



# St Mary's Church of England Primary School



## PE Medium Term plan 2022-2033

### NC Objectives - KS1

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- 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
- perform dances using simple movement patterns

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
- ♣ perform dances using simple movement patterns

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<b>Invasion games</b> <b>Unit 1:</b> <ul style="list-style-type: none"> <li>To work safely and develop running and stopping</li> <li>To develop throwing and learn how to keep score.</li> <li>To be able to play games showing understanding of the different roles within it.</li> <li>To follow instructions and move safely when playing tagging games.</li> <li>To work co-operatively and learn to take turns.</li> </ul>	<b>Dance:</b> <b>Unit 1:</b> <ul style="list-style-type: none"> <li>To explore different body parts and how they move.</li> <li>To explore different body parts and how they move and remember and repeat actions.</li> <li>To express and communicate ideas through movement exploring directions and levels.</li> <li>To create movements and adapt and perform simple dance patterns.</li> <li>To copy and repeat actions</li> </ul>	<b>Gymnastics</b> <b>Unit 1:</b> <ul style="list-style-type: none"> <li>To copy and create shapes with your body.</li> <li>To be able to create shapes whilst on apparatus</li> <li>To develop balancing and taking weight on different body parts.</li> <li>To develop jumping and landing safely.</li> <li>To develop rocking and rolling.</li> <li>To copy and create short sequences by linking actions together.</li> </ul> <b>Unit 2:</b>	<b>Net and Wall games</b> <b>*Ball skills</b> <b>Unit 1</b> <ul style="list-style-type: none"> <li>To develop rolling a ball to a target.</li> <li>To develop stopping a rolling ball.</li> <li>To develop accuracy when throwing to a target.</li> <li>To develop bouncing and catching a ball.</li> <li>To develop dribbling a ball with your feet.</li> <li>To develop kicking a ball.</li> </ul> <b>Unit 2:</b> <ul style="list-style-type: none"> <li>To develop rolling and</li> </ul>	<b>Striking and fielding games</b>	<b>Athletics</b> <b>*Fundamentals</b> <b>Unit 1</b> <ul style="list-style-type: none"> <li>To develop balancing whilst stationary and on the move.</li> <li>To develop running and stopping.</li> <li>To develop changing direction.</li> <li>To develop jumping and landing.</li> <li>To develop hopping and landing with control.</li> <li>To explore different ways to travel.</li> </ul> <b>Unit 2:</b> <ul style="list-style-type: none"> <li>To develop balancing.</li> </ul>

