



PHYSICAL EDUCATION PROGRESSION: Disciplinary and Substantive knowledge

Motor Competence					
	KS1	Year 3	Year 4	Year 5	Year 6
Athletics (Running, Jumping, Throwing)	<ul style="list-style-type: none"> -Develop the sprinting action. -Demonstrate running at different speeds -Demonstrate balance when changing direction. -Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. -Know that I take shorter steps to jog and bigger steps to run. -Know that putting weight into the front of my feet helps me to stop in a balanced position. -Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. -Know that swinging my arms forwards will help me to jump further. -Develop overarm throwing for distance. 	<ul style="list-style-type: none"> -Develop the sprinting technique and apply it to relay events. -Change direction. Show an increase and decrease in speed. -Understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. -Develop technique when jumping for distance in a range of approaches and take off positions. -Know that if I jump and land in quick succession, the momentum will help me to jump further. -Explore the technique for a pull throw. -Understand that the speed of the movement helps to create power. 	<ul style="list-style-type: none"> -Develop an understanding of speed and pace in relation to distance. -Develop power and speed in the sprinting technique. -Change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate. -Understand that I need to pace myself when running further or for a long period of time. -Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. -Understand that a change of direction and speed can help to get past or away from an opponent. -Develop technique when jumping for distance. 	<ul style="list-style-type: none"> -Apply fluency and co-ordination when running for speed in relay changeovers. -Effectively apply speeds appropriate for the running event. -Demonstrate improved body posture and balance when changing direction. Accelerate and decelerate appropriately for the situation. -Understand that taking big consistent strides will help to create a rhythm that allows me to run faster. -Understand that keeping a steady breath will help me when running longer distances. -Understand that to change direction, I push off my outside foot and turn my hips. -Explore technique and rhythm in technical jumps. 	<ul style="list-style-type: none"> -Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. -Adapt running technique to meet the needs of the distance. -Change direction with a fluent action. Transition smoothly between varying speeds. - Understand that I need to prepare my body for running and know the muscle groups I will need to use. -Know that speed can be improved by training and know which speed to select for the distance. -Know that running develops stamina and speed and both can be improved by training over time. -Develop power, control and technique in technical jumps.

	<p>-Know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p>		<p>-Understand that transferring weight will help me to jump further.</p> <p>-Explore power and technique when throwing for distance in a pull and heave throw.</p> <p>-Understand that transferring weight will help me to throw further.</p>	<p>-Know that if I drive my knees high and fast I can build power and therefore distance in my jumps.</p> <p>-Develop technique and power in javelin and shot put.-Know how to transfer my weight in different throws to increase the distance.</p>	<p>-Understand that a run up builds speed and power and enables me to jump further.</p> <p>-Develop power, control and technique when throwing.</p> <p>-understand that I need to prepare my body for throwing and know the muscle groups I will need to use.</p>
<p>Ball Skills</p>	<p>-Roll, throw and kick a ball to hit a target.</p> <p>-Know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>-Developing sending &receiving with increased control.</p> <p>-Know to control the ball before sending it.</p> <p>-Develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>-Know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p>-Develop co-ordination and technique when</p>	<p>-Send a ball with accuracy and increasing consistency to a target.</p> <p>-Know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>-Catch a range of objects with increasing consistency.</p> <p>-Know to move my feet to the ball.</p> <p>-Begin to catch whilst on the move.</p> <p>-Know that beginning in a ready position will help me to react to the ball.</p> <p>-Explore throwing at a moving target.</p> <p>-Know to throw slightly ahead of a moving target.</p>	<p>-Accurately use a range of techniques to send a ball to a target.</p> <p>-Know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.</p> <p>-Develop passing techniques appropriate to the game with increasing success.</p> <p>-Know that cushioning a ball will help me to control it when receiving it.</p> <p>-Catch different sized objects with increasing consistency with one and two hands.</p>	<p>-Demonstrate clear technique when sending a ball under pressure.</p> <p>-Know that not having a defender between myself and a ball carrier enables me to sending & receiving with better control.</p> <p>-Know that controlling a ball before sending it will allow me to send it accurately.</p> <p>-Demonstrate good catching technique under pressure.</p> <p>-Understand when to use different types of catching</p> <p>-Demonstrate clear technique and accuracy when throwing at a target.</p>	<p>-Show good technique when sending a ball with increasing control, accuracy and consistency under pressure.</p> <p>-Understand and make quick decisions about when, how and who to pass to.</p> <p>-Demonstrate increasing consistency of catching under pressure in a variety of game situations.</p> <p>-Know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball.</p> <p>-Know that I need to make quick decisions on if to catch or if to dodge the ball.</p>

