

	Autumn 1 Fundamentals of Movement/Invasion Games	Autumn 2 Invasion Games	Spring 1 Gymnastics	Spring 2 Net and Wall	Summer 1 Striking and Fielding	Summer 2 Athletics
Nursery	Fundamentals of Movement Basic instruction and Instructional Games	Fundamentals of Movement Agility	Fundamentals of Movement Balance	Fundamentals of Movement Coordination	Multi-skills Throwing and Catching	Multi-skills- Games I can negotiate space successfully when participating in races and chasing games, adjusting speed and direction to avoid obstacles.
Reception	SPLAY (basic physical development) Activities linked to Early Years Framework Moves freely with confidence in different ways (throughout) Running confidently and negotiating space successfully, adjusting speed or direction when required to avoid collisions (throughout). I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down.	Coordination Activities- Throwing and Catching I can stop a ball with basic control I can send the ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways, when standing or on the move I can aim at a large target I can push and roll a ball in different directions	Gymnastics Mounts climbing equipment using alternate feet. I can balance momentarily on one foot when shown. Jump off an object and land appropriately. Travels with confidence and skill around, over and through balancing and climbing equipment.	Fundamentals of Movement Hand-eye coordination I can balance a beanbag on different styles of bat and can travel at different speeds whilst doing this. I can hold different bats correctly I can use a bat to hit a ball in the air, gradually increasing control	Ball Skills - Throwing, Catching, Sending and Receiving I can catch a large ball I can show increasing control over an object in pushing, patting, throwing, catching or kicking	Athletic Activities- Running and Jumping I can run at different speeds I can jump from a standing position
Year 1	Fundamentals of Movement I can follow a simple set of rules (throughout) I recognise and talk about changes in my body and start to talk about why being active is good for my body. I can follow a teacher led warm up and cool down. I can work cooperatively in pairs. I can skip with a rope. I can jump with rhythm.	Coordination- Throwing and Catching I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw catch and bounce the ball in different ways when standing or on the move I can aim at a large target I can push or roll the ball in different directions	Gymnastic Activities- Balance I can plan and repeat simple sequences and actions. I can show contrasts in shape such as small/tall, straight/curved	Batting Skills I can hold different bats correctly I can use a bat to hit a ball in the air, gradually increasing control and sending the ball to a partner.	Striking and Fielding Activities- Softball I can stop the ball with basic control I can send a ball in the direction of another. I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or when on the move. I can use and vary simple tactics I can aim at a large target	Athletic Activities- Throwing and Catching I can throw and catch an object with both hands.
Year 2	Agility- Tagging Games Initial tagging games building up to Tag Rugby to develop agility skills. I can move freely in a number of different ways	Small Sided Games and activities using attacking and defending principles I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can start to develop new skills relevant to specific invasion/net and wall/striking and fielding games	Gymnastic Activities- Balance I can perform basic gymnastic actions with some coordination and control. I can begin to describe my own and others' work. I can make suggestions for improvements with help.	Net and Wall Rules and Principles Badminton, Tennis, Volleyball I can learn the basic rules and principles for these games. I can practise and develop the different skills needed for these games	Striking and Fielding Activities- Baseball I can stop the ball with basic control I can send a ball in the direction of another. I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or when on the move. I can aim at a large target I can use and vary simple tactics I can begin to strike the ball with a bat	Athletic Activities- Throwing and Catching I can throw and catch an object with one hand
Year 3	Invasion Games- Football Emphasis on sending/receiving using feet I can make up my own rules for simple invasion games and prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion game I can work cooperatively a part of a team	Hockey- Sending and receiving using a piece of equipment I can make up rules for simple invasion games and prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion game I can work cooperatively a part of a team	Gymnastics I can use a great number of my own ideas for movement in response to a task. I can choose and plan sequences of contrasting actions.	Badminton I can stop the shuttlecock with control I can pass the shuttlecock to another person with some accuracy I can take part in opposed conditioned games I can consolidate my striking skills and improve my control and quality I can select and apply appropriate skills and simple tactics I can follow the rules of this net game and suggest how they can be adapted	Striking and Fielding Activities- Rounders I can follow the rules of a striking and fielding game and start to suggest how they can be adapted. I can strike a ball I can field and intercept a ball and return it. I can begin to select and apply appropriate skills and simple tactics in striking and fielding.	Athletics I can change speed and direction whilst running. I can jump accurately from a standing position and demonstrate a different combination of jumps.
Year 4	Invasion Games- Netball Emphasis on sending/receiving using hands I can make up my own rules for simple invasion games and prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion game I can work cooperatively a part of a team	Lacrosse- Sending and receiving using a piece of equipment I can make up rules for simple invasion games and prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion game I can work cooperatively a part of a team	Gymnastics Able to link movements together with reasonable precision. I can begin to evaluate my own and other gymnasts' and suggest ways to improve.	Tennis* I can stop the ball with control I can pass the ball to another person with some accuracy I can take part in opposed conditioned games I can consolidate my striking skills and improve my control and quality I can select and apply appropriate skills and simple tactics I can follow the rules of this net game and suggest how they can be adapted	Striking and Fielding Activities- Cricket* I can follow the rules of a striking and fielding game and start to suggest how they can be adapted. I can strike a ball I can field and intercept a ball and return it. I can begin to select and apply appropriate skills and simple tactics in striking and fielding.	Athletics I can throw a variety of objects with one hand towards a target area I can recognise that there are different throwing, running and jumping styles and can use them appropriately I can watch and describe how others move and suggest ways to improve
Year 5	Basketball I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others	Swimming Lacrosse I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent	Gymnastics I can perform a number of agility movements, shapes and balances with reasonable control and can use them to make more complex sequences. I can adapt sequences to suit different types of apparatus and my partner's ability	Tennis* I can use basic skills and techniques in a small sided game and can replicate shots with reasonable accuracy and success I can demonstrate techniques usually applied with coordination and control to gain an advance over an opponent I can start to maintain a conditioned rally with varying degree of success and use basic game strategies	Striking and Fielding Activities- Cricket* I can replicate basic striking and fielding skills on most occasions with some control and direction I can bowl with reasonable control, catching with a variety of success and can throw a ball back with moderate aim	Athletics I can accurately replicate techniques for running, jumping and throwing activities I can identify some of the basic principles of technique

