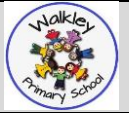




PE: CRUCIAL LEARNING



Year 1	Fundamentals	1. Explore changing direction and dodging 2. Move with controlled balance 3. Demonstrate control in taking off and landing when jumping 4. Begin to explore hopping in different directions 5. Show co-ordination when turning a rope.
Year 1	Dance 1	1. Actions can be linked to create a dance. 2. create fast and slow actions to show an idea. 3. To keep in time with partner. 4. To stand still and the start and end of a performance to show the performance has started and finished. 5. To be aware of others within the space given.
Year 1	Fitness	1. Speed and agility: To be able to run at different speeds and change direction 2. Balance: know that looking ahead will help me to balance. 3. Co-ordination: know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing. 4. Strength: understand that exercise helps me to become stronger. 5. Stamina: understand that when I move for a long time it can make me feel hot and I breathe faster.
Year 1	Ball Skills	1. To Roll and throw with some accuracy towards a target. 2. To being to catch with two hands 3. To catch after a bounce 4. To track a ball being sent directly 5. To being to dribble with hands and feet
Year 1	Sending and Receiving	1. To catch a ball with some success. 2. To roll a ball towards a target. 3. To throw a call to a partner 4. To track a ball that is coming towards me 5. To recognise changes in my body when I exercise.

Year 1	Dance 2	1. Actions can be linked to create a dance. 2. create fast and slow actions to show an idea. 3. To keep in time with partner. 4. To stand still and the start and end of a performance to show the performance has started and finished. 5. To be aware of others within the space given.
Year 1	Striking and Fielding	1. To explore striking with a ball with their hand and equipment. 2. Track and receive a ball for their team 3. To explore technique when throwing over and underarm 4. To develop coordination and technique when catching.
Year 1	Gymnastics	1. Develop travelling movements – high and low movements, travelling to different music 2. Shapes: explore basic and still shapes – straight, tuck, straddle, pike 3. Develop balances 4. Develop roll PROGRESSIONS – barrel roll, straight roll, forwards roll Develop shape jumps and safe landings
Year 1	Net and Wall	1. To explore different techniques for hitting a ball with a racket. 2. To throw a ball over a net to land into the court area. 3. To explore underarm rallying with a partner. 4. To use the ready position to move towards a ball.
Year 1	Dance 3	1. Actions can be linked to create a dance. 2. create fast and slow actions to show an idea. 3. To keep in time with partner. 4. To stand still and the start and end of a performance to show the performance has started and finished. 5. To be aware of others within the space given.
Year 1	Invasion	1. Send and receive with hands and feet to a partner 2. Explore dribbling with hands and feet 3. Change direction to move away from a partner 4. Track and move to stay with a partner 5. Use good space when playing games
Year 1	Athletics	1. Explore running at different speeds 2. Develop balance before jumping and on landing 3. Explore jump and hopping for distance 4. Explore throwing for distance and accuracy

Year 2	Fundamentals	1. Demonstrate balance when changing direction 2. Explore stability when landing 3. Demonstrate jumping for distance, height and in different directions 4. Demonstrate hopping for distance, height and in different directions 5. Explore single and double bounce hen jumping a rope.
Year 2	Target Games	1. Develop co-ordination and technique when throwing overarm at a target 2. Develop co-ordination and technique when throwing underarm at a target 3. Develop striking a ball with equipment with some consistency
Year 2	Dance 1	1. Place actions in a particular order to show the story of the dance. 2. change the way to perform actions to show an idea. 3. To use different pathways and levels in a dance 4. Use facial expressions to show the mood of a performance. 5. Use counts of 8 to stay in time with the music.
Year 2	Fitness	1. Agility: Demonstrate improved technique for running e.g. stride length, bending legs to change direction 2. Balance: Demonstrate increased balance whilst travelling over equipment, understand squeezing muscles to help balance. 3. Co-ordination: Perform actions with increased control - understand that some skills require me to move body parts at different times 4. Stamina: know that I need to run slower if running for a long period of time.
Year 2	Gymnastics	1. Shapes: know the names of the basic gymnastics shapes 2. Sequences - know that some shapes link well together to create a fluid sequence 3. Perform Balances: understand that squeezing my muscles helps me to balance. 4. Develop roll PROGRESSIONS – barrel roll, straight roll, forwards roll 5. Develop jumps and safe landings, jumping off low apparatus - understand that looking forward will help me to land with control.
Year 2	Sending and Receiving	1. To trap and cushion a ball that is coming towards me 2. To accurately throw and kick a ball to a partner. 3. To catch a ball passed to me, with and without a bounce. 4. To roll a ball to hit a target. 5. To track a ball to stop it with my hands and feet.

