

Physical Education: Key Stage 1

	Gymnastic Movements	Basic movements and Team Games	Dance
	<i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<i>perform dances using simple movement patterns</i>
Year 1	<ul style="list-style-type: none"> •make body curled, tense, stretched and relaxed •control body when travelling and balancing •copy sequences and repeat them •roll, curl, travel and balance in different ways 	<ul style="list-style-type: none"> •throw underarm •throw and kick in different ways 	<ul style="list-style-type: none"> •perform own dance moves •copy or make up a short dance •move safely in a space
Year 2	<ul style="list-style-type: none"> •plan and perform a sequence of movements •improve sequence based on feedback •think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> •use hitting, kicking and/or rolling in a game •decide the best space to be in during a game •use a tactic in a game •follow rules 	<ul style="list-style-type: none"> •change rhythm, speed, level and direction in dance •make a sequence by linking sections together •use dance to show a mood or feeling

Physical Education: Key Stage 2

	Dance	Outdoor and Adventurous Activity	Evaluate
	<i>perform dances using a range of movement patterns</i>	<i>take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
Year 3	<ul style="list-style-type: none"> •improvise freely and translate ideas from a stimulus into movement •share and create phrases with a partner and small group •remember and repeat dance perform phrases 	<ul style="list-style-type: none"> •follow a map in a familiar context •use clues to follow a route •follow a route safely 	<ul style="list-style-type: none"> •compare and contrast gymnastic sequences •recognise own improvement in ball games
Year 4	<ul style="list-style-type: none"> •take the lead when working with a partner or group •use dance to communicate an idea 	<ul style="list-style-type: none"> •follow a map in a (more demanding) familiar context •follow a route within a time limit 	<ul style="list-style-type: none"> •provide support and advice to others in gymnastics and dance •be prepared to listen to the ideas of others

	Athletics	Competitive Games	Gymnastics
	<i>use running, jumping, throwing and catching in isolation and in combination</i>	<i>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</i>	<i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i>
Year 3	<ul style="list-style-type: none"> •run at fast, medium and slow speeds; changing speed and direction •take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> •be aware of space and use it to support team-mates and to cause problems for the opposition •know and use rules fairly 	<ul style="list-style-type: none"> •adapt sequences to suit different types of apparatus and criteria •explain how strength and suppleness affect performance
Year 4	<ul style="list-style-type: none"> •sprint over a short distance and show stamina when running over a long distance •jump in different ways •throw in different ways and hit a target, when needed 	<ul style="list-style-type: none"> •throw and catch accurately with one hand •hit a ball accurately with control •vary tactics and adapt skills depending on what is happening in a game 	<ul style="list-style-type: none"> •move in a controlled way •include change of speed and direction in a sequence •work with a partner to create, repeat and improve a sequence with at least three phases

Our PE curriculum is enhanced throughout the school with yoga wellbeing sessions, an active Forest School Outdoor education and active maths/ literacy in KS2.

