

PE Vision

	Respect	Courage	Resilience
Whole School Intent	Safe and Happy Everyone in the school community feels valued and respected	High Standards Everyone has the courage and resilience to be the best that they can be	Ready and Prepared Everyone develops the transferable skills which enable them to be a lifelong learner
PE Intent	Understand the impact of PE and sport on the world around us Children understanding the role of PE and sport in the wider community	Build an understanding of how to keep active and healthy Children can work together and build trust and respect as part of a team Children can encourage and give feedback to each other about performance	Develop a life long interest and love for physical activities in different forms Children can learn to accept defeat and victory and be magnanimous in both Children can evaluate performance and strive to make improvements
Implementation	<ul style="list-style-type: none"> Children will develop teamwork skills to be successful and happy when playing sport. Learning Journeys will make reference to important Sports men and women as a source of inspiration within that area of learning. Sport providers in the local community will be used to inspire and engage children further. As part of their Learning Journey, children will watch examples of top-level athletes in different sports. 	<ul style="list-style-type: none"> Lessons will be based around key skills which children will then apply within a game situation. Children will be taught how to record and improve their own performance in sport. High expectations for all will be evident in PE Learning Journeys. Children will be given opportunities to apply new skills in small games or challenges each lesson. Themed days/weeks will give children new experiences and will promote healthy lifestyles. 	<ul style="list-style-type: none"> Learning will always build on prior skills. Learning Journeys will provide regular opportunities for children to compete in matches or tournaments. Children will be given opportunities to evaluate each other's activities and taught how to give feedback. Children will be shown role-models and examples of how sport has improved people's lives.
Impact	<ul style="list-style-type: none"> Children are aware of how Sport and fitness are key to health and mental well-being. Children enjoy Sport and are aware of opportunities relating to continue playing sport out of school and in later life. 	<ul style="list-style-type: none"> Children will have the ability and skills to operate as part of a successful team. Children will be able to develop their own performance as a result of feedback from peers or their own evaluation. 	<ul style="list-style-type: none"> Children can apply their prior knowledge to new learning. Children will develop an interest in some sports and want to pursue this in extra-curricular activities.

PE Skills Progression

Year Three					
Dance	Gymnastics	Ball Skills	Games	Athletics	OAA
<ul style="list-style-type: none"> ◆ Can I explore dance movements and create patterns of movement? ◆ Can I work with a partner to create dance patterns? ◆ Can I perform a dance with rhythm and expression? ◆ Can I develop precision of movement? ◆ Can I work co-operatively with a group to create a dance piece? ◆ Can I perform in front of others? ◆ Can I evaluate the performances of others? 	<ul style="list-style-type: none"> ◆ Can I explore jumping techniques and link them with other gymnastic actions? ◆ Can I select and adapt gymnastics actions to meet the task? ◆ Can I work with a partner or a small group to create a sequence that develops jumping skills? ◆ Can I choose increasingly appropriate actions when creating a sequence of gymnastic movements to music? 	<ul style="list-style-type: none"> ◆ Can I show awareness of others when playing games? ◆ Can I choose the correct skills to meet a challenge? ◆ Can I perform a range of actions, maintaining control of the ball? ◆ Can I perform a range of catching and gathering skills with control? ◆ Can I master the basic catching technique? ◆ Can I catch with increasing control and accuracy? ◆ Can I master the basic throwing technique? ◆ Can I develop and investigate different ways of throwing and to know when it is appropriate to use me? ◆ Can I throw and hit a ball in different ways? (e.g. high, low, fast or slow) ◆ Can I play a striking and fielding game competitively and fairly. 	<ul style="list-style-type: none"> ◆ Can I apply skills and tactics in small-sided games? ◆ Can I identify and follow the rules of games? ◆ Can I choose and use simple tactics to suit different situations? ◆ Can I practise the correct batting technique and use it in a game situation? ◆ Can I consolidate and develop a range of skills in striking and fielding? ◆ Can I practise the correct technique for fielding and use it in a game situation? 	<ul style="list-style-type: none"> ◆ Can I run in different directions and at different speeds, using a good technique? ◆ Can I understand the relay and how to pass the baton? ◆ Can I choose and understand appropriate running techniques? ◆ Can I compete in a mini competition, recording scores? 	<ul style="list-style-type: none"> ◆ Can I take part in simple orientation activities? ◆ Can I know and use the cardinal points of the compass? ◆ Can I use direction and distance to solve problems and physical challenges on my own or in small groups? ◆ Can I read different types of map and symbol trails? ◆ Can I take part in trust and communication activities?

