

PE											
Objectives Year 1 and Year 2						A1	A2	A3	B1	B2	B3
Sequence of Actions	Perform basic body movements together and in isolation using different parts of the body.										
	Remember, copy and repeat simple movement patterns										
	Link a range of actions to complete a sequence of movements										
	Can vary dynamics, levels, speed and direction										
	Can create ideas using different stimulus and perform to musical accompaniment										
	Compose and perform sequences that express and communicate moods, ideas and feelings										
Gymnastics	Know, describe and perform basic gymnastics shapes, rolls, jumps and travel actions with developing control and co-ordination										
	Understand that a balance is a moment of stillness and can perform simple balances with some control										
	Can link actions to create a simple sequence showing a clear beginning, middle and end										
	Can carry and put out/put away mats and benches safely										
	Can copy, remember, explore and repeat simple sequences and use like and unlike actions										
	Know and perform actions in mirror, canon, unison, symmetry and asymmetry										
	Can perform simple actions/sequence on apparatus										
Games	Can use simple vocabulary to describe own and others' performances and begin to identify the differences between performances.										
	Can stop whilst moving and catch an object with control										
	Can pass a ball to someone else using different passes and equipment and can name the throw used										
	Perform basic skills of catching, rolling, striking, moving with a ball and kicking with developing confidence and increased distances										
	Know what space looks like, how to find space in a game and can move into a space once passed a ball/object										
	Apply skills learnt in a variety of a simple games, making choices about appropriate targets, spaces and equipment										
	Play games fairly using simple rules and change and make up games with their own rules										
	Use a variety of simple tactics and show awareness of opponents and team mates when playing games										
Athletics	Can describe own and others performance using appropriate language and can describe differences										
	Run at fast, medium and slow speeds and can change speed and direction whilst running										
	Know the correct posture and how arms help us when running										
	Take part in a relay activity, remembering when to run and what to do										
	Know, demonstrate and describe a variety of throwing techniques using a range of equipment										
	Throw with increasing control, accuracy and co-ordination into different targets at variable distances										
	Know, describe and perform the 5 basic jumps and know that some jumps are for height and some are for distance										
Health	Can run/jump over simple obstacles using different techniques										
	Use appropriate language to describe own and others' performances using agreed criteria										
	Maintain physical activity for extended periods of time and know why it is important to be active										
	Recognise and describe the effects of exercise on the body										
	Understand the importance of warming up and cooling down when exercising and perform their own warm up										
Leadership and Team Work	Know that there are different types of fitness and perform actions demonstrating strength, stamina and flexibility										
	Can name body parts used in movement										
	Understand the importance of eating healthily and the effect diet has on our bodies.										
	Help put out and tidy equipment away and can choose and set up their own equipment for games										
	Work with a partner co-operatively copying to show and copy what they do.										
Leadership and Team Work	Play simple, competitive games in pairs and small groups which involves a simple scoring system										
	Choose actions, tactics and skills that suit the demands of specific situations										
	Change rules of games played or make up own games with simple rules.										