	<ul style="list-style-type: none"> <li>To work with others to play team games.</li> </ul> <p><b>Unit 2:</b></p> <ul style="list-style-type: none"> <li>To aim when throwing and practice keeping score.</li> <li>To follow instructions and move safely when play tagging games.</li> <li>To learn to play against a partner.</li> <li>To develop co-ordination and play by the rules.</li> <li>To explore striking a ball and keeping score.</li> <li>To work co-operatively as a team.</li> </ul>	<p>showing confidence and imagination.</p> <ul style="list-style-type: none"> <li>To move with control and co-ordination, linking, copying and repeating actions.</li> </ul> <p><b>Unit 2:</b></p> <ul style="list-style-type: none"> <li>To copy, repeat and explore actions in response to a theme.</li> <li>To explore and remember actions considering level, shape and direction.</li> <li>To explore movement using a prop with control and co-ordination.</li> <li>To move with control and co-ordination, expressing</li> </ul>	<ul style="list-style-type: none"> <li>To create short sequences using shapes, balances and travelling actions.</li> <li>To develop balancing and safely using apparatus.</li> <li>To develop jumping and landing safely from a height.</li> <li>To develop rocking and rolling.</li> <li>To explore travelling around, over and through apparatus.</li> <li>To create sequences using apparatus.</li> </ul>	<p>tracking a ball.</p> <ul style="list-style-type: none"> <li>To develop accuracy when throwing to a target.</li> <li>To develop dribbling with hands.</li> <li>To develop throwing and catching with a partner.</li> <li>To develop dribbling a ball with your feet.</li> <li>To develop kicking a ball to a target.</li> </ul>		<ul style="list-style-type: none"> <li>To develop running and stopping.</li> <li>To develop changing direction.</li> <li>To develop jumping.</li> <li>To develop hopping.</li> <li>To explore different ways to travel using equipment.</li> </ul>
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		<p>ideas through movement.</p> <ul style="list-style-type: none"><li>• To remember and repeat actions moving in time with the music.</li><li>• To explore actions in response to a theme and begin to use counts.</li></ul>				
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Year 1	<b>Invasion games</b> <ul style="list-style-type: none"> <li>• To understand the role of defenders and attackers.</li> <li>• To understand who to pass to and why when playing against a defender.</li> <li>• To move towards a goal with the ball.</li> <li>• To support a teammate when in possession.</li> <li>• To move into space showing an awareness of defenders.</li> <li>• To be able to stay with a player when defending</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>• To use counts of 8 to move in time and make my dance look interesting.</li> <li>• To explore pathways in my dance.</li> <li>• To create my own dance using, actions, pathways and counts.</li> <li>• To explore speeds and actions in our pirate inspired dance.</li> <li>• To copy, remember and repeat actions that represent the theme.</li> <li>• To copy, repeat, create and perform actions that represent the theme.</li> <li>• To explore speeds and actions in our toy inspired dance.</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• To explore travelling movements.</li> <li>• To develop quality when performing and linking shapes.</li> <li>• To develop stability and control when performing balances.</li> <li>• To develop technique and control when performing shape jumps.</li> <li>• To develop technique in the barrel, straight and forward roll.</li> <li>• To link gymnastic actions to create a sequence.</li> </ul>	<b>Net and wall games</b> <ul style="list-style-type: none"> <li>• To defend space, using the ready position.</li> <li>• To play against an opponent and keep the score.</li> <li>• To develop control when handling a racket.</li> <li>• To develop racket and ball skills</li> <li>• To develop sending a ball using a racket</li> <li>• To develop hitting over a net</li> </ul>	<b>Striking and fielding games</b> <ul style="list-style-type: none"> <li>• To develop underarm throwing and catching and put this into small sided games.</li> <li>• To develop overarm throwing.</li> <li>• To develop striking a ball with my hand and equipment.</li> <li>• To retrieve a ball when fielding.</li> <li>• To understand how to get a batter out.</li> <li>• To develop decision making and understand how to</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• To move at different speeds over varying distances.</li> <li>• To develop balance.</li> <li>• To develop agility and co-ordination.</li> <li>• To explore hopping, jumping and leaping for distance.</li> <li>• To develop throwing for distance.</li> <li>• To develop throwing for accuracy.</li> </ul>
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		<ul style="list-style-type: none"><li>• To use expression and create actions that relate to the story.</li><li>• To use a pathway when travelling.</li><li>• To explore and copy actions in response to a theme.</li><li>• To create my own actions for an animal.</li><li>• To explore pathways with a partner.</li></ul>			score points.	
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<b>Year 2</b>	<b>Invasion games</b> <ul style="list-style-type: none"> <li>• To understand what being in possession means and support a teammate to do this.</li> <li>• To use a variety of skills to score goals.</li> <li>• To develop stopping goals.</li> <li>• To develop stopping goals.</li> <li>• To learn how to gain possession of the ball</li> <li>• To develop an understanding of marking an opponent.</li> <li>• To learn to apply simple tactics for attacking and defending.</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>• To remember, repeat and link actions to tell the story of my dance.</li> <li>• To develop an understanding of dynamics and how they can show an idea.</li> <li>• Use counts of 8 to help you stay in time with the music.</li> <li>• To copy, remember and repeat actions using facial expressions to show different characters.</li> <li>• To explore pathways and levels.</li> <li>• To remember and rehearse our circus dance showing expression and character</li> <li>• To copy, repeat and create actions</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• To perform gymnastic shapes and link them together.</li> <li>• To be able to use shapes to create balances.</li> <li>• To be able to link travelling actions and balances using apparatus.</li> <li>• To demonstrate different shapes, take off and landings when performing jumps.</li> <li>• To develop rolling and sequence building.</li> <li>• To develop sequence work on apparatus.</li> </ul>	<b>Net and wall games</b> <ul style="list-style-type: none"> <li>• To develop racket familiarization</li> <li>• To develop placing an object.</li> <li>• To use the ready position to defend space on court.</li> <li>• To develop returning a ball with hands.</li> <li>• To develop returning a ball using a racket.</li> <li>• To move an opponent to win a point.</li> </ul>	<b>Striking and fielding games</b> <ul style="list-style-type: none"> <li>• To be able to track a rolling ball and collect it.</li> <li>• To develop accuracy in underarm throwing and consistency in catching when fielding a ball.</li> <li>• To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score.</li> <li>• To develop striking for distance and accuracy.</li> <li>• To develop decision</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• To develop the sprinting action.</li> <li>• To develop jumping for distance.</li> <li>• To develop technique when jumping for height.</li> <li>• To develop throwing for distance.</li> <li>• To develop throwing for accuracy.</li> <li>• To develop technique when taking part in an athletics carousel</li> </ul>
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		<p>in response to a stimulus.</p> <ul style="list-style-type: none"> <li>• To copy, create and perform actions considering dynamics.</li> <li>• To create a short dance phrase with a partner showing clear changes of speed.</li> <li>• To copy, repeat and create movement patterns in response to the theme.</li> <li>• To create and perform using unison, mirroring and matching with a partner.</li> <li>• To remember and repeat actions and dance as a group.</li> </ul>			<p>making to get a batter out.</p> <ul style="list-style-type: none"> <li>• To develop decision making when under pressure</li> </ul>	
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## NC Objectives – KS2

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

- 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
- perform dances using simple movement patterns

Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best

Year 3	Invasion games	Dance	Gymnastics	Net and wall games	Striking and fielding games	Athletics
	<p><b>*Handball</b></p> <ul style="list-style-type: none"> <li>To begin to throw and catch while on the move</li> <li>To learn how to move towards goal or away from a defender.</li> <li>To develop accuracy when shooting.</li> <li>To be able to apply individual and team defending skills</li> <li>To use a change of direction and speed to lose a defender and move into space.</li> <li>To maintain possession when in attack</li> </ul>	<ul style="list-style-type: none"> <li>To create actions in response to a stimulus and move in unison with a partner.</li> <li>To create actions to move in contact with a partner or interact with a partner.</li> <li>To select and link appropriate actions and dynamics to show our dance idea.</li> <li>To remember, repeat and create actions to represent an idea.</li> <li>To share ideas of actions and dynamics to create a dance that shows a location.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to create interesting point and patch balances.</li> <li>To develop stepping into shape jumps with control.</li> <li>To develop the straight, barrel, and forward roll.</li> <li>To be able to transition smoothly into and out of balances.</li> <li>To create a sequence with matching and contrasting actions and shapes.</li> <li>To create a partner sequence incorporating equipment.</li> </ul>	<p><b>*Tennis</b></p> <ul style="list-style-type: none"> <li>To develop racket and ball control.</li> <li>To develop returning the ball using a forehand groundstroke.</li> <li>To be able to rally using a forehand.</li> <li>To develop the two handed backhand.</li> <li>To learn how to score. To develop playing against an opponent</li> <li>To work collaboratively with a partner and compete against others.</li> </ul>	<p><b>*Rounder's</b></p> <ul style="list-style-type: none"> <li>To play different roles in a game and begin to think tactically about each role.</li> <li>To develop the bowling action and learn the rules of bowling.</li> <li>To run around the outside of the bases and make decisions about when to stop and when to run.</li> <li>To field a ball using a two handed pick up and a short barrier.</li> <li>To develop batting technique and an understanding of where to hit the ball.</li> </ul>	<ul style="list-style-type: none"> <li>To develop the sprinting technique and improve on your personal best</li> <li>To develop changeover in relay events.</li> <li>To develop jumping technique in a range of approaches and take off positions.</li> <li>To develop throwing for distance and accuracy</li> <li>To develop throwing for distance in a pull throw.</li> </ul>

