

Years 1 and 2						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PE Focus on Physical and Cognitive skills Twinkl Move	Social and Emotional Development By the end of Year 1, pupils should be able to: Understand key safety principles e.g.: using equipment safely, moving and landing safely Work independently on simple tasks, for short periods, asking for help when needed Work with a partner, sharing and taking turns Listen to feedback from a partner Watch while someone shows them an action Show an awareness of why exercise is good for health Say how their bodies feel before, during and after exercise			By the end of Year 2, pupils should be able to: With encouragement, persist when learning is challenging and understand the importance of practice Work independently and have a range of strategies for accessing help when needed Support and encourage others with their work Have the confidence to share their work and ideas and listen to others do the same. Work with a partner to plan and review work Describe how their bodies change before, during and after exercise Explain why it is important to warm up and cool down		
	Gymnastics, Hockey, Multi-skills Year 1 Gymnastics I can recognise and perform contrasting movements and balances. I can travel in different ways, changing speed and direction. I can control my body when jumping and rolling in different ways. I can link movements to create a sequence. I can cooperate effectively with a partner. I can create and perform a sequence with a clear beginning, middle and ending. Hockey I can travel in different ways with control. I can travel with a ball in different ways. I can travel with a ball in different directions. I can pass the ball to another player. I can use the travelling and passing skills in a game. Multi-skills I can track and receive a ball. I can throw underarm. I can throw a quoit. I can catch. I can bounce a ball with control. I can use and practise throwing and catching. Year 2 Gymnastics I can perform and improve upon balances on different parts of the body. I can create matching balances with a partner. I can roll in different ways while showing control. I can jump safely in a variety of ways, including on and off apparatus. I can combine a selection of movements to create a gymnastic sequence. I can work with a partner to create a matching sequence. Hockey I can move with the ball in a game. I can use space when passing and receiving in a game. I can use throwing and catching to pass and receive the ball in a game. I can make or deny space when attacking and defending in a game I can use attacking and defending skills in a game. I can apply specific skills to an invasion game.	Dance, Football, Circuit training, Badminton Year 1 Dance I can move in response to a video stimulus. I can improvise and create movements with a partner. I can show awareness of others when working in a group. I can understand mirroring and use this with a partner. I can keep in time with a steady beat to perform a traditional style of dance. I can vary the shape and speed of my movements to represent an object. Football I can think about using space in a team game. I can mark another player. I can defend the space between players. I can pass a ball to another player. I can get past a defender. I can use attacking and defending skills in a team game. Circuit training I can move over or round an obstacle with control. I can jump in different ways with control. I can show control and balance when travelling along a pathway. I can show control when rolling and bouncing a ball. I can combine skills to complete circuits independently. I can watch and evaluate the performance of a partner. Badminton I can hold a racket correctly and use it to control a beanbag in a variety of ways. I can use a racket to hit a ball or beanbag with control. I can apply my racket skills to play a target game. Year 2 Dance I understand how dance can be used to communicate. I can use different dance movements to communicate an idea. I can dance in different formations to communicate different ideas. I can communicate feelings through dance I can refine and improve my movements. I can change the rhythm of my movement to communicate different ideas.	Athletics, Cricket, Tennis Year 1 Athletics I can move at different speeds. I can move along different pathways. I can jump for height. I can jump for distance. I can jump in different ways. I can perform a jumping sequence. Cricket I can use a cricket bat to control a ball along the ground. I can use a cricket bat to hit a ball with control. I can apply my bat and ball skills to play a small-sided game Tennis I can hold a racket correctly and use it to control a beanbag in a variety of ways. I can use a racket to hit a ball or beanbag with control. I can apply my racket skills to play a target game. Year 2 Athletics I can show the Olympic values of friendship and respect in a jumping for height activity. I can show the Olympic value of excellence in a throwing for accuracy activity. I can show the Olympic value of determination in a running activity. I can show the Olympic value of courage in a running activity. I can show the Olympic value of equality in a jumping for distance activity. I can show the Olympic value of inspiration in athletics activities. Cricket I can hold a cricket bat correctly and use it to hit a ball. I can practise a range of cricket skills. I can combine my skills to play a competitive team game. Tennis I can hold a racket correctly to hit a ball. I can hit a ball that has been thrown underarm. I can practise and use a simple tactics.	