



SUBJECT: PE

INTENT

Our PE curriculum, provides engaging and challenging activities that help to inspire children of all different abilities to be active and lead healthy lives. We aim to grow the whole child by focusing on a wide variety of skills and knowledge that will help children to develop physically, mentally and socially, as well as embed values such as fairness and respect. We ensure that all children are given the tools to succeed and excel in competitive sport and other physically demanding activities.

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AUTUMN	EYFS	KEY STA	GE ONE		KEY STA	GE TWO		
	YEAR R	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6	
		1						
KNOWLEDGE	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
	Rugby	Rugby	Rugby	Rugby	Rugby	Rugby	Rugby	
	Football	Football	Football	Football	Football	Football	Football	
				Hockey	Hockey	Hockey	Hockey	
				Basketball	Basketball	Basketball	Basketball	
				Tennis	Tennis	Tennis	Tennis	
				Indoor Athletics	Indoor Athletics	Indoor Athletics	Indoor Athletics	
				OAA	OAA	OAA	OAA	
SKILL	Introduction to	Jumping from a	Link jumping off	Balancing	Increased	Children begin to	Children now lead	
Gymnastics	the discipline of	raised platform,	and on to	independently at	confidence	lead own warm up.	class warm up	
	gymnastics and	jump to raised	different	different levels.	displaying	Continue to link	with teacher	
	equipment used.	platforms.	platforms with	Rolling securely	different	floor skills	support.	
	Jumping to	Balances on higher	landing in targets	forward and	balances and	(jumping, rolling,	Using the floor	
	target. Balances	levels. Traveling	with greater	backwards.	shapes.	handstand,	skills taught put a	
	begin rolls,	along raised	confidence.	Continue to work	Introducing	cartwheel).	routine together.	
	holding body	platforms.	Roll independently	on handstands,	straddle vaulting	Vaulting	Vaulting	
<u> </u>	weight, creating	Increase holding	and backward	cartwheels and	skills. Exploring	independently new	independently new	

	different body	times. Begin	rolls with	introduce bridges.	different shapes	skills with greater	skills with greater
	shapes.	handstands,	increasing	Introduction of	when jumping and	confidence going	confidence going
		cartwheels. Rolls	independence.	headstands.	landing in target	straight over	straight over
		with greater	Increasing	Confident	with greater	vault.	vault.
		confidence. Begin	confidence with	accessing beam	control. Increased	Greater	Greater
		backward rolls	handstands and	and basic vaulting.	work load on bars	confidence with	confidence with
			cartwheels.	Greater	- working around	the bar and begin	the bar building
			Increasing use of	understanding of	and across.	to build routines.	routines.
			different gym	using	Introduction of	New mounts and	Confident with all
			equipment	springboards.	increased	dismounts onto	mounts and
			including bars.	Continued work on	strength work for	beam.	dismounts onto
				bars and strength	all over body.	Introduction of	beam. Using
				conditioning.		floor skills onto	taught skills to
						beam.	build a beam
							routine
							independently.
Rugby	Use of marked	Use of marked	Use of marked	Beating	Beating	Beating	Children show
	area, carrying a	area, carrying a	area, carrying a	opponents, finding	opponents, finding	opponents, finding	confidence in
	ball, running,	ball, running,	ball, running,	and using space,	and using space,	and using space,	previously taught
	change of	change of	change of	running with the	running with the	running with the	areas of running,
	direction,	direction,	direction,	ball, tackling,	ball, tackling,	ball, tackling,	tackling, passing,
	collecting a ball,	collecting a ball,	collecting a ball,	passing, defensive	passing, defensive	passing, defensive	defensive and
	catching.	passing, scoring.	passing, scoring,	and offensive	and offensive	and offensive	offensive tactics.
			tackling,	tactics.	tactics, restarts	tactics with	Children begin to
			opposition		of a game	greater	officiate the
			awareness,		(Chicken scratch).	understanding.	games played.
			defending and		Begin small sided	Build on	Compete against
			attacking.		games.	confidence of all	other schools
						aspects of playing	when possible.
						Rugby.	
Football	Use of marked	Use of marked	Use of marked	Competent use of	Team work traits,	Continued build of	Develop ball
	areas, moving a	areas, moving a	areas, moving a	marked areas.	dribbling (inside	knowledge and	mastery and
	ball, striking a	ball, striking a ball	ball, striking a ball	Moving ball from a	outside of foot)	understanding of	fundamental skills
	ball, running,	with instep,	with instep and	to b using both	develop turns with	team work,	of football –
<u> </u>	change of	running, change of	laces, running,	feet and inside	increase	dribbling with	control, passing,