PE Skills Progression

Year Four					
Dance	Gymnastics	Ball Skills	Games	Athletics	Swimming
<ul style="list-style-type: none"> ◆ Can I identify and practise the patterns and actions of chosen dance style? ◆ Can I demonstrate an awareness of the music's rhythm and phrasing when improvising? ◆ Can I create an individual dance that reflects the chosen dancing style? ◆ Can I create partnered dances that reflect the dancing style and apply the key components of dance? ◆ Can I perform dance using a range of movement patterns? ◆ Can I perform and evaluate my own dance? 	<ul style="list-style-type: none"> ◆ Can I identify and practise body shapes? ◆ Can I identify and practise symmetrical and asymmetrical body shapes? ◆ Can I construct sequences using balancing and linking movements? ◆ Can I use counterbalances and incorporate them into a sequence of movements? ◆ Can I perform movements in canon and in unison? ◆ Can I perform and evaluate own and others' sequences? 	<ul style="list-style-type: none"> ◆ Can I keep possession of a ball? ◆ Can I use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation? ◆ Can I identify and apply ways to move the ball towards an opponent's goal? ◆ Can I accurately serve underarm? ◆ Can I build a rally, focusing on accuracy of strokes? ◆ Can I demonstrate basic passing and receiving skills using a netball? ◆ Can I use hand-eye coordination to strike a moving and a stationary ball? ◆ Can I strike the ball for distance? 	<ul style="list-style-type: none"> ◆ Can I develop fielding skills and understand their importance when playing a game? ◆ Can I play in a competitive situation, and to demonstrate sporting behaviour? ◆ Can I apply concepts of attack and defence? ◆ Can I play a variety of shots in a game situation and to explore when different shots should be played? 	<ul style="list-style-type: none"> ◆ Can I select and maintain a running pace for different distances? ◆ Can I practise throwing with power and accuracy? ◆ Can I throw safely and with understanding? ◆ Can I demonstrate good running technique in a competitive situation? ◆ Can I explore different footwork patterns? ◆ Can I understand which technique is most effective when jumping for distance? ◆ Can I utilise all the skills learned in this unit in a competitive situation? 	<ul style="list-style-type: none"> ◆ Can I develop basic pool safety skills and confidence in water? ◆ Can I develop travel in vertical or horizontal position and introduce floats? ◆ Can I develop push and glides, any kick action on front and back with or without support aids? ◆ Can I develop entry and exit, travel further, float and submerge? ◆ Can I develop balance, link activities and travel further on whole stroke? ◆ Can I show breath control. ◆ Can I tread water? ◆ Can I swim 25m unaided?