Year 3	Dance 2	1. Place actions in a particular order to show the story of the dance. 2. change the way to perform actions to show an idea. 3. To use different pathways and levels in a dance 4. Use facial expressions to show the mood of a performance. 5. Use counts of 8 to stay in time with the music.
Year 2	Invasion Games	1. To send and receive with increased control 2. To explore dribbling with hands and feet with increased control on the move. 3. To move into space away from defenders 4. To explore staying close to other players to try and stop them getting the ball. 5. To move with a ball towards a goal.
Year 2	Yoga	1. Remember copy and repeat sequences of taught poses 2. Show awareness in extension in taught poses 3. Demonstrate increased control in performing poses 4. Explore controlling their focus and sense of calm
Year 2	Athletics	1. Develop the sprinting action 2. Develop jumping, hopping and skipping actions 3. Explore safety in jumping for height and distance 4. Develop overarm throwing technique
Year 2	Dance 3	1. Place actions in a particular order to show the story of the dance. 2. change the way to perform actions to show an idea. 3. To use different pathways and levels in a dance 4. Use facial expressions to show the mood of a performance. 5. Use counts of 8 to stay in time with the music.
Year 2	Net and wall	1. To develop hitting a dropped ball over a net 2. To accurately feed an underarm throw over a net to a partner. 3. To explore underarm rallying with a partner catching after one bounce. 4. To consistently use the ready position to move towards a ball.
Year 3	Fundamentals	1. Change direction showing an increase and decrease of speed. 2. Demonstrate balance when performing fundamental skills 3. Linking hopping and jumping skills (can I hop into a jump) 4. Jump and turn a skipping rope
Year 3	Football	1. To dribble a ball abiding by the rules of the game under some pressure.

		2. To develop movement skills to lose a defender. 3. To shoot on target within invasion games. 4. Track opponents to limit their scoring opportunities. 5. Move with a ball towards a goal with control.
Year 3	Dance 1	1. To work collaboratively in a group to decide on the best actions for dance 2. perform actions differently to help show effect. 3. Use space to help dance flow. 4. To know formation means the same as it does in other activities such as football, basketball and rugby.
Year 3	Gymnastics	1. Shapes: explore matching and contrasting shapes. Understand how to use body tension to make my shapes look better. 2. Balances: explore point and patch balances and transition smoothly into and out of them. 3. Rolls: develop the straight, barrel, and forward roll. 4. Jumps: develop stepping into shape jumps with control. Understand that I can change the take off and shape of my jumps to make them look interesting. 5. Strategy: know that if I use different levels it will help to make my sequence look interesting.
Year 3	Golf	1. To hold equipment correctly 2. To show how to aim with a putting club 3. Strike a ball with increased consistency
Year 3	Netball	1. To send and receive a ball to a partner abiding by the rules of the game. 2. To develop movement skills to lose a defender. 3. To shoot with a range of actions within invasion games. 4. To track opponents to limit with scoring opportunities.
Year 3	Dance 2	1. To work collaboratively in a group to decide on the best actions for dance 2. perform actions differently to help show effect. 3. Use space to help dance flow. 4.to know formation means the same as it does in other activities such as football, basketball and rugby.
Year 3	Hockey	1. To send and receive a ball abiding the rules of the game. 2. To dribble the ball abiding by the rules of the game under some pressure. 3. To develop movement skills to lose a defender. 4. To track opponents to limit their scoring opportunities. 5. To move with a ball towards a goal with control.

