

PE Curriculum Threads

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi-Skills		<ul style="list-style-type: none"> <li>• Perform balances using a number of different parts of the body.</li> <li>• Run on the balls of the feet, concentrating on coordination, not speed.</li> <li>• Co-ordinate the upper and lower body together.</li> <li>• Move with greater precision and control.</li> <li>• Use timing to aim, stop and guide an object.</li> <li>• Aim a variety of balls and equipment accurately</li> <li>• Use controlled movement to travel in different ways.</li> <li>• Quickly change direction whilst running, with control and fluency.</li> <li>• Use agility, balance and co-ordination when performing activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about a stable base and losing balance.</li> <li>• Move the body in a variety of ways.</li> <li>• Know how to throw a ball at the right speed and strength.</li> <li>• Be able to copy a partner and change speed and direction.</li> <li>• Explore different ways of twisting and turning.</li> <li>• Play fairly and understand the rules of a game.</li> </ul>	<ul style="list-style-type: none"> <li>• Change the centre of balance to different parts of the body.</li> <li>• Use hand-eye co-ordination to keep control of an object.</li> <li>• Use agility, stopping and turning in a game.</li> <li>• To observe and be aware of others' speed and try to match it.</li> <li>• Use hand-eye co-ordination to balance, carry and travel with an object.</li> <li>• Focus and concentrate on the skills learned and use them effectively.</li> </ul>			

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Dance		<ul style="list-style-type: none"> <li>• Practise travelling movements with a change in direction.</li> <li>• Develop gestures and ways of travelling.</li> <li>• Understand beats in the music.</li> <li>• Move in time to the music, travelling, gesturing and jumping.</li> <li>• Dance to beats of four or eight.</li> <li>• Perform dance moves that flow smoothly from one to the next.</li> <li>• Use gesture as an image in dance.</li> <li>• Perform a dance in time to music and with fluency.</li> </ul>	<ul style="list-style-type: none"> <li>• Show contrasting movements with strength and clarity.</li> <li>• Explore performing actions in response to stimuli.</li> <li>• Explore ideas by experimenting with actions, dynamics, directions and levels.</li> <li>• Explore patterns of movement with a partner.</li> <li>• Explore the medieval ballroom dance theme.</li> <li>• Work in small groups and develop phrases of movements.</li> <li>• Link contrasting movements together to make a short dance sequence.</li> <li>• Improve independent movement from one phrase to another.</li> <li>• Perform a complete dance with clarity and flow, showing changes in levels and speed.</li> </ul>	<ul style="list-style-type: none"> <li>• Count beats and change direction while dancing.</li> <li>• Keep count and tempo while dancing.</li> <li>• Develop African dance steps with clarity and rhythm, using own ideas.</li> <li>• Learn new African steps and develop them.</li> <li>• Maintain a consistent tempo throughout the dance, using counting.</li> <li>• Learn how to work co-operatively with others to create a new dance.</li> <li>• Create a story of harvest using African dance steps.</li> <li>• Devise African style dance steps and patterns.</li> <li>• Tell a story using gestures and step patterns with fluency.</li> <li>• Dance to the beat and keep time.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a line dance using a range of movement patterns.</li> <li>• Develop and improve dancing and performance skills.</li> <li>• Develop an understanding of how to prepare for a dance performance.</li> <li>• Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a Bollywood dance using a range of movement patterns.</li> <li>• Develop and improve dancing and performance skills</li> <li>• Identify the key components of successful dancing and understand how to apply them to own sequences.</li> <li>• Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</li> </ul>	<ul style="list-style-type: none"> <li>• To observe and understand the style of street dance.</li> <li>• To learn some street dance moves and devise poses.</li> <li>• To learn new moves that can be developed into a dance.</li> <li>• To explore dance patterns and moving to the beat.</li> <li>• To know how to use expressive movements in dance.</li> <li>• To work with a partner to create a short dance phrase.</li> <li>• To work as a group and co-operate to adapt two routines and put them together.</li> </ul>