PE Skills Progression

Year Five				
Dance	Gymnastics	Ball Skills	Games	Athletics
<ul style="list-style-type: none"> ◆ Can I identify and practise the patterns and actions of the chosen dance style? ◆ Can I demonstrate an awareness of the music's rhythm and phrasing when improvising? ◆ Can I create and perform an individual dance that reflects the chosen dance style? ◆ Can I create partnered dances that reflect the chosen dancing style and apply the key components of dance? ◆ Can I create group dances that reflect the dance style? ◆ Can I perform a dance using a range of movement patterns? ◆ Can I perform and evaluate own and others' work? 	<ul style="list-style-type: none"> ◆ Can I identify and practise body shapes and balances? ◆ Can I identify and practise symmetrical and asymmetrical body shapes? ◆ Can I use and refine the following skills: flexibility, strength, balance, power and mental focus? ◆ Can I develop skills for movement, including rolling, bridging and dynamic movement? ◆ Can I use counterbalances and incorporate them into a sequence of movements? ◆ Can I perform movements in canon and in unison? ◆ Can I perform and evaluate own and others' sequences? 	<ul style="list-style-type: none"> ◆ Can I use good hand/eye co-ordination to pass and receive a ball successfully? ◆ Can I develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel? ◆ Can I understand how to intercept a pass? ◆ Can I be able to control a ball with a wooden hockey stick using only the flat side? ◆ Can I pass and stop a ball using a wooden hockey stick? ◆ Can I develop a safe and effective overarm throw? ◆ Can I learn batting control? 	<ul style="list-style-type: none"> ◆ Can I understand the importance of 'getting free' in order to receive a pass? ◆ Can I demonstrate a range of defending skills and understand how to mark an opponent? ◆ Can I understand how to intercept a pass? ◆ Can I understand the different positions in a netball team (five-a-side)? ◆ Can I recognise which positions are attacking and which are defending? ◆ Can I develop an understanding and knowledge of the basic footwork rule of netball? ◆ Can I demonstrate a range of defending skills and understand how to mark an opponent? ◆ Can I develop skills in batting and fielding? ◆ Can I choose fielding techniques? 	<ul style="list-style-type: none"> ◆ Can I use correct technique to run at speed? ◆ Can I develop the ability to run for distance? ◆ Can I throw with accuracy and power? ◆ Can I identify and apply techniques of relay running? ◆ Can I explore different footwork patterns? ◆ Can I understand which technique is most effective when jumping for distance? ◆ Can I use skills to improve the distance of a pull throw? ◆ Can I demonstrate good techniques in a competitive situation?

PE Skills Progression

Year Six					
Dance	Gymnastics	Ball Skills	Games	Athletics	OAA
<ul style="list-style-type: none"> ◆ Can I identify and practise the patterns and actions in a street dance style? ◆ Can I demonstrate an awareness of the music's rhythm and phrasing when improvising? ◆ Can I create a dance that represents a street dance style? ◆ Can I create a dance as a group, using any street dance moves? ◆ Can I create a dance as a group, using any street dance moves? ◆ Can I perform and analyse own and others dances? 	<ul style="list-style-type: none"> ◆ Can I identify and practise gymnastic shapes and balances? ◆ Can I identify and practise symmetrical and asymmetrical body shapes? ◆ Can I construct sequences using balancing and linking movement? ◆ Can I use counterbalances and incorporate them into a sequence of movements? ◆ Can I perform movements in canon and in unison? ◆ Can I perform and evaluate own and others' sequences? 	<ul style="list-style-type: none"> ◆ Can I pass and carry a ball using balance and coordination? ◆ Can I use good hand/eye co-ordination to pass and receive a ball successfully? ◆ Can I pass and carry a ball using balance and coordination? ◆ Can I work as a team, using ball-handling skills? ◆ Can I throw and catch under pressure? ◆ Can I use fielding skills to stop the ball effectively? ◆ Can I apply batting control? 	<ul style="list-style-type: none"> ◆ Can I apply rules and skills learned to a game? ◆ Can I understand the importance of 'getting free' in order to receive a pass? ◆ Can I understand how to make space by moving away and coming back and by dodging? ◆ Can I demonstrate a range of defending skills and understand how to mark an opponent? ◆ Can I learn the role of backstop/ wicket-keeper? 	<ul style="list-style-type: none"> ◆ Can I investigate running styles and changes of speed? ◆ Can I practise throwing with power and accuracy? ◆ Can I throw safely and with understanding? ◆ Can I demonstrate good running technique in a competitive situation? ◆ Can I explore different footwork patterns? ◆ Can I understand which technique is most effective when jumping for distance? ◆ Can I utilise all the skills learned in this unit in a competitive situation? ◆ Can I use recorded scores to measure own improvement? 	<ul style="list-style-type: none"> ◆ Can I develop skills in reading a compass? ◆ Can I identify the 16 points of the compass. ◆ Can I build trust and work as a team? ◆ Can I follow a trail on a map using directions and compass points? ◆ Can I understand how to use checkpoints to record progress?