

<p><b>Aims:</b></p> <p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> <li>• develop competence to excel in a broad range of physical activities</li> <li>• are physically active for sustained periods of time</li> <li>• engage in competitive sports and activities</li> <li>• lead healthy, active lives.</li> </ul>	<p><b>Key Stage 1:</b></p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>	<p><b>Key Stage 2:</b></p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	
<p><b>Swimming and water safety</b></p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations</li> </ul>			
<p><b>Year Group</b></p>	<p><b>Autumn Knowledge/ Skills</b></p>	<p><b>Spring Knowledge/ Skills</b></p>	<p><b>Summer Knowledge/ Skills</b></p>
<p><b>Reception ELG</b></p>	<p>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing</p>		

<b>Year 1</b>	<p style="text-align: center;"><u>Fundamentals</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Run at different speeds.</li> <li>-Change direction.</li> <li>-Show balance and control when hopping and jumping.</li> <li>-Demonstrate rhythm when skipping.</li> <li>-Select own actions in response to a task.</li> <li>-Work co-operatively with others to complete tasks.</li> </ul>	<p style="text-align: center;"><u>Invasion Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Begin to dribble a ball with my hands and feet.</li> <li>-Send and receive a ball with hands and feet.</li> <li>-Stay with another player when defending.</li> <li>-Understand when I am a defender and when I am an attacker</li> <li>-Dodge to lose a defender.</li> <li>-Find space to help my team to keep possession and score.</li> <li>-Show honesty and fair play when playing with others.</li> </ul>	<p style="text-align: center;"><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Run at different speeds.</li> <li>-Show balance and co-ordination when changing direction.</li> <li>-Link running and jumping movements with some control and balance.</li> <li>-Co-ordinate body to throw towards a target.</li> <li>-Develop technique to throw for distance.</li> <li>-Work collaboratively with others and make safe choices.</li> <li>-Play to the rules.</li> </ul>
	<p style="text-align: center;"><u>Dance</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use different parts of the body in isolation and together.</li> <li>-Show some sense of dynamic and expressive qualities in my dance.</li> <li>-Choose appropriate movements for different dance ideas.</li> <li>-Copy, remember and repeat actions using counts.</li> <li>-Move confidently and safely.</li> <li>-Provide feedback to others.</li> <li>-Work with others to share ideas and select actions.</li> </ul>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Remember and repeat actions and shapes.</li> <li>-Make body tense, relaxed, stretched and curled.</li> <li>-Be confident to perform in front of others.</li> <li>-Link simple actions together to create a sequence.</li> <li>-Use apparatus safely and wait for my turn.</li> </ul>	<p style="text-align: center;"><u>Net and Wall Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Throw a ball to land over the net and into the court area.</li> <li>-Track balls and other equipment sent to me.</li> <li>-Hit a ball using a racket.</li> <li>-Show honesty and fair play when playing against an opponent.</li> <li>-Use a ready position to move to the ball.</li> </ul>
			<p style="text-align: center;"><u>Striking and Fielding Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Know how to score points</li> <li>-Roll a ball towards a target.</li> <li>-Track a ball that is coming towards me.</li> <li>-Catch a beanbag and a medium-sized ball.</li> <li>-Strike a ball using my hand.</li> </ul>

**Year 1 Knowledge**

- Recognise changes in body when exercising.
- Understand the rules of simple team games and begin to use these to play fairly.