<p>throwing overarm towards a target.</p> <ul style="list-style-type: none"> -Develop co-ordination and technique when throwing underarm towards a target. -Know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power. -Consistently track and collect a ball being sent directly. -Know that it is easier to move towards a ball to track it than chase it. <p>-Explore dribbling with hands and feet with increasing control on the move.</p> <ul style="list-style-type: none"> -Know to keep my head up when dribbling to see space/opponents. 	<ul style="list-style-type: none"> -Track a ball not sent directly. -Know that using a ready position will help me to react to the ball. <p>-Dribble a ball with hands and feet with control.</p> <ul style="list-style-type: none"> -Know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders. 	<ul style="list-style-type: none"> -Know to adjust my hands to the height of the ball. -Know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently. <p>-Throw with increasing accuracy at a target.</p> <ul style="list-style-type: none"> -Know that one-handed throws are used for speed and accuracy. -Know that keeping my elbow high and stepping with my opposite foot will help to increase the power. <p>-Consistently track a ball sent directly and indirectly.</p> <ul style="list-style-type: none"> -Know that tracking a ball is an important skill used in games activities and be able to give examples of this. <p>-Dribble a ball with increasing control and co-ordination.</p> <ul style="list-style-type: none"> -Link dribbling the ball with other actions and change direction whilst dribbling with some control. 	<ul style="list-style-type: none"> -Know to aim low to make it difficult for an opponent to catch. <p>-Demonstrate a range of techniques when tracking and collecting a ball.</p> <ul style="list-style-type: none"> -Know that tracking a ball will help me to collect/stop/receive it quickly and successfully. <p>-Dribble with some control under pressure.</p> <ul style="list-style-type: none"> -Know that dribbling in different directions will help me to lose a defender in game situations. 	<ul style="list-style-type: none"> -Throw with increasing control under pressure. -Know who to throw at and when to throw in order to get opponents out. <p>-Demonstrate a wider range of techniques when tracking a ball under pressure.</p> <ul style="list-style-type: none"> -Know how to track a ball for different situations, considering trajectory, speed, height and size of the ball. <p>-Dribble consistently using a range of techniques with increasing control under pressure.</p> <ul style="list-style-type: none"> -Choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
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Dance	<ul style="list-style-type: none"> -Accurately remember, repeat and link actions to express an idea. -Know that sequencing actions in a particular order will help me to tell the story of my dance. -Develop an understanding of dynamics. -Understand that I can change the way I perform actions to show an idea. -Develop the use of pathways and travelling actions to include levels. -Know that I can use different directions, pathways and levels in my dance. -Explore working with a partner using unison, matching and mirroring. -Know that using counts of 8 will help me to stay in time with my partner and the music. 	<ul style="list-style-type: none"> -Create actions in response to a stimulus individually and in groups. -Understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance. -Use dynamics effectively to express an idea. -Understand that all actions can be performed differently to help to show effect. -Use direction to transition between formations. -Understand that I can use space to help my dance to flow. -Develop an understanding of formations. 	<ul style="list-style-type: none"> -Respond imaginatively to a range of stimuli related to character and narrative. -Understand that some actions are better suited to a certain character, mood or idea than others. -Change dynamics confidently within a performance to express changes in character. -Understand that some dynamics are better suited to a certain character, mood or idea than others. -Confidently use changes in level, direction and pathway. -Understand that space can be used to express a certain character, mood or idea. -Use action and reaction to represent an idea. 	<ul style="list-style-type: none"> -Choreograph dances by using, adapting and developing actions and steps from different dance styles. -Understand that different dance styles utilise selected actions to develop sequences in a specific style. -Confidently use dynamics to express different dance styles. -Understand that different dance styles utilise selected dynamics to express mood. -Confidently use direction and patterning to express different dance styles. -Understand that space relates to where my body moves both on the floor and in the air. -Confidently use formations, canon and 	<ul style="list-style-type: none"> -Show controlled movements which express emotion and feeling. -Understand that actions can be improved with consideration to extension, shape and recognition of intent. -Explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. -Understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea. -Use a variety of compositional principles when creating my own dances. - Know that combining space and relationships

