

EYFS	Year 1	Year 2
<p>Beanbag Skills Invasion</p> <ul style="list-style-type: none"> Pupils will be able to balance the beanbag under control for at least 5 seconds Pupils will vary overarm/ underarm throwing techniques with greater success Pupils will point out/ name key body parts with no support Pupils will be able to work in smaller groups following a pattern of movement <p>Ball Skills at the Zoo (Invasion)</p> <ul style="list-style-type: none"> Pupils will achieve success over greater distances, beginning to use both arms to be able to throw a ball underarm Pupils will begin to develop single arm rolling technique over a range of distances Pupils will be able to bounce a ball towards a partner whilst stationary Pupils will demonstrate control when passing and receiving a ball (throw/ roll/ kick) <p>Gym Balance</p> <ul style="list-style-type: none"> Pupils will be able to hold stationary balance with greater control, using arms out for support and ensuring head stays upright throughout Pupils will be able to explore different static balances at different levels, beginning to hold with tensions Pupils will respond to a countdown (5-1) and be able to follow staff instructions after commands given Pupils will begin to explore holding balances on different bases demonstrating control <p>Fun Games With Friends (Outdoor Adventure)</p> <ul style="list-style-type: none"> Pupils will begin to practice and refine Fundamental Movement Skills (FMS) in a range of activities, developing confidence Pupils will be able to show understanding and willingness to work with other pupils to achieve a goal Pupils will begin to delegate roles- with some pupils acting as captains/ leaders and others understanding their roles <p>Dance Fictional Characters - Julia Donaldson</p> <ul style="list-style-type: none"> Pupils will demonstrate control in movements and be able to hold the Paper Doll shape and to develop wiggling and rescue actions while attempting to hold character Pupils will begin to think about how they can change levels in creative ways and demonstrate a range of skills Pupils will begin to link movements to key words and begin to reduce reliance on demonstrations Pupils will explore different ways of linking and maintaining contact with partners/ in a group, developing a sense of character <p>Bats and Balls at the Circus (Net Games)</p> <ul style="list-style-type: none"> Pupils will begin to think about and move towards space when evading other pupils Pupils will begin to move around objects at a range of different speeds and levels, beginning to demonstrate control and balance in movements Pupils will name a range of equipment with minimal support, and understand when/ how to use them Pupils will begin to develop technique and confidence over a range of distances to hit or push an object towards a stationary target <p>Gym - Stretching Shapes</p> <ul style="list-style-type: none"> Pupils will follow instructions whilst exploring creative ways of using equipment and resources Pupils will demonstrate tension and relaxation, holding long simple shapes whilst maintaining a state of balance Pupils will demonstrate control in movements, in particular tension, speed and levels when travelling <p>Fun with Quoits & Cones (Athletics)</p> <ul style="list-style-type: none"> Pupils will continue to develop running technique, ensuring their head is up, they are pumping their arms and raising their knees Pupils will begin to jump over obstacles in their stride- beginning to explore taking off with one foot and two feet, developing a stable landing before continuing to move Pupils will vary overarm/ underarm throwing techniques with greater success Pupils will begin to explore different ways of catching with one/ two hands Pupils will be able to discuss healthy foods without support/ prompts <p>Turn Taking on Holidays (Strike & Field)</p> <ul style="list-style-type: none"> Pupils will demonstrate control when throwing and catching using two hands (throwing and catching) Pupils will begin to think about and move towards space when evading other pupils Pupils will be able to work in smaller groups following a pattern of movement 	<p>Introduction to Invasion</p> <ul style="list-style-type: none"> Pupils will be able to attempt and show some control over a range of simple fundamental movement skills without much prompt/ guidance Pupils will begin to explore grips/ handling skills with objects showing some control over their movements Pupils will explore different basic ways of sending and receiving a ball with a partner over short distances, showing some control and accuracy <p>Ball Control (Invasion)</p> <ul style="list-style-type: none"> Pupils will begin to explore acceleration and deceleration under control, following their own pathways Pupils will begin to explore passing and receiving using both sides of the body in isolation and whilst travelling around an area Pupils will be able to successfully copy others movements and actions with repetitive success <p>Gym - Balance & Agility</p> <ul style="list-style-type: none"> Pupils will develop confidence in exploring different creative ways of moving whilst maintaining safety Pupils will confidently demonstrate different animal movements whilst travelling Pupils will show control and understanding of levels whilst moving in the 'crawling soldier' position Pupils will discuss and demonstrate safe use of the apparatus throughout the lesson <p>Creative Play (Outdoor Adventure)</p> <ul style="list-style-type: none"> Pupils will be able to discuss the activity with a partner and achieve a goal with success, and implement within a group Pupils will begin to implement rule changes, making games easier and harder Pupils will be able to make the correct