	direction, ball	direction using	change of	and outside of	confidence,	greater speed	striking, moving in
	mastery, stopping	inside and outside	direction using	foot. Begin to look	control using	attacking space	space, principles
	ball.	of foot, ball	inside and outside	at turns with ball.	instep and both	and more touches	of defending and
	Dan.	mastery (Toe	of foot, ball	Ball mastery with	feet, passing with	in congested	attacking. Rules
		taps, tick tocks	mastery (drag	increased control	2 touches,	areas, control,	of the game.
		and sole rolls),	backs, push	and speed. Passing	striking a ball to	passing and	Children to
		passing, scoring.	forwards),	over a greater	beat a goal	striking a ball	officiate mini
		passing, seering.	passing, scoring.	distance with	keeper.	developed with	matches.
			Opposition	increased	Understanding of	greater accuracy.	maroneo.
			awareness,	accuracy, shooting	positions. Greater	Understanding of	
			defending and	at goal with	awareness of	positions. Greater	
			attacking.	greater accuracy.	defending and	awareness of	
			arraoning.	Begin small sided	attacking tactics.	defending and	
				games.		attacking tactics.	
Hockey							
,				Correct holding of	Correct holding of	Correct holding of	Develop individual
				stick. Correct	stick. Correct	stick. Correct	and team
				body shape when	body shape when	body shape when	attributes for
				in possession.	in possession.	in possession.	greater
				Pass, control, and	Develop Passing,	Develop range of	competitive
				strike the ball.	control, and	passes, control,	games. Team
				Begin to use	striking the ball.	and striking the	shape and tactics
				attacking and	Attacking and	ball. Shooting with	for attach and
				defending tactics.	defending tactics.	accuracy.	defence. Use a
				Mini match rules	Mini match rules	Attacking and	range of passes
				and	greater	defending tactics.	successfully.
				understanding.	understanding of	Develop tactics	Shoot with
				_	match play.	for keeping	greater accuracy.
						passion. Greater	Retain ball passion
						understanding of	and create scoring
						match play using.	opportunities.
Basketball				Basketball	Greater	Greater	Greater
				control, moving	basketball	basketball	basketball
				with the ball,	control, moving	control, moving	control, moving
				finding space, use	with the ball,	with the ball,	with the ball,

		a variety of	finding space, use	finding space,	finding space,
		passes, shooting	a variety of	independently	independently
		with accuracy.	passes, shooting	using a variety of	using a variety of
		with accuracy.	with accuracy.	passes, shooting	passes, shooting
			with accuracy.	with accuracy.	with accuracy.
				Attacking a	Attacking a
				defensive	defensive
				understanding and	understanding and
				tactics. Score	tactics. Score
				keeping and mini matches.	keeping, mini matches and
				marches.	
					officiating.
Tennis	 	 Hand eye co-	Hand eye co-	Develop hand eye	Develop serving
i ennis		ordination. Hitting	ordination. Hitting	co-ordination.	skills. Hand eye
		a receiving ball.	a receiving ball.	Hitting a receiving	coordination to
		Hitting the ball	Hitting the ball	ball. Hitting the	get a successful
		-	over a net to	ball over a net to	-
		over a net.		targeted areas	rally. Begin to play matches.
			targeted areas.	and beginning to	marches.
				rally.	
Indoor Athletics	 	 Knowledge of	Knowledge of	Knowledge of	Knowledge of
Indoor Annierics		indoor athletics.	indoor athletics.	indoor athletics.	indoor athletics.
		To perform each	To perform each	To perform each	To perform each
		activity with	activity with	activity with	activity with
		correct technique	correct technique	correct technique	correct technique
		and within the	and within the	and within the	and within the
		rules of school	rules of school	rules of school	rules of school
		games.	games.	games. School	games. School
		ga.,,00.	ga.,,00,	games competition	games
					competition.
ΟΑΑ		Work together	Work together	Work together	Work together
		and develop	and develop	and develop	and develop
		teamwork. Build	teamwork. Build	teamwork. Build	teamwork. Build
		resilience. Use a	resilience. Use a	resilience. Use a	resilience. Use a

	variety of	variety of	variety of	variety of
	equipment to solve	equipment to solve	equipment to solve	equipment to solve
	challenges	challenges	challenges	challenges

