



Kingston St Mary C of E Primary School PE



PHYSICAL EDUCATION SKILLS - RECEPTION

Multi skills	<p>Children can:</p> <ul style="list-style-type: none">Start to travel in different waysCatch a large objectTravel with confidence and skill around, under, over and through climbing equipmentCan jump from a small object and land appropriatelyStart to show some agility, balance and coordinationShow some awareness of space adjusting speed and directionStart to control objects with pushing, patting, throwing, catching, and kicking.
Gymnastics	<p>Children can:</p> <ul style="list-style-type: none">Travel in different waysShow stillness and controlTravel with confidence and skill around, under, over and through climbing equipmentBalance their bodies in different waysShow control through rolling and jumpingStart to climb, swing and hangRepeat short sequences of movements on ownCan jump from a small object and land appropriately.
Dance	<p>Children can:</p> <ul style="list-style-type: none">Show different ways to travel using clear pathways and good spatial awarenessShow jumping and turning actions with controlChange shape and sizeShow levels and speed in their movementsExplore, copy, remember and repeat movement patterns with control.
Strike and field	<p>Children can:</p> <ul style="list-style-type: none">Use a range of equipment to strike objects for distanceCan receive a range of objectsCan chase and avoid objectsShow good balance and coordination.
Athletics	<p>Children can:</p> <ul style="list-style-type: none">Show skills of basic running techniqueJump in a range of ways landing safelyRoll equipment in different waysThrow underarm and at a targetTake part in some racesPrepare for Sports Day.
EYFS Life Skills	<ul style="list-style-type: none">Introduce competitive gamesDress and undress for PEUnderstand ways of staying healthy and keeping safeUnderstanding the Why they need to exerciseStart to select and share resources within lessonsStart to work with a partner



PHYSICAL EDUCATION SKILLS – KEY STAGE ONE - YEARS 1 & 2

Multi skills	<p>Travel in different ways with confidence and control Can send and receive objects Improve on travel with confidence and skill around, under, over and through climbing equipment Improve on jumping from different heights Shows some agility, balance and coordination with control Shows awareness of space adjusting speed and direction Improve on controlling objects with pushing, patting, throwing, catching, and kicking Avoid, chase and dodge Make up simple games.</p>
Invasion games	<p>Can send and receive objects to self and from others Can vary the type of throw used Bounce and kick a ball while travelling in different directions Avoid, chase and dodge Show agility, balance and some coordination Simple attacking play Simple defending play.</p>
Gymnastics	<p>Travel in different ways with speed and direction Show stillness and control on different body parts Move around with increasing care and control Balance their bodies in different ways - size, level and body parts Show control through rolling and jumping and linking them together Repeat short sequences of movements on own and with a partner with a clear beginning, middle and ending Can jump from different sized objects and land appropriately Start to climb, swing and hang Carry out simple stretches.</p>
Dance	<p>Show different ways to travel using clear pathways and good spatial awareness. Show jumping and turning actions with control Change shape and size Show levels and speed in their movements Create a short motif inspired by a stimulus Use simple choreographic devices such as cannon, unison and mirror Move in time to music Improve the timings of their actions Create a short movement phrase which demonstrates their own ideas.</p>
Strike and Field	<p>Use a range of equipment to strike objects for distance Can receive a range of objects Can chase and avoid objects Show good balance and coordination Recognise areas of fielding Know when they are fielding and when they are striking Start to understand simple strike and field games working in partners and 3's.</p>
Net and Wall	<p>Strike the ball softly into an area Show good balance and coordination Improve on hand-eye coordination Play with a partner a simple net and wall game.</p>
Athletics/ Sports day activities	<p>Show skills of running technique and ability to vary their pace and speed Run at different distances applying pace Jump in different combinations and for height and distance Jump in sequences Investigate the best jumps for different distances, choose the most appropriate jump to cover different distances Show different throwing techniques for accuracy and distance Investigate ways to alter their throwing technique to achieve greater distance Throw different objects in different ways Compete against self and others.</p>
Life Skills	<p>Start to work with a partner or in 3's Start to progress to work in small teams taking it in turns Start to select and share resources within lessons Start to communicate in games Follow simple rules for team games Starting to introduce the concept of winning and losing Describe how their bodies are feeling during and after exercise Understanding the importance of exercise and healthy eating</p>



