

PE 2022-2023

	Term 1 – Autumn		Term 2 – Spring		Term 3 – Summer	
Cover Supervisor Class Teacher Coaches	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Sporting value of the half term (SSP):	Passion	Self-belief	Honesty	Determination	Teamwork	Respect
Pre-school	Introduction to PE: Unit 1	Fundamentals: Unit 1	Introduction to PE: Unit 2	Fundamentals: Unit 2	Yoga	Sports Day skill development Next year they will take part so making children aware and allowed to practice these movements and activities
Reception	Introduction to PE: Unit 2 Fundamentals: Unit 1	Fundamentals: Unit 2 Gymnastics: Unit 1	Dance: Unit 1 Ball Skills: Unit 1	Games: Unit 1 Gymnastics: Unit 2	Balls Skills: Unit 2 Dance: Unit 2	Sports Day Skills Games: Unit 2
Year 1	Team building Fundamentals	Dance Ball Skills	Net and Wall Yoga	Gymnastics Fitness	Sending and receiving Target Games	Striking and Fielding Athletics
Year 2	Team Building Fundamentals	Gymnastics Balls Skills	Yoga Target Games	Dance Sending and Receiving	Net and Wall Invasion	Striking and Fielding Athletics
EYFS and KS1 are not sport specific and use a range of skills to develop physical literacy						
Year 3	Ball Skills Y3/4 Fundamentals Y3/4	Gymnastics Football	Netball Yoga	Dance OAA	Handball Golf	Athletics Tennis
Year 4	OAA Hockey	Dance Dodgeball	Gymnastics Tag Rugby	Basketball Fitness	Cricket Tennis	Athletics Rounders
Year 5	OAA Football	Gymnastics Volleyball Y5/6	Dance Netball	Yoga Golf	Cricket Handball	Athletics Tennis
Year 6	Hockey Fitness	Swimming Delivered by Swimming Teachers at Flitwick leisure centre but Assessed by class teacher on GS4PE by observation Badminton Y5/6	Gymnastics Tag Rugby	Dance Dodgeball	Cricket Basketball	Rounders Athletics Residential – OAA OAA objectives to be send to PGL whose staff deliver activities on Residential trip including team work, water sports and so forth.

PE 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Pre-school	<p>Pre-school (0-3 years):</p> <ul style="list-style-type: none"> Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. Clap and stamp to music. Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. Enjoy starting to kick, throw and catch balls. Walk, run, jump and climb – and start to use the stairs independently. Spin, roll and independently use ropes and swings (for example, tyre swings). Sit on a push-along wheeled toy, use a scooter or ride a tricycle. <p>Pre-School (3-4 years):</p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Show a preference for a dominant hand. Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 					
	Introduction to PE: Unit 1 I am beginning to demonstrate balance.	Fundamentals: Unit 1 I am beginning to negotiate space safely.	Introduction to PE: Unit 2 I am beginning to negotiate space safely.	Fundamentals: Unit 2 I am beginning to negotiate space safely.	Yoga I can begin to use words to recognise yoga makes me feel and which emotions	Sports Day skill development Next year they will take part so making children aware and allowed to practice these movements and activities