<b>Year 2</b>	<p style="text-align: center;"><u>Fundamentals</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Show balance and co-ordination when running at different speeds.</li> <li>-Show balance when changing direction.</li> <li>-Show hopping, skipping and jumping movements with some balance and control.</li> </ul>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Plan and repeat simple sequences of actions.</li> <li>-Use shapes when performing other skills.</li> <li>-Use directions and levels to make my work look interesting.</li> <li>-Perform the basic gymnastic actions with some control and balance.</li> <li>-Work safely with others and apparatus.</li> <li>-Show pride in work and be confident to perform in front of others.</li> </ul>	<p style="text-align: center;"><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Show balance and co-ordination when running at different speeds and in different directions.</li> <li>-Link running and jumping movements with some control and balance.</li> <li>-Jump and land with control.</li> <li>-Develop throwing for distance.</li> <li>-Show good technique when throwing towards a target.</li> <li>-Work collaboratively with others.</li> <li>-Be determined to improve personal best.</li> <li>-Identify good technique.</li> </ul>
	<p style="text-align: center;"><u>Dance</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use counts to stay in time with music.</li> <li>-Choose movements with different dynamic qualities to express an idea, feeling or character.</li> <li>-Copy, remember, repeat and create dance phrases.</li> <li>-Work with a partner using mirroring and unison.</li> <li>-Describe how my body feels during exercise.</li> <li>-Provide feedback to others using key words.</li> <li>-Show confidence to perform.</li> </ul>	<p style="text-align: center;"><u>Invasion Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble a ball with hands and feet with increasing control.</li> <li>-Move with a ball towards my goal.</li> <li>-Find space to help team to keep possession and score.</li> <li>-Stay with another player to try and prevent them from getting the ball.</li> </ul>	<p style="text-align: center;"><u>Striking and Fielding Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Roll a ball to hit a target.</li> <li>-Develop underarm and overarm throwing skills.</li> <li>-Sometimes hit a ball using a racket.</li> <li>-Track a ball and collect it.</li> <li>-Use simple tactics.</li> </ul>

			<p><u>Net and Wall Games</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Hit a ball over the net and into the court area.</li> <li>-Show good sportsmanship when playing against an opponent.</li> <li>-Throw accurately to a partner.</li> <li>-Defend space on my court using the ready position.</li> <li>-Use simple tactics to make it difficult for an opponent.</li> <li>-Know how to score points and can remember the score.</li> </ul>
<p><b><u>Year 2 Knowledge</u></b></p> <ul style="list-style-type: none"> <li>-Describe how your body feels during exercise.</li> <li>-Understand the rules of the game and use these to play fairly in a small group.</li> <li>-Know how to score points and remember the score.</li> <li>-Understand what to do when attacking and defending.</li> </ul>			
<p><b>Year 3</b></p>	<p><u>Hockey</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with some control.</li> <li>-Understand my role as an attacker and as a defender</li> <li>-Move with a ball towards goal with increasing control.</li> <li>-Communicate with my team and move into space to help them.</li> <li>-Defend an opponent.</li> <li>-Identify success</li> </ul>	<p><u>Gymnastics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use a greater number of my own ideas for movements in response to a task.</li> <li>-Choose and plan sequences of contrasting actions.</li> <li>-Complete actions with increasing balance and control.</li> <li>-Move in unison with a partner.</li> <li>-Choose actions that flow well into one another.</li> <li>-Adapt sequences to suit different types of apparatus.</li> <li>-With help, I recognise how performances could be improved.</li> </ul>	<p><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Run at a pace that can be maintained</li> <li>-Use different take off and landings when jumping.</li> <li>-Develop jumping for distance and height.</li> <li>-Take part in a relay activity, remembering when to run and what to do.</li> <li>-Throw a variety of objects, changing my action for accuracy and distance.</li> <li>-Give support to and work collaboratively with others.</li> <li>-Show determination to achieve my personal best.</li> </ul>