Year 3	Tennis	1. Begin to practise returning the ball using forehand and backhand shots 2. Begin to learn how to do an underarm serve 3. Begin to learn rallying the ball using forehand shots 4. Consistently use footwork and return to ready position between shots
Year 3	Cricket	1. Strike a bowled ball using different equipment 2. Use bowling and fielding skills to include a two-hand pick up and long and short barriers 3. Use overarm and underarm throwing in game situations 4. Catch with some consistency in game situations
Year 3	Dance 3	1. To work collaboratively in a group to decide on the best actions for dance 2. perform actions differently to help show effect. 3. Use space to help dance flow. 4.to know formation means the same as it does in other activities such as football, basketball and rugby.
Year 3	Athletics	1. Develop the sprinting technique and apply to races 2. Use different take off positions to develop jumping for distance 3. Explore the technique for a pull throw
Year 4	Basketball	1. Develop passing to a teammate using a variety of techniques 2. Develop control whilst dribbling 3. Develop decision making, understanding when to pass and shoot 4. Develop 1on1 defending and know when to win the ball 5. Understand when to move into space to help team progression
Year 4	Gymnastics	1. Shapes: develop the range of shapes I use in my sequences. 2. Inverted movements: develop strength in bridge and shoulder stand. 3. Balances: develop control and fluency in individual and partner balances. 4. Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control. 5. Jumps: develop control in performing and landing rotation jumps.
Year 4	Dance 1	1. think carefully about dance actions to show dance idea. 2. Use space to show and express a character mood 3. Think carefully about the relationship shown between characters in the dance performance. 4. Think carefully about dynamics used between certain characters.

Year 4	Handball	1. Develop passing to a teammate using a variety of techniques 2. Develop control whilst dribbling under pressure 3. Develop decision making around when to pass and shoot 4. Develop one on one defending and know when to win the ball 5. Understand when to move into a space to help team maintain possession
Year 4	Athletics	1. Understanding speed and pace in relation to distance 2. Develop power and speed in a running technique 3. Develop an effective technique to when jumping for distance and height. 4. Demonstrate a technique for throwing for distance
Year 4	Rounders	1. Begin to catch with one hand with consistency 2. Use underarm and overarm throwing in game situations 3. Develop bowling with some consistency 4. Develop a consistent batting technique
Year 4	Dance 2	1. think carefully about dance actions to show dance idea. 2. Use space to show and express a character mood 3. Think carefully about the relationship shown between characters in the dance performance. 4. Think carefully about dynamics used between certain characters.
Year 4	Tag Rugby	1. To pass to a team mate using a variety of techniques to the game. 2. To develop control whilst dribbling under pressure. 3. To develop decision making around when to pass and when to shoot 4. To develop defending one on one and know when to win the ball 5. Move into space to help their team keep possession and score goals.
Year 4	Dance 3	1. think carefully about dance actions to show dance idea. 2. Use space to show and express a character mood 3. Think carefully about the relationship shown between characters in the dance performance. 4. Think carefully about dynamics used between certain characters.

Year 4	Swimming	1. swim competently, confidently and proficiently over a distance of at least 25 metres 2. use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. perform safe self-rescue in different water-based situations
Year 5	Dance 1	1. Select actions and develop sequences in a specific dance style. 2. Select dynamics and show them in the specific dance style chosen. 3. Think carefully about use of body on the and in the air. 4. Use a specific dance style to show mood and relationships between characters.
Year 5	Netball	1. To develop control with sending and receiving under pressure. 2. To create tactics with others and apply them to a game situation. 3. To track and mark with a variety of techniques and increased success. 4. To move and create space for themselves and others in their team.
Year 5	Volleyball	1. Develop the range of shots used in game play 2. Develop the range of serving techniques used in game play 3. Use a variety of shots to keep a continuous rally 4. Demonstrate effective footwork patterns to move around the court
Year 5	Football	1. Send and receive a ball while under pressure. 2. Apply a variety of dribbling techniques to game situations. 3. Create tactics with others and apply them to game situations 4. Apply tracking and marking with a variety of techniques. 5. To create space for themselves and others and their team.
Year 5	Dance 2	1. Select actions and develop sequences in a specific dance style. 2. Select dynamics and show them in the specific dance style chosen. 3. Think carefully about use of body on the and in the air. 4. Use a specific dance style to show mood and relationships between characters.
Year 5	Fitness	1. Speed and agility – running with increased rhythm and consistent stride length, change direction more fluently 2. Demonstrate improved balance and coordination – e.g. changing body position, speed, centre of gravity 3. Strength: moving quickly with the maximum force will get the maximum amount of power, distance or speed. 4. Speed and Stamina: Identify the best pace for a set distance or time, understand that keeping a steady breath will help me to move for longer

