EYFS YI	
Physic	al 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 sped or direction to avoid obstacles.
٠	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.
٠	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.
٠	Begins to use anticlockwise movements and retrace vertical lines.
٠	Begins to form recognisable letters.
٠	Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
ELG (E	xpected)
٠	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 (E	xceeding)
•	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.

Veer 1 and 2 Terrs 1	Veer 1 and 2 Terrer 2	Veer 1 and 2 Terrs 2	Veer 1 and 2 Tarres 4	Veer 1 and 2 Terres 5	Veer 1 and 2 Terror C
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
Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for
<u>the term.</u>	<u>the term.</u>	<u>the term.</u>	<u>the term.</u>	<u>the term.</u>	<u>the term.</u>
Games	Games	Dance	Gymnastics	Gymnastics/Games	Striking and Fielding
Throwing and catching	Jumping and running	I move to music.	I can control y body	Net and wall	
I can throw underarm.	/moving	I copy dance moves	when travelling and	Short tennis	
I hit a ball with a bat.	I can control my body	I perform my own	balancing	I can throw underarm.	I use hitting, kicking
I move and stop safely.	when travelling and	dance moves.	I make my body curled,	I hit a ball with a bat.	and/or rolling in a
I throw and catch with	balancing	I make up a short	tense, stretched and	I use equipment safely.	game.
both hands.	I repeat actions and	dance.	relaxed.		I throw and kick in
I copy actions.	skills.	I move safely in a	I copy sequences and	I improve my sequence	different ways.
I use equipment safely.		space.	repeat them.	based on feedback.	
	I decide the best space		I roll, curl, travel and	I think of more than	I decide the best space
I use hitting, kicking	to be in during a game.	I change rhythm,	balance in different	one way to create a	to be in during a game.
and/or rolling in a	I use tactic in a game.	speed, level and	ways.	sequence which	I use tactic in a game.
game.	I follow rules.	direction in my dance.	- 1-	follows some rules.	I follow rules.
I talk about what is	I copy and remember	I dance with control	I plan and perform a	I talk about what is	I copy and remember
different from what I	actions.	and co-ordination.	series of movements.	different from what I	actions.
did and what someone		I make a sequence by	I work on my own and	did and what someone	
else did.		linking sections	with a partner.	else did.	
eise did.		together.	I copy and remember		
		I Use dance to show a	actions.		
		mood or feeling.			
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
Invasion Games	Gymnastics	Net/Wall games	Dance	Strike/ Field games	Athletics
	<u> </u>				
Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for	Learning Objectives for
the term.	the term.	the term.	the term.	the term.	the term.
I can change direction	Floor shapes:	I can underarm throw	Can select appropriate	I can overarm throw in	I can overarm throw
by bending my knees	• Front, back, side	in a general direction	movements and	a general direction.	for power
when running.	support			-	5-9m.
when running.	support				ס-שווו.