	<p style="text-align: center;"><u>Tennis</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Return a ball to a partner.</li> <li>-Use basic racket skills.</li> <li>-Identify success</li> </ul>	<p style="text-align: center;"><u>Basketball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with some control.</li> <li>-Learn the rules of the game and am begin to use them honestly.</li> <li>-Move with a ball towards goal with increasing control.</li> <li>-Understand my role as an attacker and as a defender.</li> <li>-Communicate with my team and move into space to help my team.</li> <li>-Defend an opponent.</li> <li>- Identify success</li> </ul>	<p style="text-align: center;"><u>Outdoor Education</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Follow and give instructions.</li> <li>-Communicate ideas and listen to others.</li> <li>-Work with a partner and a small group.</li> <li>-Plan and attempt to apply strategies to solve problems.</li> <li>-Reflect on when and why I was successful at solving challenges.</li> <li>-Develop map reading skills.</li> </ul>
	<p style="text-align: center;"><u>Swimming</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Know several pool rules and can explain how they help us to stay safe.</li> <li>-Float on front and back.</li> <li>-Roll from my front to my back and then regain a standing position.</li> <li>-Glide on both front and back.</li> <li>-Demonstrate what to do if I fall into water.</li> <li>-Swim over a distance of 10m unaided.</li> <li>-Begin to use arms and legs together to move effectively across the water.</li> </ul>	<p style="text-align: center;"><u>Football</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Begin to use simple tactics.</li> <li>-Dribble, pass, receive and shoot the ball with some control.</li> <li>-Find space away from others and near to my goal.</li> <li>-Move with a ball towards goal with increasing control.</li> <li>-Provide feedback using key words.</li> <li>-Track an opponent to slow them down.</li> <li>-Understand my role as an attacker and as a defender.</li> <li>-Work cooperatively with my group to self-manage games.</li> </ul>	<p style="text-align: center;"><u>Rounders</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use overarm and underarm throwing, and catching skills.</li> <li>-Begin to strike a bowled ball.</li> <li>-Bowl a ball towards a target.</li> <li>-Identify success</li> </ul>
	<p style="text-align: center;"><u>Dance</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Create dance phrases that communicate ideas.</li> <li>-Create dance phrases with a partner and in a small group using canon and unison.</li> <li>-Repeat, remember and perform these phrases in a dance.</li> <li>-Use dynamic and expressive qualities in relation to an idea.</li> <li>-Use counts to keep in time with a group and the music.</li> <li>-Recognise and talk about the movements used and the expressive qualities of dance.</li> </ul>	<p style="text-align: center;"><u>Tag Rugby</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Communicate with my team and move into space to help them.</li> <li>-Defend an opponent and attempt to tag them.</li> <li>-Move with a ball towards goal with increasing control.</li> <li>-Pass and receive the ball with some control.</li> <li>-Provide feedback using key words.</li> <li>-Understand my role as an attacker and as a defender.</li> <li>-Work cooperatively with my group to self-manage games.</li> </ul>	<p style="text-align: center;"><u>Cricket</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use overarm and underarm throwing, and catching skills.</li> <li>-Begin to strike a bowled ball after a bounce.</li> <li>-Bowl a ball towards a target.</li> <li>-Work collaboratively with others.</li> <li>-Persevere when learning a new skill.</li> </ul>

**Year 3 Knowledge**

- Understand why it is important to warm up.
- Learn the rules of the game and begin to use them honestly.
- Develop an understanding of tactics and I am beginning to use them in game situations.