decision in active game scenarios with success Pupils will be able to develop skills given limited instruction in isolated practices, being able to explain what they are doing and why <p>Dance Animals - Jungle-</p> <ul style="list-style-type: none"> Pupils will start to show creativity in their large shapes, beginning to think about control and tension in balances Pupils will swing their arms at different speeds, and different dynamics under some control Pupils will develop creative and complex movements linked to heavy and strong theme Pupils will be able to control movements and tension in order to achieve slow motion movements <p>Balance & Control - Striking (Net Games)</p> <ul style="list-style-type: none"> Pupils will develop confidence striking an object towards a target over different distances, developing power and accuracy Pupils will vary the speed in which they can move around an area whilst balancing a ball on a racquet Pupils will begin to strike the ball over a target (over varying heights) demonstrating some control & accuracy Pupils will begin to show control over the height of the set in a volleyball serve, managing repetitive sets <p>Running and Jumping (Athletics)</p> <ul style="list-style-type: none"> Pupils will be able to run at different speeds, ensuring their head is up looking in the direction of travel Pupils will explore different ways of taking off/ jumping and land on one and two feet Pupils will begin to explore different techniques of throwing over different distances and different sized targets Pupils will be able to discuss some healthy and unhealthy foods without prompts or cues <p>Partner Games (Strike & Field)-</p> <ul style="list-style-type: none"> Pupils will show control when using underarm technique, beginning to develop consistency over distances Pupils will be able to successfully copy others movements and actions with repetitive success Pupils will follow commands and concentrate on watching demonstrations <p>Throwing and Catching (Invasion)</p> <ul style="list-style-type: none"> Pupils will begin to move into space with greater frequency and less amount of cues Pupils will develop consistency catching with two hands over different distances, attempting one handed catches Pupils will be able to discuss the activity with a partner and achieve a goal with success 	<p>Sending and Receiving (Invasion)</p> <ul style="list-style-type: none"> Pupils will begin to develop accuracy over shorter distances aiming towards a still target Pupils will begin to explore different ways of passing and receiving over different distances with a range of balls Pupils will have an awareness of the space around them, and begin to move as an individual into the space <p>Kicking & Dribbling (Invasion - Hockey & Football)</p> <ul style="list-style-type: none"> Pupils will begin to demonstrate side foot/ laces driven strikes towards a stationary target Pupils will be able to manipulate the speed and direction of the ball, keeping the ball close to their body whilst dribbling Pupils will begin to work at different paces, maintaining control over the ball whilst dribbling around objects <p>Gym - Balance & Co-ordination</p> <ul style="list-style-type: none"> Pupils will begin to explore creative travel techniques, varying the level and tempo of movements Pupils will be aware of the changes they need to make in order to hold stable balances for greater lengths of time Pupils will develop confidence performing both teddy bear and pencil rolls with some control and fluidity in their movements Pupils will begin to follow prompts and guidance into simple routines with small balances/ travel etc. <p>Rule Making (Outdoor Adventure)</p> <ul style="list-style-type: none"> Pupils will begin to develop communication and co-operation skills to achieve a common goal Pupils will adapt games/ activities, modifying rules where appropriate and introducing challenge Pupils will introduce a variety of rules and stipulations creating a unique approach to an activity <p>Dance Fictional Characters - Pirates</p> <ul style="list-style-type: none"> Pupils will begin to demonstrate creativity in their movements and poses following the treasure theme Pupils will create static poses and dynamic movements associated with strong and fierce Pupils will begin to transition between levels in their movements Pupils will begin to create individual sequences with their partner following a theme/ idea/ story <p>Striking for Accuracy (Net Games)</p> <ul style="list-style-type: none"> Pupils will demonstrate control and accuracy striking the ball over a range of distances using a racquet with some success Pupils will begin to explore different striking techniques and grips, introducing a rally with a partner <p>Movements (Athletics)</p> <ul style="list-style-type: none"> Pupils will begin to explore run up, take off and landing and different speeds/ tempos building confidence and fluency Pupils will be able to discuss the weight of equipment and the amount of power required to throw certain distances Pupils will begin to demonstrate control in throwing technique, demonstrating control using underarm <p>Kinetics- Tag Rugby- KS1</p> <ul style="list-style-type: none"> Pupils will show an awareness of the game using tag belts Pupils will show effective evasive techniques Pupils will throw and catch accurately whilst moving <p>Group Games (Strike & Field)</p> <ul style="list-style-type: none"> Pupils will demonstrate cohesion in a group, understanding turn taking and sharing ideas Pupils will begin to develop technique (head up, swinging arms and knee drive) at different speeds Pupils will be able to demonstrate good running technique, developing bilateral movements and carrying equipment whilst moving

