

SUBJECT: Physical Education

The focus for each term comes from the lessons being delivered by The Future Games. The idea is the sports coach will deliver the initial lesson each week and the second lesson, taught by the class teacher, follows on from this. This allows skills taught in the first lesson to be consolidated and targeted activities will be provided to support and extend children, depending on their progress in the previous lesson.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p><u>Active Alex</u> 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.</p>	<p><u>Gymnastics</u> 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.</p> <p>I can travel in different ways; using different parts of my body. I can travel over, under and around equipment. I am aware of the space around me and show control over my actions. I can freely move in the following methods; slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, side stepping and hopping. I can balance on different body parts e.g. one foot, hands and feet, back, bottom or tummy. I can climb on and off benches and small equipment. I can jump on and off small equipment with bent knees.</p>	<p><u>Skills start</u> 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.</p> <p>I can move at different speeds safely. I can move whilst holding different objects. I can push and pat a balloon. I can work well with other children and improve my body skills by playing parachute games. I can perform under arm rolls and throws and work together with other children in a team. I can catch an object.</p>	<p><u>Dance</u> 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.</p> <p>I can start to clap to the beat of the music and perform some gestures. I can sometimes perform in a Canon and in time and use my body to represent different sea creatures. I can move around making interesting patterns and sometimes Freeze in different dance poses. I can sometimes imitate a pirate and demonstrate the jobs they do whilst moving around the room. I can sometimes practise all sections of the dance in time with the music. I can sometimes perform the dance in time with the music.</p>	<p><u>Enjoy a ball</u> 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.</p> <p>I can find a space while dribbling a ball. I can dribble a ball with my feet and keep close control of the ball. I can hold a ball and keep my balance whilst moving. I can roll a ball accurately. I can travel at different speeds when dribbling a ball with my feet. I can roll a ball and move with a ball in different ways.</p>	<p><u>Athletics</u> 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.</p> <p>I can move quickly. I can move quickly and work well in a team. I can throw an object at a target. I can throw an object and keep good balance. I can perform a two-footed jump. I can run, jump and throw in our 'Mini Olympics' and work well as part of a team.</p>
Year 1	<p><u>Fundamental Movement Skills</u> Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p><u>Gymnastics</u> Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p><u>Dance</u> Pupils should be taught to perform dances using simple movement patterns. I can clap and move parts of my body to the beat of the music and perform gestures.</p>	<p><u>Fundamental Movement Skills</u> Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p><u>Fundamental Movement Skills</u> Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p><u>Athletics</u> Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>

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	<p>begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. I can move safely. I can jump in a variety of ways. I can dribble the ball using my feet. I can control a ball using my feet. I can pass the ball using my feet.</p>	<p>begin to apply these in a range of activities. I can explore travelling through different methods. I can use these methods to link shapes together. I can develop these shapes and travels over, under and around equipment. I can perform basic shapes e.g. tuck, stretched and star. I can travel on different parts of the body, hands, feet, front, back and combinations I can roll or rock over different body parts e.g. tuck roll, stretched roll. I can travel at different heights, high, middle and low.</p>	<p>I can perform in a Canon and in time and use my body to represent different Sea creatures. I can move around making interesting floor patterns and can spell my name with a floor pattern. I can freeze in different dance poses. I can imitate a pirate and demonstrate the jobs they do whilst moving around the room performing a dance. I can practise all sections of the dance in time with the music. I can perform the dance in time with the music.</p>	<p>begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. I can roll a ball at a target. I can sometimes catch a ball. I can underarm throw a ball at a target. I can move with a ball in my hands. I can move and throw a ball sideways, with some success.</p>	<p>begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. I can score a point 'try' with a rugby ball when moving. I can strike a ball towards a target. I can dodge a tagger. I can dodge an object.</p>	<p>begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. I can run in a coordinated & fluent way. I can run in a coordinated & fluent way over obstacles. I can throw in a coordinated way for distance. I can throw in a coordinated way for accuracy. I can take off & land in a coordinated & controlled way. I can link a variety of different jumps together.</p>