		-Understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.	-Understand that some relationships are better suited to a certain character, mood or idea than others.	unison to express a dance idea. -Understand that different dance styles utilise selected relationships to express mood.	with a prop can help me to express my dance idea.
Fitness (Agility, balance, co-ordination, strength)	<p>-Demonstrate improved technique when changing direction on the move. -Know using small quick steps helps me to change direction.</p> <p>-Demonstrate increased balance whilst travelling along and over equipment. -Understand that I can squeeze my muscles to help me to balance.</p> <p>-Perform actions with increased control when co-ordinating my body with and without equipment. -Understand that some skills require me to move body parts at different times such as skipping.</p> <p>-Demonstrate increased control in body weight exercises.</p>	<p>-Show balance when changing direction. -Understand how agility helps us with everyday tasks.</p> <p>-Explore more complex activities which challenge balance. -Demonstrate balance when performing other fundamental skills. -Understand how balance helps us with everyday tasks.</p> <p>-Co-ordinate my body with increased consistency in a variety of activities. -Understand how co-ordination helps us with everyday tasks.</p> <p>-Explore building strength in different muscle groups. -Know that when completing strength activities they need to be</p>	<p>-Show balance when changing direction at speed. -Know that keeping my elbows bent when changing direction will help me to stay balanced.</p> <p>-Show control whilst completing activities which challenge balance. -Demonstrate good balance and control when performing other fundamental skills. -Understand that I need to squeeze different muscles to help me to stay balanced in different activities.</p> <p>-Explore increased speed when co-ordinating my body. -Understand that if I begin in a ready position I can react quicker.</p> <p>-Develop building strength in different muscle groups.</p>	<p>-Demonstrate improved body posture and speed when changing direction. -Understand that to change direction I push off my outside foot and turn my hips.</p> <p>-Change my body position to maintain a controlled centre of gravity. -Consistently demonstrate good balance when performing other fundamental skills. -Understand that dynamic balances are harder than static balances as my centre of gravity changes. -Understand that balance is a skill used in many different activities and everyday life.</p> <p>-Demonstrate increased speed when co-ordinating my body.</p>	<p>-Change direction with a fluent action and transition smoothly between varying speeds. -Understand that agility requires speed, strength, good balance and co-ordination.</p> <p>-Show fluency and control when travelling, landing, stopping and changing direction. -Know where and when to apply force to maintain control and balance. -Know that balance underpins many skills in PE and everyday life and this feels different in different situations.</p> <p>-Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. -Understand that co-ordination also requires</p>

	<p>-Know that strength helps us with everyday tasks such as carrying our school bag</p> <p>-Show an ability to work for longer periods of time.</p> <p>-Know that I need to run slower if running for a long period of time.</p>	<p>performed slowly and with control to help me to stay safe.</p> <p>-Explore using my breath to increase my ability to work for longer periods of time.</p> <p>-Understand how stamina helps us in other life activities.</p>	<p>-Understand that strength comes from different muscles and know how I can improve my strength.</p> <p>-Demonstrate using my breath to maintain my work rate.</p> <p>-Understand that I need to pace myself when running further or for a long period of time.</p>	<p>-Understand that people will have varying levels of co-ordination and that I can get better with practice.</p> <p>-Demonstrate increased technique in body weight exercises.</p> <p>-Know the muscles I am using by name.</p> <p>-Use a steady pace to be able to move for sustained periods of time.</p> <p>-Understand that keeping a steady breath will help me to move for longer periods of time.</p>	<p>good balance and know how to achieve this.</p> <p>-Complete body weight exercises for increased repetitions with control and fluency.</p> <p>-Understand that I can build up my strength by practicing in my own time.</p> <p>-Use my breath to increase my ability to move for sustained periods of time.</p> <p>-Know which exercises can develop stamina and understand that it can be improved by training over time.</p>
<p>Fundamentals (hopping, skipping)</p>	<p>-Demonstrate hopping for distance, height and in different directions.</p> <p>-know that if I look straight ahead it will stop me falling over when I land.</p> <p>-Explore single and double bounce when jumping in a rope.</p> <p>-know that I should swing opposite arm to leg to help me balance when skipping without a rope.</p>	<p>-Link jumping and hopping actions.</p> <p>Skipping:</p> <p>-know that if I jump and land in quick succession, momentum will help me to jump further.</p> <p>-Jump and turn a skipping rope.</p> <p>-Understand that I should turn the rope from my wrists with wide hands to create a gap to step through.</p>	<p>-Link hopping and jumping actions with other fundamental skills.</p> <p>-know that swinging my non-hopping foot helps to create momentum.</p> <p>-Consistently skip in a rope.</p> <p>-Understand that keeping my chest up helps me to stay balanced.</p>	<p>-Demonstrate good technique and co-ordination when linking jumps.</p> <p>-Understand that there are different techniques for different situations.</p> <p>-Show a range of skills when skipping in a rope.- Understand that people will have varying levels of skipping ability and that I can get better with practice.</p>	<p>-Demonstrate good technique when jumping and hopping for distance and height. Fluently link jumps together.</p> <p>-Understand when to jump for height or jump for distance in different activities and what to do to achieve this.</p> <p>-Consistently show a range of skills when skipping in a rope.</p>