Gymnastics, Netball/Basketball, Multi-skills Year 1 Gymnastics I can recognise and perform contrasting movements and balances. I can travel in different ways, changing speed and direction. I can control my body when jumping and rolling in different ways. I can link movements to create a sequence. I can cooperate effectively with a partner. I can create and perform a sequence with a clear beginning, middle and ending. Netball/Basketball I can travel in different ways with control. I can travel with a ball in different ways. I can travel with a ball in different directions. I can pass the ball to another player. I can use the travelling and passing skills in a game. Multi-skills I can track and receive a ball. I can throw underarm. I can throw a quoit. I can catch. I can bounce a ball with control. I can use and practise throwing and catching. Year 2 Gymnastics I can perform and improve upon balances on different parts of the body. I can create matching balances with a partner. I can roll in different ways while showing control. I can jump safely in a variety of ways, including on and off apparatus. I can combine a selection of movements to create a gymnastic sequence. I can work with a partner to create a matching sequence. Netball/Basketball I can move with the ball in a game. I can use space when passing and receiving in a game. I can use throwing and catching to pass and receive the ball in a game. I can make or deny space when attacking and defending in a game I can use attacking and defending skills in a game. I can apply specific skills to an invasion game.	Dance, Rugby, Football Year 1 Dance I can move in response to a video stimulus. I can improvise and create movements with a partner. I can show awareness of others when working in a group. I can understand mirroring and use this with a partner. I can keep in time with a steady beat to perform a traditional style of dance. I can vary the shape and speed of my movements to represent an object. Rugby I can travel in different ways with control. I can travel with a ball in different ways. I can travel with a ball in different directions. I can pass the ball to another player. I can use the travelling and passing skills in a game. Football I can think about using space in a team game. I can mark another player. I can defend the space between players. I can pass a ball to another player. I can get past a defender. I can use attacking and defending skills in a team game. Year 2 Dance I understand how dance can be used to communicate. I can use different dance movements to communicate an idea. I can dance in different formations to communicate different ideas. I can communicate feelings through dance I can refine and improve my movements. I can change the rhythm of my movement to communicate different ideas. Rugby I can move with the ball in a game. I can use space when passing and receiving in a game. I can use throwing and catching to pass and receive the ball in a game. I can make or deny space when attacking and defending in a game I can use attacking and defending skills in a game. I can apply specific skills to an invasion game.	Athletics, Rounders, Tennis Year 1 Athletics I can move at different speeds. I can move along different pathways. I can jump for height. I can jump for distance. I can jump in different ways. I can perform a jumping sequence. Rounders I can use a cricket bat to control a ball along the ground. I can use a cricket bat to hit a ball with control. I can apply my bat and ball skills to play a small-sided game. Tennis I can hold a racket correctly and use it to control a beanbag in a variety of ways. I can use a racket to hit a ball or beanbag with control. I can apply my racket skills to play a target game. Year 2 Athletics I can show the Olympic values of friendship and respect in a jumping for height activity. I can show the Olympic value of excellence in a throwing for accuracy activity. I can show the Olympic value of determination in a running activity. I can show the Olympic value of courage in a running activity. I can show the Olympic value of equality in a jumping for distance activity. I can show the Olympic value of inspiration in athletics activities. Rounders I can hold a cricket bat correctly and use it to hit a ball. I can practise a range of cricket skills. I can combine my skills to play a competitive team game. Tennis I can hold a racket correctly to hit a ball. I can hit a ball that has been thrown underarm. I can practise and use a simple tactics.

