

PE – Key Stage 1: Year 1 and 2

Year 1 and 2 Even Years					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi skills – ball sports	Gymnastics	Dance	Multi skills – racket sports	Athletics	Rounders
National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running and jumping - develop balance, agility and co-ordination - apply these skills in a range of activities 	National curriculum <ul style="list-style-type: none"> - perform dances using simple movement patterns - develop balance, agility and co-ordination - work individually and with others 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities
Key objectives		Key objectives		Key objectives	
<ul style="list-style-type: none"> • Move into space • Move with a ball • Roll, kick and carry a ball • Receive a ball with different parts of your body • Take part in games 	<ul style="list-style-type: none"> • Make different shapes with my body • Move with control • Balance using different parts of the body • Link movements • Use equipment and apparatus • Perform a simple routine 	<ul style="list-style-type: none"> • Move in different ways • Move with control • Work with others • Move to music • Compose short dances • Perform short dances 	<ul style="list-style-type: none"> • Throw a ball to a target • Hit a ball at a target • Hold and control a racket or sports equipment appropriately • Receive a ball and return it • Move confidently in different ways • Play games 	<ul style="list-style-type: none"> • Move into space • Control your body and equipment when running, throwing and jumping • Land safely when jumping • Run and jump on the balls of your feet • Compete against yourself and others 	<ul style="list-style-type: none"> • Move in different ways • Use an underarm throwing technique • Try and find ways to win games • Move into space • Hit a ball • Compete with others • Understand and play by the rules of the game
<u>Milestones – end of Y2.</u>	<u>Milestones – end of Y2.</u>	<u>Milestones – end of Y2.</u>	<u>Milestones – end of Y2.</u>	<u>Milestones – end of Y2.</u>	<u>Milestones – end of Y2.</u>
<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<ul style="list-style-type: none"> • plan and perform a sequence of movements • roll, curl, travel and balance in different ways • improve sequence based on feedback • think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> • change rhythm, speed, level and direction in dance • make a sequence by linking sections together • copy or make up a short dance • move safely in a space • use dance to show a mood or feeling 	<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules

<p><u>Key Vocabulary</u> Sending, receiving, balance, kick, throw, roll, stop, pass, dribble</p>	<p><u>Key Vocabulary</u> Shapes, balance, movement, perform, roll, straight, tense, strong</p>	<p><u>Key Vocabulary</u> Canon, unison, perform, smart, neat, compose, control</p>	<p><u>Key Vocabulary</u> Low, high, balance, control, ball-control, send, throw, bounce, aim, accuracy</p>	<p><u>Key Vocabulary</u> Throwing, jumping, speed, distance, technique, races, measuring</p>	<p><u>Key Vocabulary</u> Balance, keep score, balance, skill, control, fielding, backstop, technique, aiming</p>
<p><u>Additional activities:</u> Y1: Weekly adventurous activities – Forest school/ weekly MOVES sessions; Summer term - using balance bikes; termly sports enrichment days. Y2: Termly sports enrichment days; Forest School.</p>					