					-Understand that skipping helps to develop co-ordination, stamina and balance.
Gymnastics	<p>-Explore using shapes in different gymnastic balances. -Know that some shapes link well together.</p> <p>-Remember, repeat and link combinations of gymnastic balances. -Understand that squeezing my muscles helps me to balance.</p> <p>-Explore barrel, straight and forward roll and put into sequence work. -Understand that there are different teaching points for different rolls.</p> <p>-Explore shape jumps and take off combinations. -Understand that looking forward will help me to land with control.</p> <p>-Know that if I use shapes that link well together it will help my sequence to flow.</p>	<p>-Explore matching and contrasting shapes. -Understand how to use body tension to make my shapes look better.</p> <p>-Explore point and patch balances and transition smoothly into and out of them. -Understand that I can make my balances look interesting by using different levels.</p> <p>-Develop the straight, barrel, and forward roll. -Understand the safety considerations when performing more difficult rolls.</p> <p>-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.</p> <p>-Know that if I use different levels it will help to make my</p>	<p>-Develop the range of shapes I use in my sequences. -Understand how shapes can be used to improve my sequence.</p> <p>-Develop strength in bridge and shoulder stand. -Know that inverted movements are actions in which my hips go above my head.</p> <p>-Develop control and fluency in individual and partner balances. -Know how to keep myself and others safe when performing partner balances</p> <p>-Develop the straight, barrel, forward and straddle roll and perform them with increased control. -Understand that I can keep the shape of my roll using body tension.</p> <p>-Develop control in performing and landing</p>	<p>-Perform shapes consistently and fluently linked with other gymnastic actions. -Understand that shapes underpin all other skills.</p> <p>-Explore progressions of a cartwheel. -Understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p>-Explore symmetrical and asymmetrical balances. -Understand how to use contrasting balances to make my sequences look interesting.</p> <p>-Develop control in the straight, barrel, forward, straddle and backward roll. -Understand that I need to work within my own capabilities and this may be different to others.</p>	<p>-Combine and perform gymnastic shapes more fluently and effectively. -Know which shapes to use for each skill.</p> <p>-Develop control in progressions of a cartwheel and a headstand. -Understand that spreading my weight across a base of support will help me to balance.</p> <p>-Explore counter balance and counter tension. -Know where and when to apply force to maintain control and balance.</p> <p>-Develop fluency and consistency in the straddle, forward and backward roll. -Understand that I can use momentum to help me to roll and know where that momentum from.</p>

		<p>sequence look interesting.</p>	<p>rotation jumps. -Know that I can control my landing by landing toes first, looking forwards and bending my knees. -Know that if I use different directions it will help to make my sequence look interesting.</p>	<p>-Select a range of jumps to include in sequence work. -Understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting. -Know that if I use different pathways it will help to make my sequence look interesting.</p>	<p>-Combine and perform a range of gymnastic jumps more fluently and effectively. -Understand that taking off from two feet will give me more height and therefore more time in the air. -Know that if I use changes in formation it will help to make my sequence look interesting.</p>
<p>Net and Wall Games (net and wall, tennis, volleyball and badminton)</p>	<p>-Develop hitting a dropped ball over a net. -Know to watch the ball as it comes towards me to help me to prepare to hit it. -Accurately underarm throw over a net to a partner. -Know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it. -Explore underarm rallying with a partner catching after one bounce. -Know that sending the ball towards my partner</p>	<p>-Explore returning a ball using shots such as the forehand and backhand. -Know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. -Explore rallying using a forehand. -Know that hitting towards my partner will help them to return the ball easier and keep the rally going. -Consistently use and return to the ready position in between shots. -Know that moving to the middle of my court will</p>	<p>-Demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. -Understand when to play a forehand and a backhand and why. -Develop rallying using both forehand and backhand with increased technique. -Know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot. -Begin to use appropriate footwork patterns to move around the court.</p>	<p>-Develop the range of shots used in a variety of games. -Know which skill to choose for the situation e.g. a volley if the ball is close to the net. -Develop the range of serving techniques appropriate to the game. -Know that serving is how to start a game or rally and use the rules applied to the activity for serving. -Use a variety of shots to keep a continuous rally. -Know that playing the appropriate shot will help to keep the rally going. Know that control is</p>	<p>-Demonstrate increased success and technique in a variety of shots. -Understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court. -Serve accurately and consistently. -Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p>