PHYSICAL EDUCATION SKILLS - LOWER KEY STAGE TWO - YEARS 3 & 4

Multi skills	<p>Improve on their travel in different ways with confidence and control Improve on sending and receiving different objects Show movement in and out of space Be spatially aware when playing games, changing speed and direction Improve on agility, balance and coordination Improve on jumping from higher heights with greater control and landing Link topics to invasion work Play simple games in small teams.</p>
Invasion Games	<p>Improve on sending and receiving different objects Keep possession and control of a ball moving in different directions Travel towards a goal/target individually or with others Show movement within games with or without the ball Improve on agility, balance and coordination Understand when they are attacking Understand when they are defending Use a range of different passing techniques Apply some simple tactics to games Show an understanding for many different games/sports.</p>
Gymnastics	<p>Climb, swing, hang and take their own body weight on hands Travel in different ways using flight whilst moving with clarity, fluency and expression. Carry out different balances recognising the position of their centre of gravity and how this affects their balance Balances on apparatus, balances with and against a partner. Improve control of rolling and jumping and linking them together Use equipment to vault in a variety of ways Develop sequences that they practise, repeat and perform Can jump from different sized objects, showing different shapes in the air and land appropriately Carry out stretches as part of the group.</p>
Dance	<p>Improve on different ways to travel using clear pathways and good spatial awareness Improve on jumping and turning actions with control Start to show stillness and gestures in their dances Improve on changing shape and size Show levels and speed in their movements Use movement expressively, to show ideas, moods and feelings Explore, copy, remember and repeat movements patterns with control and coordination Create a motif using different stimulus Begin to improvise with a partner to create a simple dance Use simple choreographic devices such as cannon, unison and mirror Move in time to music Improve the timings of their actions Create a short movement phrase which demonstrates their own ideas and has awareness of rhythm and expression.</p>
Strike and Field	<p>Strike a ball with intent and throw more accurately when bowling or fielding Position themselves when fielding with purpose Show good balance and coordination throughout Play various games with simple rules and game principles Intercept the ball with consistency and return it quickly.</p>
Net and Wall	<p>Improve on striking a ball softly into an area Show good balance and coordination Show an understanding of game principles Position their bodies correctly to receive a ball Start to use a small range of shots to keep a rally going Play shots on both sides of the body and learn to serve.</p>
Outdoor Education	<p>Take challenges on their own or with a partner Orientate themselves with accuracy around a short trail Can create a short trail for others with a physical challenge Start to recognise features for an orienteering course Identify symbols.</p>
Athletics	<p>Show skills of running technique and varying their pace and speed Run at different distances applying pace Recognise the importance of timing during relay changes Begin to combine running with jumping over hurdles Jump in different combinations for height and distance</p>

	<p>Develop an effective take off for the standing long jump</p> <p>Investigate the best jumps for different distances, choose the most appropriate jump to cover different distances</p> <p>Combine a hop, step and jump to perform the triple jump</p> <p>Show different throwing techniques for accuracy and distance</p> <p>Investigate ways to alter their throwing technique to achieve greater distance</p> <p>Perform a push and pull throw</p> <p>Measure their distances</p> <p>Continue to improve their throws by adding in appropriate techniques for greater distances</p> <p>Compete against self and others.</p>
Life Skills	<p>Understanding working as a team, taking it in turns and encouraging others</p> <p>Can select and share resources within lessons</p> <p>Can communicate in teams to try and be successful</p> <p>Start to make decisions within games</p> <p>Can start to evaluate both their own performance and that of others</p> <p>Starting to understand that winning and losing is part of sport/life</p> <p>Apply and follow rules of the games fairly</p> <p>Know the importance of strength and flexibility for physical activity</p> <p>Understand the importance of warming up and cooling down</p> <p>Knowing what effects their overall performance and what foods help with performance.</p> <p>Understanding the importance of exercise and healthy eating.</p>



