li>• I can use the correct teaching points to serve an underarm serve with accuracy.</li> <li>• I can get myself into the ready position after each shot.</li> <li>• I can play in low scoring games and begin to use the baseline to serve from.</li> <li>• I can begin to use the backhand stroke to win points.</li> </ul> |  | <ul style="list-style-type: none"> <li>• I can use the correct techniques with to hit the ball effectively to my partner when playing a continuous rally.</li> <li>• I can use tactics successfully to beat an opponent in singles games and begin to implement them into doubles.</li> <li>• I can use the correct teaching points to serve an underarm serve with accuracy from the baseline.</li> <li>• I can get myself into the ready position after each shot.</li> <li>• I can play in full games, implementing the rules with success.</li> <li>• I can begin to use the backhand stroke to win points.</li> </ul> |
| <u>Communication</u>  |  | <u>Communication</u>   |
| <ul style="list-style-type: none"> <li>• I can umpire scoring games with in an honest and fair way.</li> <li>• I can work effectively and cooperatively with a partner to complete a rally.</li> <li>• I know and can communicate my own successes and areas of improvement.</li> <li>• I can begin to coach others to improve their techniques.</li> </ul>   |  | <ul style="list-style-type: none"> <li>• I can umpire scoring games with in an honest and fair way using the correct scoring method.</li> <li>• I can work effectively and cooperatively with a partner to complete a rally.</li> <li>• I know and can communicate my own successes and areas of improvement.</li> <li>• I can coach others to improve their techniques during practices.</li> </ul>   |
| <u><b>Suggested enrichment ideas</b></u>  |  |  |
| Sports Day in June<br>Indoor Athletics inter-Federation competition.<br>Tennis competition in Ilkley  |  |  |

## Fundamental skills- Tennis

Year 6

### Knowledge

- I know how to complete a forehand, backhand, volley and serve and know when to execute each stroke.
- I know the teaching points to an overhead serve.
- I know how to successfully implement the rules of tennis into a game.
- I know and can implement the second service rule.
- I know how to score correctly.
- I know tactics to outwit opponents in singles and doubles matches. .
- I know how to take part in singles and doubles games.
- I know when the right time to execute a volley is.

### Skills

- I can use the correct techniques with to hit the ball effectively to my partner when playing a continuous rally and begin to use top spin.
- I can use tactics successfully to beat an opponent in both singles and doubles games.
- I can use the correct teaching points to serve an underarm serve with accuracy from the baseline and begin to implement an overhead serve.
- I can get myself into the ready position after each shot.
- I can play in full singles and doubles games, implementing the rules with success.
- I can begin to use the backhand stroke to win points.

### Communication

- I can umpire scoring games with in an honest and fair way using the correct scoring method.
- I can work effectively and cooperatively with a partner to complete a rally.
- I know and can communicate my own successes and areas of improvement.
- I can coach others to improve their techniques during practices.
- I can communicate the teaching points for an overhead serve.

### Suggested enrichment ideas

Sports Day in June

Indoor Athletics inter-Federation competition.

Tennis competition in Ilkley

# Agreed End Points

| PE         | Year One   | Year Two  |
|------------|--|---|
| Games      | <ul style="list-style-type: none"> <li>• I show control when rolling a ball</li> <li>• I can hit a ball with control, using appropriate equipment</li> <li>• I can run with control</li> <li>• I can jump with control</li> <li>• I can catch a ball / moving object</li> <li>• I can kick with control</li> <li>•</li> </ul>  | <ul style="list-style-type: none"> <li>• I understand the terms 'opponent' and 'team mate'</li> <li>• I can develop basic tactics for small team games</li> <li>• I can lead others in small game situations</li> <li>• I can set myself targets to improve my performance.</li> <li>•</li> </ul>   |
| Dance      | <ul style="list-style-type: none"> <li>• I can move with control and co-ordination</li> <li>• I can link two or more actions in a sequence</li> <li>•</li> </ul>   | <ul style="list-style-type: none"> <li>• I can copy and remember moves and positions</li> <li>• I can choose appropriate movements to communicate mood / feelings / ideas</li> <li>•</li> </ul>   |
| Gymnastics | <ul style="list-style-type: none"> <li>• I can move with some control and awareness of space</li> <li>• I can link two or more actions to make a sequence</li> <li>• I can show contrasts (e.g.: small / tall, straight / curved, wide / narrow</li> <li>• I can climb safely on low level equipment</li> <li>• I can stretch and curl to develop flexibility</li> <li>• I can jump in a variety of ways and land with some</li> </ul> | <ul style="list-style-type: none"> <li>• I can copy and remember actions</li> <li>• I can travel by rolling forwards, backwards and sideways</li> <li>• I can hold a position whilst balancing on different points of my body</li> <li>• I can climb safely on large equipment</li> <li>• I can stretch and curl to develop increasing flexibility</li> <li>• I can jump in a variety of ways and land with increasing control and balance</li> </ul> |

|           |  |   |
|-----------|--|---|
|           | control and balance  | .   |
| Athletics | <ul style="list-style-type: none"> <li>• I can run at different speeds.</li> <li>• I can jump from a standing position</li> <li>• I can perform a variety of throws with basic control.</li> </ul> | <ul style="list-style-type: none"> <li>• I can change speed and direction whilst running.</li> <li>• I can jump from a standing position with accuracy.</li> <li>• I can perform a variety of throws with control and co-ordination.</li> </ul> |

