

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	Explain how we always do a warm up before exercising and how we always do a cool down after exercising. Discuss how exercise is an important feature of maintaining a healthy lifestyle. Know that healthy is a good thing to be. Understand the need for having our own kit for PE.	Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after different physical activities.	Recognise and describe the effects of exercise on the body (increased heart rate, feeling warmer, building healthy bodies). Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can be healthier
Athletics Running	Run in a straight line towards a cone and back. Run towards a cone and back again Safely play a chasing game with other children. Negotiate speed and space more confidently.	Move in different ways showing some control and purpose (e.g. forwards and backwards, changing speeds, changing direction, hopping, walking, jogging and running.)	Vary the speed and direction in which they are travelling. Move in different ways with increased control and purpose (revisit Year 1 plus side steps). Run for speed over a short distance.	Select the most suitable pace and speed for the distance (50m sprint and 400m distance). Focus on their arm and leg action to improve their sprinting technique. Run in a relay race using the correct baton changeover technique.	Select the most suitable pace and speed for the distance (75m sprint and 600m distance). Carry out a sprint finish.	Accelerate from sprint start and select their preferred position. Improve their reaction times when performing a sprint start. Begin to combine running with jumping over hurdles. Focus on trial leg and lead leg action when running over hurdles. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.	Use a Reversaboard to change direction. Complete an obstacle course. Complete the over under relay.
Athletics Jumping	Begin to jump in the jump in the air and over things. Begin to hop on one leg.	Jump in the air (bending knees and using arms) and know how to land safely (knees bent—knees should be over feet when land). Perform different types of jumps; for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Investigate the best jumps to cover different distances.	Jump for distance from standing (bend knees and propel forward with arms). Develop hand-eye coordination and spatial awareness (Stepper - Infant Agility) Control and stability when balancing on one leg. Combine different jumps together with fluency and control (see Year 1 jumps). Jump as high as possible beginning to use best technique (bent legs and propelling yourself up with your arms).	Develop an effective take-off for the standing long jump. Develop an effective flight phase for standing long jump and landing safely. Land safely and with control.	Apply an effective take-off for the standing long jump. Apply an effective flight phase for standing long jump and landing safely and with control.	Perform a long jump (focus on run up and take off).	Perform a standing triple jump. Develop an effective technique for standing vertical jump including take-off and flight. Develop speed, rhythm and co-ordination using a speed bounce.
Athletics Throwing	Push an object (ball) Push an object towards a target Throw a ball towards a target underarm. Throw a ball/bean bag into a target using underarm throw.	Throw a ball underarm and overarm. Throw a javelin overarm.	Throw underarm with accuracy at targets at different distances (throw different coloured bean bags into the correct coloured hoops). Throw overarm for distance. Throw with accuracy at target of different heights. (Overarm)	Show increasing accuracy and control in their overarm throw for distance (javelin and ball throw).	Show increasing accuracy and control in their overarm throw for distance (howler)	Throw a variety of equipment using a run up to increase momentum.	Perform a standing throw using a weighted ball from the chest (chest push).
Evaluate performance				Watch, describe and evaluate the effectiveness of a performance for jumps and throws.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.