

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health and Wellbeing</b>	<p>Explain how we always do a warm up before exercising and how we always do a cool down after exercising.</p> <p>Discuss how exercise is an important feature of maintaining a healthy lifestyle.</p> <p>Know that healthy is a good thing to be.</p> <p>Understand the need for having our own kit for PE.</p>	<p>Describe how the body feels before, during and after exercise.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p>	<p>Recognise and describe the effects of exercise on the body (increased heart rate, feeling warmer, building healthy bodies).</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can be healthier</p>
<b>Invasion Games (Netball, Hockey, Football and Basketball)</b>	<p><b>Control</b> Control a ball by moving it around my body. Move a ball around my body. Show good control with a range of equipment (balls, bean bags, hoops) Change direction while travelling with a ball. Find useful space. Pass a ball with your foot to another person. Try and keep control of a ball when travelling. Move a ball in a range of ways—bounce, kick, throw, catch. Jump over a range of things—balls, hoops, cones. Challenge themselves further.</p> <p><b>Travelling</b> Travel confidently in a range of ways. Travel confidently and jump. Travel confidently and hop. Travel confidently when jogging. Aware of the space around me. Travel in two different ways, changing direction. Pass a ball to another person. Demonstrate moving forwards, backwards and sideways. Select the most effective way to travel in order to find space. Run at differing speeds, fast—slow. Play a chasing game with friends—tag, stuck in the mud, tails Change direction when travelling at speed— play the bean game, traffic lights. Avoid objects when running— other children, bins, equipment.</p>	<p><b>Passing the Ball</b> Pass the ball to another player in a game using feet. Use kicking skills in a game.</p> <p><b>Travelling with a Ball</b> Travel with a ball in different ways and in different directions (side to side, forwards and backwards) with control and fluency. Use equipment to control a ball.</p> <p><b>Using Space</b> Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p><b>Tactics and Rules</b> Follow simple rules to play games, including team games.</p>	<p><b>Travelling with a Ball</b> Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.</p> <p><b>Using Space</b> Use different ways of travelling at different speeds and following different pathways, directions courses. Change speed and direction whilst running. Begin to use space in a game.</p> <p><b>Attacking and Defending</b> Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.</p>	<p><b>Dodgeball</b> Move with the ball in variety of ways with some control. E.g. walk, run, side step. Use a range of techniques to throw the ball. E.g. over arm, under arm, roll, overhead. Apply the basic principles of defending in invasion games E.g. dodging, using a ball to hit a ball away. Apply the basic principles of attacking in invasion games E.g. throw the ball to get an opponent out. Apply and follow rules fairly. Win back possession of the ball in a team game. Find a useful space and get into it to support teammates.</p> <p><b>Football</b> Pass the ball in a game situation with some success. Keep and win back possession of the ball in a team game. Find a useful space and get into it to support teammates. Use simple attacking and defending skills in a game. Apply and follow rules fairly.</p>	<p><b>Hockey</b> Begin to pass and receive the ball. Begin to dribble with the ball. Begin to get past an opponent. Start to tackle an opponent and win the ball back. Hit the ball.</p> <p><b>Football</b> Pass and receive a football with increasing accuracy and success. Use goalkeeping skills and strategies to protect a goal. Contribute towards helping their team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball.</p> <p><b>Tag Rugby</b> To throw and catch a rugby ball. Begin to execute a successful pass of a rugby ball while on the move. Move with the ball into space. Begin to apply the rules of tagging in tag rugby. Begin to gain possession by intercepting a pass. Begin to use my attacking and defending skills and knowledge to make tactical decisions. Begin to apply attacking and defending skills in a game of tag rugby.</p> <p><b>Netball</b> Apply the footwork rule in netball. Use a range of techniques to throw the ball. E.g. chest pass, shoulder pass, bounce pass Apply the basic principles of defending in invasion games E.g. 1 to 1 marking. Apply the basic principles of attacking in invasion games E.g. passing the ball to get to the net. Apply and follow rules fairly. Find a useful space and get into it to support teammates. Perform a pivot.</p>	<p><b>Hockey</b> Dribble in a game with success. Pass a ball with speed and accuracy using appropriate techniques in a game situation. Keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space. Choose the best tactics for attacking and defending. Shoot in a game. Know when to pass and when to dribble in a game.</p> <p><b>Dodgeball</b> Aim at and consistently hit a moving target, ever from longer distances. Use the technique of dodging with efficiency and success (jump, duck, sidestep, leap) Catch a ball aimed at their knees and lower legs with efficiency and success.</p> <p><b>Basketball</b> Dribble with a basketball. Use a range of techniques to pass a basketball successfully, E.g. bounce pass, chest pass. Know how to pivot. Use strategies to keep possession of the ball.</p>	<p><b>Tag Rugby</b> Throw and catch accurately and successfully under pressure in a game. Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. Keep and win back possession of the ball effectively and in a variety of ways in a team game, demonstrating a good awareness of space. Think ahead and create a plan of attack or defence.</p> <p><b>Netball</b> Select the most appropriate netball pass each time (shoulder pass, chest pass or bounce pass). Pivot within a netball game. Use attacking tactics i.e. dodging and finding space within a game. Apply knowledge of attacking and defending tactics to a game of 'High 5 Netball'. Win back possession of the ball in a team game.</p> <p><b>Basketball</b> Mark a player effectively. Get free from a defender. Apply basketball skills when playing as part of a team in a game.</p>

