

EYFS YR					
<p>Physical Development: Moving and Handling</p> <p>30-50 months</p> <ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Mounts stairs, steps or climbing equipment using alternate feet. • Walks downstairs, two feet to each step while carrying a small object. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Stands momentarily on one foot when shown • Catches a large ball. • Draws lines and circles using gross motor movements. • Uses one handed tools and equipment. • Holds pencil between thumb and two fingers, no longer using whole hand grasp. • Holds pencil near point between first two fingers and thumb and uses it with good control. • Can copy some letters. E.g. letters from their name <p>40-60 months</p> <ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows preference for a dominant hand. • Begins to use anticlockwise movements and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. <p>ELG (Expected)</p> <ul style="list-style-type: none"> • 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>ELG (Exceeding)</p> <ul style="list-style-type: none"> • Hops confidently and skips in time to music. Demonstrates good control of body when using large or small apparatus. • Holds paper in position and uses their preferred hand for writing, using a correct pencil grip. Begins to write on lines and control letter size. 					
Year 1 and 2 Term 1	Year 1 and 2 Term 2	Year 1 and 2 Term 3	Year 1 and 2 Term 4	Year 1 and 2 Term 5	Year 1 and 2 Term 6
<p><u>Learning Objectives for the term.</u></p> <p>Games</p> <p>Throwing and catching</p> <p>I can throw underarm.</p>	<p><u>Learning Objectives for the term.</u></p> <p>Games</p> <p>Jumping and running /moving</p> <p>I can control my body when travelling and balancing</p> <p>I repeat actions and skills.</p>	<p><u>Learning Objectives for the term.</u></p> <p>Dance</p> <p>I move to music.</p> <p>I copy dance moves</p>	<p><u>Learning Objectives for the term.</u></p> <p>Gymnastics</p> <p>I can control y body when travelling and balancing</p> <p>I make my body curled,</p>	<p><u>Learning Objectives for the term.</u></p> <p>Gymnastics/Games</p> <p>Net and wall</p> <p>Short tennis</p> <p>I can throw underarm.</p> <p>I hit a ball with a bat.</p>	<p><u>Learning Objectives for the term.</u></p> <p>Striking and Fielding</p> <p>I use hitting,</p>

<p>I hit a ball with a bat. I move and stop safely. I throw and catch with both hands. I copy actions. I use equipment safely.</p> <p>I use hitting, kicking and/or rolling in a game. I talk about what is different from what I did and what someone else did.</p>	<p>I decide the best space to be in during a game. I use tactic in a game. I follow rules. I copy and remember actions.</p>	<p>I perform my own dance moves. I make up a short dance. I move safely in a space.</p> <p>I change rhythm, speed, level and direction in my dance. I dance with control and co-ordination. I make a sequence by linking sections together. I Use dance to show a mood or feeling.</p>	<p>tense, stretched and relaxed. I copy sequences and repeat them. I roll, curl, travel and balance in different ways.</p> <p>I plan and perform a series of movements. I work on my own and with a partner. I copy and remember actions.</p>	<p>I use equipment safely.</p> <p>I improve my sequence based on feedback. I think of more than one way to create a sequence which follows some rules. I talk about what is different from what I did and what someone else did.</p>	<p>kicking and/or rolling in a game. I throw and kick in different ways.</p> <p>I decide the best space to be in during a game. I use tactic in a game. I follow rules. I copy and remember actions.</p>
<p>Year 3 and 4 Term 1</p>	<p>Year 3 and 4 Term 2</p>	<p>Year 3 and 4 Term 3</p>	<p>Year 3 and 4 Term 4</p>	<p>Year 3 and 4 Term 5</p>	<p>Year 3 and 4 Term 6</p>
<p><u>Invasion Games</u></p> <p><u>Learning Objectives for the term.</u></p> <p>I can change direction by bending my knees when running.</p>	<p><u>Gymnastics</u></p> <p><u>Learning Objectives for the term.</u></p> <p>Floor shapes:</p> <ul style="list-style-type: none"> • Front, back, side support • Crab and bridge • V-sit • Shoulder stand • Levers 	<p><u>Net/Wall games</u></p> <p><u>Learning Objectives for the term.</u></p> <p>I can underarm throw in a general direction</p>	<p><u>Dance</u></p> <p><u>Learning Objectives for the term.</u></p> <p>Can select appropriate movements and actions which match the stimulus.</p> <p>Can compose short</p>	<p><u>Strike/ Field games</u></p> <p><u>Learning Objectives for the term.</u></p> <p>I can overarm throw in a general direction.</p> <p>I can underarm throw in a general direction.</p>	<p><u>Athletics</u></p> <p><u>Learning Objectives for the term.</u></p> <p>I can overarm throw for power 5-9m.</p> <p>I can Jump for</p>