Year 1 and 2 Odd Years

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multiskills- ball sports	Gymnastics	Dance	Multi skills – ball sports	Athletics	Cricket
National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running and jumping - develop balance, agility and co-ordination - apply these skills in a range of activities 	National curriculum <ul style="list-style-type: none"> - perform dances using simple movement patterns - develop balance, agility and co-ordination - work individually and with others 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - apply these skills in a range of activities 	National curriculum <ul style="list-style-type: none"> - master basic movements including running, jumping, throwing and catching - develop balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending - engage in competitive and cooperative physical activities
Key objectives		Key objectives		Key objectives	
<ul style="list-style-type: none"> • Move with a ball • Roll a ball • Bounce a ball • Throw a ball • Play games against each other 	<ul style="list-style-type: none"> • Make different shapes with my body • Move with control • Balance using different parts of the body • Link movements • Use equipment and apparatus • Perform a simple routine 	<ul style="list-style-type: none"> • Move in different ways • Move with control • Work with others • Move to music • Compose short dances • Perform short dances 	<ul style="list-style-type: none"> • Send a ball to a target/partner • Throw a ball at a target/partner • Receive a ball • Catch a ball • Play games with others • Score points in games 	<ul style="list-style-type: none"> • Move into space • Control your body and equipment when running, throwing and jumping • Land safely when jumping • Run and jump on the balls of your feet • Compete against yourself and others 	<ul style="list-style-type: none"> • Move a ball • Throw a ball at a target • Catch a ball • Hit a ball • Work with others • Compete against others • Understand and play by the rules of the game
<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • plan and perform a sequence of movements • roll, curl, travel and balance in different ways • improve sequence based on feedback • think of more than one way to create a sequence which follows some 'rules' 	<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • change rhythm, speed, level and direction in dance • make a sequence by linking sections together • copy or make up a short dance • move safely in a space • use dance to show a mood or feeling 	<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules 	<u>Milestones – end of Y2.</u> <ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • throw and kick in different ways • decide the best space to be in during a game • use a tactic in a game • follow rules

<u>Key Vocabulary</u> Sending, receiving, balance, kick, throw, roll, stop, pass, dribble	<u>Key Vocabulary</u> Shapes, balance, movement, perform, roll, straight, tense, strong	<u>Key Vocabulary</u> Canon, unison, perform, smart, neat, compose, control	<u>Key Vocabulary</u> Low, high, balance, control, ball-control, send, throw, bounce, aim, accuracy	<u>Key Vocabulary</u> Throwing, jumping, speed, distance, technique, races, measuring	<u>Key Vocabulary</u> Throwing, batting, fielding, wickets, wicket keeper, underarm, balance, aiming
<u>Additional activities:</u> Y1: Weekly adventurous activities – Forest school/ weekly MOVES sessions; Summer term - using balance bikes; termly sports enrichment days. Y2: Termly sports enrichment days; Forest School.					

Summary of progression in main skills Y1 – Y2 KS1 PE.

	Gymnastic movement	Basic movement and team games	Dance
Year 1	<ul style="list-style-type: none"> • make body curled, tense, stretched and relaxed • control body when travelling and balancing • copy sequences and repeat them • roll, curl, travel and balance in different ways 	<ul style="list-style-type: none"> • throw underarm • throw and kick in different ways 	<ul style="list-style-type: none"> • perform own dance moves • copy or make up a short dance • move safely in a space
Year 2	<ul style="list-style-type: none"> • plan and perform a sequence of movements • improve sequence based on feedback • think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • decide the best space to be in during a game • use a tactic in a game • follow rules 	<ul style="list-style-type: none"> • change rhythm, speed, level and direction in dance • make a sequence by linking sections together • use dance to show a mood or feeling

PE – Lower Key Stage 2: Year 3 and Year 4.

Year 3 Year (all year)					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance	Tag rugby/ Football	Gymnastics	Netball/ Hockey	Athletics	Cricket/Rounders
National curriculum <ul style="list-style-type: none"> - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	National curriculum <ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - use running, jumping, throwing and catching in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	National curriculum <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	National curriculum <ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - 	National curriculum <ul style="list-style-type: none"> - develop flexibility, strength, technique, control and balance - use running, jumping, throwing and catching in isolation and in combination 	National curriculum <ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Key objectives		Key objectives		Key objectives	
<ul style="list-style-type: none"> • Perform dances with a range of movement • Link movement patterns together • Work with a partner • Create and practice a dance routine • Perform as a character when moving to music • Communicate feelings through dance 	<ul style="list-style-type: none"> • Travel with the ball • Keep in a horizontal line with others when running forwards • Catch the ball on the move • Defend by removing a tag • Pass with control • Run with ball controlling its movement • Work together with others • Play games against others and use tactics to score 	<ul style="list-style-type: none"> • Perform different shapes with your body • Travel using different body parts • Travel at different levels at different speeds • Create a sequence of movements, shapes, balances and rolls • Work with others mirroring and cannoning • Perform in front of others 	<ul style="list-style-type: none"> • Pass a ball with accuracy • Move with the ball with control • Pass the ball in different ways • Find space to keep possession • Apply basic attacking and defending principles • Play in small sided games, employing simple tactics 	<ul style="list-style-type: none"> • Throw an object by overarm, underarm, pulling, pushing and slinging • Combine different types of jumping • Run for distance • Run in races of varying distance • Take part in athletic events 	<ul style="list-style-type: none"> • Throw a ball with accuracy • Catch a ball with control • Hit a ball from a tee • Hit a ball at a target • Choose appropriate fielding skills • Participate in modified games