<b>Year 4</b>	<p style="text-align: center;"><u>Hockey</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with increasing control.</li> <li>-Communicate with team, help them keep possession and score goals when playing in attack.</li> <li>-Help to prevent the other team from scoring when playing in defence.</li> <li>-Use simple tactics to help my team score or gain possession.</li> <li>-Identify success and what I need to do to improve.</li> </ul>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Safely perform balances individually and with a partner.</li> <li>-Plan and perform sequences with a partner that includes a change of level and shape.</li> <li>-Understand how body tension can improve the control and quality of my movements.</li> <li>-Watch, describe and suggest possible improvements to others' performances and my own.</li> <li>-Identify some muscle groups used in gymnastic activities.</li> </ul>	<p style="text-align: center;"><u>Outdoor Education</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Accurately follow and give instructions.</li> <li>-Reflect on when and why I was successful at solving challenges.</li> <li>-Work effectively with a partner and a small group.</li> <li>-Identify key symbols on a map and use a key to help navigate around a grid.</li> <li>-Plan and apply strategies to solve problems.</li> </ul>
	<p style="text-align: center;"><u>Netball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Pass, receive and shoot the ball with increasing control.</li> <li>-Help my team keep possession and score goals when I play in attack.</li> <li>-Defend one on one and know when to win the ball.</li> <li>-Use simple tactics to help my team score or gain possession.</li> <li>-Identify success and what I need to do to improve.</li> </ul>	<p style="text-align: center;"><u>Football</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with increasing control.</li> <li>-Help my team keep possession and score goals when I play in attack.</li> <li>-Delay and help prevent the other team from scoring when I play in defence.</li> <li>-Use simple tactics to help my team score or gain possession.</li> <li>-Identify success and what I need to do to improve.</li> <li>-Show determination to perform at my best.</li> </ul>	<p style="text-align: center;"><u>Cricket/Rounders</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Use overarm and underarm throwing, and catching skills with increasing accuracy.</li> <li>-Strike a bowled ball with adapted equipment (e.g. a tennis racket).</li> <li>-Bowl a ball with some accuracy, and consistency.</li> <li>-Choose and use simple tactics for different situations.</li> <li>-Identify success and what I need to do to improve.</li> </ul>

	<p style="text-align: center;"><u>Dance</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Respond imaginatively to a range of stimuli related to character and narrative.</li> <li>-Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.</li> <li>-Use formation, canon and unison to develop a dance.</li> <li>-Refine, repeat and remember dance phrases and dances.</li> <li>-Perform dances clearly and fluently.</li> <li>-Describe, interpret and evaluate dance, using appropriate language.</li> </ul>	<p style="text-align: center;"><u>Basketball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Delay an opponent and help to prevent the other team from scoring.</li> <li>-Dribble, pass, receive and shoot the ball with increasing control.</li> <li>-Move to space to help my team to keep possession and score goals.</li> <li>-Provide feedback using key terminology and understand what I need to do to improve.</li> <li>-Use simple tactics to help my team score or gain possession.</li> <li>-Share ideas and work with others to manage our game.</li> </ul>	<p style="text-align: center;"><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Demonstrate the difference in sprinting and running techniques.</li> <li>-Jump for distance and height with balance and control.</li> <li>-Throw with some accuracy and power to a target area.</li> <li>-Support and work collaboratively with others.</li> <li>-Show determination to achieve my personal best.</li> <li>-Identify success and what I need to do to improve</li> </ul>
	<p style="text-align: center;"><u>Fitness</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Persevere when I find a challenge hard.</li> <li>-Show determination to achieve my personal best.</li> <li>-Encourage others to work to their personal best.</li> <li>-Collect and record personal fitness data and identify areas I need to improve.</li> <li>-Understand there are different areas of fitness and that each area challenges my body differently.</li> </ul>	<p style="text-align: center;"><u>Tag Rugby</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Pass and receive the ball with increasing control.</li> <li>-Understand the rules of the game and I can use them often.</li> <li>-Help team keep possession and score tries when playing in attack.</li> <li>-Delay and help prevent the other team from scoring when I play in defence.</li> <li>-Use simple tactics to help team score or gain possession.</li> <li>-Identify success and what I need to do to improve.</li> </ul>	<p style="text-align: center;"><u>Tennis</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Communicate with my teammates to apply simple tactics.</li> <li>-Provide feedback using key terminology and understand what I need to do to improve.</li> <li>-Return to the ready position to defend my own court.</li> <li>-Sometimes play a continuous game.</li> <li>-Use a range of basic racket skills.</li> <li>-Share ideas and work with others to manage our game.</li> </ul>

**Year 4 Knowledge**

- Explain what happens in my body when warming up.
- Understand the rules of the game and use them honestly and often.