	Multi-skills I can roll and stop a ball. I can throw underarm. I can throw overarm. I can catch. I can bounce a ball and catch a bounced ball. I can use and practise throwing and catching.	Football I can use space well in a team game. I can understand how to mark players. I can defend in a game by intercepting. I can use a range of tactics to get past a defender. I can pass the ball to another player. I can use attacking and defending skills in a game. Circuit training I can change the direction of movements with control. I can use and combine different types of jumps I can perform movements with control and accuracy. I can combine more than one skill to complete an activity. I can complete activities independently and try to improve own performance. I can watch others and use this to improve own performance. Badminton I can hold a racket correctly to hit a ball. I can hit a ball that has been thrown underarm. I can practise and use a simple tactics.		Multi-skills I can roll and stop a ball. I can throw underarm. I can throw overarm. I can catch. I can bounce a ball and catch a bounced ball. I can use and practise throwing and catching.	Football I can use space well in a team game. I can understand how to mark players. I can defend in a game by intercepting. I can use a range of tactics to get past a defender. I can pass the ball to another player. I can use attacking and defending skills in a game	
PE Key Vocabulary	Year 1 Exit, Enter, Front, Travel, Rules, Safely, Kicking Back, Hit, Points, Target, Throw, Score, Catch, Lead, Co-operate, Teamwork, Solve, Instructions, Ready Position, Partner, Net, Underarm, Score, Far, Hop, Aim, Fast, Slow, Bend, Improve, Direction, Travel, Defender Points, Dribbling, Attacker, Partner, Counts, Pose, Level, Balance, Action, Roll, Level, Speed, Balance, Jump, Flow, Bounce Year 2 Pulling, Splash, Unaided, Gliding, Floating, Breathing , Fielder, Teammate, Runs, Batter, Received, Bowler, Support, Successful, Map, Direction, Communicate , Receive, Quickly, Trap, Defend, Return, Collect, Against, Sprint, Jog, Distance, Height, Take Off, Landing, Overarm, Underarm, Send, Chest Pass, Possession, Goal, Dodge, Bounce Pass, Mirror, Action, Pathway, Speed, Timing, Link, Sequence, Tuck, Straddle, Star, Pike, Strong, Pace, Race, Steady, Sprint					
Years 3 and 4						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PE Focussing on Physical, Cognitive skills. Twinkl Move	Social and Emotional Development By the end of Year 3, pupils should be able to: Recognise where they are with their learning and challenge themselves Persevere with challenging tasks and react positively when things are difficult Co-operate with others on simple tasks and give and receive feedback Work effectively in small groups where roles are clearly defined Recognise when others are finding tasks challenging and provide support and encouragement Describe the basic fitness components Explain how often and how long they should exercise to be healthy Record and monitor how hard they are working			Social and Emotional Development By the end of Year 4, pupils should be able to: Identify and describe their own strengths and weaknesses Set appropriate and challenging targets for themselves Contribute to organising roles and responsibilities within a small group Guide a small group through a simple task Select and perform their own warm up and cool down activities, appropriate to the activity Explain how different activities help develop the different components of fitness		
	Swimming, Gymnastics, Hockey, Multi-skills Year 3 Swimming I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations. Gymnastics I can perform a range of jumps accurately. I can accurately perform a forward roll from standing and a tucked backward roll. I can perform a squat on vault accurately. I can perform a lunge into handstand and a cartwheel accurately.	Dance, Football, Circuit training, Badminton Year 3 Dance I can create a short dance, inspired by rainforests. I can adapt movement phrases to vary the length of a dance. I can combine movement phrases of different speeds in a dance. I can use dance vocabulary to evaluate and improve a dance performance. I can use dance vocabulary to improve the sequence and performance of a dance. Football I can develop dribbling and ball control skills in football I can find and use space effectively. I can learn the defensive skills of marking and tackling. I can learn how to shoot in football.	Athletics, Cricket, Tennis Year 3 Athletics I can practise existing running, jumping and throwing skills. I can sprint effectively. I can run with fluency over hurdles. I can jump for distance. I can develop and refine different throwing techniques. I can learn different push throw techniques. Cricket I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.	Swimming, Gymnastics, Netball/Basketball, Multi-skills Year 3 Swimming I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations. Gymnastics I can perform a range of jumps accurately. I can accurately perform a forward roll from standing and a tucked backward roll. I can perform a squat on vault accurately. I can perform a lunge into handstand and a cartwheel accurately.	Dance, Rugby, OAA, Football Year 3 Dance I can create a short dance, inspired by rainforests. I can adapt movement phrases to vary the length of a dance. I can combine movement phrases of different speeds in a dance. I can use dance vocabulary to evaluate and improve a dance performance. I can use dance vocabulary to improve the sequence and performance of a dance. Rugby I can throw and catch a rugby ball. I can move with the ball into space. I can apply the rules of touch rugby. I can gain possession by intercepting a pass. I can use my attacking and defending skills and knowledge to make tactical decisions.	Athletics, Rounders. Tennis Year 3 Athletics I can practise existing running, jumping and throwing skills. I can sprint effectively. I can run with fluency over hurdles. I can jump for distance. I can develop and refine different throwing techniques. I can learn different push throw techniques. Rounders I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.