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Gymnastics		<ul style="list-style-type: none"> <li>Travel in different directions at different speeds and levels.</li> <li>Link three moves together while travelling, aiming to change level, speed and direction.</li> <li>Link isolated moves and shapes when travelling.</li> <li>Explore rolling movements as a way of travelling.</li> <li>Explore travelling to move along, over, around onto and off a bench.</li> <li>Travel with a focus on changing direction and level, using small equipment.</li> <li>Use a variety of small equipment to perform a travelling sequence, using all of the skills learned so far.</li> </ul>	<ul style="list-style-type: none"> <li>Learn to perform balances and movements, and combine them into a routine.</li> <li>Link balances with other travelling moves, moving smoothly into and out of the balances.</li> <li>Safely use benches and mats to develop sequences.</li> <li>Work with a partner to create a sequence of gymnastic actions.</li> <li>Use benches and mats to explore balances on different levels.</li> <li>Safely move around the equipment, using previous knowledge.</li> <li>Mirror and match a partner.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to jump with a stable, safe landing.</li> <li>Try different ways of jumping.</li> <li>Explore a variety of jumps.</li> <li>Be able to land safely when jumping from a bench.</li> <li>Use other skills learned to vary jumps.</li> <li>Link jumps into sequences.</li> <li>Use the skills learned to work as a group to create complex shapes at different levels.</li> <li>Co-operate in a group.</li> <li>Use a different stimulus to create a sequence.</li> <li>Use all skills previously learnt to develop a sequence.</li> <li>Analyse own and others' performance</li> </ul>	<ul style="list-style-type: none"> <li>Use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence.</li> <li>Use linking moves to maintain the fluency of a sequence.</li> <li>Adapt a sequence.</li> <li>Perform gymnastic moves using a piece of equipment.</li> <li>Use own and others' body weight to balance.</li> <li>Add interest to a sequence by varying movement or balance.</li> <li>Use own and others' body weight to balance.</li> <li>Add interest to a sequence by varying movement or balance.</li> <li>Make up longer sequences and perform them with fluency and clarity of movement.</li> <li>Develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>Perform new gymnastic moves with control and accuracy.</li> <li>Recap on linking moves and understand how they will be used in developing sequences.</li> <li>Learn how to work co-operatively with a partner to produce a sequence.</li> <li>Learn how to link moves together with fluency and good body tension.</li> <li>Learn new counterbalance skills with a partner.</li> <li>Include counterbalance skills in a short sequence.</li> <li>Understand the value of posture and body tension when performing.</li> <li>Complete a sequence of balances and moves at the same time as a partner, in unison.</li> <li>Complete a sequence of balances and moves before or after a partner, in canon.</li> <li>Make up longer sequences and perform them with fluency and clarity of movement.</li> <li>Develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>To co-operate with others.</li> <li>To develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>To use own and others' bodyweight to balance.</li> <li>Add interest to a sequence by varying the movements.</li> <li>To complete a sequence of balances and moves in unison with a partner.</li> <li>To complete a sequence of balances and moves in canon with a partner or group.</li> <li>To make up longer sequences and perform them with fluency and clarity of movement.</li> <li>To develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> </ul>

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Gymfit		<ul style="list-style-type: none"> <li>Develop balance, agility and co-ordination.</li> <li>Perform using simple movement patterns.</li> <li>Master basic movements, as well as developing balance, agility and co-ordination.</li> </ul>			<ul style="list-style-type: none"> <li>Perform a simple ball-skill circuit with understanding and accuracy.</li> <li>Work with a partner in a skill-based situation.</li> <li>Self-motivate and motivate others.</li> <li>Work collaboratively with a partner.</li> <li>Evaluate own and others' performance.</li> <li>Understand how sport-specific skills can be put into a circuit.</li> <li>Perform indoor athletics events and understand their adaptations.</li> <li>Motivate self and others to perform well.</li> <li>Demonstrate correct technique in most activities.</li> </ul>		<ul style="list-style-type: none"> <li>Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions.</li> </ul>