<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> take the lead when working with a partner or group use dance to communicate an idea improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group remember and repeat dance perform phrases 	<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> throw and catch accurately with one hand kick/ throw a ball accurately with control vary tactics and adapt skills depending on what is happening in a game be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly 	<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> move in a controlled way include change of speed and direction in a sequence work with a partner to create, repeat and improve a sequence with at least three phases explain how strength and suppleness affect performance 	<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> throw and catch accurately with one hand hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly 	<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> sprint over a short distance and show stamina when running over a long distance jump in different ways throw in different ways and hit a target, when needed take part in a relay, remembering when to run and what to do 	<p>Milestones – end of Y4</p> <ul style="list-style-type: none"> throw and catch accurately with one hand hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly
<p>Key Vocabulary</p> <p>Dance, routine, music, movements, coordination, canon, unison, beat of 8, count, fluency, choreography, performance</p>	<p>Key Vocabulary</p> <p>Defend, attack, tag, pass, score, try, dummy, share, backwards, horizontal, tackle, pass, kick</p>	<p>Key Vocabulary</p> <p>Shapes, balance, jump, rolls, control, routine, travelling, apparatus, sequence, partners, teamwork, canon, mirroring</p>	<p>Key Vocabulary</p> <p>Control, speed, direction, passing, chest pass, bounce pass, technique, aim, accuracy, power, pivot</p>	<p>Key Vocabulary</p> <p>Athletic, jumping, sprinting, coordination, timing, technique, push, pull, running, endurance, stamina</p>	<p>Key Vocabulary</p> <p>Fielding, striking, score, wickets, runs, underarm, overarm, long barrier, bowling, batting, aiming</p>
<p>Additional activities:</p> <ul style="list-style-type: none"> Weekly marathon running sessions; break time coaching sessions; stone age history topic outdoor survival activities course; termly sports enrichment days. 					

Lower KS2 – Swimming – Year 4 (all year)

Swimming

<p>National curriculum/ Milestones – end of KS2</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. 	<p>Key objectives:</p> <ul style="list-style-type: none"> pace themselves in floating and swimming challenges related to speed, distance and personal survival swim unaided for a sustained period of time over a distance of at least 25 metres use recognised arm and leg actions laying on their front and back use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, breaststroke, sculling, floating and surface diving) 	<p>Key vocabulary:</p> <p>Dividing, breast stroke, back stroke, front crawl, goggles, kick, push, glide, underwater, width, length, jump, breath, collect, safety, rescue</p>
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Outdoor and adventurous activities Year 3 and Year 4: Bell boating; Forest school.

<u>National curriculum</u>	<u>Key objectives</u>	<u>Milestones – end of Y6</u>	<u>Key Vocabulary</u>
<ul style="list-style-type: none"> • take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> • To work systematically and as part of a team to solve a range of problems. • To demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. • To use a range of communication methods effectively during problem solving activities and challenges. • To demonstrate effective leadership skills. • To work together effectively to achieve a common goal. • To work effectively with others to complete a range of challenges. • To work effectively with others to plan and carry out a game plan (strategy). • To compete in a timed orienteering team relay event. • To work as part of a team to design a themed orienteering course. 	<ul style="list-style-type: none"> • plan with others, taking account of safety and danger on land and water • in undertaking a challenging activity set own targets and level of challenge • use clues and a compass to navigate a route. • demonstrate stamina and team work when rowing a bell boat 	<p>Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust, bell boat, oar, navigate, risk assess</p>

