



The Newlands Federation of Schools

A partnership of Shere CE Infant & Clandon CE Primary School

play | games | dialogue | stories | nature



Year One Key Knowledge and Skills Expectations for Physical Education

Aspect	Autumn	Spring	Summer
Gymnastics	<ul style="list-style-type: none"> Develop balance, agility and coordination and begin to apply these in a range of activities 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 Respond to instructions and commands Move between mats and small apparatus and change the speed of movement Learn a variety of gym actions including the 5 basic shapes (straight, tuck, star, pike and straddle) Learn a variety of gym movements including rolls and supports Handle apparatus safely 		
Basic Movements and Team Games	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching Participate in team games Develop simple tactics for attacking and defending Throw under arm Throw and kick in different ways Pass and receive the ball in different ways 	<ul style="list-style-type: none"> Be confident and safe in the spaces used to play games Stopping and placing a ball Play games based on net games such as tennis and badminton Explore and use skills, actions and ideas individually and in combination to suit the game they are playing 	<ul style="list-style-type: none"> Be confident and safe in the spaces used to play games Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Participate in team games Pass and receive with increased control and coordination

	<ul style="list-style-type: none"> ○ Explore different ways of using a ball ○ Explore ways to send a ball or other equipment ○ Retrieve and stop a ball using different parts of the body ○ Play a variety of running and avoiding games ○ Talk about how the body changes during exercise e.g. breathing, change in heart rate ○ Understand that being active is good for them and fun 	<ul style="list-style-type: none"> ○ Participate in team games ○ Talk about how the body changes during exercise e.g. breathing, change in heart rate ○ Understand that being active is good for them and fun 	<ul style="list-style-type: none"> ○ Talk about how the body changes during exercise e.g. breathing, change in heart rate ○ Understand that being active is good for them and fun
Dance		<ul style="list-style-type: none"> ○ Develop an awareness of space and what a space is ○ Move safely in a space ○ Know ways in which to avoid others ○ Perform dances using simple movement patterns ○ Perform own dance moves ○ Copy or make up a short dance ○ Learn basic movements related to feelings ○ Respond to different music showing a range of emotions ○ Show that they have a clear starting and finishing position ○ Spread body weight evenly ○ Choose travelling, jumping and balancing movements 	

Year Two Key Knowledge and Skills Expectations for Physical Education

Aspect	Autumn	Spring	Summer
Gymnastics	<ul style="list-style-type: none"> Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size and direction Learn a variety of gym movements including rolls and supports Handle apparatus safely Use imagination to find different ways of using apparatus Plan and perform a sequence of movements Have a clear start, middle and end Improve a sequence based on feedback Describe what they have done and what they have seen Say when a movement or skill is performed well – aesthetic appreciation 		
Basic Movements and Team Games	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching Participate in team games Develop simple tactics for attacking and defending 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"> Recognise the best ways to score points Make it difficult for opponents Use their ability to solve problems and make decisions Watch others and describe what is happening 	<ul style="list-style-type: none"> Be confident and safe in the spaces used to play games Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Participate in team games Pass and receive a ball in different ways with control and increased accuracy Perform fielding techniques with increased control and coordination
Dance		<ul style="list-style-type: none"> Perform dances using simple movement patterns Change rhythm, speed, level and direction in a dance 	

		<ul style="list-style-type: none"> ○ Make a sequence by linking sections together ○ Use dance to show a mood or feeling ○ Evaluate and improve a dance performance by recording and viewing their rehearsals 	
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Year Three / Four Key Knowledge and Skills Expectations for Physical Education

Aspect	Autumn	Spring	Summer
Athletics			<ul style="list-style-type: none"> ○ Use running, jumping, throwing and catching in isolation and in combination ○ Run at fast, medium and slow speeds changing speed and direction ○ Take part in a relay, remembering when to run and what to do ○ 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
Competitive Games	<ul style="list-style-type: none"> ○ Play competitive games modified where appropriate ○ Apply basic principles suitable for attacking and defending ○ Be aware of a space and use it to support team-mates and to cause problems for the opposition ○ Know and use rules fairly ○ Throw and catch accurately with one 	<ul style="list-style-type: none"> ○ Play competitive games modified where appropriate ○ Apply basic principles suitable for attacking and defending ○ Be aware of a space and use it to support team-mates and to cause problems for the opposition ○ Know and use rules fairly ○ Throw and catch accurately with one 	

	<ul style="list-style-type: none"> hand ○ Hit a ball accurately with control ○ Vary tactics and adapt skills depending on what is happening in a game 	<ul style="list-style-type: none"> hand ○ Hit a ball accurately with control ○ Vary tactics and adapt skills depending on what is happening in a game 	
Dance		<ul style="list-style-type: none"> ○ Perform dances using a range of movement patterns ○ 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 ○ Take the lead when working with a partner and group ○ Use dance to communicate an idea 	
Gymnastics	<ul style="list-style-type: none"> ○ Develop flexibility, strength, technique, control and balance ○ Adapt sequences to suit different types of apparatus and criteria ○ Explain how strength and suppleness affect performance ○ 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 3 phases 		
Outdoor and Adventurous Activity			<ul style="list-style-type: none"> ○ Take part in activity, challenges both individually and within a team ○ Follow a map in a familiar context ○ Use clues to follow a route ○ Follow a route safely ○ Follow a route within a time limit ○ Complete simple tasks with support and guidance ○ Recognise alternative approaches when

			others suggest them ○ Make some comments on how well activities were completed ○ Give and receive simple feedback within a group ○ Make an effort to manage emotions (sportsmanship)
Swimming			○ 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

Year Five / Six Key Knowledge and Skills Expectations for Physical Education

Aspect	Autumn	Spring	Summer
Athletics			○ Use running, jumping, throwing and catching in isolation and in combination ○ Show control when taking off and landing ○ Throw with increasing accuracy ○ Combine running and jumping ○ Demonstrate stamina and increase strength
Competitive Games	○ Play competitive games modified where appropriate	○ Play competitive games modified where appropriate	

	<ul style="list-style-type: none"> ○ Apply basic principles suitable for attacking and defending ○ Gain possession by working in 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 ○ 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"> ○ Apply basic principles suitable for attacking and defending ○ Gain possession by working in 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 ○ Agree and explain rules to others ○ Work as a team and communicate a plan ○ Lead others in a game situation when the need arises 	
Dance		<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 ○ Develop sequences in a specific style ○ Choose own music and style ○ 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 	
Gymnastics	<ul style="list-style-type: none"> ○ Develop flexibility, strength, technique, control and balance ○ Create complex and extended sequences ○ Combine action, balance and shape ○ Perform consistently to different audiences ○ Combine own work with that of others ○ Create sequences to specific timings 		
Outdoor And Adventurous			<ul style="list-style-type: none"> ○ Take part in activity, challenges both individually and within a team

Activity			<ul style="list-style-type: none"> ○ Follow a map in a familiar context ○ Use clues to follow a route ○ Follow a route safely ○ Identify a number of ways to physically prepare for activities ○ Respond appropriately if conditions or task parameters change ○ Follow a route within a time limit ○ Complete simple tasks with support and guidance ○ Recognise alternative approaches when others suggest them ○ Make some comments on how well activities were completed ○ Give and receive simple feedback within a group ○ Make an effort to manage emotions (sportsmanship) ○ Act as a role-model ○ Lead effective changes in practices in a calm and methodical manner ○ Create a positive team ethos ○ Display sporting etiquette at all times ○ Identify strategies, strengths and weaknesses to overcome issues
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