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I can check small balls carnet technique in a general direction.I can cant small balls when bounced with a prompt.actions which match the stimulus.I can underarm throw in a general direction.I can Jump for Distance: 30 - 59cm.I can kick from the floor with correct technique in a general direction.Basic Floor Movements:I can strike a ball (self- bowled) in a general direction.Can compose short with a beginning and end.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements:I can strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general direction.Can strike a ball (self- bowled) in a general direction.I can a 400m within 2:30- 2:01.1 can kik a football from the floor less than 10m.Diving Forward RollCan ink basic movements and actions together to straight Jump straight Jum						
correct technique in a general direction.Shoulder stand Lears strike a ball (self- bowled) in a general direction.rean cath small balls movement patterns with a beginning and end.I can cath small balls movement patterns bowled) in a general direction.I can strike a ball (self- bowled) in a general 		 Crab and bridge 	I can catch small balls	actions which match	I can underarm throw	
general direction.LeversI can strike a ball (self- movement patterns with a beginning and end.I can catch small balls when bounced with a prompt.I can Jump for Height 5-9cm / 10-14cmI can kick from the floor with correct technique in a general direction.Basic Floor Movements:I can strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- control led.I can strike a ball (self- source actions and movements.I can strike a ball (self- movements.I can strike a ball (self- control led.I can strike a ball (self- source actions and movements.I can strike a ball (self- movements.I can strike a ball (self- to ang actions and movements.I can strike a ball (self- movements.I can strike a ball (self- movements.I can strike a ball (self- to ang actions and movements.I can strike a ball (self- to ang actions and to and actions together to tan 8m.I can dom hurdle with 12-18 secs.I can strike a ball self- to and s Straidel Jump • Straidel Jump • V-sit on	I can chest pass with	 V-sit 	when bounced with a	the stimulus.	in a general direction.	I can Jump for
DefectorLean ktike from the floor with correct technique in a general direction.Lean strike a ball (self- bowled) in a general direction.movement patterns with a beginning and end.when bounced with a prompt.Lean Jump for Height 5-9cm / 10-14cmLean kick from the direction.Side Roll to Knee • Teddy Bear Roll • Forward Roll • Forward Roll 0000011Lean strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements.Lean strike a ball (self- bowled) in a general direction.Lean strike a ball (self- bowled) in a general movements.Lean strike a ball (self- bowled) in a general direction.Lean strike a ball (self- bowled) in a general direction.Lean strike a ball (self- bowled) in a general direction.Lean strike a ball (self- self- can isk basic movement and perform basic travels, gestures, turns, jumps and balancesL	correct technique in a	 Shoulder stand 	prompt.			Distance: 30 - 59cm.
I can kick from the floor with correct technique in a general direction.Basic Floor Movements: • Side Roll to Knee • Teddy Bear Roll • Forward Roll • Diving Forward Rollbowled) in a general direction.with a beginning and end.prompt.5-9cm / 10-14cmI can kick a football form the floor less than 10m.• Teddy Bear Roll • Forward Roll • Backward RollI can strike a ball (self- bowled) in a general direction.Can explore how to change actions and movements.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- bowled) in a general movements.I can strike a ball (self- bowled) in a general movement patterns.I can strike a ball (self- bowled) in a general direction.I can strike a ball (self- to an strike a ball (self- to an strike a ball (self- to an strike a ball (self-<	general direction.	Levers		Can compose short	I can catch small balls	
floor with correct technique in a general direction.direction.end.Lan strike a ball (self- bowled) in a general direction.Lan strike a ball (self- within 13-10 secs.10m.Apparatus: • Mounting the vaultApparatus: • Mounting the vaultCan link basic movement patterns.Lan strike a ball (self- bowled) in a general movement patterns.Lan strike a ball (self- bowled) in a general direction.Lan strike a ball (self- strike a ball (self- bowled) in a general movement patterns.Lan strike a ball (self- strike a ball (self- stri			I can strike a ball (self-	movement patterns	when bounced with a	I can Jump for Height
technique in a general direction.• Side Roll to Knee • Teddy Bear Roll • Forward Roll • Diving Forward Roll • Backward RollI can strike a ball (self- bowled) in a general direction.I can strike a ball (self- can strike a ball (self- can s	I can kick from the	Basic Floor	bowled) in a general	with a beginning and	prompt.	5-9cm / 10-14cm
direction. I can kick a football from the floor less than 10m. I can strike a ball (self- bowled) in a general direction. I	floor with correct	Movements:	direction.	end.		