<p>I can chest pass with correct technique in a general direction.</p> <p>I can kick from the floor with correct technique in a general direction.</p> <p>I can kick a football from the floor less than 10m.</p> <p>I can walk straight with ball at feet – controlled.</p>	<p>Basic Floor Movements:</p> <ul style="list-style-type: none"> • Side Roll to Knee • Teddy Bear Roll • Forward Roll • Diving Forward Roll • Backward Roll <p>Apparatus:</p> <ul style="list-style-type: none"> • Mounting the vault • Straight Jump • Star Jump • Tuck Jump • Straddle Jump • Pike Jump • Walking on the bench • V-sit on the bench • Basic floor shapes 	<p>I can catch small balls when bounced with a prompt.</p> <p>I can strike a ball (self-bowled) in a general direction.</p> <p>I can strike a ball (self-bowled) in a general direction.</p>	<p>movement patterns with a beginning and end.</p> <p>Can explore how to change actions and movements.</p> <p>Can link basic movements and actions together to create simple movement patterns.</p> <p>Can perform basic travels, gestures, turns, jumps and balances with some composure and control.</p> <p>Can remember and perform short dance movement patterns.</p>	<p>I can catch small balls when bounced with a prompt.</p> <p>I can strike a ball (self-bowled) in a general direction.</p>	<p>Distance: 30 - 59cm.</p> <p>I can Jump for Height 5-9cm / 10-14cm</p> <p>I can sprint 50m within 13-10 secs.</p> <p>I can 400m within 2:30-2:01.</p> <p>I can 60m Hurdle within 25–18 secs.</p> <p>I can chest push more than 8m.</p>
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By the end of YEAR 3 children MUST be able to:

- Skip on the spot.
- Catch a large ball from 5m away.
- Hop on one foot.
- Perform a forward roll.
- Perform a teddy bear roll.
- Perform a variety of jumps from apparatus landing on both feet.

By the end of YEAR 4 children MUST be able to:

- Skip whilst running for a short distance.
- Catch a large ball from 10m away.
- Hop on each foot.
- Perform a forward Roll and a backwards roll.
- Perform a variety of jumps from apparatus landing on both feet.
- Perform a jump half turn.
- Follow a dance routine.

Year 5 Term 1	Year 5 Term 2	Year 5 Term 3	Year 5 Term 4	Year 5 Term 5	Year 5 Term 6
<p>Title of the Term: Invasion Games</p> <p>Learning Objectives for the term. I can chest pass accurately to a static partner 5m+ away</p> <p>I can catch medium size balls when thrown at different heights and directions</p> <p>I can change direction with ball at feet – controlled</p> <p>I can complete 26-30 sprints in 60 secs</p>	<p>Title of the Term: Gymnastics</p> <p>Learning Objectives for the term. Floor Shapes: Levers One Foot Balances (Y&T) Headstand Handstand</p> <p>Floor Movement: Forward Roll Dive Forward Roll Backward Roll Cartwheel</p> <p>Apparatus: Half Turn Straight Jump Full Turn Straight Jump Basic Floor Shapes on the Bench Variety of Jumps on the Bench Leap on the Bench</p>	<p>Title of the Term: Net/Wall Games</p> <p>Learning Objectives for the term. I can underarm throw to hit a large target from 5-10m</p> <p>I can catch small balls when underarm thrown accurately</p> <p>I can strike a ball, when bowled underarm, accurately</p>	<p>Title of the Term: Dance</p> <p>Learning Objectives for the term. Composition: Explore Structure Develop Link</p> <p>Performance: Physical Skill and Audience Movement Memory</p> <p>Appreciation: Give Feedback Respond to Feedback</p>	<p>Title of the Term: Strike and Field Games</p> <p>Learning Objectives for the term. I can overarm throw accurately to a static partner 5-15m away</p> <p>I can underarm throw to hit a large target from 5-10m</p> <p>I can catch small balls when underarm thrown accurately</p> <p>I can strike a ball, when bowled underarm, between 5-10m</p>	<p>Title of the Term: Athletics</p> <p>Learning Objectives for the term. I can 75m within 20-16 secs</p> <p>I can 600m within 5:00-3:31</p> <p>I can Jump for Height 30-34cm</p> <p>I can Jump for Distance: 150 – 179cm</p> <p>I can chest push 4-6m</p> <p>I can 60m Hurdle within 25–18 secs</p> <p>I can overarm throw for power 26-30m</p>
<p>By the end of YEAR 5 children MUST be able to: Skip whilst running for a 20m. Catch small balls thrown at pace.</p>					