	<p>will help me to keep a rally going.</p> <p>-Consistently use the ready position to move towards a ball.</p> <p>-Know that using a ready position helps me to react quickly and return/catch a ball.</p>	<p>enable me to cover the most space.</p>	<p>-Know that getting my feet in the right position will help me to balance before playing a shot.</p>	<p>more important than power to keep a rally going.</p> <p>-Demonstrate effective footwork patterns to move around the court.</p> <p>-Know that using small, quick steps will allow me to adjust my stance to play a shot.</p>	<p>-Successfully apply a variety of shots to keep a continuous rally.</p> <p>-Understand how to play different shots depending on if a rally is co-operative or competitive.</p> <p>-Demonstrate a variety of footwork patterns relevant to the game I am playing.-Know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p>
<p>Striking and fielding, (cricket, golf and rounders)</p>	<p>-Develop striking a ball with their hand and equipment with some consistency.</p> <p>-Understand the role of a batter. Know that striking quickly will increase the power.</p> <p>-Know to finish with my object/hand pointing at my target.</p> <p>-Develop tracking a ball and decision making with the ball.</p> <p>-Understand that there are different roles within a fielding team. Know to move towards the ball to</p>	<p>-Begin to strike a bowled ball after a bounce with different equipment.</p> <p>-Begin to strike a ball with accuracy and balance. -Know that striking to space away from fielders will help me to score.</p> <p>-Know that using a bigger swing will give me more power.</p> <p>-Explore bowling to a target and fielding skills to include a two-handed pick up.</p>	<p>-Develop batting technique with a range of equipment.</p> <p>-Strike a ball with increasing consistency. - Know that using the centre of the bat will provide the most control and accuracy.</p> <p>-Know that using a smooth action will help to increase accuracy.</p> <p>-Develop bowling with some consistency, abiding by the rules of the game.</p> <p>-Know that it easier to field a ball that is coming towards me rather than</p>	<p>-Explore defensive and driving hitting techniques and directional batting.</p> <p>-Understand that stance is important to allow me to be balanced as I hit.</p> <p>-Develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p>-Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>-Demonstrate good technique when using a</p>	<p>-Strike a bowled ball with increasing accuracy and consistency.</p> <p>-Understand that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>-Know which skill to select for the situation.</p> <p>-Use a wider range of fielding skills with increasing control under pressure.</p> <p>-Know which fielding action to apply for the situation.</p> <p>-Consistently demonstrate good</p>