	<p><b>*Hockey</b></p> <ul style="list-style-type: none"> <li>To develop sending the ball with a push pass.</li> <li>To develop receiving the ball.</li> <li>To develop dribbling using the reverse stick (Indian dribble).</li> <li>To develop moving into space after passing the ball.</li> <li>To use an open stick tackle to gain possession.</li> <li>To apply defending and attacking principles and skills in a hockey tournament.</li> </ul> <p><b>*Netball</b></p> <ul style="list-style-type: none"> <li>To develop passing and</li> </ul>	<ul style="list-style-type: none"> <li>To use choreographing ideas to develop our dance.</li> <li>To use straight pathways and clear changes in direction in a line dance.</li> <li>To use canon and unison to make our line dance look interesting.</li> <li>To use formations, canon and unison to make our line dance look interesting.</li> <li>To remember, repeat and create actions around a theme.</li> <li>To understand and use formations.</li> <li>To structure a dance to</li> </ul>			<ul style="list-style-type: none"> <li>To apply skills and rules learnt to play rounder's.</li> </ul> <p><b>*Cricket</b></p> <ul style="list-style-type: none"> <li>To develop overarm throwing and catching</li> <li>To develop underarm bowling.</li> <li>To learn how to grip the bat and develop batting technique.</li> <li>To be able to field a ball using a two handed pick up and a short barrier.</li> <li>To develop overarm bowling technique.</li> <li>To play apply skills learnt to mini cricket.</li> </ul>	<ul style="list-style-type: none"> <li>To develop officiating and performing skills.</li> </ul>
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	<p>moving and play within the footwork rule.</p> <ul style="list-style-type: none"> <li>• To develop passing and moving towards a goal.</li> <li>• To develop movement skills to lose a defender.</li> <li>• To be able to defend an opponent and try to win the ball.</li> <li>• To develop the shooting action.</li> <li>• To develop playing using netball rules.</li> </ul>	<p>represent a theme.</p>				
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Year 4	Invasion games	Dance	Gymnastics	Net and wall games	Striking and fielding	Athletics
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	<p><b>*Handball</b></p> <ul style="list-style-type: none"> <li>To begin to throw and catch while on the move</li> <li>To learn how to move towards goal or away from a defender.</li> <li>To develop accuracy when shooting.</li> <li>To be able to apply individual and team defending skills</li> <li>To use a change of direction and speed to lose a defender and move into space.</li> <li>To maintain possession when in attack</li> </ul> <p><b>*Hockey</b></p>	<ul style="list-style-type: none"> <li>To copy and create actions in response to an idea and be able to adapt this using changes of space.</li> <li>To choose actions which relate to the theme.</li> <li>To develop a dance using matching and mirroring.</li> <li>To learn and create dance moves in the theme of carnival.</li> <li>To develop a carnival dance using formations,</li> </ul>	<ul style="list-style-type: none"> <li>To develop individual and partner balances</li> <li>To develop control in performing and landing rotation jumps.</li> <li>To develop the straight, barrel, forward and straddle roll.</li> <li>To develop the straight, barrel, forward and straddle roll.</li> <li>To develop strength in inverted movements.</li> </ul>	<p><b>*Tennis</b></p> <ul style="list-style-type: none"> <li>To develop hitting the ball using a forehand</li> <li>To develop returning the ball using a forehand.</li> <li>To develop the backhand and understand when to use it.</li> <li>To work co-operatively with a partner to keep a continuous rally going</li> <li>To use simple tactics in a game to outwit an opponent.</li> <li>To demonstrate</li> </ul>	<p><b>*Rounder's</b></p> <ul style="list-style-type: none"> <li>To play different roles in a game and begin to think tactically about each role.</li> <li>To develop the bowling action and learn the rules of bowling.</li> <li>To run around the outside of the bases and make decisions about when to stop and when to run.</li> <li>To field a ball using a two handed pick up and a short barrier.</li> <li>To develop batting technique and an understanding</li> </ul>	<ul style="list-style-type: none"> <li>To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>To develop power and speed in the sprinting technique.</li> <li>To develop technique when jumping for distance.</li> <li>To develop power and technique when throwing for distance</li> <li>To develop a pull throws for distance and accuracy</li> <li>To develop officiating and</li> </ul>
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	<ul style="list-style-type: none"> <li>• To develop sending the ball with a push pass.</li> <li>• To develop receiving the ball.</li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop moving into space after passing the ball.</li> <li>• To use an open stick tackle to gain possession.</li> <li>• To apply defending and attacking principles and skills in a hockey tournament.</li> </ul> <p><b>*Netball</b></p> <ul style="list-style-type: none"> <li>• To develop passing and moving and play within the footwork rule.</li> </ul>	<p>canon and unison.</p> <ul style="list-style-type: none"> <li>• To develop a dance phrase and perform as part of a class performance.</li> <li>• To understand how dynamics, space and relationships can be used to represent a state of matter.</li> <li>• To use actions, dynamics, space and relationships to represent a states of matter.</li> <li>• To order and structure phrases to create a</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to create a partner sequence to include apparatus.</li> </ul>	<p>honesty and fair play when competing against others.</p>	<p>of where to hit the ball.</p> <ul style="list-style-type: none"> <li>• To apply skills and rules learnt to play rounder's.</li> </ul> <p><b>*Cricket</b></p> <ul style="list-style-type: none"> <li>• To develop overarm throwing and catching</li> <li>• To develop underarm bowling.</li> <li>• To learn how to grip the bat and develop batting technique.</li> <li>• To be able to field a ball using a two handed pick up and a short barrier.</li> <li>• To develop overarm bowling technique.</li> <li>• To play apply skills learnt to mini cricket.</li> </ul>	<p>performing skills</p>
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	<ul style="list-style-type: none"> <li>• To develop passing and moving towards a goal.</li> <li>• To develop movement skills to lose a defender.</li> <li>• To be able to defend an opponent and try to win the ball.</li> <li>• To develop the shooting action.</li> <li>• To develop playing using netball rules.</li> </ul>	<p>dance performance.</p> <ul style="list-style-type: none"> <li>• To copy and repeat a set phrase of movement in a 1960s theme showing energy and rhythm.</li> <li>• To learn and perform a partner dance in a 1960s style.</li> <li>• To develop my own 1960s inspired dance using changes in relationships.</li> </ul>				
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Year 5	Invasion games	Dance	Gymnastic	Net and wall games	Striking and fielding games	Athletics
	<p><b>*Handball</b></p> <ul style="list-style-type: none"> <li>To develop a variety of passes and know when to use each to help to maintain possession.</li> <li>To use stepping, dribbling and passing skills to create space, move towards goal and away from defenders.</li> <li>To use defending skills to stop an opponent from scoring.</li> <li>To select and apply the appropriate skill to score goals.</li> <li>To use defensive skills to gain possession</li> <li>To maintain possession under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>To create a dance using a random structure and perform the actions showing quality and control.</li> <li>To understand how changing dynamics changes the appearance of the performance.</li> <li>To understand and use relationships and space to change how a performance looks.</li> <li>To copy and repeat movements in the style of rock 'n' roll.</li> <li>To work with a partner to copy and repeat actions keeping in</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform symmetrical and asymmetrical balances.</li> <li>To develop the straight, forward, straddle and backward roll</li> <li>To be able to explore different methods of travelling, linking actions in both canon and synchronization.</li> <li>To be able to perform progressions of inverted movements.</li> <li>To explore matching and mirroring using actions both on the floor and on apparatus.</li> <li>To be able to create a partner</li> </ul>	<p><b>*Tennis</b></p> <ul style="list-style-type: none"> <li>To develop returning the ball using a forehand groundstroke.</li> <li>To develop returning the ball using a backhand groundstroke.</li> <li>To work cooperatively with a partner to keep a continuous rally.</li> <li>To develop the underarm serve and understand the rules of serving.</li> <li>To develop the volley and understand when to use it.</li> <li>To use a variety of strokes to</li> </ul>	<p><b>*Rounder's</b></p> <ul style="list-style-type: none"> <li>To develop the bowling action and understand the role of the bowler</li> <li>To develop batting technique.</li> <li>To make decisions about where and when to send the ball to stump a batter out.</li> <li>To develop a variety of fielding techniques and when to use them in a game.</li> <li>To develop long and short barriers in fielding and understand</li> </ul>	<ul style="list-style-type: none"> <li>To be able to apply different speeds over varying distances.</li> <li>To develop fluency and co-ordination when running for speed.</li> <li>To develop technique in relay changeovers.</li> <li>To develop technique and co-ordination in the triple jump</li> <li>To develop throwing with force for longer distances.</li> </ul> <p>To develop throwing with greater control and technique.</p>