<p><b>Striking &amp; fielding (Cricket &amp; Rounders)</b></p>	<p><b>Throwing and Catching</b>                  Throw a beanbag at a target.                  Pat a large ball and make it bounce.                  Catch a large ball.                  Stop an object from moving when it is travelling towards me.                  Kick a ball.                  Kick a ball into a target.                  Throw a ball using your hands to another person.                  Throw a ball at a target underarm.                  Throw a ball at a target over arm.                  Throw a bean bag at a target underarm.                  Throw a bean bag in a target underarm.</p>	<p><b>Striking and hitting a ball</b>                  Use hitting skills in a game.                  Practise striking, sending and receiving.</p> <p><b>Throwing and Catching</b>                  Throw underarm and overarm.                  Catch and bounce a ball.                  Use rolling skills in a game.                  Practise accurate throwing and consistent catching.</p>	<p><b>Striking and hitting a ball</b>                  Strike or hit a ball with increasing control.                  Apply skills for playing striking and fielding games.                  Position the body to strike a ball.</p> <p><b>Throwing and Catching</b>                  Throw different types of equipment in different ways, for accuracy and distance.                  Throw, catch and bounce a ball with a partner.                  Use throwing and catching skills in a game.                  Throw a ball for distance.                  Use hand-eye coordination to control a ball.                  Vary types of throw used.</p>	<p><b>Cricket</b>                  Practise the correct batting technique and use it in a game.                  Begin to use fielding skills to stop a ball from travelling past them.                  Throw with greater control and accuracy E.g. to get the ball to where they want to.                  Perform range of catching and gathering skills with control E.g. long barrier.                  Begin to throw a ball in different ways (e.g. high, low, fast or slow).                  Begin to develop a safe and effective overarm bowl.</p>		<p><b>Rounders</b>                  Begin to use the correct technique for batting and bowling in rounders.                  Begin to use the correct techniques for throwing and catching when fielding in rounders.                  Begin to field effectively in these positions of backstop, deep fielders and base fielders and demonstrate good skill.                  Apply the rules of rounders during a game.</p>	<p><b>Cricket</b>                  React quickly and catch balls thrown at different heights and angles.                  Use effective fielding techniques (long barrier and short barrier) within a game under pressure.                  Throw the ball accurately over a large distance.                  Strike a bowled ball over a large distance into space.                  Use good hand-eye coordination to be able to direct a ball when striking or hitting.                  Bowl a ball overarm at a target.</p> <p><b>Rounders</b>                  Hit a bowled ball over longer distances.                  Use good hand-eye coordination to be able to direct a ball when striking or hitting.                  Work as a team to develop fielding strategies to prevent the opposition from scoring.                  Use the correct techniques for batting and bowling in rounders.                  Use the correct techniques for throwing and catching when fielding in rounders.                  Field effectively and communicate well between the positions of backstop, deep fielders and base fielders and demonstrate good skill and techniques to prevent the opposition from scoring.                  Be able to 'read' the game and apply tactics to outwit opponents.</p>
<p><b>Net and Wall Games (Tennis)</b></p>					<p><b>Tennis</b>                  Use a racquet to hit a ball with some accuracy and control.                  Begin to accurately serve underarm.                  Begin to build a rally with a partner.                  Begin to use at least two different shots in a game situation E.g. forehand, backhand</p>	<p><b>Tennis</b>                  Explore when different shots are best used.                  Develop a backhand technique and use it in a game.                  Practise techniques for all strokes (forehand, back hand, volley).                  Play a tennis game using an overhead serve.</p>	
<p><b>Compete, Perform, Evaluate</b></p>		<p>Perform using a range of actions and body parts with some coordination.                  Begin to perform learnt skills with some control.                  Engage in competitive activities and team games.                  Watch and describe performances.                  Begin to say how they could improve.</p>	<p>Perform learnt skills with increasing control.                  Compete against self and others.                  Watch and describe performances, and use what they see to improve their own performance.                  Talk about the differences between their work and that of others.</p>	<p>Describe how their performance has improved over time.</p>	<p>Modify their use of skills or techniques to achieve a better result.</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>