<b>Year 5</b>	<p align="center"><u>Basketball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with some control under pressure.</li> <li>-Move into space to help my team.</li> <li>-Often make the correct decision of who to pass to and when.</li> <li>-Recognise own and others strengths and areas for development and suggest ways to improve.</li> <li>-Lead a partner through short warm-up routines.</li> </ul>	<p align="center"><u>Gymnastics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Create and perform sequences using apparatus, individually and with a partner.</li> <li>-Use set criteria to make simple judgments about performances and suggest ways they could be improved.</li> <li>-Use canon and synchronization and matching and mirroring when performing with a partner and a group and say how it affects the performance.</li> <li>-Use strength and flexibility to improve the quality of a performance.</li> <li>-Lead a partner through short warm-up routines.</li> <li>-Work safely when learning a new skill to keep myself and others safe.</li> </ul>	<p align="center"><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Choose the best pace for a running event.</li> <li>-Perform a range of jumps showing some technique.</li> <li>-Show control at take-off and landing in jumping activities.</li> <li>-Show accuracy and good technique when throwing for distance.</li> <li>-Lead a partner through short warm-up routines.</li> <li>-Show perseverance to achieve personal best.</li> <li>-Identify good athletic performance and explain why it is good.</li> </ul>
	<p align="center"><u>Tag Rugby</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Pass and receive the ball with some control under pressure.</li> <li>-Move into space to help my team.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>-Lead a partner through short warm-up routines.</li> <li>-Know what position I am playing in and how to contribute when attacking and defending.</li> </ul>	<p align="center"><u>Hockey</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Dribble, pass, receive and shoot the ball with some control under pressure.</li> <li>-Move into space to help my team.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>-Lead a partner through short warm-up routines.</li> </ul>	<p align="center"><u>Outdoor Education</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Reflect on when and how I was successful at solving challenges, and alter my methods in order to improve.</li> <li>-Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</li> <li>-Use critical thinking to approach a task.</li> <li>-Orientate and map.</li> <li>-Navigate around a course using a map.</li> </ul>
	<p align="center"><u>Fitness</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Lead a partner through short warm-up routines.</li> <li>-Analyse my fitness data to identify areas of improvement.</li> <li>-Understand the different components of fitness and how to test them.</li> <li>-Show determination to work to my maximum level.</li> <li>-Encourage and motivate others to work to their personal best</li> </ul>	<p align="center"><u>Netball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Move into space to help my team.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>-Lead a partner through short warm-up routines.</li> <li>-Pass, receive and shoot the ball with some control under pressure.</li> <li>-Know what position I am playing in and how to contribute when attacking and defending</li> </ul>	<p align="center"><u>Rounders</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Sometimes strike a bowled ball.</li> <li>-Develop a wider range of skills and begin to use these under some pressure.</li> <li>-Use the skills I prefer with increasing consistency.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>-Lead a partner through short warm-up routines.</li> </ul>