<p>Year 2</p>	<p><u>Fundamental Movement Skills</u> 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. I can move safely at different speeds. I can balance in more than one way. I can jump in more than one way with control. I can dribble the ball using my feet with control. I can control the ball using both the sole and inside of my feet. I can pass a ball with my feet with some control.</p>	<p><u>Gymnastics</u> 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. I can develop shapes and travel over, under and around equipment. I can work with a partner to create and link together 3 actions with control and fluency. I can perform basic shapes tuck, stretched, star and straddle with control and hold still for 3 seconds. I can create combinations of shapes e.g. right side tuck left side star. I can perform different travels with control e.g. crab walk, bear walk, rolls, bunny hops.</p>	<p><u>Dance</u> Pupils should be taught to perform dances using simple movement patterns. I can clap and move body parts to the beat of the music confidently and perform gestures using my own ideas. I can perform in a Canon and in time confidently and use my body to represent different Sea creatures using my own ideas. I can move around making interesting pathways confidently and spell my name with a floor pattern. I can Freeze confidently in imaginative dance poses. I can imitate a pirate confidently, demonstrating the jobs they do whilst performing a dance using my own ideas. I can practise all sections of the dance in time with the music confidently without T'S instruction. I can perform the dance confidently, in time with the music, with a good performance style.</p>	<p><u>Fundamental Movement Skills</u> 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. I can roll a ball at a target, often hitting it. I can catch a ball. I can underarm throw a ball at a target, often hitting it. I can hold the ball with 2 hands when moving, sometimes in a W shape. I can move and throw a ball sideways.</p>	<p><u>Fundamental Movement Skills</u> 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. I can score a point 'try' with a rugby ball when running. I can strike a ball at a target, often scoring. I often dodged a tagger successfully. I often dodge an object.</p>	<p><u>Athletics</u> 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. I can run at different speeds for short & longer durations. I can run at different speeds over obstacles. I can throw a range of different throwing implements. I can throw a range of different throwing implements. I can jump in a variety of different ways. I can link movements in a coordinated & controlled way.</p>

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<p>Year 3</p>	<p><u>Fundamental Sports Skills-Tag rugby</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can tag another player when moving. I can move with control with a ball in my hands using the correct handling position. I can pass a ball backwards or sideways with some control. I can sometimes pass a ball backwards or sideways with some control when moving. I can score a try unopposed at speed. I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time.</p>	<p><u>Gymnastics</u> Pupils should be taught to develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can work with a partner to create a 4-5 action sequence, including point and patch balances, rolls, travels, and jumps. These can be performed in unison and or cannon, on the floor and over and around equipment. I can copy and create point and patch balances (showing good body tension). I can work with a partner in unison and cannon perform point and patch balances. I can develop Rolling - tuck, stretched, side and teddy bear roll.</p>	<p><u>Dance-Street dance</u> Pupils should be taught to perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can perform the set moves and different gestures. I can perform the set moves, five jumps and different ways of travelling. I can perform the set moves, different turns and two held positions in a motif. I can work well in a group and perform contributing ideas. I can practise the dance in time with the music. I can perform the routine, in a group.</p>	<p><u>Multi skills</u> Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can understand and complete each skills test successfully, measure and record one another's scores accurately; before and after coaching. I can balance equipment on varying body parts, and balance on one leg. I can change direction at speed. I can co-ordinate my body to perform a combination of movements or actions. I can balance an object while moving, roll, throw and catch two objects, travel and change direction at speed.</p>	<p><u>Kwik Cricket</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can roll/underarm throw the ball accurately at a target; can stop the ball using a long-barrier. I can underarm bowl the ball with accuracy. I can direct a shot of a batting tee. I can over arm throw the ball with accuracy. I can work as part of a team in continuous cricket. I can work as part of a team in pairs cricket.</p>	<p><u>Athletics</u> Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. I can develop fluency & coordination in running for speed. I can develop spatial awareness, judge height & distance. I can develop fluency in running & walking activities. I can develop awareness of distance. I can develop body position in flight. I can jump with coordination & control. I can develop fluency & control in putting together jumps. I can pass & receive the baton. I can apply a variety of techniques in competition.</p>