I can kick a football from the floor less than 10m.Forky ward Rollbowled) in a general direction.bowled) in a general direction.bowled) in a general direction.bowled) in a general direction.l can 400m within 2:30- 2:01.10m.Backward RollCan link basic movements and actions together to create simple movement patterns.I can 60m Hurdle within 25–18 secs.1 can valk straight with ball at feet - controlled.Apparatus: • Mounting the vaultCan perform basic travels, gestures, turns, jumps and balances with some composure and control.I can chest push more than 8m.9Tuck Jump • Stradgle Jump • Nuck Jump • Stradgle Jump • Pike Jump • Pike Jump • Pike JumpCan remember and perform short dance movement patterns.Can remember and perform short dance movement patterns.8By the end of YEAR 3 children MUST be able to: Skip on the spot.Star Jump say.East started s	technique in a general	Side Roll to Knee				I can sprint 50m
I can kick a football from the floor less than 10m.Forward Rollbowled) in a general direction.change actions and movements.bowled) in a general direction.I can 400m within 2:30- 2:01.10m.Backward RollCan link basic movements and actions together to create simple waultI can 60m Hurdle within 25–18 secs.1 can walk straight with ball at feet - controlled.Apparatus: • Mounting the vaultCan link basic movement patterns.I can 60m Hurdle within 25–18 secs.• Mounting the vaultStraight Jump • Straight Jump • Tuck Jump • Tuck Jump • Verkit on the benchCan perform basic travels, gestures, turns, jumps and balances with some composure and control.I can 400m within 2:30- 2:01.By the end of YEAR 3 children MUST be able to:Star floor shapesCan remember and perform short dance movement patterns.I can 400m within 2:30- 2:01.By the end of YEAR 3 children MUST be able to:Star floor shapesCan remember and perform short dance movement patterns.I can 400m within 2:30- 2:01.By the end of YEAR 3 children MUST be able to:Star floor shapesStar floor shapesI can chest push movement patterns.By the end of YEAR 3 children MUST be able to:Star floor shapesI can remember and perform short dance movement patterns.I can chest push travels, gestures, such short dance movement patterns.By the end of YEAR 3 children MUST be able to:Star floor shapesI can chest push travels, gestures, such short dance movement patterns.I can chest push travels, gestures, such short danc	direction.	Teddy Bear Roll	I can strike a ball (self-	Can explore how to	I can strike a ball (self-	within 13-10 secs.
I can kick a football from the floor less than 10m.• Diving Forward Roll • Backward Rolldirection.movements.direction.I can 400m within 2:30- 2:01.1 can walk straight with ball at feet - controlled.• Backward RollCan link basic movements and actions together to create simple movement patterns.I can 60m Hurdle within 25–18 secs.• Mounting the vault• Mounting the vaultactions together to create simple movement patterns.I can chest push more than 8m.• Straight Jump • Star Jump • Star Jump • Tuck Jump • Straddle Jump • Pike Jump • Pike Jump • Pike Jump • Pike Jump • Walking on the bench • Basic floor shapesCan remember and perform short dance movement patterns.I can 400m within 2:30- 2:01.By the end of YEAR 3 chiltren MUST be able to: Skip on the spot.Staradle 1:0:0:0:0:0:0:0:0:0:0:0:0:0:0:0:0:0:0:0		•	bowled) in a general	change actions and	bowled) in a general	
from the floor less than Roll 2:01. 10m. Backward Roll Can link basic I can 60m Hurdle 1 can walk straight with Apparatus: actions together to I can 60m Hurdle controlled. Mounting the create simple I can chest push more controlled. Straight Jump Can perform basic I can chest push more • Straight Jump Can perform basic travels, gestures, turns, I can chest push more • Straight Jump gumps and balances with some composure I can chest push more • Straddle Jump with some composure and control. I can chest push • Walking on the bench Can remember and I can chest push • V-sit on the perform short dance I can chest push I can chest push By the end of YEAR 3 childers Basic floor shapes I can test straight form Sm away. I can chest push Hop on one foot. USE Straight push I can chest push I can chest push	I can kick a football		direction.	movements.	direction.	I can 400m within 2:30-
10m. Backward Roll Can link basic movements and cons together to within 25–18 secs. within 25–18 secs. create simple Mounting the woult Straight Jump Straight Jump Straidle Jump Straddle Jump Straddle Jump With some composure and control. Within gon the bench V-sit on the bench Kasic floor shapes Basic floor shapes Skip on the spot. Cath a large ball from Smarks. Hop on one foot. Watemather in the statematic statem	from the floor less than	U U				2:01.