	<p>collect it to limit a batter's points.</p> <p>-Develop co-ordination and technique when throwing over and underarm.</p> <p>-Know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>-Catch with two hands with some co-ordination and technique.-Know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p>	<p>-Know to look at where a batter is before deciding what to do.</p> <p>-Use overarm and underarm throwing in game situations.</p> <p>-Know to communicate with teammates before throwing them a ball.</p> <p>-Know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>-Catch with some consistency in game situations.-Know to move my feet to the ball.</p>	<p>away so set up accordingly.</p> <p>-Use overarm and underarm throwing with increased consistency in game situations.</p> <p>-Understand that being balanced before throwing will help to improve the accuracy of the throw.</p> <p>-Begin to catch with one and two hands with some consistency in game situations.-Know to track the ball as it is thrown to help to improve the consistency of catching.</p>	<p>variety of throws under pressure.</p> <p>-Understand where to throw the ball in relation to where a batter is.</p> <p>-Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p> <p>-Understand when to use a close catch technique or deep catch technique.</p>	<p>technique in throwing skills under pressure.</p> <p>-Consistently demonstrate good technique in catching skills under pressure.</p> <p>-Consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p>
Swimming	<p>-Begin to use arms and legs together, more effectively across the water unaided.</p> <p>-Understand that moving my arms quickly will help me to pass through the water.</p> <p>-Begin to explore breathing in sync with my kicking action.</p> <p>-Know that when I swim, I inhale through my mouth when my face is above water and exhale through my mouth or</p>	<p>-Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>-Know that lifting my hips will help me to stay afloat whilst swimming.</p> <p>-Begin to explore front crawl breathing technique.</p> <p>-Know that turning my head to the side to breathe will allow me to</p>	<p>-Develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>-Understand that keeping my legs together for crawl helps me to stay straight in the water.</p> <p>-Demonstrate improved breathing technique in front crawl.</p> <p>-Know that breathing out with a slow consistent breath enables me to</p>	<p>-Demonstrate increased technique in a range of stokes, swimming over a distance of 25m.</p> <p>-Understand that pulling harder through the water will enable me to travel the distance in fewer strokes and travel faster.</p> <p>-Explore underwater breaststroke breathing technique over a distance of 25m.</p> <p>-Know that breathing every three strokes helps to balance my stroke and</p>	<p>-Identify my personal best in a range of strokes. Successfully select and apply my fastest stroke over a distance of 25m.</p> <p>-Understand that making my body streamlined helps me to glide through the water.</p> <p>-Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p> <p>-Understand that the more I practice my</p>

	<p>nose when my face is underwater.</p> <p>-Demonstrate an awareness of water safety and float on my front and on my back.</p> <p>-Understand that floating uses less energy than swimming.</p>	<p>swim with good technique.</p> <p>-Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p> <p>-Know that treading water enables me to keep upright and in the same space.</p>	<p>swim for longer before needing another breath.</p> <p>-Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p> <p>-Know what to do if I fall in the water.</p>	<p>allows me to practise breathing on both sides.</p> <p>-Explore safety techniques to include the H.E.L.P and huddle positions.-Know that a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers.</p>	<p>breathing in the water, the more my heart and lungs can work effectively and aid my muscles with the ability to utilise oxygen when swimming.</p> <p>-Perform a variety of survival techniques.- Know which survival technique to use for the situation.</p>
Yoga	<p>-Remember, copy, and repeat sequences of linked poses.</p> <p>-Understand that I can squeeze my muscles to help me to balance.</p> <p>-Show increased awareness of extension in poses.</p> <p>-know that flexibility helps us to stretch our muscles and increase the movement in our joints.</p> <p>-Demonstrate increased control in performing poses.</p> <p>-Know that strength helps us with everyday tasks such as carrying our school bag.</p> <p>-Explore controlling my focus and sense of calm.</p>	<p>-Demonstrate increased control when in poses.</p> <p>-Understand that if I use the whole of the body part in contact with the floor, it will help me to balance.</p> <p>-Explore poses and movement in relation to my breath.</p> <p>-Know that if I move as I breathe out I can stretch a little bit further.</p> <p>-Explore arm balances with some control.</p> <p>-Understand that I need to use different muscles for different poses.</p> <p>-Develop my ability to stay still and keep my focus.</p>	<p>-Explore using my breath to maintain balance within a pose.</p> <p>-Understand that if I move with my breath it will help me to balance.</p> <p>-Demonstrate increased extension in poses.</p> <p>-Understand which body parts I am trying to extend in different poses.</p> <p>-Demonstrate increased control and strength when in a pose.</p> <p>-Understand that people have different levels of strength.</p> <p>-Engage with mindfulness activities with increased focus.</p>	<p>-Use my breath to maintain balance within an individual and partner pose.</p> <p>-Understand that I need to apply force to maintain balance in a partner pose.</p> <p>-Develop flexibility by connecting movement with breath.</p> <p>-Understand that I can improve my flexibility when moving with my breath.</p> <p>-Demonstrate increased control and strength when in and transitioning between poses.</p> <p>-Know the muscles I am using by name.</p>	<p>-Link combinations of poses for balance with increased control in transition.</p> <p>-Know where and when to apply force to maintain control and balance.</p> <p>-Confidently transition from one pose to another showing extension connected to breath.</p> <p>-Know which of my muscles require more practice to increase my flexibility.</p> <p>-Explore poses that challenge my strength and work to maintain increased control and strength when in and transitioning between poses.</p>