	I can link movements together by performing a chassis step, straight jump half-turn and cat leap. I can create and perform a gymnastics sequence with a partner.	I can compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can use the skills I have learnt and apply them in a game.	<u>Tennis</u> I can use effective footwork, movement and positioning in the context of net and wall games. I can roll and throw a ball accurately. I can develop ball control when using a racket. I can hit a ball accurately using the forehand technique. I can use the backhand technique in different ways. I can play competitive net and wall-based games.	I can link movements together by performing a chassis step, straight jump half-turn and cat leap. I can create and perform a gymnastics sequence with a partner.	I can watch and evaluate the performance of others.	<u>Tennis</u> I can use effective footwork, movement and positioning in the context of net and wall games. I can roll and throw a ball accurately. I can develop ball control when using a racket. I can hit a ball accurately using the forehand technique. I can use the backhand technique in different ways. I can play competitive net and wall-based games.
	<u>Hockey</u> I can apply the basic principles of invasion games. I can move with the ball. I can use a range of techniques to pass the ball. I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.	<u>Circuit training</u> I can travel in a variety of ways. I can change the direction, level and speed of travel. I can use a range of ball control skills. I can control movements using balance and coordination. I can use a range of movement skills in circuit activities. I can adapt and improve performances in a circuit activity.	<u>Year 4 Athletics</u> I can practise existing running, jumping and throwing skills. I can improve my running technique for sprinting including the sprint finish. I can practise relay running. I can jump for distance. I can learn the pull throw technique. I can refine my running, jumping and throwing skills.	<u>Netball/Basketball</u> I can develop dribbling and ball control skills. I can find and use space effectively. I can learn the defensive skills of marking and tackling. I can learn how to shoot. I can compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can use the skills I have learnt and apply them in a game.	<u>OAA</u> I can work effectively with others to complete a task. I can communicate effectively. I can follow multi-step instructions. I can solve a range of problems when working with others. I can follow a set of directions correctly. I can give clear and precise directions for someone else to follow. I can know what orienteering is. I can know and understand a range of map symbol	<u>Year 4 Athletics</u> I can practise existing running, jumping and throwing skills. I can improve my running technique for sprinting including the sprint finish. I can practise relay running. I can jump for distance. I can learn the pull throw technique. I can refine my running, jumping and throwing skills.
	<u>Multi-skills</u> I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.	<u>Badminton</u> I can use effective footwork, movement and positioning in the context of net and wall games. I can roll and throw a ball accurately. I can develop ball control when using a racket. I can hit a ball accurately using the forehand technique. I can use the backhand technique in different ways. I can play competitive net and wall-based games	<u>Cricket</u> I can use correct techniques for catching a ball when fielding in cricket. I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting in cricket. I can learn attacking hitting techniques for batting in cricket. I can learn the correct technique for bowling overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.	<u>Multi-skills</u> I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.	<u>Football</u> I can develop dribbling and ball control skills in football I can find and use space effectively. I can learn the defensive skills of marking and tackling. I can learn how to shoot in football. I can compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can use the skills I have learnt and apply them in a game.	<u>Rounders</u> I can use correct techniques for catching a ball when fielding. I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting. I can learn attacking hitting techniques for batting. I can learn the correct technique for bowling overarm from a standing position. I can use a range of fielding, batting and bowling skills in a Rounders match.