Year 5	Dodgeball	1. Demonstrate clear technique when throwing under pressure 2. Demonstrate good technique and consistence in catching skills under pressure 3. Use wider striking technique and being to use them under pressure
Year 5	Gymnastics	1. Shapes: perform shapes consistently and fluently linked with other gymnastic actions. 2. Inverted movements: explore progressions of a cartwheel. 3. Balances: explore symmetrical and asymmetrical balances. 4. Rolls: develop control in the straight, barrel, forward, straddle and backward roll. 5. Jumps: select a range of jumps to include in sequence work.
Year 5	Dance 3	1. Select actions and develop sequences in a specific dance style. 2. Select dynamics and show them in the specific dance style chosen. 3. Think carefully about use of body on the and in the air. 4. Use a specific dance style to show mood and relationships between characters.
Year 5	Athletics	1..Effectively apply speeds appropriate for different events 2. Develop power, control and consistently in jumping for distance 3. Develop a rhythm in the triple jump 4. Develop power and technique when throwing a shot put and javelin
Year 5	Tennis	1. Develop the range of shots used in games – decide which shots would be best 2. Develop their range of serving techniques, appropriate to the game they are playing 3. Use a variety of shots to keep a continuous rally 4. Demonstrate effective footwork to move around the court
Year 5	Cricket	1. To explore defensive and driving hitting techniques and directional batting. 2. Develop over and underarm bowling technique. 3. Demonstrate clear technique when using a variety of throws under pressure. 4. Apply catching skills to game situations
Year 6	Tag Rugby	1. To develop making quick decisions about when, how and who to pass to. 2. To dribble consistently using a range of techniques with increasing control under pressure 3. Create attacking tactics with others in response to the game 4. Create and apply defending tactics with others 1. Move to the correct space when transitioning from attack to defence

Year 6	Basketball	1. Develop quick decision making about when and how to make passes 2. Dribble consistently using a range of techniques 3. Develop attacking tactics working as a team 4. Explore defending tactics working as a team 5. Understand moving into correct when transitioning between attacking and defending
Year 6	Dance 1	1. Consider improving and extending action to tell the audience what is happening. 2. Select a variety of dynamics to take the audience on a journey. 3. Combine space and relationship with a prop to express your dance idea.
Year 6	Handball	1. Develop quick decision making about effective passing (when and who) 2. To dribble consistently using a range of techniques with increasing control under pressure. 3. To create attacking tactics with others. 4. To create and apply defending tactics with others. 5. To move to correct space when transitioning from attack to defence.
Year 6	Gymnastics	1. Shapes: combine and perform gymnastic shapes more fluently and effectively. 2. Inverted movements: develop control in progressions of a cartwheel bridge and shoulder stand 3. Balances: explore counter balance and counter tension. 4. Rolls: develop fluency and consistency in the straddle, forward and backward roll. 5. Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.
Year 6	Badminton	1. Use correct technique in selecting and applying appropriate shot for the situation 2. Serve acutely and consistently and being to apply tactics 3. To successfully apply a variety of shots to keep a continuous rally 4. To demonstrate a variety of footwork patterns relevant to the game they are playing
Year 6	Hockey	1. To make quick decisions about when, how and who to pass to. 2. To dribble consistently using a range of techniques with increasing control under pressure. 3. To create attacking tactics with others. 4. To create and apply defending tactics with others. 5. To move to correct space when transitioning from attack to defence.
Year 6	Dance 2	1. Consider improving and extending action to tell the audience what is happening. 2. Select a variety of dynamics to take the audience on a journey. 3. Combine space and relationship with a prop to express your dance idea.

Year 6	Golf	1. To understand the rules of the game 2. To show control and distance when chipping and putting 3. Develop a wide range of striking techniques and begin to use them under pressure.
Year 6	Athletics	1. Have a clear understanding of pace and use it develop their own sprinting technique 2. Develop power and control in the triple jump 3. Develop power and technique for throwing a discus and a shot put.
Year 6	Dance 3	1. Consider improving and extending action to tell the audience what is happening. 2. Select a variety of dynamics to take the audience on a journey. 3. Combine space and relationship with a prop to express your dance idea.
Year 6	Rounders	1. Consistently demonstrate good technique when catching in game situations 2. Consistently make good decisions on who and where to pass to get batters out 3. Strike a bowled ball with increased accuracy