	<p>-Understand that I can use yoga to make me feel calm.</p>	<p>-Know that I can use my breath to focus.</p>	<p>-Understand that mindfulness is a personal journey.</p>	<p>-Explore methods I can use to control how I feel. -Understand that there are different techniques I can use to control how I feel.</p>	<p>-Understand that I can build up my strength by practicing in my own time -Explore methods to control how I feel with some success. -Identify times in my everyday life when mindfulness activities would be helpful for my wellbeing.</p>
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Rules, strategies and tactics

	KS1	Year 3	Year 4	Year 5	Year 6
Athletics	-Know how to follow simple rules when working with others.	-Know the rules of the different athletic events and begin to apply them.	-Know and understand the rules to be able to manage our own events.	-Understand and apply rules in a variety of events using official equipment.	-Understand and apply rules in a variety of events using official equipment.
Invasion Games (handball, netball, basketball, football, tag rugby and hockey)	<p>-Explore moving into space away from others.</p> <p>-Know that moving into space away from defenders helps me to pass and receive a ball.</p> <p>-Explore staying close to other players to try and stop them getting the ball</p> <p>-Know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p>-Know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</p> <p>-Understand and apply simple tactics for attack and defence.</p>	<p>-Develop using space as a team.</p> <p>-Know that by spreading out as a team we move the defenders away from each other.</p> <p>-Develop movement skills to lose a defender.</p> <p>-Develop tracking opponents to limit their scoring opportunities.</p> <p>-Know my role as an attacker and defender.</p> <p>-Know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p> <p>-Know the rules of the game and begin to apply them.</p>	<p>-Develop moving into space to help my team.</p> <p>-Know that moving into space will help my team keep possession and score goals.</p> <p>-Change direction to lose an opponent with some success.</p> <p>-Develop defending one on one and begin to intercept.</p> <p>-Recognise when to pass and when to shoot.</p> <p>-Know when to mark and when to attempt to win the ball.</p> <p>-Know that applying attacking tactics will help to maintain possession and score goals.</p> <p>-Know that applying defending tactics will help to deny space, gain possession and stop goals.</p>	<p>-Explore moving to create space for themselves and others in their team.</p> <p>-Know that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>-Use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p>-Develop tracking and marking with increased success.</p> <p>-Explore intercepting a ball using one and two hands.</p> <p>-Understand the need for tactics and identify when to use them in different situations.</p> <p>-Understand and apply rules in a variety of</p>	<p>-Move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p> <p>-Understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>-Confidently change direction to lose an opponent.</p> <p>-Use a variety of defending skills (tracking, interception, jockeying) in game situations.</p> <p>-Know how to create and apply a tactic for a specific situation or outcome.</p>

	-Know how to score points and follow simple rules.		-Know and understand the rules to be able to manage our own game.	invasion games whilst playing and officiating.	-Understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.
Net and Wall Games (net and wall, tennis, volleyball and badminton)	-Understand that applying simple tactics makes it difficult for my opponent. -Know how to score points and follow simple rules.	-Know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space. -Know the rules of the game and begin to apply them.	-Know that applying attacking tactics will help me to score points and create space. -Know that applying defending tactics will help me to deny space, return a ball and limit points. -Know and understand the rules to be able to manage our own game.	-Understand the need for tactics and identify when to use them in different situations. -Understand and apply rules in a variety of net and wall games whilst playing and officiating.	-Understand when to apply some tactics for attacking and/or defending. -understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.
Striking and fielding, (cricket and rounders)	-understand and apply simple tactics for attack (batting) and defence (fielding). -Know how to score points and follow simple rules.	-Know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space. -Know the rules of the game and begin to apply them	-Know that applying attacking tactics will help to score points and avoid getting out. -Know that applying defending tactics will help to deny space, get opponents out and limit points. -Know and understand the rules to be able to manage our own game.	-Understand the need for tactics and identify when to use them in different situations. -Understand and apply rules in a variety of striking and fielding games whilst playing and officiating	-Understand and apply some tactics in the game as a batter, bowler and fielder. -Understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.
Swimming	-Know how to safely enter and exit the pool.	-Know that the water should be clear of swimmers before entering.	-Understand the water safety rules.	-Understand rules in and around water.	-Understand that different environments have different rules to keep us safe around water.