<p>Throw a ball underarm and overarm. Perform a range of one foot balances. Perform a forward Roll and a backwards roll. Perform a variety of jumps from apparatus landing on both feet. Perform a jump half turn and full turn jump. Choreograph a short dance routine.</p>					
Year 6 Term 1	Year 6 Term 2	Year 6 Term 3	Year 6 Term 4	Year 6 Term 5	Year 6 Term 6
<p>Title of the Term Invasion Games</p> <p>Learning Objectives for the term.</p> <p>I can complete 31+ sprints in 60 secs</p> <p>I can chest pass accurately to a moving partner</p> <p>I can catch consistently when I am moving</p> <p>I can kick a football from the floor 25-35m</p> <p>I can avoid obstacles and change direction with control</p>	<p>Title of the Term Gymnastics</p> <p>Learning Objectives for the term.</p> <p>Floor shapes: Front and Back Support Pair/Trio Balances Planche & Frog Balance Y Balance & T Balance Headstand & Handstand</p> <p>Floor Movement: Forward Roll Diving Forward Roll Backward Roll Cartwheel</p> <p>Apparatus: Star & Tuck Jump Straddle & Pike Jump ½ Turn and Full Turn Jump Turn Jumps on the Bench Leaping on the Bench Climbing up and down Traversing/Sideways 2 & 3 Point Hold</p>	<p>Title of the Term Net/Wall Games</p> <p>Learning Objectives for the term.</p> <p>I can strike a ball, during a rally of hits, with some accuracy and control</p> <p>I can catch small balls when thrown at different speeds, directions and heights</p> <p>I can underarm throw to hit a large target from 5-10m</p>	<p>Title of the Term Dance</p> <p>Learning Objectives for the term.</p> <p>Composition: Explore Structure Develop Link</p> <p>Performance: Physical Skill and Audience Movement Memory</p> <p>Appreciation: Give Feedback Respond to Feedback</p>	<p>Title of the Term Strike & Field Games</p> <p>Learning Objectives for the term.</p> <p>I can overarm throw accurately to a static partner 16-30m away</p> <p>I can underarm throw a small ball to a static partner (5-10m) with accuracy</p> <p>I can catch small balls when thrown at different speeds, directions and heights</p> <p>I can strike a ball, when bowled underarm, between 11-20m</p>	<p>Title of the Term Athletics</p> <p>Learning Objectives for the term.</p> <p>I can 75m within 15-12 secs</p> <p>I can 600m within 3:30-2:31</p> <p>I can Jump for Height 35-39cm</p> <p>I can Jump for Distance: 150 – 179cm</p> <p>I can 60m Hurdle within 17-14 secs</p> <p>I can overarm throw for power 30 - 34m</p>

By the end of YEAR 6 children must:

Catch consistently whilst moving.

Perform an assisted balance in a routine.

Give feedback to other children highlighting ways to improve based upon their knowledge of PE.

Achieve the KS2 assessment criteria for swimming.