	<p><b>*Hockey</b></p> <ul style="list-style-type: none"> <li>• To develop sending the ball with a push pass.</li> <li>• To develop receiving the ball.</li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop moving into space after passing the ball.</li> <li>• To use an open stick tackle to gain possession.</li> <li>• To apply defending and attacking principles and skills in a hockey tournament.</li> </ul>	time with the music	sequence using apparatus.	<p>outwit an opponent.</p> <p><b>*Volleyball</b></p> <ul style="list-style-type: none"> <li>• To develop the fast catch volley.</li> <li>• To be able to volley the ball using a set shot.</li> <li>• To develop the dig and understand when to use it.</li> <li>• To keep a continuous rally going over the net.</li> <li>• To develop the underarm serve and learn the rules of serving.</li> <li>• To apply the rules, skills and tactics learnt to play in a volleyball tournament.</li> </ul>	<p>when to use them.</p> <ul style="list-style-type: none"> <li>• To apply the rules and skills you have learnt to play in a rounder's tournament.</li> </ul> <p><b>*Cricket</b></p> <ul style="list-style-type: none"> <li>• To develop throwing accuracy and catching skills under pressure.</li> <li>• To develop placement of a ball into space.</li> <li>• To develop consistency of catching to get opponents out.</li> <li>• To develop overarm bowling technique and accuracy.</li> </ul>	
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					<ul style="list-style-type: none"><li>• To develop a variety of fielding techniques and use them within a game.</li><li>• To further develop fielding techniques and apply them to a game situation.</li></ul>	
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	<p><b>*Netball</b></p> <ul style="list-style-type: none"> <li>• To develop passing and moving.</li> <li>• To be able to use the attacking principle of creating and using space.</li> <li>• To be able to change direction and lose a defender.</li> <li>• To be able to defend ball side and know when to go for interceptions.</li> <li>• To develop the shooting action.</li> <li>• To use and apply skills and tactics to small sided games.</li> </ul>	<ul style="list-style-type: none"> <li>• To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.</li> <li>• To develop set choreography inspired by a Mayan god.</li> <li>• To choose actions to create a motif in a given character with consideration of dynamics, space and relationships.</li> <li>• To use structure to create a dance performance.</li> <li>• To use matching, canon and unison in the style of the lion dance.</li> <li>• To use space and relationships to create a dragon dance.</li> <li>• To select and combine dance tools to perform a Chinese dance.</li> </ul>				
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Year 6	INVASION GAMES	DANCE	GYMNASTICS	NET AND WALL GAMES	STRIKING AND FIELDING	ATHLETICS
	<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>To develop a variety of passes and know when to use each to help to maintain possession.</li> <li>To use stepping, dribbling and passing skills to create space, move towards goal and away from defenders.</li> <li>To use defending skills to stop an opponent from scoring.</li> <li>To select and apply the appropriate skill to score goals.</li> <li>To use defensive skills to gain possession</li> <li>To maintain possession under pressure</li> </ul> <p><b>*Hockey</b></p> <ul style="list-style-type: none"> <li>To develop sending the ball</li> </ul>	<ul style="list-style-type: none"> <li>To copy and repeat a set dance phrase showing confidence in movements.</li> <li>To work with others to explore and develop the dance idea.</li> <li>To use changes in dynamics in response to the stimulus.</li> <li>To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</li> <li>To perform a bhangra dance, showing an awareness of timing, formations and direction.</li> <li>To select, order, structure and perform movements in a bhangra style,</li> </ul>	<ul style="list-style-type: none"> <li>To be able to develop the straddle, forward and backward roll.</li> <li>To develop counter balance and counter tension.</li> <li>To be able to perform inverted movements with control.</li> <li>To be able to perform the progressions of a headstand and a cartwheel.</li> <li>To be able to use flight from hands to travel over apparatus.</li> <li>To be able to create a group sequence using formations and apparatus.</li> </ul>	<p><b>*Tennis</b></p> <ul style="list-style-type: none"> <li>To develop the forehand groundstroke.</li> <li>To be able to return the ball using a backhand groundstroke.</li> <li>To develop the volley and understand when to use it.</li> <li>To develop the volley and use it in a game situation.</li> <li>To develop accuracy of the underarm serve. To learn to use the official scoring system.</li> <li>To work co-operatively with a partner and employ tactics to</li> </ul>	<p><b>*Rounder's</b></p> <ul style="list-style-type: none"> <li>To develop the bowling action and understand the role of the bowler</li> <li>To develop batting technique.</li> <li>To make decisions about where and when to send the ball to stump a batter out.</li> <li>To develop a variety of fielding techniques and when to use them in a game.</li> <li>To develop long and short barriers in fielding and</li> </ul>	<ul style="list-style-type: none"> <li>To work collaboratively with a partner to set a steady pace.</li> <li>To develop your own and others sprinting technique.</li> <li>To develop power, control and technique for the triple jump.</li> <li>To develop power, control and technique when throwing for distance</li> <li>To develop throwing with force and accuracy for longer distances.</li> <li>To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul>