	<p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I can explore movement skills.</p> <p>I can make guided choices.</p> <p>I follow instructions with support.</p>	<p>I am beginning to take turns with others.</p> <p>I am building my confidence to try new challenges.</p> <p>I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.</p> <p>I follow instructions with support.</p> <p>I play games honestly, guided by rules with support.</p>	<p>I am beginning to take turns with others.</p> <p>I can explore movement skills.</p> <p>I can make guided choices.</p> <p>I follow instructions with support.</p> <p>I understand the rules of the game.</p>	<p>I am beginning to take turns and congratulate others.</p> <p>I am beginning to understand how I feel in different situations.</p> <p>I am building confidence to try new challenges.</p> <p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I play games honestly guided by the rules with support.</p>	<p>I show during yoga.</p> <p>I can remember individual poses and begin to link them.</p> <p>I can say what I like a flow.</p> <p>I can show spatial awareness with guidance.</p> <p>I can work with others or individually.</p>	<p>I am beginning to work with partners and small groups.</p> <p>I am showing that I can work independently and try to improve.</p> <p>I can take turns and share equipment.</p> <p>I can be part of a wider team and show team spirit and enthusiasm.</p> <p>I can understand how to move safely around whilst following basic instructions.</p>
Reception	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions 					
	<p>Introduction to PE: Unit 2</p> <p>I can make independent choices.</p> <p>I can negotiate space safely with consideration for myself and others.</p>	<p>Fundamentals: Unit 2</p> <p>I am confident to try new challenges, deciding on the skills I use to complete the task.</p> <p>I can negotiate space safely with</p>	<p>Dance: Unit 1</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p>	<p>Games: Unit 1</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take</p>	<p>Balls Skills: Unit 2</p> <p>I play co-operatively and take turns with others.</p> <p>I use ball skills with developing competence and accuracy.</p>	<p>Sports Day Skills</p> <p>I am beginning to be able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am beginning to</p>

	<p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively and take turns with others. I understand the rules and can explain why it is important to follow them.</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>Fundamentals: Unit 1</p> <p>I am confident to try new challenges.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I use movement skills with developing balance and co-ordination</p>	<p>consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and congratulate others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>Gymnastics: Unit 1</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p>	<p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I show respect towards others when providing feedback</p> <p>Ball Skills: Unit 1</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I play co-operatively and take turns with others.</p> <p>I can make independent choices.</p> <p>I persevere when trying new challenges.</p>	<p>turns and encourage others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p> <p>Gymnastics: Unit 2</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I use movement skills with developing strength, balance and co-</p>	<p>I persevere when trying new challenges.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I play ball games with consideration of the rules.</p> <p>Dance: Unit 2</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I show respect</p>	<p>develop overarm throwing.</p> <p>I am beginning to show awareness of how to run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I can try my best.</p> <p>Games: Unit 2</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can</p>
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	when playing games.	I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I follow instructions involving several ideas or actions. I work co-operatively with others and take turns. I am confident to try new challenges.	I play ball games with consideration of the rules.	ordination showing increasing control and grace. I follow instructions involving several ideas or actions. I work co-operatively with others and take turns. I am confident to try new challenges.	towards others when providing feedback.	regulate my behaviour.
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KS1

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. Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Year 1	Team building	Dance	Net and Wall	Yoga	Sending and receiving	Striking and Fielding
	I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner and a small group.	I am beginning to use counts. I can copy, remember and repeat actions. I can move confidently and safely. I can use different parts of the body in isolation and together.	I can hit a ball using a racket. I can throw a ball to land over the net and into the court area. I can track balls and other equipment sent to me. I can use a ready position to move to the ball.	I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow.	I am beginning to send and receive a ball with my feet. I can catch a ball with some success. I can recognise changes in my body when I do exercise. I can roll a ball towards a target. I can throw a ball to a partner.	I can catch a beanbag and a medium-sized ball. I can roll a ball towards a target. I can strike a ball using my hand. I can track a ball that is coming towards me. I know how to score points.