PE							
Objectives Year 3 and Year 4		A1	A2	A3	B1	B2	B3
Sequence of Actions	Translate ideas from a variety of stimuli into movement and being able to remember, repeat and perform phrases in sequence						
	Freely improvise on their own or with a partner						
	Compare, develop and adapt movements and motifs to create longer sequences creatively using the space						
	Use dance vocabulary to compare and improve own and others work						
	Confidence to perform to perform in a small group						
	Compose motifs and structure simple dances						
	Communicate the intention of the sequence clearly, fluently and with control, refining sequences of movement through practise						
Gymnastics	Transfer weight smoothly from one body part to another and be able to identify the body parts						
	Move from one position of stillness to another through balances show control, accuracy and fluency both on the floor and on the apparatus						
	Link and perform all basic gymnastic actions from Year 1/2 with control, accuracy and fluency and with a partner or small group						
	Know and perform Counter Balance and Counter Tension being able to move into and out of these balances as part of a sequence						
Games	Pass, dribble and shoot with more accuracy						
	Know and begin to use more consistently, the right pass for the situation						
	Understand what makes a good pass and recognise this when watching games						
	Know what marking is and begin to use in simple games						
	Use changes of speed and direction to beat a defender and defend the places from which it is best to score						
	Develop an understanding of how to get into the best positions to score						
	Vary simple tactics in a game and describe why these work well						
	Know what position they are in a team and understand the difference between attackers on						
	Begin to learn some rules of more common games Hi 5's Netball, Mini Football, Tag Rugby, Quicksticks Hockey, Rounders, Cricket, Tennis, Volleyball.						
	Make up own games and can change rules of common/conditioned game and explain their choices						
Athletics	Can control and catch a ball and develop accuracy in passes whilst moving in an opposed situation						
	Use consistent technique for running, jumping and throwing						
	Demonstrate accuracy and power in throwing and sustain pace in running						
	Explore a run up in jumps						
Health	Can identify and explain good athletic performance and compare performances to previous ones						
	Know that warming up includes stamina, strength and flexibility and that different activities need different warm ups						
	Can give good explanations of how warm up activities affect our bodies and say why we need to do a warm up						
	Take responsibility for their own and others warm up.						
	Understand the importance of different types of food and how these foods help the body when exercising						
Leadership and Team Work	Understand the importance of wearing the appropriate clothing for different types of exercise						
	Begin to be aware of what is going on around them						
	Know their role and show understanding of what is needed in that role						
	Know different positions in a team and the role of the players in these position						
Leadership and Team Work	Can lead a warm up in pairs and small groups a make up a small game and lead a small group to play this game						

PE							
Objectives Year 5 and Year 6		A1	A2	A3	B1	B2	B3
Sequence of Actions	Work creatively and imaginatively on their own, with a partner and with a group						
	Perform to an accompaniment expressively and sensitively and communicate the intention of the sequence clearly, fluently and with control						
	Can demonstrate precision and control and fluency in response to a variety of stimuli						
	Can vary dynamics and develop actions with a partner, or as part of a group						
	Continually demonstrate rhythm and spatial awareness						
	Use appropriate criteria to evaluate and refine own and others work, talking about dance with understanding, using appropriate language and terminology						
	Confidence to perform to a wider audience						
Gymnastics	Can link ideas, skills and techniques with control, precision and fluency when performing gymnastic skills						
	Can perform partner balances with control and accuracy and can move into and out balances as part of a sequence						
	Can compose sequences in groups and can transfer sequences from the floor to the apparatus						
	Make up longer, more complex sequences, including changes of level, direction, speed						
	Develop their own solutions to a task by choosing a range of compositional principles						
	Show an awareness of factors that influence the quality of performance and suggest aspects that need improving and use this information to improve performance						
	In groups prepare and perform a sequence to an audience						
Games	Use different techniques for passing, controlling, dribbling or shooting in opposed situations						
	Throw/Shoot accurately at a target						
	Understand why passing into space in a game can help in attack and use this in a game						
	Apply basic principles of team play to keep possession of the ball						
	Use marking/tackling and/or interception to stop the ball getting to the easiest places to score						
	Explore and use formations in attack deciding quickly where and when to pass						
	Know what position they are playing in and contribute as part of the team in both attack and defence						
	Use space, changes in speed and direction to keep possession and make progress towards an opponent's goal						
	Know and play to the rules of some common games of Hi 5s Netball, Tag Rugby, Mini Football, Quicksticks Hockey, Rounders, Cricket, Tennis and volleyball						
	Recognise their own and other's strengths and weaknesses and suggest ideas that will improve performance						
	Vary tactics and adapt skills in response to the situation faces in the game and explain your choices						
Athletics	Demonstrate good control, strength, speed and stamina in a variety of athletic events.						
	Understand how to apply athletic skills and tactics in a competitive situation						
	Analyse skills and suggest ways to improve quality of performance and demonstrate improvement to achieve personal best						
	Demonstrate different techniques needed for sprinting						
Health	Understand and describe how stamina and strength and flexibility help people perform better						
	Understand and can explain the short and long-term benefits of exercise						
	Choose a warm up appropriate to activity taking place and explain choices						
	Can describe and demonstrate knowledge that different foods can have on our health and identify foods that help the body when exercising						
Leadership and Team Work	Show good awareness of what is going on around them and communicate to team members appropriately						
	Know the role they play in a team and be an effective part of the team working in different positions to achieve the best outcome						
	Support and inspire others to be the best they can be.						
	Lead large group and whole class warm ups and small games as part of class or a festival						