PE – Upper Key Stage 2: Years 5 and 6

Year 5 and 6 Even Years					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Athletics	Tag Rugby	Dance	Netball	Outdoor Athletics	Cricket/ rounders
National curriculum -develop flexibility, strength, technique, control and balance -use running, jumping, throwing and catching in isolation and in combination	National curriculum -play competitive games, modified where appropriate -apply basic principles suitable for attacking and defending -use running, jumping, throwing and catching in isolation and in combination -compare their performances with previous ones and demonstrate improvement to achieve their personal best.	National curriculum -develop flexibility, strength, technique, control and balance -perform dances using a range of movement patterns	National curriculum -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate -apply basic principles suitable for attacking and defending -compare their performances with previous ones and demonstrate improvement to achieve their personal best.	National curriculum -develop flexibility, strength, technique, control and balance -use running, jumping, throwing and catching in isolation and in combination	National curriculum -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Key objectives		Key objectives		Key objectives	
Develop and refine skills to compete in: <ul style="list-style-type: none"> • Standing long jump • Chest bounce • Speed bounce • Individual relay • Vertical jump 	<ul style="list-style-type: none"> • Travel with the ball • Keep in a horizontal line with others when running forwards • Catch the ball on the move • Defend by removing a tag • Develop sideways throwing technique • Work together with others • Play games against others and use tactics to score 	<ul style="list-style-type: none"> • Be inspired by music and different stimuli • Show ideas through dance • Create sections of dance in a group or own your own • Apply the principles of a routine • Combine movements whilst keeping to the beat • Perform to an audience 	<ul style="list-style-type: none"> • Pass the ball confidently in a variety of ways • Move with the ball at speed • Mark and track when defending • Keep possession of the ball • Show awareness of others • Apply attacking and defending in small sided games 	<ul style="list-style-type: none"> • Perform the triple jump • Compete in long distance running races • Compete in short distance running races • Throw for distance • Apply the correct technique when throwing 	<ul style="list-style-type: none"> • Throw and bowl in different ways • Play shots that allow the ball to hit different areas • Retrieve, catch and stop and ball when fielding • Use skills and tactics to outwit an opponent when fielding • Use skills and tactics to outwit an opponent when batting • Take part in competitive games
Milestones – end of Y6 <ul style="list-style-type: none"> • demonstrate stamina and increase strength • controlled when taking off and landing • throw with increasing accuracy • combine running and jumping 	Milestones – end of Y6 <ul style="list-style-type: none"> • throw and catch accurately with one hand • kick/ throw a ball accurately with control • vary tactics and adapt skills depending on what is happening in a game • be aware of space and use it to support team- 	Milestones – end of Y6 <ul style="list-style-type: none"> • develop sequences in a specific style • choose own music and style • develop sequences in a specific style • choose own music and style 	Milestones – end of Y6 <ul style="list-style-type: none"> • agree and explain rules to others • work as a team and communicate a plan • lead others in a game situation when the need arises • choose a specific tactic for defending and attacking 	Milestones – end of Y6 <ul style="list-style-type: none"> • demonstrate stamina and increase strength • controlled when taking off and landing • throw with increasing accuracy • combine running and jumping 	Milestones – end of Y6 <ul style="list-style-type: none"> • agree and explain rules to others • work as a team and communicate a plan • lead others in a game situation when the need arises • choose a specific tactic for defending and attacking