	<p>with a push pass.</p> <ul style="list-style-type: none"> <li>• To develop receiving the ball.</li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop moving into space after passing the ball.</li> <li>• To use an open stick tackle to gain possession.</li> <li>• To apply defending and attacking principles and skills in a hockey tournament.</li> </ul> <p><b>*Netball</b></p> <ul style="list-style-type: none"> <li>• To develop passing and moving.</li> <li>• To be able to use the attacking principle of</li> </ul>	<p>showing various group formations.</p> <ul style="list-style-type: none"> <li>• To develop a dance phrase using actions, dynamics, space and relationships.</li> <li>• To copy and create actions with consideration to story using a prop to enhance the idea.</li> <li>• To use choreographing devices to improve how the performance looks.</li> <li>• To copy and repeat a phrase of movement in the 1970s disco theme.</li> <li>• To devise a freeze frame montage in the 1970s theme.</li> <li>• To use feedback to develop and refine a 1970s dance performance.</li> </ul>		<p>outwit an opponent.</p> <p><b>*Volleyball</b></p> <ul style="list-style-type: none"> <li>• To develop the fast catch volley.</li> <li>• To be able to volley the ball using a set shot.</li> <li>• To develop the dig and understand when to use it.</li> <li>• To keep a continuous rally going over the net.</li> <li>• To develop the underarm serve and learn the rules of serving.</li> <li>• To apply the rules, skills and tactics learnt to play in a volleyball tournament.</li> </ul>	<p>understand when to use them.</p> <ul style="list-style-type: none"> <li>• To apply the rules and skills you have learnt to play in a rounder's tournament</li> </ul> <p><b>*Cricket</b></p> <ul style="list-style-type: none"> <li>• To develop throwing accuracy and catching skills under pressure.</li> <li>• To develop placement of a ball into space.</li> <li>• To develop consistency of catching to get opponents out.</li> <li>• To develop overarm bowling technique and accuracy.</li> </ul>	
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	<p>creating and using space.</p> <ul style="list-style-type: none"> <li>• To be able to change direction and lose a defender.</li> <li>• To be able to defend ball side and know when to go for interceptions.</li> <li>• To develop the shooting action.</li> <li>• To use and apply skills and tactics to small sided games.</li> </ul>				<ul style="list-style-type: none"> <li>• To develop a variety of fielding techniques and use them within a game.</li> <li>• To further develop fielding techniques and apply them to a game situation.</li> </ul>	
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Knowledge, Skills and Understanding breakdown for PE Year 1		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<input type="checkbox"/> Can they create a simple series of instructions – left and right? <input type="checkbox"/> Can they record their routes? Do they understand forwards, backwards, up and down? <input type="checkbox"/> Can they put two instructions together to control a programmable toy? <input type="checkbox"/> Can they begin to plan and test a Bee-bot journey?	<ul style="list-style-type: none"> <li>• Can they capture images with a camera? <input type="checkbox"/> Can they print out a photograph from a camera with help?</li> <li>• Can they record a sound and play it back? <input type="checkbox"/> Can they enter information into a template to make a graph? <input type="checkbox"/> Can they talk about the results shown on a graph?</li> </ul>	<ul style="list-style-type: none"> <li>• Do they recognise what an email address looks like?</li> <li>• Have they joined in sending a class email? <input type="checkbox"/> Can they use the @ key and type an email address? <input type="checkbox"/> Can they word process ideas using a keyboard?</li> <li>• Can they use the spacebar, back space, enter, shift and arrow keys?</li> <li>• Can they print out a page from the internet?</li> </ul>
Challenging		
<input type="checkbox"/> Can they record pupils' voices as voice over? <input type="checkbox"/> Can they use a teacher prepared photo story to create a slideshow of photos?		