SPRING	EYFS	KEY STA	AGE ONE		KEY STA	GE TWO	
	YEAR R	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
				•			
KNOWLEDGE	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey
	Football	Football	Football	Circuits	Circuits	Circuits	Circuits
	Dance	Dance	Dance	Basketball	Basketball	Basketball	Basketball
	New Age Kurling	New Age Kurling	New Age Kurling	Rugby	Rugby	Rugby	Rugby
				Netball	Netball	Netball	Netball
				Football	Football	Football	Football
				Indoor Athletics	Indoor Athletics	Indoor Athletics	Indoor Athletics
				Dance	Dance	Dance	Dance
SKILL	Greater	Independently	Mastering jumping	Mastering	Increased	Children continue	Children more
Gymnastics	confidence of	vaulting onto a	off and on to	balancing	confidence	to lead own warm	confident with
	gymnastics and	raised platform.	different	independently at	displaying	up for the class.	leading class warm
	equipment used.	Jumping and	platforms, with	different levels.	different	Begin to work on	up. Greater
	Jumping to	landing to targets	landing in targets.	Rolling securely	balances and	floor sequences.	confidence
	target, basic	at different	Roll independently	forward and	shapes at	New vault, bars	assembling floor
	balances, forward	levels.	and backward	backwards -	different levels.	and beam skills.	routines,
	rolls, holding body	Independently	rolls with	introducing	Mastering	Begin to master	performing and
	weight and	balancing on	increasing	different levels.	straddle vaulting	mounts and	evaluating peers.
	creating different	higher levels.	independence.	Continue to work	skills. Continue to	dismounts onto	Mastering vaulting
	body shapes	Traveling along	Introducing	on handstands	use different	beam. Continue	skills with greater
	independently.	raised platforms	forward	more	shapes when	working on floor	confidence.
		with barriers,	movement in	independently,	jumping and	skills onto beam.	Mastering the bar
		jumps and	handstands.	cartwheels and	landing in target	Introduce	skills building
		balances.	Developing skills	bridges continued.	with greater	balancing into	routines.
		Continued	to use on	Continued work on	control. Continue	pairs and groups.	Confident with all
		increase of	different gym	headstands.	to work on bars		mounts and

		holding times on hands. Continue handstands and cartwheels work. Continuing backward rolls skills.	equipment including bars.	Great confident accessing beam and basic vaulting. Confident understanding of using springboards. Continued work on bars and strength conditioning.	skills. Continue strength and conditioning for whole body.		dismounts onto beam building a routine independently.
Hockey	Correct holding of stick. Correct body shape when in possession. Complete drills within boundaries set. Begin dribbling skills.	Developing mastering correct holding of stick. Correct body shape when in possession. Develop understanding of marked areas and complete games. Begin passing, shooting and stopping.	Mastering correct holding of stick. Correct body shape when in possession. Greater confidence and independence of skills taught to dribble, shoot, pass. Introduce tackling.	Correct holding of stick. Correct body shape when in possession. Pass, control, and strike the ball. Begin to use attacking and defending tactics. Mini match rules and understanding.	Correct holding of stick. Correct body shape when in possession. Develop Passing, control, and striking the ball. Attacking and defending tactics. Mini match rules greater understanding of match play.	Correct holding of stick. Correct body shape when in possession. Develop range of passes, control, and striking the ball. Shooting with accuracy. Attacking and defending tactics. Develop tactics for keeping passion. Greater understanding of match play using.	Develop individual and team attributes for greater competitive games. Team shape and tactics for attach and defence. Use a range of passes successfully. Shoot with greater accuracy. Retain ball passion and create scoring opportunities.
Circuits				Building stamina and resilience. Working towards personal goals.	Building stamina and resilience. Working towards personal goals.	Building stamina and resilience. Working towards personal goals.	Building stamina and resilience. Working towards personal goals.
New Age Kurling	Introduction to sport and equipment. Safe methods of using	Increased understanding of sport. Greater accuracy of	Developing techniques of pushed stones. Begin to				