Year 3

Passing for Possession (Invasion - Basketball & Football)

- Pupils will begin to vary the range of passing, developing technique, demonstrating some control
- Pupils will continue to explore single and double handed catches over increasing distances with some control
- Pupils will begin to 'attack' space, understanding where and when to move into it

Gym - Jumping 'Splashing Rivers'

- Pupils will demonstrate control in their jumps, holding tension and beginning to straighten limbs to achieve shape
- Pupils will begin to explore a range of creative shapes they can hold in the air, developing control and tension when performing
- Pupils will begin to link movements, and introduce creativity into the ways that they can take off
- Pupils will begin to explore a variety of ways to 'land' at different levels, on different bases, at different speeds

Dance Style - Bollywood

- Pupils will begin to move in time to music whilst demonstrating happy emotions and movements
- Pupils will begin to follow movements and sequences, concentrating on hand positions and demonstrations
- Pupils will be able to follow demonstrations of simple arm gestures, beginning to follow beats of music
- Pupils will begin to work in bigger groups, introducing canon and unison in creative ways, developing musicality

Thinking Aloud (Outdoor Adventure)

- Pupils will take their time to consider a range of problem-solving skills, achieving increasing success
- Pupils will confidently discuss a key and where the objects/ pathways can be found on a map
- Pupils will be able to discuss points of the compass and give basic directions when following a map
- Pupils will begin to discuss ideas within a group, attempting trial and error learning as a group, cooperating to succeed

Over the Net (Net Games)

- Pupils will be able to name some of the basic rules associated to the sports (scoring, bounces allowed, court boundaries etc)
- Pupils will be able to perform the underarm technique in isolation, aiming at a close target (develop accuracy)
- Pupils will be able to demonstrate some control and consistency when using the forehand technique with a partner
- Pupils will develop confidence approaching a ball at different speeds before striking with some accuracy

Invasion- Tag Rugby

- Pupils will follow verbal and visual demonstrations when using the 'W grip' and when running and placing down a rugby ball
- Pupils will begin to attempt to pass the ball in different directions (left to right/ right to left) using the w grip and 'tick tock' swing techniques
- Pupils will be able to show control over range and direction of passing, as well as controlling catches so that the ball does not hit the floor
- Pupils will actively engage in attacking and defending phases of play, demonstrating control over techniques and increased involvement within the team

Being an Athlete (Athletics)

- Pupils will begin to attempt the rotation technique, developing footwork and control of speed in order not to over rotate to throw a shot put
- Pupils will demonstrate understanding of the javelin throw technique and perform with increasing success
- Pupils will begin to exchange the baton whilst on the move (both runner and pupil who will receive the baton) with control

Striking and Exploring (Strike & Field)

- Pupils will continue to explore striking techniques over different distances aiming for stationary/ moving targets
- Pupils will develop technique in order to maximise potential distance and power when striking a stationary ball

Invasion Games- Rugby League

- Pupils will understand some of the basic rules, and begin to follow in a range of activities
- Pupils will begin to experience game play/ competition in increasingly competitive scenarios, following the rules and achieving success

Do everything in love



1 Corinthians 16:14

Learning to Love, Loving to Learn

St Mary's CE Primary School

PE

End Points

Year 4

Invasion Games- Rugby League

- Pupils will continue to explore different ball carrying skills, whilst maintaining control when changing speed and direction
- Pupils will begin to develop confidence moving towards a ball, scooping a ball, and then accelerating away
- Pupils will continue to use the 'W' grip, and pass from their dominant side to a partner in isolation, over short distances
- Pupils will begin to experience game play/ competition in increasingly competitive scenarios, following the rules

Gym - Perfecting Sequencing 'The Water Cycle'

- Pupils will maintain a sense of stability when performing a range of balances across different bases/ points of contact, with some control
- Pupils will begin to introduce canon into routines/ sequences, beginning to introduce different levels/ tempos/ movements etc.
- Pupils will beginning to develop a sense of unison in movements and balances, attempting to mirror a partner
- Pupils will use some gymnastics terms when discussing how to improve their performance