	<p>I understand the rules of the game.</p> <p>Fundamentals</p> <p>I can change direction when moving at speed.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can select my own actions in response to a task.</p> <p>I can show hopping and jumping movements.</p> <p>I can work co-operatively with others to complete tasks.</p> <p>I show balance and co-ordination when static and moving at a slow speed.</p>	<p>I can work with others to share ideas and select actions.</p> <p>I choose appropriate movements for different dance ideas.</p> <p>I say what I liked about someone else's performance.</p> <p>I show some sense of dynamic and expressive qualities in my dance.</p> <p>Ball Skills</p> <p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p>I know how to score points.</p> <p>I recognise changes in my body when I do exercise.</p> <p>I show honesty and fair play when playing against an opponent.</p> <p>Gymnastics</p> <p>I am confident to perform in front of others.</p> <p>I can link simple actions together to create a sequence.</p> <p>I can make my body tense, relaxed, stretched and curled.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can remember and repeat actions and shapes.</p> <p>I can say what I liked about someone else's performance.</p> <p>I can use apparatus safely and wait for my turn.</p>	<p>I can show an awareness of space when travelling.</p> <p>I can work with others to create poses.</p> <p>Fitness</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can share my ideas with other people in the class.</p> <p>I can talk about what exercise does to my body.</p> <p>I recognise how exercise makes me feel.</p> <p>I try my best in the challenges I am set.</p> <p>I understand why it is important to warm up.</p>	<p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p> <p>Target Games</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can use an overarm throw aiming towards a target.</p> <p>I can roll a ball towards a target.</p> <p>I can use an underarm throw aiming towards a target.</p> <p>I can work co-operatively with a partner.</p> <p>I understand what good technique looks like.</p>	<p>I understand the rules and I am beginning to use these to play honestly and fairly.</p> <p>I understand when I am successful.</p> <p>Athletics</p> <p>I am able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>
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Year 2	<p>Team Building</p> <p>I can follow instructions carefully.</p> <p>I can say when I was successful at solving challenges.</p> <p>I can share my ideas and help to solve tasks. I can work co-operatively with a partner and a small group.</p> <p>I show honesty and can play fairly.</p> <p>I understand how to use, follow and create a simple diagram/map.</p> <p>Fundamentals</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping movements with</p>	<p>Gymnastics</p> <p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front of others.</p> <p>I can perform the basic gymnastic actions with some control and balance.</p> <p>I can plan and repeat simple sequences of actions.</p> <p>I can use directions and levels to make my work look interesting.</p> <p>I can use shapes when performing other skills.</p> <p>I can work safely with others and apparatus.</p> <p>Balls Skills</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to understand and use simple tactics.</p> <p>I can dribble a ball with my hands and feet with some control.</p>	<p>Yoga</p> <p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember and repeat yoga flows.</p> <p>I can describe how my body feels during exercise.</p> <p>I can move from one pose to another thinking about my breath.</p> <p>I can use clear shapes when performing poses.</p> <p>I can work with others to create simple flows showing some control.</p> <p>Target Games</p> <p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll, kick or strike a ball to a target with some success.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and</p>	<p>Dance</p> <p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p> <p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I show confidence to perform.</p> <p>Sending and Receiving</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to trap and cushion a ball that is coming towards me.</p>	<p>Net and Wall</p> <p>I can defend space on my court using the ready position.</p> <p>I can describe how my body feels during exercise.</p> <p>I can hit a ball over the net and into the court area.</p> <p>I can throw accurately to a partner.</p> <p>I can use simple tactics to make it difficult for an opponent.</p> <p>I know how to score points and can remember the score.</p> <p>I show good sportsmanship when playing against an opponent.</p> <p>Invasion</p> <p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p>	<p>Striking and Fielding</p> <p>I am beginning to provide feedback using key words.</p> <p>I am developing underarm and overarm throwing skills.</p> <p>I can hit a ball using equipment with some consistency.</p> <p>I can track a ball and collect it.</p> <p>I can use simple tactics.</p> <p>I know how to score points and can remember the score.</p> <p>I understand the rules of the game and can use these to play fairly in a small group.</p> <p>Athletics</p> <p>I show balance and co-ordination when running at different speeds.</p> <p>I can jump and land with control.</p> <p>I can use an overarm throw to help me to throw for distance.</p>
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	<p>some balance and control.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show balance and co-ordination when running at different speeds.</p>	<p>I can roll and throw a ball to hit a target.</p> <p>I can send and receive a ball using both kicking and throwing and catching skills.</p> <p>I can track a ball and collect it.</p> <p>I can work co-operatively with a partner and a small group.</p>	<p>can use different scoring systems when playing games.</p> <p>I understand what good technique looks like and can use key words in the feedback I provide.</p>	<p>I can accurately throw and kick a ball to a partner.</p> <p>I can catch a ball passed to me, with and without a bounce.</p> <p>I can roll a ball to hit a target.</p> <p>I can track a ball and stop it using my hands and feet.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I can work safely to send a ball towards a partner using a piece of equipment.</p>	<p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>	<p>I can work with others, taking turns and sharing ideas.</p> <p>I can identify good technique.</p> <p>I can describe how my body feels during exercise.</p> <p>I try my best.</p>
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EYFS and KS1 are not sport specific and use a range of skills to develop physical literacy