Basketball	equipment. Accuracy of pushed stones including using a range of power.	stones pushed. Greater understanding of rules and match play procedures. Begin to play team matches.	understand defensive and attacking strategies. Independently play matches and rotate for class tournaments.	Continue to develop basketball control, moving with the ball, finding space, use a variety of passes, shooting with accuracy.	Continue to master basketball control, moving with the ball, finding space, use a variety of passes, shooting with accuracy.	Continue to master basketball control, moving with the ball, finding space, independently using a variety of passes, shooting with accuracy. Attacking a defensive understanding and tactics. Score keeping and mini matches.	Continue to master basketball control, moving with the ball, finding space, independently using a variety of passes, shooting with accuracy. Attacking a defensive understanding and tactics. Score keeping, mini matches and officiating.
Rugby				Beating opponents, finding and using space, TAG rules, running, tackling, passing, defensive and offensive tactics.	Beating opponents, finding and using space, TAG rules, running, tackling, passing, defensive and offensive tactics	Beating opponents, finding and using space, TAG rules, running, tackling, passing, defensive and offensive tactics with greater understanding	Children show confidence in previously taught areas of running, tackling, passing, defensive and offensive tactics and TAG rules. Children begin to officiate the games played.

							Compete against other schools when possible.
Netball				Improve coordination when practicing footwork. Passing and receiving the ball.	Greater development of variety of passes and when to use. Awareness of space. Begin to understanding offensive and defensive positions and tactics.	Greater understanding of the skills required to play netball within the rules. Greater strength and accuracy with passes and shots. Begin to ref umpire games. Apply techniques in a competitive environment.	Confident passing, movement and game play. Greater defensive and attacking awareness. Begin to independently manage games. Apply techniques in a competitive environment.
Football	Children introduced to a football. Move and change direction with a ball under control. Begin to strike the ball with increasing power.	Children develop movements and change of direction with ball under greater control. Develop striking ball aiming for targets set with greater accuracy. Begin mini games.	Children continue to develop touch control and manipulating the ball with increased speed. Continue to develop striking ball to targets. Develop match play understanding.	Use of marked areas, moving a ball, striking a ball, running, change of direction, ball mastery, passing, scoring, opposition awareness, tackling, defending and attacking tactics.	Teamwork traits, dribbling, control, passing and striking a ball developed. Understanding of positions. Greater awareness of defending and attacking tactics.	Continued build of knowledge and understanding of team work, dribbling, control, passing and striking a ball developed. Understanding of positions. Greater awareness of defending and attacking tactics.	Develop ball mastery and fundamental skills of football - control, passing, striking, moving in space, principles of defending and attacking. Rules of the game. Children to officiate mini matches.
Indoor Athletics				Knowledge of indoor athletics. To perform each activity with correct technique	Knowledge of indoor athletics. To perform each activity with correct technique	Knowledge of indoor athletics. To perform each activity with correct technique	Knowledge of indoor athletics. To perform each activity with correct technique

				and within the	and within the	and within the	and within the
				rules of school	rules of school	rules of school	rules of school
				games.	games.	games.	games.
Dance	Movement in time	Movement in time	Greater	Create sequences	Create sequences	Learn a	Learn a
	to music, Creative	to music, Creative	independence in	that include	that experiment	recognised dance	recognised dance
	responses to	responses to	creating	changes of level	with dynamics and	style and begin to	style and use
	stimulus.	stimulus.	movement in time	and focus on using	incorporate more	sequence	choreographic
	Sequencing.	Sequencing.	to music, more	different body	complex	individual	devices learnt
		Explore travelling.	confidence in	shapes.	choreographic	routines. Perform	previously to
			creating		devices. E.g.	dances using a	develop own
			responses to		canon. Begin to	range of	performances.
			stimulus. Perform		perform dances	movement	Confidently
			dance using simple		using a range of	patterns.	perform dances
			movement		movement		using a range of
			patterns.		patterns.		movement
			·				patterns.

SUMMER	EYFS	KEY STA	EY STAGE ONE KEY STAGE TWO				
	YEAR R	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
KNOWLEDGE	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Basketball	Basketball	Basketball	Rounders	Rounders	Rounders	Rounders
	OAA	OAA	OAA	Tennis	Tennis	Tennis	Tennis
				Basketball	Basketball	Basketball	Basketball
				OAA	OAA	Stoolball	Stoolball
						OAA	OAA
SKILL	Underarm and	Underarm and	Greater	Begin mastering	Develop team and	Continue to	Develop the range
Cricket	overarm throw.	overarm throw.	understanding of	throwing and	fielding skills.	develop range and	and quality of
	Aim One handed	Aim One handed	throw technique	catching from all	Increase tactical	quality of skills	their skills
	and two handed	and two handed	and requirements	areas of field	awareness of	taught previously.	through accuracy