	<u>Year 4 Swimming</u> I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations.	<u>Year 4 Dance</u> I can respond to stimuli, creating movement phrases using specific skills. I can design own movement phrases to represent rivers and seas. I can link and combine movement phrases and patterns. I can perform a short dance phrase with expression. I can respond to a changing stimulus. I can use range of dance techniques to create a movement sequence.	<u>Tennis</u> I can use a tennis racket to control an object. I can use a tennis racket to strike a ball with accuracy and control. I can use different footwork to move across a space. I can use a tennis racket to control a ball in order to score points. I can defend against an opponent scoring a point. I can compete in a tennis mini match.	<u>Year 4 Swimming</u> I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations.	<u>Year 4 Dance</u> I can respond to stimuli, creating movement phrases using specific skills. I can design own movement phrases to represent rivers and seas. I can link and combine movement phrases and patterns. I can perform a short dance phrase with expression. I can respond to a changing stimulus. I can use range of dance techniques to create a movement sequence.	<u>Rugby</u> I can throw and catch a rugby ball. I can move with the ball into space. I can apply the rules of touch rugby. I can gain possession by intercepting a pass. I can use my attacking and defending skills and knowledge to make tactical decisions. I can watch and evaluate the performance of others.
	<u>Gymnastics</u> I can perform a straddle forward roll and a backward roll to straddle correctly. I can perform a straddle on vault correctly. I can perform a lunge into cartwheel correctly I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot I can work in a small group to create and perform a gymnastics sequence with a theme.	<u>Football</u> I can apply the basic principles of invasion games. I can move with the ball. I can use a range of techniques to pass the ball. I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.	<u>Gymnastics</u> I can perform a straddle forward roll and a backward roll to straddle correctly. I can perform a straddle on vault correctly. I can perform a lunge into cartwheel correctly I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot I can work in a small group to create and perform a gymnastics sequence with a theme.	<u>Gymnastics</u> I can perform a straddle forward roll and a backward roll to straddle correctly. I can perform a straddle on vault correctly. I can perform a lunge into cartwheel correctly I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot I can work in a small group to create and perform a gymnastics sequence with a theme.	<u>OAA</u> I can work together in a small group, developing problem solving skills. I can describe how the body reacts at different times and how this affects performance whilst showing leadership skills. I can navigate around a space with growing confidence. I can read a map with increasing accuracy and confidence. I can create symbols that are effective for my map reading. I can follow a map with increasing accuracy and confidence.	<u>Tennis</u> I can use a tennis racket to control an object. I can use a tennis racket to strike a ball with accuracy and control. I can use different footwork to move across a space. I can use a tennis racket to control a ball in order to score points. I can defend against an opponent scoring a point. I can compete in a tennis mini match.
	<u>Hockey</u> I can pass and receive the ball. I can dribble with the ball. I can get past an opponent. I can tackle an opponent and win the ball back. I can hit the ball. I can use apply the hockey skills I have learnt.	<u>Circuit training</u> I can understand the effects of aerobic and anaerobic exercise on the body. I can recognise the benefits of exercise on the upper body. I can recognise the benefits of exercise on the lower body. I can recognise the benefits of exercise on the core muscles. I can set personal targets for exercise. I can improve performance in order to reach personal targets.		<u>Netball/Basketball</u> I can apply the basic principles of invasion games. I can move with the ball. I can use a range of techniques to pass the ball. I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.	<u>OAA</u> I can work effectively with others to complete a task. I can communicate effectively. I can follow multi-step instructions. I can solve a range of problems when working with others. I can follow a set of directions correctly. I can give clear and precise directions for someone else to follow. I can know what orienteering is. I can know and understand a range of map symbol	
	<u>Multi-skills</u> I can use correct techniques for catching a ball when fielding in cricket. I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting in cricket. I can learn attacking hitting techniques for batting in cricket.			<u>Multi-skills</u> I can use correct techniques for catching a ball when fielding in cricket. I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting in cricket.	<u>Football</u>	

	I can learn the correct technique for bowling overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.	Badminton I can use a badminton racket to control an object. I can use a badminton racket to strike a shuttlecock with accuracy and control. I can use different footwork to move across a space. I can use a badminton racket to control a shuttlecock in order to score points. I can defend against an opponent scoring a point. I can compete in a full badminton match		I can learn attacking hitting techniques for batting in cricket. I can learn the correct technique for bowling overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.	I can apply the basic principles of invasion games. I can move with the ball. I can use a range of techniques to pass the ball. I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.	