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Athletics	<ul style="list-style-type: none"> <li>Move at different speeds.</li> <li>Run at different speeds and in different directions.</li> <li>Jump as far as you can using different types of jumps.</li> <li>Throw accurately.</li> <li>Throw or roll towards a target.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to travel in different ways.</li> <li>Be able to change from fast to slow.</li> <li>Know how to hop, and how to hop, travel and land safely on two feet.</li> <li>Know how to throw safely.</li> <li>Throw in a variety of ways.</li> <li>Decide which throwing method is best for distance.</li> <li>Run with good balance and co-ordination.</li> <li>Know how to jump from two feet.</li> <li>Explore which is the best way to jump to cover a distance.</li> </ul>	<ul style="list-style-type: none"> <li>Run with a change of speed.</li> <li>Change direction when running, while maintaining balance.</li> <li>Use arms when jumping.</li> <li>Jump with balance and fluency.</li> <li>Know how to throw for distance.</li> <li>To run in a relaxed way and with balance when jumping over an obstacle.</li> <li>Know the difference between running for speed and running for distance.</li> </ul>	<ul style="list-style-type: none"> <li>Look up when running.</li> <li>Run at different speeds.</li> <li>Change direction.</li> <li>Know how to throw in a variety of ways.</li> <li>Use legs as well as arms when throwing.</li> <li>Know how to perform a standing long jump, understanding the rules.</li> <li>Know how to receive the baton.</li> <li>Select an appropriate pace.</li> <li>Work as a team.</li> <li>Know which techniques to use for long-distance running and which to use for short-distance running.</li> <li>Know how to start a race correctly.</li> <li>Know how to compete in a sporting way, showing an understanding of rules.</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances.</li> <li>Learn the pull technique for throwing.</li> <li>Throw and retrieve implements safely.</li> <li>Describe the effect of different throwing positions.</li> <li>Sprint a short distance as part of a team.</li> <li>React quickly to a stimulus.</li> <li>Demonstrate good running technique when jumping over obstacles.</li> <li>Understand how to perform a standing broad jump - (two feet to two feet).</li> </ul>	<ul style="list-style-type: none"> <li>Co-ordinate arms and legs to help run faster.</li> <li>Jump as far as possible using different techniques.</li> <li>Throw with consistent accuracy.</li> <li>Accurately demonstrate the correct running technique for optimum speed.</li> </ul>	<ul style="list-style-type: none"> <li>To run efficiently for speed.</li> <li>To demonstrate good arm and leg technique.</li> <li>Learn the pull technique for throwing.</li> <li>Throw and retrieve implements safely.</li> <li>Describe the effect of different throwing positions.</li> <li>Sprint a short distance as part of a team.</li> <li>React quickly to a stimulus.</li> <li>Demonstrate good running technique when jumping over obstacles.</li> <li>Understand how to perform a standing broad jump - (two feet to two feet).</li> <li>Put skills into practice, aiming to improve on previous results.</li> </ul>

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Swimming						<ul style="list-style-type: none"> <li>• Correctly enter and exit the water.</li> <li>• Be able to place faces underwater and blow bubbles.</li> <li>• Float with increasing independence (away from flotation aids).</li> <li>• Glide/float across the water.</li> <li>• Glide and kick across the water.</li> <li>• Co-ordinate arm and leg action to swim across the pool.</li> <li>• Swim freestyle and breathe correctly for a width of the pool.</li> <li>• Use a range of strokes to travel through the water.</li> </ul>	