	catching.	catching.	to hit targets at	position. Throwing	fielding and	Bowl with greater	of bowling.
	Introduced to	Increased	different	to further	striking ball.	technique and	Mastering
	cricket equipment.	knowledge of	distances. Greater	distance and	Greater accuracy	accuracy. Continue	catching skills
	Strike ball from a	cricket equipment.	confidence in	greater accuracy.	of striking ball to	to develop power	when fielding and
	stationary	Strike ball from a	catching and	Improved strike	targeted areas.	when batting and	being wicket
	position.	stationary	working as a team	rate with bouncing	Increased	begin to find	keeper. Greater
		position. Begin to	to field.	ball. Improved	awareness of	spaces on the	accuracy and
		strike ball moving	Developing	independence for	Cricket as a sport.	field. Show	power when
		towards.	striking a	overall game play.	Begin to bowl	tactical awareness	batting. Look for
			bouncing ball.	<u> </u>	within the cricket	to outwit	a space when
			Begin		rules. Begin to	opponents.	batting. Think
			understanding of		show tactical		carefully to
			simplified match		awareness.		outwit their
			games.				opponents.
Athletics	Children show	Continuing to build	Developing	Improve	Improve	Improve	Improve
	good control and	on previous	previous learning.	performance.	performance.	performance.	performance.
	co-ordination in	learning. Working	Running with	Developing	Developing	Apply movements	Apply movements
	large and small	together, start	greater speed and	understanding of	understanding of	in competitive	in competitive
	movements. They	positions and	desire. Working	running, jumping	running, jumping	context. Apply	context. Apply
	move confidently	following basic	together, start	and throwing	and throwing	techniques in a	techniques in a
	through races.	movements.	routines. Building	techniques	techniques	competitive	competitive
	Begin to run in	Building	confidence and	Apply movements	Apply movements	environment.	environment.
	lanes. Explore	confidence and	trust in	in competitive	in competitive		
	jumping and	trust in	themselves and	context.	context.		
	throwing events.	themselves and	supporting their	Introduction of			
		their peers.	peers.	Junior sports day.			
		Develop passing a					
		baton and running					
		in lanes. Explore					
		jumping and					
		throwing events.					
Swimming	Knowledge of	Knowledge of	Confident	Swim	Swim	Swim	Swim
	swimming pool and	swimming pool	knowledge of	confidentially	competently,	competently,	competently,
	routine, encourage	routines,	swimming pool	over a short	confidently and	confidently and	confidently and
<u> </u>	independent	encourage	routines and	distance.	proficiently. Use a	proficiently at	proficiently over a

	changing, swimming pool safety, pool entry, water confidence.	independent changing, swimming pool safety, pool entry, water confidence, swimming with floating aid	independent changing. Water safety. Greater water confidence, swimming with/without floating aid. Introduce front crawl and backstroke.	Introduce breaststroke. Recap backstroke and front crawl.	range of strokes - front crawl, backstroke and breaststroke.	greater distance. Grow in confidence when using a range of strokes - front crawl, backstroke and breaststroke. Perform safe self-rescue in different water- based situations.	distance of at least 25 metres. Confidently use a range of strokes effectively - front crawl, backstroke and breaststroke. Confidently perform safe self-rescue in different water- based situations.
Rounders				Introduction the game of rounders. Recap of variety of throws and catches. Batting a moving ball. Begin mini matches. Begin to learn rules to play.	Develop throwing and catching techniques. Increased strike rate against moving ball. Developed fielding awareness. Greater confidence with match rules	Improved strength for further throws and bigger hits of the ball. Greater fielding as a team. Begin to identify tactical advantages. Begin to umpire games with adult support	Mastering catching and throwing techniques. Ability to play as part of a team independently. Confidently understand how to score rounders. Independently umpire games and keep score card.
Tennis				Continue to develop hand eye co-ordination. Hitting a receiving ball. Hitting the ball over a net with greater success percentage.	Continue to develop hand eye co-ordination. Hitting a receiving ball. Hitting the ball over a net to targeted areas with greater accuracy.	Continue to develop hand eye co-ordination. Hitting a receiving ball. Hitting the ball over a net to targeted areas and beginning to master a rally.	Continue to develop serving skills. Hand eye coordination to get a successful rally. Play matches with greater independence.