PE Key Vocabulary	Year 3 Sculling, Crawl, Breaststroke, Submersion, Rotation, Backstroke, Stroke, Grip, Rounder, Backstop, Bowl, Post, Wicket, Batting, Wicket Keeper, Fielding, Rules, Route, Trust, Navigate, Grid, Discuss, Plan, Serve, Accurately, Track, Racket, Rally, Opponent , Speed, Power, Strength, Accurately, Higher, Pace, Faster, Further, Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing Area, Flow, Explore, Create, Perform, Match, Feedback, Expression, Matching, Interesting, Control, Contrasting, Strength, Accurately, Distance, Balance Year 4 Stroke, Huddle, Alternate, Survival, Treading Water, Buoyancy, Stance, Retrieve, Opposition, Stumped, Two Handed Pick Up, Technique, Short Barrier , Leader, Inclusive, Effectively, Orientate, Symbol, Outwit, Receiver, Court, Backhand, Forehand, Power Stamina, Officiate, Perseverance, Determination, Accuracy, Personal Best, Opponent, Contact, Pivot, Court, Field, Pitch, Reaction, Unison, Represent, Dynamics, Control , Quality, Perform, Inverted, Technique, Apparatus, Extension, Coordination, Healthy, Progress, Muscle, Stamina					
Years 5 and 6						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PE Focussing on Physical and Cognitive skills. Twinkl Move	Social and Emotional Development <u>By th end of Year 5, pupils should be able to:</u> Receive constructive feedback and use it to improve their performance Challenge feedback appropriately and express a different perspective Give feedback in a constructive and sensitive manner to improve their own performance and that of others Negotiate and collaborate effectively with others, in a range of contexts Plan simple activities for themselves and others that will enable them to improve their fitness or specific aspects of their performance Identify the possible dangers when planning an activity			Social and Emotional Development <u>By the end of Year 6, pupils should be able to:</u> Create their own learning plan and revise it when necessary Make appropriate decisions about how to further their own learning and that of others Lead a group to achieve a successful outcome in a range of different activities Involve and motivate others to perform better Explain how different individuals need different types and levels of fitness to be more effective in their activity / role / event		
	Swimming, Gymnastics, Hockey, Multi-skills Year 5 Swimming I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations. Gymnastics I can perform a stag jump and split leap I can perform pike rolls. I can perform a squat through vault. I can perform a round-off. I can independently plan a sequence of gymnastics movements that are creatively linked together I can perform a gymnastics sequence in a pair or group in time to music. Hockey I can use a range of skills to move with the ball. I can use the correct technique to pass the ball. I can keep possession of the ball. I can use different tactics for attacking in invasion games. I can win back possession of the ball. I can adapt my movements for attacking and defending. Multi-skills I can react quickly and catch balls thrown at different heights and angles.	Dance, Football, Circuit training, Badminton Year 5 Dance I can use a wide range of different movements in combination, maintaining good control, in a range of small sided game situations. I can begin to adapt the performance of different movements to meet the outcomes required. I can use a variety of skills and techniques creatively to engage an audience. I can explain clearly how to develop their own and others’ work. I can identify aspects of their own performance that need to be improved and explain how. Football I can use a range of skills to move with the ball. I can use the correct technique to pass the ball. I can keep possession of the ball. I can use different tactics for attacking in invasion games. I can win back possession of the ball. I can adapt my movements for attacking and defending. Circuit training I can know the importance of helping the body to prepare for and recover from exercise and how this should be done. I can set individual challenges and work towards achieving them. I can compete fairly against a classmate in a circuit training activity.	Athletics, Cricket, Tennis Year 5 Athletics I can practise and refine existing running, jumping and throwing skills. I can use an effective technique for sprinting including the sprint start. I can sustain my running pace over longer distances. I can practise jumping for height. I can learn the fling throw technique. I can use a variety of throwing techniques. Cricket I can learn the correct techniques for batting and bowling in cricket. I can use the correct techniques for throwing and catching when fielding in cricket I can know the roles and responsibilities of the backstop and base fielders in cricket. I can know the roles and responsibilities of the deep fielders in cricket. I can ‘read’ the game and apply tactics to outwit opponents. I can know and apply the rules of cricket during a game. Tennis I can understand and practise some of the fundamental skills of tennis. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini game.	Swimming, Gymnastics, Netball/Basketball, Multi-skills Year 5 Swimming I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations. Gymnastics I can perform a stag jump and split leap I can perform pike rolls. I can perform a squat through vault. I can perform a round-off. I can independently plan a sequence of gymnastics movements that are creatively linked together I can perform a gymnastics sequence in a pair or group in time to music. Netball/basketball I can dribble with a basketball. I can use a range of techniques to pass a ball successfully. I can know how to pivot. I can move effectively around the court. I can use strategies to keep possession of the ball. I can know how to mark a player effectively. I can apply our basketball skills when playing as part of a team in a game. I can evaluate my performance. Multi-skills	Dance, Rugby, OAA, Football Year 5 Dance I can use a wide range of different movements in combination, maintaining good control, in a range of small sided game situations. I can begin to adapt the performance of different movements to meet the outcomes required. I can use a variety of skills and techniques creatively to engage an audience. I can explain clearly how to develop their own and others’ work. I can identify aspects of their own performance that need to be improved and explain how. Rugby I can use a range of skills to move with the ball. I can use the correct technique to pass the ball. I can keep possession of the ball. I can use different tactics for attacking in invasion games. I can win back possession of the ball. I can adapt my movements for attacking and defending. OAA I can work as part of a team to complete a range of challenges. I can demonstrate agility and endurance in a range of situations. I can know what a compass is and how to use it. I can read, follow and understand maps.	Athletics, Rounders. Tennis Year 5 Athletics I can practise and refine existing running, jumping and throwing skills. I can use an effective technique for sprinting including the sprint start. I can sustain my running pace over longer distances. I can practise jumping for height. I can learn the fling throw technique. I can use a variety of throwing techniques. Rounders I can learn the correct techniques for batting and bowling in rounders. I can use the correct techniques for throwing and catching when fielding in rounders. I can know the roles and responsibilities of the backstop and base fielders in rounders. I can know the roles and responsibilities of the deep fielders in rounders. I can ‘read’ the game and apply tactics to outwit opponents. I can know and apply the rules of rounders during a game. Tennis I can understand and practise some of the fundamental skills of tennis. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini game.

	I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.	I can improve your speed, agility and quickness within circuit training. I can develop teamwork skills in a group task featuring different exercises. I can use my knowledge of the effects of exercise to develop an effective fitness routine.	I can apply learnt skills in a variety of tennis mini matches.	I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.	I can take part in an orienteering exercise. I can work collaboratively to plan and prepare an orienteering course. I can work collaboratively to complete a timed orienteering course.	I can apply learnt skills in a variety of tennis mini matches.
	Year 6 Swimming I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations.	Badminton I can understand and practise some of the fundamental skills of badminton. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform a badminton serve. I can develop a volley for use in a badminton mini game. I can apply learnt skills in a variety of badminton mini matches.	Year 6 Athletics I can practise and refine fundamental movement skills needed for athletics. I can work as a team to competitively perform a sprint relay. I can control running pace over a range of distances. I can refine my hurdling technique. I can practise and refine jumping techniques. I can throw for distance using a heave throw technique.	Year 6 Swimming I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations.	Football I can use a range of skills to move with the ball. I can use the correct technique to pass the ball. I can keep possession of the ball. I can use different tactics for attacking in invasion games. I can win back possession of the ball. I can adapt my movements for attacking and defending.	Year 6 Athletics I can practise and refine fundamental movement skills needed for athletics. I can work as a team to competitively perform a sprint relay. I can control running pace over a range of distances. I can refine my hurdling technique. I can practise and refine jumping techniques. I can throw for distance using a heave throw technique.
