

EYFS YR**Physical Development: Moving and Handling****30-50 months**

- 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

40-60 months

- 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.

ELG (Expected)

- 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.

ELG (Exceeding)

- 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 Throwing and catching I can throw underarm. 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><u>Learning Objectives for the term.</u></p> <p>Games Jumping and running /moving I can control my body when travelling and balancing I repeat actions and skills.</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><u>Learning Objectives for the term.</u></p> <p>Dance I move to music. I copy dance moves 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><u>Learning Objectives for the term.</u></p> <p>Gymnastics I can control y body when travelling and balancing I make my body curled, 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><u>Learning Objectives for the term.</u></p> <p>Gymnastics/Games Net and wall Short tennis I can throw underarm. I hit a ball with a bat. 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><u>Learning Objectives for the term.</u></p> <p>Striking and Fielding I use hitting, 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>
Year 3 and 4 Term 1	Year 3 and 4 Term 2	Year 3 and 4 Term 3	Year 3 and 4 Term 4	Year 3 and 4 Term 5	Year 3 and 4 Term 6
<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 	<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</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><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 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>	<ul style="list-style-type: none"> • Crab and bridge • V-sit • Shoulder stand • Levers <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>actions which match the stimulus.</p> <p>Can compose short 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 underarm throw in a general direction.</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>I can Jump for 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>
<p>By the end of YEAR 3 children MUST be able to:</p> <p>Skip on the spot.</p> <p>Catch a large ball from 5m away.</p> <p>Hop on one foot.</p> <p>Perform a forward roll.</p>					

<p>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.</p>					
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 I can catch medium size balls when thrown at different heights and directions I can change direction with ball at feet – controlled 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 Floor Movement: Forward Roll Dive Forward Roll Backward Roll Cartwheel Apparatus: Half Turn Straight Jump Full Turn Straight Jump</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 I can catch small balls when underarm thrown accurately 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 Performance: Physical Skill and Audience Movement Memory 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 I can underarm throw to hit a large target from 5-10m I can catch small balls when underarm thrown accurately 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 I can 600m within 5:00-3:31 I can Jump for Height 30-34cm I can Jump for Distance: 150 – 179cm I can chest push 4-6m</p>

	Basic Floor Shapes on the Bench Variety of Jumps on the Bench Leap on the Bench				I can 60m Hurdle within 25–18 secs I can overarm throw for power 26-30m
By the end of YEAR 5 children MUST be able to: Skip whilst running for a 20m. Catch small balls thrown at pace. 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.					
Year 6 Term 1	Year 6 Term 2	Year 6 Term 3	Year 6 Term 4	Year 6 Term 5	Year 6 Term 6

Title of the Term Invasion Games	Title of the Term Gymnastics	Title of the Term Net/Wall Games	Title of the Term Dance	Title of the Term Strike & Field Games	Title of the Term Athletics
Learning Objectives for the term.	Learning Objectives for the term.	Learning Objectives for the term.	Learning Objectives for the term.	Learning Objectives for the term.	Learning Objectives for the term.
<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>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>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>Composition: Explore Structure Develop Link</p> <p>Performance: Physical Skill and Audience Movement Memory</p> <p>Appreciation: Give Feedback Respond to Feedback</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>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 chest push 6-8m</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.