<p>Year 4</p>	<p><u>Fundamental Sports Skills-Tag rugby</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can attempt to tag a player using either hand when moving. I can move with speed in changing directions with the ball in my hands using the correct position. I can pass a ball backwards or sideways with some control and accuracy (both sides of body). I can pass a ball backwards or sideways with some control and accuracy when moving (both sides).</p>	<p><u>Gymnastics</u> Pupils should be taught to develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can develop communication skills and solve problems. I can explore traveling pathways and mirror/matched balances with a partner. I can complete actions whilst mirroring and matching a partner and create symmetrical shapes/balances. I can work with a partner in the following methods, meet</p>	<p><u>Dance-Street dance</u> Pupils should be taught to perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can perform the set moves with variations and different gestures confidently using my own ideas. I can perform the set moves, five jumps and different ways of travelling confidently using my own ideas. I can perform the set moves, different turns and held positions in a motif confidently, using my own ideas.</p>	<p><u>Multi skills</u> Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can complete each skills test with confidence, measure and record one another's scores accurately and support others when attempting tests; before and after coaching. I can balance equipment on varying body parts while moving confidently. I can change direction at speed in an efficient and effective manner. I can co-ordinate my body efficiently to perform a combination of movements or actions.</p>	<p><u>Kwik Cricket</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can roll/underarm throw the ball accurately at a target with either hand; can stop the ball using a long-barrier. I can underarm bowl the ball with speed and accuracy. I can direct a shot of a batting tee in more than one direction. I can over arm throw the ball with speed and accuracy. I can be a leader and help their team in continuous cricket. I can be a leader and help their team in pairs cricket.</p>	<p><u>Athletics</u> Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. I can accelerate quickly from a stationary position. I can choose & apply appropriate stride patterns. I understand what happens to our bodies with exercise. I can use different throwing techniques. I can use a variety of jumps in different games & activities. I can explore different body positions in flight. I can use changeovers in different relay games.</p>

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	<p>I can avoid a defender to score a try. I can play and embrace the rules, inspiring others with my fair play and I am always gracious in victory and defeat.</p>	<p>and part, side by side and follow my leader. I can explore and develop rolls; teddy bear roll, side roll, stretched roll, forward roll.</p>	<p>I can work well in a group and perform confidently showing leadership and fairness and contributing ideas. I can practise the dance in time with the music confidently. I can perform the routine, in a group confidently.</p>	<p>I can balance more than one object while moving, roll, throw and catch two objects, travel with objects and change direction at speed.</p>	<p>I can choose different combinations for games & activities.</p>	<p>I can improve personal performance.</p>
Year 5	<p><u>Fundamental Sports Skills- Hockey</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can use the correct grip and look up when moving with the ball. I can push pass with accuracy. I can receive a moving ball with some control. I can use the correct technique when making a black tackle. I can shoot at goal with power. I can use my skills in a match and sometimes work well with others.</p>	<p><u>Gymnastics</u> Pupils should be taught to develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can develop communication skills and solve problems. I can explore partner and counter balances. I can fluently link these balances together to form a 5-8 action sequence. I can express the emotions of the stimulus when performing. I can perform partner and counter balances with strong body tension. I can roll with confidence and grace. I can link rolls to balances and travelling actions. I can map out a sequence of 5-8 actions, perform these actions smoothly over, under and around equipment.</p>	<p><u>Dance-Body combat dance</u> Pupils should be taught to perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can perform action in time with the music confidently. I can perform all punches linking them together with transitions/linking moves sometimes in time with the music. I can perform a rebound and kick to the beat of the music. I can perform a front kick and a side kick with control. I can perform an elbow strike in time with the music and my partner. I can perform most of the moves learnt in previous lessons in time with a partner. Can make observations of another group.