KS2

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. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 3	Ball Skills Y3/4	Gymnastics	Netball	Dance	Handball	Athletics
	I can catch different sized objects with increasing	I can adapt sequences to suit different types of apparatus.	I am beginning to use simple tactics. I am learning the rules of the game	I am respectful of others when watching them perform.	I am learning the rules of the game and am beginning	I am developing jumping for distance.

	<p>consistency with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.</p> <p>Fundamentals Y3/4 I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how</p>	<p>I can choose actions that flow well into one another. I can choose and plan sequences of contrasting actions. I can complete actions with increasing balance and control. I can move in unison with a partner. I can provide feedback using key words. I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.</p> <p>Football I am beginning to use simple tactics. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can dribble, pass, receive and shoot the ball with some control.</p>	<p>and am beginning to use them honestly. I can communicate with my team and move into space to support them. I can defend an opponent and try to win the ball. I can pass, receive and shoot the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.</p> <p>Yoga I can copy and link yoga poses together to create a short flow. I can describe how yoga makes me feel. I can move from one pose to another in time with my breath. I can provide feedback using key words.</p>	<p>I can provide feedback using key words. I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and group. I can use dynamic and expressive qualities in relation to an idea. I can work with a partner and in a small group, sharing ideas. I create short dance phrases that communicate the idea.</p> <p>OAA I am developing map reading skills. I can follow and give instructions. I can listen to and am accepting of others' ideas. I can plan and attempt to apply strategies to solve problems. I can reflect on when and why I was successful at</p>	<p>to use them honestly. I can defend an opponent to slow them down. I can find space away from others and near to my goal. I can provide feedback using key words. I can throw, catch, dribble and shoot the ball with some control. I understand my role both as a defender and as an attacker. I work co-operatively with my group to self-manage games.</p> <p>Golf I can hold all equipment correctly. I can provide feedback using key words. I can strike the ball with some accuracy. I can work on my own, with a partner and as a team.</p>	<p>I can identify when I was successful. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I can work with a partner and in a small group, sharing ideas. I show determination to achieve my personal best.</p> <p>Tennis I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words.</p>
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	<p>the body moves differently at different speeds. I understand why it is important to warm up.</p>	<p>I can find space away from others and near to my goal. I can provide feedback using key words. I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games.</p>	<p>I can work with others to create a flow including a number of poses. I show some stability when holding my yoga poses.</p>	<p>solving challenges and am beginning to understand why. I can work collaboratively with a partner and a small group.</p>	<p>I mostly have the correct stance for putting. I show balance when striking the ball. I understand the aim of the game.</p>	<p>I can return a ball to a partner. I can use basic racket skills. I understand the aim of the game. I understand the benefits of exercise. I work cooperatively with my group to self-manage games.</p>
Year 4	<p>OAA</p> <p>I can accurately follow and give instructions. I can confidently communicate ideas and listen to others. I can identify key symbols on a map and use a key to help navigate around a grid. I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I can work collaboratively and</p>	<p>Dance</p> <p>I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography. I can provide feedback using appropriate language relating to the lesson. I can respond imaginatively to a range of stimuli relating to character and narrative. I can use changes in timing and</p>	<p>Gymnastics</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy. I can identify some muscle groups used in gymnastic activities. I can plan and perform sequences with a partner that include a change of level and shape. I can provide feedback using appropriate language relating to the lesson.</p>	<p>Basketball</p> <p>I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my</p>	<p>Cricket</p> <p>I am able to bowl a ball with some accuracy and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can communicate with my teammates to apply simple tactics. I can persevere when learning a new skill. I can provide feedback using key terminology and understand what I</p>	<p>Athletics</p> <p>I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area.</p>