Dance Science - Electricity

- Pupils will begin to develop creativity in their movements, demonstrating understanding of changing direction and speed
- Pupils will continue to explore different ways of linking street dance movements under some control
- Pupils will begin to develop a sense of character when performing action/ reaction movements/ sequences with control
- Pupils will begin to develop confidence self counting to beats of 8 and remembering movements

Decisions (Outdoor Adventure)

- Pupils will begin to develop map reading and compass orientation skills, continuing to consolidate knowledge
- Pupils will begin to introduce a range of obstacles into a course, whilst continuing to develop navigation skills
- Pupils will be able to discuss different symbols on a map and point out where they can be found on a map

Returning (Net Games - Tennis & Volleyball)

- Pupils will begin to work with a partner, developing backhand technique, hitting to each other over varying distance and over obstacles (net)
- Pupils will begin to attempt the overhand serve technique strike the ball with greater consistency and accuracy
- Pupils will continue to explore different methods of returning a ball to a partner, beginning to strike a ball over a net/ bench

Passing and Moving (Invasion - Netball & Basketball)

- Pupils will be able to pass the ball (with some control) during game play scenarios
- Pupils will understand where space is, how to move into it, and begin to explore this in gameplay
- Pupils will develop acceleration and deceleration skills in order to evade a defender
- Pupils will be able to develop answers=Describe what happens to their bodies when warming up- we breathe more to get more oxygen around the body/ to muscles

Record Breaking (Athletics)

- Pupils will continue to develop arm/ knee technique when jumping and begin to incorporate a run up
- Pupils will demonstrate control over developed body positions whilst in flight, taking off stationary and with a run up
- Pupils will begin to approach hurdles at speed, take off whilst running, developing hurdle technique, and landing before continuing to run
- Pupils will begin to name and point out key muscle/ muscle groups, beginning to discuss what happens to them during movement/ exercise

Fielding (Strike & Field)

- Pupils will demonstrate overarm/ underarm technique throwing towards a partner/ target with developed accuracy
- Pupils will begin to develop understanding of space, positioning themselves in gaps when fielding
- Pupils will begin to read other pupils' movements/ pattern of passing and position accordingly in an attempt to intercept

Dribbling, Movement & Teamwork (Invasion - Hockey & Football)

- Pupils will continue to explore different roles and strategies in attacking and defending activities, introducing into gameplay
- Pupils will demonstrate control and comfort using each side/ foot when dribbling in competitive play
- Pupils will develop tactical understanding of moving into space/ attacking space with/ without a ball

Year 5

Invasion Games- Flag Football

- Pupils will begin to develop confidence when handling the American football, beginning to develop confidence throwing, catching, and running with the ball
- Pupils will begin to introduce an element of speed and footwork into basic route running, attempting to catch on the move/ throw to a moving target
- Pupils will begin to attempt the 'gunslinger', '3 point stance' and 'rock start' position when attempting a range of activities
- Pupils will begin to learn the basics of man marking, being able to follow another pupils pathway as close as possible at different speeds
- Pupils will begin to think about how they can control their speed and movement, thinking about creative ways that they can try and outwit and active defender

Gym - Abstract Angles

- Pupils will begin to develop some stability and control in achieving the headstand position for a small amount of time
- Pupils will continue to develop creative ideas of producing sequences using; canon, unison, counterbalances etc
- Pupils will begin to develop some stability and control in achieving the handstand position for a small amount of time
- Pupils will begin to explore balances across different levels, with partners, to demonstrate creative shapes and angles

Dance History - The Victorians

- Pupils will explore different movements, creating a sense of character through actions/ poses -Able to move with low and high status dynamics
- Pupils will continue to explore the team of motion in straight pathways, developing a sense of character
- Pupils will creatively link movements/ travel into a number of different shapes/ balances, transitioning with control in time to music

Leadership (Outdoor Adventure)

- Pupils will continue to consolidate teamworking skills, developing communication and resilience to begin to overcome challenges
- Pupils will begin to explore a range of different knots, showing understanding of the purpose of each
- Pupils will continue to consolidate; communication, map reading, and compass orientation skills for different activities
- Pupils will show confidence plotting courses and participating in other's courses

Accuracy & Rallies (Net Games)

- Pupils will continue consolidating the technique working with a partner, striking over a bench/ net-backhand and forehand strokes
- Pupils will continue to explore the 'smash' technique in badminton, attempting to strike over a bench/ net, from other pupils serve
- Pupils will demonstrate the lob technique in tennis game play, understanding when it is best to use the technique
- Pupils will continue to consolidate the skill of overarm serve in volleyball attempting the serve over a bench/ net towards their partner