Basketball	Introduce	Increased	Greater control of	Greater control of	Greater	Greater	Greater
	Basketball.	basketball	the ball, moving	the ball, moving	basketball	basketball	basketball
	Basketball	control, basic	with increased	with increased	control, moving	control, moving	control, moving
	control, basic	moving with the	speeds and change	speeds and change	with the ball with	with the ball,	with the ball,
	moving with the	ball. Finding space.	of direction.	of direction.	increasing speeds.	finding space,	finding space,
	ball. Finding space	Manipulating the	Greater	Greater	Use a variety of	independently	independently
	5.	ball with partners.	understanding of	understanding of	passes. To shoot	using a variety of	using a variety of
		Throwing and	passes. Beginning	passes. Beginning	with accuracy.	passes, shooting	passes, shooting
		catching the ball	to understand	to understand		with accuracy.	with accuracy.
		independently and	tactical awareness	tactical awareness		Attacking a	Attacking a
		with partners	used in games	used in games		defensive	defensive
		·	5			understanding and	understanding and
						tactics. Score	tactics. Score
						keeping and mini	keeping, mini
						matches.	matches and
							officiating.
Stoolball						Develop	Develop
						knowledge of the	knowledge of the
						game and its	game and its
						Sussex roots. Use	Sussex roots. Use
						a variety of	a variety of
						throws, develop	throws, develop
						catching and	catching and
						striking skills.	striking skills.
						Outwit opponents	Outwit opponents
						and scoring.	and scoring.
OAA	Begin to work co-	Work co-	Confidently work	Work together	Work together	Work together	Work together
	operative physical	operative physical	co-operative	and develop	and develop	and develop	and develop
	activity in a range	activity in a range	physical activity in	teamwork. Build	teamwork. Build	teamwork. Build	teamwork. Build
	of challenging	of challenging	a range of	resilience. Use a	resilience. Use a	resilience. Use a	resilience. Use a
	situations.	situations.	challenging	variety of	variety of	variety of	variety of
			situations.	equipment to solve	equipment to solve	equipment to solve	equipment to solve
				challenges.	challenges.	challenges.	challenges.
				Kayaking included	Kayaking included	Kayaking included	Kayaking included

		at local water	at local water	at local water	at local water
		sports centre.	sports centre.	sports centre.	sports centre.
		One night	One night	Four night	Four night
		residential to	residential to	residential to	residential to
		local activity	local activity	activity centre	activity centre
		centre (every	centre (every	(every other year)	(every other year)
		other year)	other year)		

EYFS	KEY STA	AGE ONE	KEY STAGE TWO					
YEAR R	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6		
In Reception,	A Year 1 child can	A Year 2 child will	A Year 3 child will	A Year 4 child can	A Year 5 child has	A Year 6 child has		
children can	confidently work	know the basic	have developed	take part in invasion	developed even	experienced a wide		
indecently get	with a partner. They	balances and rolls in	strength, balance	games starting to	further their	range of physical		
changed. Children	should be able to	gymnastics. They will	and coordination	use skills to attack	understanding of	activities, with a		
can talk about the	balance on one foot	understand how	through personal	and defend when	attacking and	deeper		
effect of exercise	and on a mat and hold	important exercise is	challenges. Have	appropriate. Children	defending when	understanding of		
on their body.	a position. They	and the impact on	knowledge of ball	will confidently work	playing invasion	their enjoyment		
Children show good	should be able to	their body. They will	skills, throwing,	as a member of a	games. They clearly	levels, strengths and		
control and	combine basic	know how to play a	passing and catching.	team. Children have	understand and	development points.		
co-ordination in large	positions/	variety of small	Will be able to	developed their	follow the rules of all	They understand the		
and small movements.	movements to create	sided games. They	successfully take	balance, coordination	team games in	rules and apply them		
They move	a routine.	can move in response	part in team games	and strength through	victory and defeat.	accurately when		
confidently in a		to music planning a	with a clear	yoga, dance, circuits	They are confident	playing all sports.		
range of ways, safely		dance sequence.	understanding of the	and gymnastics.	team players.	They are being to		
negotiating space.		Most children can	basic rules.		They have worked	develop skills		
They handle		swim 5m.			independently and	required to lead		
equipment and tools					with others to	teams both in victory		
effectively.					develop their	and defeat.		
					creativity and	They can swim 25m		
					strength through	at least.		
					dance and yoga. To			

		increase their	
		strength and stamina	
		through athletics and	
		circuit training.	
		Children can swim an	
		increased distance.	