	<p>effectively with a partner and a small group.</p> <p>Hockey</p> <p>I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>spacing to develop a dance.</p> <p>I can use counts to keep in time with others and the music.</p> <p>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</p> <p>I show respect for others when working as a group and watching others perform.</p> <p>Dodgeball</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can catch with increasing consistency.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>I can safely perform balances individually and with a partner.</p> <p>I can watch, describe and suggest possible improvements to others' performances and my own.</p> <p>I understand how body tension can improve the control and quality of my movements.</p> <p>Tag Rugby</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can delay an opponent and help prevent the other team from scoring.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can help my team keep possession and score tries when I play in attack.</p>	<p>team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>Fitness</p> <p>I can collect and record my scores and identify areas I need to improve.</p> <p>I can use key points to help me to improve my sprinting technique.</p> <p>I share ideas and work with others to manage activities.</p> <p>I show balance when changing direction at speed.</p> <p>I show control when completing activities to improve balance.</p> <p>I show determination to continue working over a period of time.</p> <p>I understand there are different areas of fitness and that each area</p>	<p>need to do to improve.</p> <p>I can strike a bowled ball after a bounce.</p> <p>I can use overarm and underarm throwing, and catching skills with increasing accuracy.</p> <p>I share ideas and work with others to manage our game.</p> <p>Tennis</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to</p>	<p>I show determination to improve my personal best.</p> <p>I support and encourage others to work to their best.</p> <p>Rounders</p> <p>I am able to bowl a ball with some accuracy, and consistency.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can strike a bowled ball with adapted equipment</p>
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Year 5	<p>OAA</p> <p>I am inclusive of others and can share job roles.</p> <p>I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p> <p>I can reflect on when I was successful at solving challenges and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I can work effectively with a partner and a small group, sharing ideas.</p>	<p>Gymnastics</p> <p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use feedback provided to improve my work.</p>	<p>Dance</p> <p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of dance, clearly and fluently, showing I can lead a group through short warm-up routines.</p> <p>I can refine the way I use actions, dynamics, relationships and space in my dance</p>	<p>Yoga</p> <p>I am confident to lead others through poses and flows.</p> <p>I can create a yoga flow working safely with a partner.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I can move with control from one pose to another demonstrating good balance.</p> <p>I can provide feedback to others using key terminology.</p>	<p>Cricket</p> <p>I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can strike a bowled ball with increasing consistency.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when</p>	<p>Athletics</p> <p>I can choose the best pace for a running event.</p> <p>I can identify good athletic performance and explain why it is good.</p> <p>I can perform a range of jumps showing some technique.</p> <p>I can show control at take-off and landing in jumping activities.</p> <p>I can take on the role of coach, official and timer when working in a group.</p>