PHYSICAL EDUCATION SKILLS - UPPER KEY STAGE TWO - YEARS 5 & 6	
Invasion Games	<p>Making the decision to pass or run with the ball to progress towards a goal or target</p> <p>Improve on attacking play</p> <p>Improve on defending play</p> <p>Apply tactics and strategies to games to try and win</p> <p>Compete at many different invasion games knowing the rules and applying them.</p> <p>Work in prescribed areas, develop roles, rules and scoring systems</p> <p>Show movement within games with or without the ball</p> <p>Use a range of different passing techniques for different situations</p> <p>Think ahead for a plan of attack or defence by applying knowledge of skills.</p>
Gymnastics	<p>Climb, swing, hang and take their own body weight on hands</p> <p>Travel in different ways using flight whilst moving with clarity, fluency and expression</p> <p>Carry out different balances recognising the position of their centre of gravity and how this effects their balance.</p> <p>Balances on apparatus, balances with and against a partner</p> <p>Improve on control through rolling and jumping and linking them together</p> <p>Use equipment to vault in a variety of ways and incorporate this into their sequences</p> <p>Develop sequences that they practise, repeat and perform</p> <p>Can jump from different sized objects, showing different shapes in the air and land appropriately and link jumps together</p> <p>Carry out stretches as a group and take responsibility for their own warm up</p> <p>Select and prepare equipment for use, check safety of this</p> <p>Perform complex sequences using apparatus and floor individually/pairs and groups.</p>
Dance	<p>Apply all components of dance</p> <p>Demonstrate increasing musical awareness</p> <p>Perform more complex phrases of movement with precision control and fluency.</p> <p>Recognize changes in speed in music and respond to good timing.</p> <p>Perform motifs with control, clarity and fluency.</p> <p>Use movement expressively, to show ideas, moods, and feelings</p> <p>Explore improvise and choose appropriate material to create new motifs in a chosen dance style.</p> <p>Warm up and cool down independently using exercises that stretch and tone my body</p> <p>Compose, develop motifs to make dance phrases and use these in longer dances.</p>
Strike and Field	<p>Strike a ball with intent and throw more accurately when bowling or fielding</p> <p>Hit a bowled ball over longer distances and direct the ball when striking</p> <p>Position yourself when fielding with purpose and work as a team</p> <p>Make good judgements about when to run to score points</p> <p>Show good balance and coordination throughout</p> <p>Play various games with simple rules and game principles</p> <p>Intercept the ball with consistency and return it quickly</p> <p>Work in prescribed areas, develop roles, rules and scoring systems</p> <p>Apply fielding strategies to prevent the opposition from scoring.</p>

Net and Wall	<p>Strike a ball softly into an area, over a net and inside a court consistently.</p> <p>Show good balance and coordination</p> <p>Show an understanding of game principles</p> <p>Position their bodies correctly to receive a ball consistently</p> <p>Use a range of shots to keep a rally going</p> <p>Play shots on both sides of the body and serve to try and win a game</p> <p>Return a serve from their opponent</p> <p>Show good movement on court - side stepping, forwards and backwards movements</p> <p>Direct the ball to a space using different speeds and heights to beat their opponent.</p>
Outdoor Education	<p>Take challenges on their own or with a partner</p> <p>Orientate themselves with confidence and accuracy around a course whilst under pressure</p> <p>Can design an orienteering course that is clear to follow and offers challenges</p> <p>Use navigation equipment such as maps and compasses to improve the trail</p> <p>Identify and make symbols</p> <p>Identify the quickest route to accurately navigate an orienteering course</p> <p>Compete independently and as a team in orienteering activities</p> <p>Can use a range of map styles and make informed decisions on which is most effective</p> <p>Identify a key on the map to use the information in activities.</p>
Athletics	<p>Show running technique and varying their pace and speed</p> <p>Children can sustain their pace over longer distances</p> <p>Develop change over skills when running in relays - looking at strategies of who runs which leg and adding in change over zones</p> <p>Identify their reaction times when performing a sprint start</p> <p>Accelerate to pass others and build up speed for a sprint finish</p> <p>Can accelerate from a variety of different starting positions</p> <p>Combine running with jumping over hurdles using a preferred lead leg</p> <p>Create a 3-stride pattern over hurdles and know the hurdling technique</p> <p>Develop an effective vertical jump</p> <p>Develop power and control when taking off and landing</p> <p>Investigate the best jumps for different distances and height</p> <p>Show different throwing techniques for accuracy and distance</p> <p>Investigate ways to alter their throwing technique to achieve greater distance</p> <p>Perform a fling and heave throw</p> <p>Measure and record their distances</p> <p>Continue to improve their throws by adding in appropriate techniques for greater distances</p> <p>Compete against self and others</p> <p>Compete at many different athletic events and record and compare results</p> <p>Look to refine technique in different events</p> <p>Look at accuracy, time, power, length, distance & speed for certain events.</p>
Life Skills	<p>Can work as a team in different situations and show respect to peers</p> <p>Can show determination and perseverance to complete set skills/tasks</p> <p>Can deal with conflict</p> <p>Encouraging and motivating other team players</p> <p>Taking on leadership roles</p> <p>Can evaluate performance and improve themselves and others, appreciating the need for tactics and strategies</p> <p>Can communicate in teams to improve and solve problems</p> <p>Be able to make decisions within games to be more successful</p> <p>Using appropriate technical language within games situations and feedback to peers</p> <p>Competing respectfully and fairly, following rules and controlling emotions</p> <p>Dealing with winning and losing and accepting the outcome and learning from mistakes</p> <p>Carry out warm-ups and cool downs safely</p> <p>Understand why exercise and diet is good for health, fitness and well being</p> <p>Know ways to create a healthy lifestyle.</p>