I can walk straight with ball at feet - controlled.Apparatus: • Mounting the vaultactions together to create simplewithin 25–18 secs.• Mounting the vaultmovement patterns.I can chest push more than 8m.I can chest push more than 8m.• Straight JumpCan perform basic travels, gestures, turns, jumps and balancesI can chest push more than 8m.• Straight JumpStraidle Jump • Tuck Jumpwith some composure and control.I can chest push more than 8m.• Walking on the benchWalking on the benchCan remember and perform short dance movement patterns.I can chest push than 8m.By the end of YEAR 3 children MUST be able to:Straight of YEAR 3 children MUST be able to:Straight of YEAR 3 children MUST be able to:Skip on the spot.Catch a large ball from Sm away.Hop on one foot.Hop on one foot.	10m.			Can link basic		
ball at feet - Apparatus: create simple controlled. • Mounting the movement patterns. I can chest push more than 8m. • Straight Jump Can perform basic than 8m. • Tuck Jump travels, gestures, turns, jumps and balances i can chest push more than 8m. • Straddle Jump with some composure and control. indicate the bench • Walking on the bench Can remember and perform short dance movement patterns. indicate the bench • V-sit on the bench Basic floor shapes indicate the bench indicate the bench • V-sit on the bench Basic floor shapes indicate the bench indicate the bench • Versit on the bench Basic floor shapes indicate the bench indicate the bench • Versit on the bench Basic floor shapes indicate the bench indicate the bench • Versit on the bench Basic floor shapes indicate the bench indicate the bench • Versit on the bench Basic floor shapes indicate the bench indicate the bench • May and basic floor shapes indicate the bench indicate the bench indicate the bench • Basic floor shapes indicate the bench indicate the bench <td></td> <td>• Dackward Roll</td> <td></td> <td>movements and</td> <td></td> <td>I can 60m Hurdle</td>		• Dackward Roll		movements and		I can 60m Hurdle
ball at feet – • Mounting the create simple I can chest push more controlled. vault movement patterns. I can chest push more • Straight Jump Can perform basic than 8m. • Tuck Jump jumps and balances than 8m. • Tuck Jump jumps and balances than 8m. • Straddle Jump with some composure and control. • Walking on the bench Can remember and • V-sit on the perform short dance movement patterns. 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.	I can walk straight with	Annaratus:		actions together to		within 25–18 secs.
controlled.vaultmovement patterns.I can chest push more than 8m.Straight JumpStraight JumpCan perform basic travels, gestures, turns, jumps and balancesHan 8m.• Tuck JumpStraddle Jumpwith some composure and control.Han 8m.• Pike Jumpwith some composure and control.Han 8m.• Walking on the benchCan remember and perform short dance movement patterns.Hender Strade• Basic floor shapesEast floor shapesHender StradeBy the end of YEAR 3 children MUST be able to:Skip on the spot.Hop on one foot.	ball at feet –			create simple		
 Straight Jump Straight Jump Star Jump Tuck Jump Tuck Jump Straddle Jump Pike Jump Walking on the bench V-sit on the bench Basic floor shapes 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.	controlled.	e e		movement patterns.		I can chest push more
 Star Jump Tuck Jump Tuck Jump Straddle Jump Straddle Jump Pike Jump Walking on the bench V-sit on the bench Basic floor shapes By the end of YEAR 3 children MUST be able to: Skip on the spot. Catch a large ball from 5m away.						than 8m.
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 Straddle Jump Straddle Jump Pike Jump Pike Jump Walking on the bench V-sit on the bench Basic floor shapes 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.		•		travels, gestures, turns,		
 Pike Jump Walking on the bench V-sit on the bench V-sit on the bench Basic floor shapes 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.		•		jumps and balances		
 Walking on the bench V-sit on the bench V-sit on the bench Basic floor shapes Basic floor shapes 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.				with some composure		
bench V-sit on the bench Basic floor shapes 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.		•		and control.		