	Gymnastics I can accurately perform a cat leap and a stag leap. I can accurately perform a dive forward roll and a pike backward roll. I can accurately perform a straddle over a vault. I can perform a hurdle step into a cartwheel and round off. I can perform a series of similar movements linked together in a sequence. I can perform a gymnastics routine in time to music.	Year 6 Dance I can combine complex sequences of actions with quality and fluency. I can show confidence in adapting movements and skills to meet a specific outcome. I can identify key strengths and weaknesses of their own and others’ performances and know how to improve	Cricket I can learn the correct techniques for batting and bowling in cricket. I can use the correct techniques for throwing and catching when fielding in cricket. I can know the roles and responsibilities of the backstop and base fielders in cricket. I can know the roles and responsibilities of the deep fielders in cricket. I can ‘read’ the game and apply tactics to outwit opponents. I can know and apply the rules of cricket during a game.	Gymnastics I can accurately perform a cat leap and a stag leap. I can accurately perform a dive forward roll and a pike backward roll. I can accurately perform a straddle over a vault. I can perform a hurdle step into a cartwheel and round off. I can perform a series of similar movements linked together in a sequence. I can perform a gymnastics routine in time to music.	Year 6 Dance I can combine complex sequences of actions with quality and fluency. I can show confidence in adapting movements and skills to meet a specific outcome. I can identify key strengths and weaknesses of their own and others’ performances and know how to improve	Rounders I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to participate in a rounders game.
	Hockey I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game. I can apply a variety of defending skills and techniques in a game. I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	Football I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game. I can apply a variety of defending skills and techniques in a game. I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	Tennis I can understand and practise some of the fundamental skills of tennis. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini game. I can apply learnt skills in a variety of tennis mini matches.	Netball/basketball I can improve and refine catching and throwing in netball. I can use a range of netball passes I can understand the footwork rule in netball. I can know how to outwit a defender to receive a pass. I can know how to one-on-one mark an opposition player. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	Rugby I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game. I can apply a variety of defending skills and techniques in a game. I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	Tennis I can understand and practise some of the fundamental skills of tennis. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini game. I can apply learnt skills in a variety of tennis mini matches.
	Multi-skills I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.	Circuit training I can understand ways to exercise safely. I can understand and recognise exercising at different levels of intensity. I can understand how exercise can boost mental wellbeing. I can understand how exercise can improve physical strength. I can lead another individual in a circuit of exercises. I can work as a group to lead a training session.		Multi-skills I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.	OAA I can work systematically and as part of a team to solve a range of problems. I can demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. I can use a range of communication methods effectively during problem solving activities and challenges. I can demonstrate effective leadership skills. I can work effectively with others to complete a range of challenges. I can compete in a timed orienteering team relay event.	
		Badminton I can understand and practise some of the fundamental skills of badminton. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform a badminton serve. I can develop a volley for use in a badminton mini game.			Football I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game. I can apply a variety of defending skills and techniques in a game.	

		I can apply learnt skills in a variety of badminton mini matches.			I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	
PE Key Vocabulary	Year 5 Exhale, Flutter Kick, Surface, Somersault, Personal Best, Inhale, Pressure, Overtake, Tracking, Backing Up, Outwit, Support, Tactics , Collaborate, Tactical, Control Card, Collective, Orienteering, Navigation, Tactics, Volley, Co-operatively, Footwork, Continuously, Set, Dig, Technique, Downsweep, Upsweep, Flight, Rhythm, Stride, Tactics, Control, Foul, Pressure, Onside, Offside, Support, Obstruction, Formation, Posture, Performance, Canon, Relationship , Symmetrical, Rotation, Aesthetics, Canon, Asymmetrical, Synchronisation, Progression, Technique, Momentum, Rhythm, Agility, Drive Year 6 Endurance, Propel, Continuous, Streamline, Synchronised, Retrieve, Obstruction, Consecutive, Consistently, Drive Hit, Defensive Hit , Location, Boundaries, Critical Thinking, Symbol, Cooperatively, Strategy, Deep, Forecourt, Backcourt, Defensive, Attacking, Rotation, Force, Compete, Trajectory, Momentum, Continuous Pace, Transfer of Weight, Consecutive, Dictate, Contest, Formation, Conceding, Turnover, Shut Down, Phrase, Structure, Connect, Choreograph, Contrast, Structure, Fluently, Formation, momentum, Counter Balance, Fluently, Counter Tension, Stability , Generate Force, Continuous, Measure, Flexibility, Analyse, Record					