	<p>and agreeing on a team strategy.</p> <p>Football</p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve. I can often make the correct decision of who to pass to and when.</p> <p>I can use tracking and intercepting when playing in defence.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can use them most of the time to play honestly and fairly.</p>	<p>I can use set criteria to make simple judgments about performances and suggest ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p> <p>I can work safely when learning a new skill to keep myself and others safe.</p> <p>Volleyball Y5/6</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use the rules to referee a game.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when</p>	<p>in response to a stimulus.</p> <p>I can suggest ways to improve my own and other people's work using key terminology.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p> <p>I can use feedback provided to improve my work.</p> <p>Netball</p> <p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can pass, receive and shoot the ball with some control under pressure.</p> <p>I can stay with an opponent and I confident to attempt to intercept.</p> <p>I know what position I am playing in and how</p>	<p>I can use feedback provided to improve my work.</p> <p>I can use my breath to move from pose to pose.</p> <p>I show strength and flexibility whilst holding yoga poses.</p> <p>Golf</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can hold all equipment correctly depending on the shot I am using.</p> <p>I can identify different areas of the golf course.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can work cooperatively with others to manage our game.</p> <p>I understand there are different skills for different situations and I am</p>	<p>to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p> <p>Handball</p> <p>I can lead others and contribute my ideas to group work.</p> <p>I use feedback provided to improve my work.</p> <p>I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I communicate with my team and move into space to help to maintain possession.</p>	<p>I can use feedback to improve my sprinting technique.</p> <p>I persevere to achieve my personal best.</p> <p>I show accuracy and power when throwing for distance.</p> <p>Tennis</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can work cooperatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the</p>
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	I understand there are different skills for different situations and I am beginning to apply this.	to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to use these.	to contribute when attacking and defending. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to apply this.	beginning to use these.	I understand the need for tactics and can identify when to use them in different situations. I understand the rules and can apply them honestly most of the time including when refereeing.	rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to apply this.
Year 6	Hockey I can create and use space to help my team. I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I can use marking, tackling and/or interception to improve my defence. I can use the rules	Swimming <small>Delivered by Swimming Teachers at Flitwick leisure centre but Assessed by class teacher on GS4PE by observation</small> I can float on my front and back. I can roll from my front to my back and then regain a standing position. I can glide on both front and back. I know several pool rules and can explain how they help me to stay safe.	Gymnastics I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality. I can lead a small group through a short warm-up routine. I can use appropriate language to evaluate and refine	Dance I can choreograph a dance and work safely using a prop. I can lead a small group through a short warm-up routine. I can perform dances confidently and fluently with accuracy and good timing. I can refine the way I use actions, dynamics and relationships to represent ideas,	Cricket I can select the appropriate action for the situation. I can strike a bowled ball with increasing consistency and accuracy. I can use a wider range of fielding skills with increasing control under pressure. I can use the rules of the game consistently to play fairly.	Rounders I can strike a bowled ball with increasing consistency. I can use a wider range of skills with increasing control under pressure. I can use the rules of the game consistently to play fairly. I can work collaboratively with others to get batters out. I can work in collaboration with

	<p>of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>Fitness</p> <p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information at a station.</p>	<p>I can demonstrate what to do if I fall into water.</p> <p>I can swim over a distance of 10m unaided.</p> <p>I can begin to use arms and legs together to move effectively across the water.</p> <p>Badminton Y5/6</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p>	<p>my own and others' work.</p> <p>I can work collaboratively with others to create a sequence.</p> <p>I understand how to work safely when learning a new skill.</p> <p>I understand what counterbalance and counter tension is and can show examples with a partner</p> <p>Tag Rugby</p> <p>I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can tag opponents individually and when working within a unit.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work</p>	<p>emotions, feelings and characters.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p> <p>Dodgeball</p> <p>I can officiate and help to manage a game by refereeing.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can</p>	<p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p> <p>Basketball</p> <p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use the rules of the game honestly and consistently.</p> <p>I can work collaboratively to create tactics with</p>	<p>others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p> <p>Athletics</p> <p>I can compete within the rules showing fair play and honesty.</p> <p>I can help others to improve their technique using key teaching points.</p> <p>I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique</p>
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	<p>I encourage and motivate others to work to their best. I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand the different components of fitness and ways to test and develop them.</p> <p>I work to my maximum consistently when presented with challenges.</p>	<p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p>collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p>work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p>my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>I understand when to use different styles of defence in game situations.</p>	<p>when throwing for distance. I understand that there are different areas of fitness and how this helps me in different activities. I use different strategies to persevere to achieve my personal best.</p> <p>Residential – OAA <small>OAA objectives to be send to PGL whose staff deliver activities on Residential trip including team work, water sports and so forth.</small></p> <p>I am inclusive of others, can share job roles and lead when necessary.</p> <p>I can orientate a map efficiently to navigate around a course.</p> <p>I can pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>I can work effectively with a partner and a group</p>
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