<p>Target games (golf and dodgeball)</p>	<p>-Know how to score points and follow simple rules.</p>	<p>-Know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.</p> <p>-Know the rules of the game and begin to apply them</p>	<p>-Know that applying attacking tactics will help me to score points and get opponents out.</p> <p>-Know that applying defending tactics will help me to stay in the game.</p> <p>-Know and understand the rules to be able to manage our own game.</p>	<p>-Understand the need for tactics and identify when to use them in different situations.</p> <p>-Understand and apply rules in a variety of target games whilst playing and officiating.</p>	<p>-Know how to create and apply a tactic for a specific situation or outcome.</p> <p>-Understand, apply and use rules consistently in a variety of target games whilst playing and officiating.</p>
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Personal development

	KS1	Year 3	Year 4	Year 5	Year 6
Evaluate *performance can refer to any demonstration of physical activity.	<p>-Watch and describe performances, and use what they see to improve their own performance.</p> <p>-Talk about the differences between their work and that of others.</p>	<p>-Watch, describe and evaluate the effectiveness of a performance.</p> <p>-Describe how their performance has improved over time.</p>	<p>-Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>-Modify their use of skills or techniques to achieve a better result.</p>	<p>-Choose and use criteria to evaluate own and others' performances.</p> <p>-Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>-Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>
Performance (Dance)	<p>-Develop the use of facial expressions in my performance.</p> <p>-Know that using facial expressions helps to show the mood of my dance.</p> <p>-Know that if I practice my dance my performance will improve.</p>	<p>-Perform short, self-choreographed phrases showing an awareness of timing.</p> <p>-Understand that I can use timing techniques such as canon and unison to create effect.</p> <p>-Know that if I show sensitivity to the music, my performance will look more complete.</p>	<p>-Perform complex dances that communicate narrative and character well, performing clearly and fluently.</p> <p>-Know that being aware of other performers in my group will help us to move in time.</p> <p>-Know that I can select from a range of dance techniques to translate my idea.</p>	<p>-Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p> <p>-Understand what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p>-Know that if I use dance principles it will help me to express an atmosphere or mood.</p>	<p>-Demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</p> <p>-Understand how a leader can ensure our dance group performs together.</p> <p>-Know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>

OAA (Outdoor, adventurous activity)

	KS1	Year 3	Year 4	Year 5	Year 6
<p>Orienteering</p>	<ul style="list-style-type: none"> -Begin to plan and apply strategies to overcome a challenge. -Know that listening to each other's ideas might give us an idea we hadn't thought of. -Follow and create a simple diagram/map. -Understand that the map tells us what to do. -Work co-operatively with a partner and a small group -Know to use encouraging words when speaking to a partner or group to help them to trust me. -Verbalise when I am successful and areas that I could improve. -Know how to follow and apply simple rules. 	<ul style="list-style-type: none"> -Discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task. -Know that trying ideas before deciding on a solution will help us to come up with the best idea. -Identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. -Know to hold the map so that the items on the map match up to the items that have been placed out. -Follow and give instructions and accept other peoples' ideas. -Know to take turns when giving ideas and not to interrupt each other. -Reflect on when and why I am successful at solving challenges. -Know that using the rules honestly will help to 	<ul style="list-style-type: none"> -Plan independently and in small groups, implementing a strategy with increased success. -Know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use. -Identify key symbols on a map and follow a route. -Understand how to use a key and use the cardinal points on a map to orientate it. -Confidently communicate ideas and listen to others. -Understand that there are different types of communication and that I can communicate without talking. -With increased accuracy, critically reflect on when and why I am successful at solving challenges. -Understand the importance of working with integrity. 	<ul style="list-style-type: none"> -Explore tactical planning within a team to overcome increasingly challenging tasks. -Recognise that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution. -Develop navigational skills and map reading in increasingly challenging tasks. -Use a key to identify objects and locations. -Explore a variety of communication methods with increasing success. -Know to be descriptive but concise when giving instructions e.g. 'two steps to the left'. -Reflect on when I am successful at solving challenges and alter my methods in order to improve. -Know that abiding by rules will enable my classmates to complete 	<ul style="list-style-type: none"> -Pool ideas within a group, selecting and applying the best method to solve a problem. -Understand that being able to solve problems is an important life skill. -Orientate a map efficiently to navigate around a course with multiple points. -Understand why having good navigational skills are important. -Inclusively communicate with others, share job roles and lead when necessary. -Know that good communication skills are key to solving problems and working effectively as a team. -With increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve. -Understand the rules and think creatively to

		keep myself and others safe.		the course e.g. not moving controls.	solve the challenge whilst abiding by the rules.
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