	<p>mates and to cause problems for the opposition</p> <ul style="list-style-type: none"> • know and use rules fairly 		<ul style="list-style-type: none"> • use a number of techniques to pass, dribble and shoot 		<ul style="list-style-type: none"> • use a number of techniques to pass, dribble and shoot
<p><u>Key Vocabulary</u> Jumping, throwing, coordination, technique, measurement, movement, hop, skip, jump</p>	<p><u>Key Vocabulary</u> Defend, attack, tag, pass, score, try, dummy, share, backwards, horizontal</p>	<p><u>Key Vocabulary</u> Dance, routine, movements, coordination, beat of 8, canon, unison, fluency, choreography, performance, timing, express, improvise</p>	<p><u>Key Vocabulary</u> Ball, control, speed, direction, passing, chest pass, bounce pass, technique, aim, accuracy, teamwork, shoot, score, power, pivot</p>	<p><u>Key Vocabulary</u> Jumping, throwing, coordination, technique, measurement, movement, hop, skip, jump</p>	<p><u>Key Vocabulary</u> Fielding, striking, teamwork, score, wickets, runs, batting, aiming, overarm, accuracy, underarm, throwing, bowling, wicket keeper, long barrier, rounder</p>
<p>Additional activities:</p> <ul style="list-style-type: none"> • Weekly marathon running; breaktime coaching sessions; sport enrichment days – range of sports and physical activities • Outdoor and adventurous activities: Bell boating; PGL residential; Forest school; Loose Parts. 					

Year 5 and 6 Odd Years					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Athletics	Football	Gymnastics	Hockey/ Tennis	Outdoor Athletics	Rounders/ Cricket
National curriculum -develop flexibility, strength, technique, control and balance -use running, jumping, throwing and catching in isolation and in combination	National curriculum -play competitive games, modified where appropriate -apply basic principles suitable for attacking and defending -use running, jumping, throwing and catching in isolation and in combination -compare their performances with previous ones and demonstrate improvement to achieve their personal best.	National curriculum -compare their performances with previous ones and demonstrate improvement to achieve their personal best. -develop flexibility, strength, technique, control and balance	National curriculum - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	National curriculum -develop flexibility, strength, technique, control and balance -use running, jumping, throwing and catching in isolation and in combination	National curriculum -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Key objectives		Key objectives		Key objectives	
Develop and refine skills to compete in: <ul style="list-style-type: none"> • Standing long jump • Chest bounce • Speed bounce • Individual relay • Vertical jump 	<ul style="list-style-type: none"> • Travel with the ball • Pass with control • Run with ball controlling its movement • Develop tackling and defence skills • Work together with others • Play games against others and use tactics to score 	<ul style="list-style-type: none"> • Show flexibility and technique when performing • Travel fluently on the floor and on apparatus • Travel with confidence, choosing pathways • Create longer sequences • Show rhythm and creativity when working with others • Perform for an audience 	<ul style="list-style-type: none"> • Hold a racket or stick effectively • Serve and direct a ball underarm with some accuracy • Return a serve accurately • Pass/ flick a ball with accuracy • Move or dribble with the ball with control • Pass the ball in different ways with accuracy • Find space to keep possession • Apply basic attacking, dodging and defending principles • Play in small sided games, employing simple tactics 	<ul style="list-style-type: none"> • Perform the triple jump • Compete in long distance running races • Compete in short distance running races • Throw for distance • Apply the correct technique when throwing 	<ul style="list-style-type: none"> • Throw and bowl in different ways • Play shots that allow the ball to hit different areas • Retrieve, catch and stop and ball when fielding • Use skills and tactics to outwit an opponent when fielding • Use skills and tactics to outwit an opponent when batting • Take part in competitive games
Milestones – end of Y6 <ul style="list-style-type: none"> • demonstrate stamina and increase strength • controlled when taking off and landing • throw with increasing accuracy 	Milestones – end of Y6 <ul style="list-style-type: none"> • throw and catch accurately with one hand • kick/ throw a ball accurately with control • vary tactics and adapt skills depending on what is happening in a game 	Milestones – end of Y6 <ul style="list-style-type: none"> • combine own work with that of others • sequences to specific timings • make complex extended sequences • combine action, 	Milestones – end of Y6 <ul style="list-style-type: none"> •hit a ball accurately with control •vary tactics and adapt skills depending on what is happening in a game •be aware of space and use it to support team-mates and to cause 	Milestones – end of Y6 <ul style="list-style-type: none"> • demonstrate stamina and increase strength • controlled when taking off and landing • throw with increasing accuracy 	Milestones – end of Y6 <ul style="list-style-type: none"> • agree and explain rules to others • work as a team and communicate a plan • lead others in a game situation when the need arises