 V-sit on the bench Basic floor shapes 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.		•				
bench • Basic floor shapes 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.				Can remember and		
• Basic floor shapes Intovenient patterns. 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 short dance		
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.				movement patterns.		
Skip on the spot. Catch a large ball from 5m away. Hop on one foot.						
Catch a large ball from 5m away. Hop on one foot.		ldren MUST be able to:				
Hop on one foot.						
	Catch a large ball from 5m away.					
Perform a forward roll.	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						
Catch a large ball from 10						
Hop on each foot.	on anay.					
Perform a forward Rollar	nd a backwards roll.					
	ps 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	
Title of the Term:	Title of the Term:	Title of the Term:	Title of the Term:	Title of the Term:	Title of the Term:	
Invasion Games	Gymnastics	Net/Wall Games	Dance	Strike and Field Games	Athletics	
Learning Objectives	Learning Objectives	Learning Objectives	Learning Objectives	Learning Objectives		
for the term.	for the term.	for the term.	for the term.	for the term.	Learning Objectives	
I can chest pass	Floor Shapes:	I can underarm throw	Composition:		for the term.	
accurately to a static	Levers	to hit a large target	Explore	I can overarm throw		
partner 5m+ away	One Foot Balances	from 5-10m	Structure	accurately to a static	I can 75m within 20-16	
	(Y&T)		Develop	partner 5-15m away	secs	
I can catch medium	Headstand	I can catch small balls	Link			
size balls when thrown	Handstand	when underarm		I can underarm throw	I can 600m within 5:00-	
at different heights and		thrown accurately	Performance:	to hit a large target	3:31	
directions	Floor Movement:		Physical Skill and	from 5-10m		
	Forward Roll	I can strike a ball, when	Audience		I can Jump for Height	
I can change direction	Dive Forward Roll	bowled underarm,	Movement Memory	I can catch small balls	30-34cm	
with ball at feet –	Backward Roll	accurately		when underarm		
controlled	Cartwheel		Appreciation:	thrown accurately	I can Jump for	
			Give Feedback		Distance: 150 – 179cm	
I can complete 26-30	Apparatus:		Respond to Feedback	I can strike a ball, when		
sprints in 60 secs	Half Turn Straight Jump			bowled underarm,	I can chest push 4-6m	
	Full Turn Straight Jump			between 5-10m		

	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	Skip whilst running for a 20m.					
Catch small balls thrown	Catch small balls thrown at pace.					
Throw a ball underarm a	Throw a ball underarm and overarm.					
Perform a range of one f	Perform a range of one foot balances.					
Perform a forward Rolland 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	

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Title of the Term	Title of the Term	Title of the Term	Title of the Term	Title of the Term	Title of the Term
Invasion Games	Gymnastics	Net/Wall Games	Dance	Strike & Field Games	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.
partner I can catch consistently when I am moving I can kick a football from the floor 25-35m I can avoid obstacles and change direction with control	Floor shapes: Front and Back Support Pair/Trio Balances Planche & Frog Balance Y Balance & T Balance Headstand & Handstand Floor Movement: Forward Roll Diving Forward Roll Backward Roll Cartwheel 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	I can strike a ball, during a rally of hits, with some accuracy and control I can catch small balls when thrown at different speeds, directions and heights I can underarm throw to hit a large target from 5-10m	Composition: Explore Structure Develop Link Performance: Physical Skill and Audience Movement Memory Appreciation: Give Feedback Respond to Feedback	I can overarm throw accurately to a static partner 16-30m away I can underarm throw a small ball to a static partner (5-10m) with accuracy I can catch small balls when thrown at different speeds, directions and heights I can strike a ball, when bowled underarm, between 11-20m	I can 75m within 15-12 secs I can 600m within 3:30- 2:31 I can Jump for Height 35-39cm I can Jump for Distance: 150 – 179cm I can chest push 6-8m I can 60m Hurdle within 17-14 secs I can overarm throw for power 30 - 34m

Duthe and of VEAD C shildren must
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.