Knowledge, Skills and Understanding breakdown for PE Year 2		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<input type="checkbox"/> Can they predict the outcomes of a set of instructions? <input type="checkbox"/> Can they use right angle turns? <input type="checkbox"/> Do they use the repeat commands? <input type="checkbox"/> Can they test and amend a set of instructions? <input type="checkbox"/> Can they write a simple program and test it? <input type="checkbox"/> Can they predict what the outcome of a simple program will be?	<ul style="list-style-type: none"> <li>• Can they find information on a website?</li> <li>• Can they click links in a website?</li> <li>• Can they print a web page to use as a resource? <input type="checkbox"/></li> </ul> Can they experiment with text, pictures and animation to make a simple slide show? <input type="checkbox"/> Can they use the shape tools to draw?	<ul style="list-style-type: none"> <li>• Can they send and reply to messages sent by a safe email partner (within school)? <input type="checkbox"/> Can they word process a piece of text?</li> <li>• Can they insert / delete a word using the mouse and arrow keys?</li> <li>• Can they highlight text to change its format (B, <u>u</u>, I)?</li> </ul>
Challenging		
<input type="checkbox"/> Can they create a presentation in a small group and record the narration? <input type="checkbox"/> Can they record sounds into software and playback? <input type="checkbox"/> Can they insert pre-recorded sounds into a presentation? <input type="checkbox"/> Can they capture still and moving images?		

Knowledge, Skills and Understanding breakdown for Computing Year 3		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they experiment with variables to control models?</li> <li><input type="checkbox"/> Can they use 90 degree and 45 degree turns?</li> <li><input type="checkbox"/> Can they give an on-screen robot directional instructions?</li> <li><input type="checkbox"/> Can they draw a square, rectangle and other regular shapes on screen, using commands?</li> <li><input type="checkbox"/> Can they write more complex programs?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they review images on a camera and delete unwanted images?</li> <li>• Have they experienced downloading images from a camera into files on the computer? <input type="checkbox"/> Can they use photo editing software to crop photos and add effects?</li> <li>• Can they manipulate sound when using simple recording story boarding?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they use the email address book?</li> <li>• Can they open and send an attachment?</li> </ul>
Using the internet	Databases	Presentation
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can find relevant information by browsing a menu?</li> <li><input type="checkbox"/> Can they search for an image and copy and paste it into a document?</li> <li><input type="checkbox"/> Can they use 'save picture as' to save an image to the computer?</li> <li><input type="checkbox"/> Can they copy and paste text into a document?</li> <li><input type="checkbox"/> Do they begin to use note-making skills to decide what text to copy?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they input data into a prepared database?</li> <li>• Can they sort and search a database to answer simple questions?</li> <li>• Can they use a branching database?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they create a presentation that moves from slide to slide and is aimed at a specific audience?</li> <li>• Can they combine text, images and sounds and show awareness of audience?</li> <li>• Do they know how to manipulate text, underline text, centre text, change font and size and save text to a folder?</li> </ul>
Challenging		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they search by keyword using a child friendly search engine?</li> <li><input type="checkbox"/> Can they bookmark a page into your favourites?</li> <li><input type="checkbox"/> Can they contribute to a class blog?</li> <li><input type="checkbox"/> Can they use repeat command in logo to create a pattern?</li> </ul>		

Knowledge, Skills and Understanding breakdown for Computing Year 4		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they use repeat instructions to draw regular shapes on screen, using commands?</li> <li><input type="checkbox"/> Can they experiment with variables to control models?</li> <li><input type="checkbox"/> Can they make turns specifying degrees? Can they give an on-screen robot specific directional instructions that takes them from x to y?</li> <li><input type="checkbox"/> Can they make accurate predictions about the outcome of a program they have written?</li> <li><input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• Can they capture images using webcams, screen capture, scanning, visualiser and internet?</li> <li>• Can they choose images and download into a file?</li> <li>• Can they download images from the camera into files on the computer?</li> <li>• Can they copy graphics from a range of sources and paste into a desktop publishing program?</li> </ul>	<ul style="list-style-type: none"> <li>• Do they appreciate the benefits of ICT to send messages and to communicate?</li> <li>• Can they use the automatic spell check to edit spellings?</li> </ul>
Using the Internet	Databases	Presentation
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they use a search engine to find a specific website?</li> <li><input type="checkbox"/> Can they use note-taking skills to decide which text to copy and paste into a document?</li> <li><input type="checkbox"/> Can they use tabbed browsing to open two or more web pages at the same time?</li> <li><input type="checkbox"/> Can they open a link to a new window?</li> <li><input type="checkbox"/> Can they open a document (pdf) and view it?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they input data into a prepared database?</li> <li>• Can they sort and search a database to answer simple questions?</li> <li>• Do they recognise what a spread sheet is?</li> <li>• Can they use the terms cells, rows and columns?</li> <li>• Can they enter data, highlight it and make bar charts?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they create a lengthy presentation that moves from slide to side and is aimed at a specific audience?</li> <li>• Can they insert sound recordings into a multimedia presentation?</li> <li>• Do they know how to manipulate text, underline text, centre text, change font and size and save text to a folder?</li> </ul>
Year 4 (Challenging)		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they use photo editing software to crop photographs and add effects?</li> <li><input type="checkbox"/> Can they copy and paste the graph/ bar chart and use it in a WP document?</li> <li><input type="checkbox"/> Can they use animation in their presentation?</li> </ul>		