| PE         | Year Three   | Year Four  |
|------------|--|--|
| Games      | <ul style="list-style-type: none"> <li>• I can throw and catch various objects / balls with control and accuracy.</li> <li>• I follow rules of games and play fairly</li> <li>• I can maintain possession of a ball</li> <li>• I can pass to teammates when appropriate</li> </ul> | <ul style="list-style-type: none"> <li>• I can strike a ball and field with control</li> <li>• I can choose appropriate tactics to cause problems for the opposition</li> <li>• I am an effective team member</li> <li>• I can lead a team effectively</li> </ul>  |
| Dance      | <ul style="list-style-type: none"> <li>• I can refine movements into sequences</li> <li>• I can change speed and level within a performance</li> <li>• I can develop suppleness through stretching</li> </ul>  | <ul style="list-style-type: none"> <li>• I can plan, perform and repeat sequences</li> <li>• I can move in a clear, fluent and expressive manner</li> <li>• I can create dances and movements that convey a clear idea</li> <li>• I can develop physical strength by practicing moves</li> <li>•</li> </ul>  |
| Gymnastics | <ul style="list-style-type: none"> <li>• I can refine movements into sequences</li> <li>• I can show changes of direction, speed and level during a performance</li> <li>• I can swing and hang from equipment safely using my hands</li> </ul>                                    | <ul style="list-style-type: none"> <li>• I can plan, perform and repeat sequences</li> <li>• I can move in a clear, fluent and expressive manner</li> <li>• I can travel in a variety of ways (e.g.: flight by transferring weight to generate power in movement)</li> <li>• I understand centre and gravity and can use this to create interesting body shapes</li> </ul> |

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| Athletics | <ul style="list-style-type: none"> <li>•I can sprint over a short distance up to 60m</li> <li>•I can use a range of throwing techniques (underarm / overarm)           <ul style="list-style-type: none"> <li>•I can compete with others</li> <li>•I can improve personal best performances</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>•I can run over a longer distance, conserving energy to sustain performance</li> <li>•I can throw with accuracy to hit a target or cover a distance</li> <li>•I can jump in a number of ways, using a run up if appropriate</li> <li>I can compete with others and aim to improve personal best performances</li> <li>.</li> </ul> |
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| PE    | Year Five  | Year Six  |
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| Games | <ul style="list-style-type: none"> <li>•I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking)</li> <li>•I can work alone or with team mates in order to gain points or possession           <ul style="list-style-type: none"> <li>•I can strike a bowled or volleyed ball with some accuracy               <ul style="list-style-type: none"> <li>• I can choose appropriate tactics for a game</li> <li>• I uphold the spirit of fair play and respect in all competitive situations</li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>•I can strike a bowled or volleyed ball with increasing accuracy</li> <li>•I can use forehand and backhand strokes in racket games</li> <li>•I can field, defend and attack tactically by anticipating the direction of play.</li> <li>•I can lead others when called upon.</li> <li>•I am a good role model to others</li> <li>.</li> </ul> |

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| Dance      | <ul style="list-style-type: none"> <li>• I can compose creative and imaginative dance sequences</li> <li>• I can express an idea in original and imaginative ways</li> <li>•</li> </ul>   | <ul style="list-style-type: none"> <li>• I can perform expressively and hold a precise and strong body posture</li> <li>• I can create and perform complex sequences</li> <li>• I can perform with high energy, slow grace or other themes and maintain this throughout a performance</li> <li>• I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands)</li> </ul>   |
| Gymnastics | <ul style="list-style-type: none"> <li>• I can create complex and well executed sequences that include a range of movements: <ul style="list-style-type: none"> <li>- travelling</li> <li>- balances</li> <li>- swinging</li> <li>- bending</li> <li>- stretching</li> <li>- twisting</li> <li>- gestures</li> <li>- linking shapes</li> </ul> </li> <li>• I can link sequences of movements effectively</li> <li>• I can practice and refine gymnastic techniques</li> </ul> | <ul style="list-style-type: none"> <li>• I can create complex and well executed sequences that include a range of movements: <ul style="list-style-type: none"> <li>- springing</li> <li>- flight</li> <li>- vaults</li> <li>- inversions</li> <li>- rotations</li> </ul> </li> <li>• shapes that are strong, fluent and expressive.</li> <li>• I can vary speed, direction, level and body rotation during floor performances</li> <li>• I can practice and refine the gymnastic techniques listed above</li> <li>• I can use equipment to vault and to swing, remaining upright</li> </ul> |
| Athletics  | <ul style="list-style-type: none"> <li>• I can combine sprinting with low hurdles over 60m</li> <li>• I can throw accurately and refine performance by analysing technique and body shape</li> <li>• I can compete with others and keep track of personal best performances, setting targets for improvement</li> </ul>   | <ul style="list-style-type: none"> <li>• I can choose the best place for running over a variety of distances <ul style="list-style-type: none"> <li>• I show control in take-off and landing when jumping</li> <li>• I compete with others and keep track of personal best performances, setting challenging targets for improvement</li> </ul> </li> </ul>  |