</p>	<p><u>Ultimate Frisbee</u> Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. I can pass and catch the Frisbee when static. I can pass and catch the Frisbee when moving. I can use appropriate footwork and show special awareness. I can develop my attacking and defending skills. I can follow specific skills, rules and tactics of Ultimate Frisbee.</p>	<p><u>Outdoor& Adventure</u> Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. I understand the concept of a map. I understand that the concept of a map is like a picture. I can develop spatial awareness of the relationship of shapes to each other by transferring information on a plan to reality. I can demonstrate all the physical skills needed for orienteering: agility, balance, co-ordination. I understand the basic orienteering symbols and colours. I can cooperate with others. I can clear the hurdles. I can use control cards and punches. I understand that the map must be orientated. I can be agile. I can use my hand-eye coordination.</p>	<p><u>Athletics</u> Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. I can run with speed and control and change direction quickly. I can run over obstacles at speed. I can run over a long distance. I can perform push and pull throws at a target with accuracy. I can jump the length of my body and land safely. I can successfully pass and receive the baton using the correct commands.</p>
Year 6	<p><u>Fundamental Sports Skills- Hockey</u> Pupils should be taught to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can use the correct grip and look up when moving with the ball and dribble into space.</p>	<p><u>Gymnastics</u> Pupils should be taught to develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Dance-Body combat dance</u> Pupils should be taught to perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can perform actions in time with music confidently using my own ideas.</p>	<p><u>Ultimate Frisbee</u> Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. I can accurately pass and catch the Frisbee when static. I can pass and catch the Frisbee when moving at speed.</p>	<p><u>Outdoor& Adventure</u> Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. I understand the concept of a map. I can use symbols and a key. I can use spatial awareness of the relationship of shapes to each other by transferring</p>	<p><u>Athletics</u> Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. I can run with speed, control and fluency, change direction and react quickly.</p>

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	<p>I can push pass with accuracy while moving. I can receive and pass a moving ball with control. I can make a block tackle with the correct technique. I can shoot at goal with power and accuracy with some success. I can use my skills in a match effectively and sometimes show good teamwork.</p>	<p>I can communicate and solve problems. I can explore group balances. I can fluently link these balances together to form a 5-8 action sequence. I can combine partner work/group work and demonstrate the use of unison, cannon, and varied formations. I can travel using steps and leaps with grace and control. I can create group balances and shapes, that are still and aesthetics. I can link group balances together smoothly, with a variety of actions. I can perform rolling, jumping, balancing and travelling, showing control and fluency. I can collaborate with a small group to map out a sequence/of 5-8 actions that are controlled.</p>	<p>I can perform all punches linking them together with transitions/linking moves in time with the music. I can perform a rebound and kick in time with the beat if the music consistently with strong movements. I can perform a front kick and a side kick with control in time with the music. I can perform an elbow strike consistently in time with the music and my partner. I can also link moves with the elbow strike. I can perform the more complex moves correctly with strong actions in time with my partner. I can make observations of another groups performance.</p>	<p>I can use appropriate footwork and show special awareness effectively. I can choose appropriate attacking and defending skills. I can follow specific skills, rules and tactics of Ultimate Frisbee effectively.</p>	<p>information on a plan to reality effectively. I can demonstrate all the physical skills needed for orienteering: agility, balance, co-ordination whilst holding or looking at the map. I can explain the basic orienteering symbols and colours. I can cooperate effectively with others. I can clear the hurdles, concentrating on technique. I can use control cards and punches and understand that control cards must be punched in the correct numbered box. I can orientate a map. I can be agile. I can use my hand-eye coordination.</p>	<p>I can run over obstacles at full speed. I can maintain my running speed over a long distance. I can perform push and pull throws at a target with accuracy and power. I can consistently jump further than the length of my body, and land with control. I can successfully pass and receive the baton at speed using the correct commands.</p>
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