	I can work cooperatively as part of a team and understand why it is important to respect my team mates and opponents	I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others I can work cooperatively as part of a team and understand why it is important to respect my team mates and opponents		I can use a variety of tactics and think of ways to improve performance I can keep to the rules of a net/wall game and suggest how they can be adapted		
Year 6	<p align="center">Handball</p> <p>I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others I can work cooperatively as part of a team and understand why it is important to respect my team mates and opponents</p>	<p align="center">Hockey</p> <p>I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others I can work cooperatively as part of a team and understand why it is important to respect my team mates and opponents</p>	<p align="center">Gymnastic Activities</p> <p>I can demonstrate with a degree of creativity, partner's sequences and try to improve my own performance after observing others and suggesting ways they could improve. I can describe how to refine, improve and modify performance.</p>	<p align="center">Volleyball</p> <p>I can use basic skills and techniques in a small sided game and can replicate shots with reasonable accuracy and success I can demonstrate techniques usually applied with coordination and control to gain an advance over an opponent I can start to maintain a conditioned rally with varying degree of success and use basic game strategies I can use a variety of tactics and think of ways to improve performance I can keep to the rules of a net/wall game and suggest how they can be adapted</p>	<p align="center">Striking and Fielding Activities- Softball</p> <p>I can replicate basic striking and fielding skills on most occasions with some control and direction I can bowl with reasonable control, catching with a variety of success and can throw a ball back with moderate aim</p>	<p align="center">Athletics</p> <p>I can have reasonable success across all athletics and begin to achieve goals for future events I can comment on some of the factors which make an effective performance.</p>

*Repeated due to cultural capital - tennis/cricket clubs in Greenfield

Dance and swimming also takes an hour each when each class is designated this slot and teachers to use the above guide to carry on with other PE skills during the second hour.

2 hours of PE - DFE states at least 90 minutes but 2 hours is highly recommended

Communication is crucial between OSD and teachers- assessments shared

2024-25 classes:

***Year 4/5 split class follow Year 5 but differentiate for Year 4 and ensure they meet objectives.**

***Reception/Year 1 - Reception go to straight reception class for PE and follow Reception objectives.**