	<p style="text-align: center;"><u>Dance</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Adapt and refine the way I use actions, dynamics and relationships in my dance.</li> <li>-Perform different styles of dance clearly and fluently.</li> <li>-Recognise and comment on dances, showing an understanding of style.</li> <li>-Suggest ways to improve my own and other people's work.</li> <li>-Lead a partner through short warm-up routines.</li> </ul>	<p style="text-align: center;"><u>Cricket</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Sometimes strike a bowled ball.</li> <li>-Develop a wider range of fielding skills and I am beginning to use these under some pressure.</li> <li>-Work collaboratively with others to score runs.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> </ul>	<p style="text-align: center;"><u>Tennis</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Develop a wider range of skills and begin to use these under some pressure.</li> <li>-Identify when I was successful and what I need to do to improve.</li> <li>-Use feedback provided to improve my work.</li> <li>-Work co-operatively with others to manage our game.</li> </ul>
<p><b><u>Year 5 Knowledge</u></b></p> <ul style="list-style-type: none"> <li>-Understand the rules of the game and use them to play fairly.</li> <li>-Understand the need for tactics and have begun to choose and use some tactics effectively.</li> <li>-Understand there are different skills for different situations and begin to use this.</li> <li>-Understand how stamina and power help people to perform well in different athletic activities.</li> </ul>			
<b>Year 6</b>	<p style="text-align: center;"><u>Tag Rugby</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Pass and receive the ball with increasing control under pressure.</li> <li>-Select the appropriate action for the situation.</li> <li>-Use the rules of the game consistently.</li> <li>-Create and use a variety of tactics to help my team.</li> <li>-Create and use space to help my team.</li> <li>-Select and apply different movement skills to lose a defender.</li> <li>-Lead a small group through a short warm-up routine.</li> <li>-Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> <li>-Use tackling and/or interception to improve my defence.</li> </ul>	<p style="text-align: center;"><u>Basketball</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Create and use space to help my team.</li> <li>-Dribble, pass, receive and shoot the ball with increasing control under pressure.</li> <li>-Select the appropriate action for the situation and make this decision quickly.</li> <li>-Use feedback provided to improve the quality of my work.</li> <li>-Work collaboratively to create tactics with my team and evaluate the effectiveness of these.</li> <li>-Work in collaboration with others so that games run smoothly.</li> <li>-Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>-Understand when to use different styles of defence in game situations.</li> </ul>	<p style="text-align: center;"><u>Outdoor Education</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Work effectively with a partner and a group.</li> <li>-Use critical thinking to form ideas.</li> <li>-Pool ideas within a group, selecting and applying the best method to solve a problem.</li> <li>-Reflect on when and how I successful at solving challenges, and alter methods in order to improve.</li> <li>-Orientate and map efficiently to navigate around a course.</li> </ul>

	<p style="text-align: center;"><u>Swimming</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Make a safe entry into the pool deep end with or without help.</li> <li>-Push and glide on front and back and regain standing position.</li> <li>-Swim 5-10 m on front and back without aids.</li> <li>- Know what piece of equipment will help you in the water.</li> <li>-Collect an object from the pool using hand.</li> <li>-Float on front and back and hold.</li> <li>-Submerge head completely under</li> <li>-Swim 25m</li> <li>-Understand why it is important to remain vigilant around water.</li> </ul>	<p style="text-align: center;"><u>Cricket</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Understand and apply some tactics in the game as a batter, bowler and fielder.</li> <li>-Strike a bowled ball with increasing consistency.</li> <li>-Use a wider range of fielding skills in game situations.</li> <li>-Select the appropriate action for the situation.</li> <li>-Work collaboratively with others to score runs and to get batters out.</li> <li>-Use the rules of the game consistently to play fairly.</li> <li>-Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> </ul>	<p style="text-align: center;"><u>Rounders</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Strike a bowled ball with increasing consistency.</li> <li>-Understand and can use some tactics in the game as a batter, bowler and fielder.</li> <li>-Use a wider range of skills in game situations.</li> <li>-Select the appropriate action for the situation.</li> <li>-Use the rules of the game consistently.</li> <li>-Lead a small group through a short warm-up routine.</li> <li>-Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> </ul>
	<p style="text-align: center;"><u>Fitness</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Motivate and encourage others to work to their personal best.</li> <li>-Show determination to work to my maximum level.</li> <li>-Lead a small group through a short warm-up routine.</li> <li>-Collect, record and analyse data to identify areas where I have made the most improvement</li> </ul>		<p style="text-align: center;"><u>Athletics</u></p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>-Select and apply the best pace for a running event.</li> <li>-Perform jumps for height and distance using good technique.</li> <li>-Show accuracy and good technique when throwing for distance.</li> <li>-Lead a small group through a short warm-up routine.</li> <li>-Compete within the rules showing fair play and honesty.</li> <li>-Persevere to achieve my personal best.</li> <li>-Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> </ul>
<p><b><u>Year 6 Knowledge</u></b></p> <ul style="list-style-type: none"> <li>-Understand the different components of fitness and ways to test and develop them.</li> <li>-Understand the rules and some tactics which can be used in the game.</li> <li>-Understand the rules of the game and use them nearly all of the time.</li> </ul>			