Invasion in a Team (Hockey & Football Skills)

- Pupils will begin to explore verbal and non-verbal communication within a team to help achieve a goal
- Pupils will continue to actively look for space when participating in possession and attacking based activities
- Pupils will begin to develop a sense of sportsmanship, qualities such as handshakes, clapping opponents, whether win/ lose

Olympic Training (Athletics)

- Pupils will begin to accelerate into the triple jump technique, linking footwork pattern with some fluency and control- still requiring some support
- Pupils will show understanding of sprint start technique, beginning to accelerate out of the position with some control
- Pupils will begin to explore and develop discus throwing technique

Striking and Fielding- Cricket

- Pupils will begin to consolidate catching and fielding skills, practicing in competitive game play scenarios with some success
- Pupils will continue to explore underarm and overarm throwing techniques over increasing distances
- Pupils will develop confidence striking from a feed/ bowl from a partner, aiming the ball into space away from fielders

Exploring, Striking & Fielding

- Pupils will continue to consolidate basic fielding skills- catching, feeding, rolling, and catching with some success in isolated practice and competition

Year 6

Invasion to Score - (Hockey & Football)

- Pupils will continue to explore a variety of tactics/ problem solving skills as a team, showing developed communication/ cooperation
- Pupils will explore defending through increasingly competitive scenarios
- Pupils will continue to demonstrate control and understanding when dribbling
- Pupils will explore a range of attacking skills, transferring into competitive scenarios with some success
- Pupils will continue to explore the theme of 'scoring' developing techniques from varying distances in some competition

Gym - 'Travelling' in WWII

- Pupils will discuss safe use of the apparatus when using it, as well as demonstrating safe use continuously
- Pupils will explore different ways of transitioning in and out of counterbalances, introducing a sense of creativity
- Pupils will explore a variety of travel within routine, discussing level, tempo and shape within routines
- Pupils will demonstrate control from take-off to landing, beginning to hold shape whilst in the air and beginning to link movements after
- Pupils will demonstrate increasing confidence, performing in front of larger groups

Dance History - WW2

- Pupils will explore different emotions through movements- beginning to introduce creativity to a theme
- Pupils will explore jitterbug movements and patterns alongside to music, developing a sense of rhythm and confidence
- Pupils will explore the theme of unity, developing a sense of character in movements/ sequences, working with music

Finding Success (Outdoor Adventure)

- Pupils will continue to explore working within a team, demonstrating understanding of turn taking and communication
- Pupils will continue to explore a range of problem-solving skills, showing developed communication skills
- Pupils will begin to explore different knots, developing the strength/ purpose of the knot
- Pupils will continue to explore and develop skills, creating increasingly challenging courses/ loops for their partner

Net Games for Points (Net Games)

- To develop overall volleyball skills; set, forearm, serve & spike -demonstrate control over a range of skills, beginning to introduce competition and game scenarios
- To develop overall badminton skills; serve and smash-demonstrate control over a range of skills, beginning to introduce competition and game scenarios
- To develop overall tennis skills; fore/backhand, service and lob-demonstrate control over a range of skills, beginning to introduce competition and game scenarios

Invasion - Competitive (Netball & Basketball)-

- Pupils will develop confidence using a range of developed skills in attacking v defending scenarios/ gameplay
- Pupils will explore different defending scenarios, and attempt to intercept passing, in small-sided games/ activities
- Pupils will continue to explore tactics, and understand how 'pressing' and positions can achieve success in defence
- Pupils will explore teamworking skills in some competitive gameplay, developing verbal and non-verbal communication
- Pupils will uphold a sense of sportsmanship through competition

Going for Gold (Athletics)

- Pupils will show understanding of the skill and some knowledge surrounding pacing, and will attempt a loop/ small course with correct technique
- Pupils will begin to explore take off/ release positions and how to achieve maximum distance for a jump
- Pupils will demonstrate confidence pacing, maintaining pace and accelerating to finish

Striking & Fielding - Teamwork

- Pupils will continue to develop cohesion, communicating and co-operating, discussing strategy and positioning to achieve success in fielding
- Pupils will continue to demonstrate a knowledge of different strokes, developing accuracy and power striking
- Pupils will discuss their other strengths and highlight how to improve

Rounders

- To perform correct technique for various skills; batting, catching, running and throwing in a variety of positions
- To be able to develop and implement a range of strategies within the rules to gain advantage over opposition