Knowledge, Skills and Understanding breakdown for Computing Year 5		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they combine sequences of instructions and procedures to turn devices on or off?</li> <li><input type="checkbox"/> Do they understand input and output? Can they use an ICT program to control an external device that is electrical and/or mechanical?</li> <li><input type="checkbox"/> Can they use ICT to measure sound or light or temperature using sensors?</li> <li><input type="checkbox"/> Can they explore 'What is' questions by playing adventure or quest games? Can they write programs that have sequences and repetitions?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they listen to streaming audio such as online radio?</li> <li>• Can they download and listen to podcasts?</li> <li>• Can they produce and upload a podcast?</li> <li>• Can they manipulate sounds using Audacity?</li> <li>• Can they select music from open sources and incorporate it into multimedia presentations?</li> <li>• Can they work on simple film editing?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they use instant messaging to communicate with class members?</li> <li>• Can they conduct a video chat with someone elsewhere in the school or in another school?</li> <li>• Can they use the word count tool to check the length of a document?</li> <li>• Can they use bullets and numbering tools?</li> </ul>
Using the Internet	Databases	Presentation
<p>Can they use a search engine using keyword searches? Can they compare the results of different searches?</p> <p>Can they decide which sections are appropriate to copy and paste from at least two web pages?</p> <p>Can they save stored information following simple lines of enquiry?</p> <p>Can they download a document and save it to the computer?</p>	<ul style="list-style-type: none"> <li>• Can they create a formula in a spreadsheet and then check for accuracy and plausibility?</li> <li>• Can they search databases for information using symbols such as = &gt; or &lt;?</li> <li>• Can they create databases planning the fields, rows and columns?</li> <li>• Can they create graphs and tables to be copied and pasted into other documents?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they use a range of presentation application?</li> <li>• Do they consider audience when editing a simple film?</li> <li>• Do they know how to prepare and then present a simple film?</li> <li>• Can they use ICT to record sounds and capture both still and video images?</li> <li>• Can they make a home page for a website that contains links to other pages?</li> <li>• Can they capture sounds, images and video?</li> </ul>
Year 5 (Challenging)		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they make a multimedia presentation that contains: sound; animation; video and buttons to navigate?</li> <li><input type="checkbox"/> Can they save an image document as a gif or l peg. file format using the 'save as' command?</li> </ul>		

□ Can they make an information poster using graphics skills to good effect?

Knowledge, Skills and Understanding breakdown for Computing Year 6		
Algorithms and Programs	Data Retrieving and Organising	Communicating
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they explain how an algorithm works?</li> <li><input type="checkbox"/> Can they detect errors in a program and correct them?</li> <li><input type="checkbox"/> Can they use an ICT program to control a number of events for an external device? Can they use ICT to measure sound, light or temperature using sensors and interpret the data?</li> <li><input type="checkbox"/> Can they explore 'what if' questions by planning different scenarios for controlled devices?</li> <li><input type="checkbox"/> Can they use input from sensors to trigger events?</li> <li><input type="checkbox"/> Can they check and refine a series of instructions?</li> <li><input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• Can they explore the menu options and experiment with images (colour effects, Options, snap to grid, grid settings etc.)?</li> <li>• Can they add special effects to alter the appearance of a graphic?</li> <li>• Can they 'save as' gif or I peg. Wherever possible to make the file size smaller (for emailing or downloading)?</li> <li>• Can they make an information poster using their graphics skills to good effect?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they confidently choose the correct page set up option when creating a document?</li> <li>• Can they confidently use text formatting tools, including heading and body text?</li> <li>• Can they use the 'hanging indent' tool to help format work where appropriate (e.g. a play script)?</li> </ul>
Using the Internet	Databases	Presentation
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they contribute to discussions online?</li> <li><input type="checkbox"/> Can they use a search engine using keyword searches?</li> <li><input type="checkbox"/> Can they use complex searches using such as '+', 'OR', 'Find the phrase in inverted commas'?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they collect live data using data logging equipment?</li> <li>• Can they identify data error, pattern and sequences?</li> <li>• Can they use the formulae bar to explore mathematical scenarios?</li> <li>• Can they create their own database and present information from it?</li> </ul>	<ul style="list-style-type: none"> <li>• Can they present a film for a specific audience and then adapt some film for a different audience?</li> <li>• Can they create a sophisticated multimedia presentation?</li> </ul>
Year 6 (Challenging)		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can they incorporate graphics where appropriate, using the most effective text wrapping formats?</li> <li><input type="checkbox"/> Can they conduct a video chat with more than one person at a time?</li> <li><input type="checkbox"/> Can they compare the information provided on two tabbed websites looking for bias and perspective?</li> </ul>		