<ul style="list-style-type: none"> combine running and jumping 	<ul style="list-style-type: none"> be aware of space and use it to support team-mates and to cause problems for the opposition 	balance and shape <ul style="list-style-type: none"> perform consistently to different audiences 	problems for the opposition <ul style="list-style-type: none"> know and use rules fairly 	<ul style="list-style-type: none"> combine running and jumping 	<ul style="list-style-type: none"> choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot
Key Vocabulary Jumping, throwing, coordination, technique, measurement, movement, hop, skip, jump	Key Vocabulary Defend, attack, tackle, pass, score, goal, control, share, backwards, horizontal	Key Vocabulary Shapes, balance, rolls, jumps, coordination, routine, travelling, apparatus, sequence, partners, unison, canon, flexible, strong	Key Vocabulary Racket, serve, volley, court, net, fore/back hand, return, dribble, flick, obstruction, clear, cross, dodge,	Key Vocabulary Jumping, throwing, coordination, technique, measurement, movement, hop, skip, jump	Key Vocabulary Fielding, striking, teamwork, score, wickets, runs, batting, aiming, overarm, accuracy, underarm, throwing, bowling, wicket keeper, long barrier, rounder

Additional activities:

- Weekly marathon running; breaktime coaching sessions; sport enrichment days – range of sports and physical activities
- Outdoor and adventurous activities: Bell boating; PGL residential; Forest school; Loose Parts.

Outdoor and adventurous activities Year 5 and Year 6: Bell boating; PGL residential (Year 6); Forest school.

National curriculum <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team 	Key objectives <ul style="list-style-type: none"> To work systematically and as part of a team to solve a range of problems. To demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. To use a range of communication methods effectively during problem solving activities and challenges. To demonstrate effective leadership skills. To work together effectively to achieve a common goal. To work effectively with others to complete a range of challenges. To work effectively with others to plan and carry out a game plan (strategy). To compete in a timed orienteering team relay event. To work as part of a team to design a themed orienteering course. 	Milestones – end of Y6 <ul style="list-style-type: none"> plan with others, taking account of safety and danger on land and water in undertaking a challenging activity set own targets and level of challenge use clues and a compass to navigate a route. demonstrate stamina and team work when rowing a bell boat 	Key Vocabulary Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust, bell boat, oar, navigate, risk assess
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Summary of progression in main skills Y5 – Y6 KS2 PE.

	Athletics	Gymnastics	Competitive Games	Dance	Outdoor and Adventurous Activity	Evaluate
Year 5	<ul style="list-style-type: none"> controlled when taking off and landing throw with increasing accuracy combine running and jumping 	<ul style="list-style-type: none"> make complex extended sequences combine action, balance and shape perform consistently to different audiences 	<ul style="list-style-type: none"> gain possession by working a team and pass in different ways choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot 	<ul style="list-style-type: none"> compose own dances in a creative way perform dance to an accompaniment dance shows clarity, fluency, accuracy and consistency 	<ul style="list-style-type: none"> plan with others, taking account of safety and danger on land and water in undertaking a challenging activity set own targets and level of challenge with support use clues and maps to navigate a route. demonstrate stamina and team work when rowing a bell boat 	<ul style="list-style-type: none"> pick up on something a partner does well and also on something that can be improved know why own performance was better or not as good as their last
Year 6	<ul style="list-style-type: none"> demonstrate stamina and increase strength 	<ul style="list-style-type: none"> combine own work with that of others sequences to specific timings 	<ul style="list-style-type: none"> agree and explain rules to others work as a team and communicate a plan lead others in a game situation when the need arises 	<ul style="list-style-type: none"> develop sequences in a specific style choose own music and style 	<ul style="list-style-type: none"> plan and lead others, taking account of safety and danger on land and water in undertaking a challenging activity set own targets and level of challenge use clues and a compass to navigate a route. demonstrate stamina and team work when rowing a bell boat 	<ul style="list-style-type: none"> know which sports they are good at and find out how to improve further