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<p>Throwing and Catching</p> <p>Invasion Games</p>		<ul style="list-style-type: none"> <li>Control a ball using hands.</li> <li>Understand the correct technique for catching.</li> <li>Consolidate and practise throwing a ball underarm.</li> <li>Explore striking balls of different sizes using their hands and equipment.</li> <li>Throw and catch a ball to self and a partner</li> <li>To know how to stop and retrieve a ball (a fielding skill).</li> <li>Practise throwing to a target.</li> <li>Catch the ball with good technique.</li> <li>Play a game using striking and fielding skills.</li> <li>Know how to make contact with a ball using different bats or rackets.</li> <li>Use striking skills to play a game.</li> <li>Know the tactics and skills to use in order to win a game.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to throw a ball underarm with accuracy.</li> <li>Practise catching skills.</li> <li>Know the correct technique for striking a ball from a tee.</li> <li>Receive and return a ball.</li> <li>Know the best technique for catching.</li> <li>Explore catching different balls.</li> <li>Know the overarm throw technique and when to use it.</li> <li>Aim for accurate throwing and consistent catching and striking.</li> <li>To know the tactics and skills to use in order to win a game.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to travel whilst keeping a ball under control.</li> <li>Keep the ball under control using a hockey stick.</li> <li>Dribble with a ball at speed.</li> <li>Shoot with power towards a goal.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to dribble a ball, change direction and maintain control.</li> <li>Be able to run with ball</li> <li>Be able to turn with a ball.</li> <li>Know how to pass a ball.</li> <li>Work as a team.</li> <li>Improve accuracy of passing by using a target.</li> <li>Learn how to receive a ball.</li> <li>Dribble with control.</li> <li>Learn how to support other players in a team.</li> <li>Know how to communicate with team members.</li> <li>Learn what skills might be used to stop someone scoring.</li> <li>Learn how to attack as team.</li> <li>Play as a team.</li> <li>Travel with equipment in a variety of ways.</li> <li>Send an object towards a specific target.</li> <li>Receive a ball with hands or feet.</li> <li>Send a ball accurately to keep it away from a defender.</li> </ul>	<ul style="list-style-type: none"> <li>Apply the footwork rule into a modified game.</li> <li>Use a range of different passes appropriately in a modified game.</li> <li>Begin to use a variety of dodges to outwit opponents and get free to receive a pass in a modified game situation.</li> <li>Apply a variety of defending skills into a modified game.</li> <li>Footwork, passing and receiving a ball, moving to receive the ball, signalling for a pass, marking and defending.</li> <li>Footwork, passing and receiving a ball, moving to receive the ball, signalling for a pass, progressing the ball, shooting.</li> <li>Send a ball with accuracy.</li> <li>Receive a ball in space.</li> <li>Travel into a passable position.</li> <li>Pass to players in space.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to tag.</li> <li>Practise ball-handling skills.</li> <li>Improve spatial awareness.</li> <li>Practise moving into a space.</li> <li>Be able to place a ball down as if scoring a try.</li> <li>Practise footwork and dodging skills while carrying the ball.</li> <li>Reinforce catching and tagging skills and to apply them in a game.</li> <li>Send the ball accurately.</li> <li>Travel with equipment in a variety of ways.</li> <li>Receive with two hands when in space.</li> <li>Work as a team to find space and score points.</li> </ul>

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Striking and Fielding	<ul style="list-style-type: none"> <li>Send a ball towards a target.</li> <li>Hit a target consistently.</li> <li>Send and receive. Using different techniques.</li> </ul>	<ul style="list-style-type: none"> <li>Send an object with increasing accuracy.</li> <li>Receive an object consistently.</li> <li>Strike the ball with consistency.</li> <li>Send a ball accurately towards a target.</li> <li>Use striking, sending and receiving skills to complete core tasks.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to send an object with accuracy.</li> <li>Learn how to send and receive with <b>both hands</b> accurately.</li> <li>Be able to hit different sized targets when bowling.</li> <li>Be able to work as a team and communicate effectively with teammates.</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive with accuracy on a consistent basis.</li> <li>Strike a ball into space.</li> <li>Send a ball accurately towards a batter or target.</li> <li>Receive a ball both with two hands and one hand.</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive with confidence and accuracy.</li> <li>Receive a ball with two hands confidently.</li> <li>Send and receive with confidence and accuracy.</li> <li>Do all of the above with increasing accuracy and consistency.</li> </ul>	<ul style="list-style-type: none"> <li>Send the ball accurately towards different targets.</li> <li>Use the correct technique when batting and running between the wickets/bases.</li> <li>Use the correct techniques when bowling and fielding.</li> </ul>	

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Net/Wall Games	<ul style="list-style-type: none"> <li>Travel with a ball.</li> <li>Send a ball to a partner.</li> <li>Send a ball towards a target.</li> <li>Receive a ball with two hands.</li> <li>Send and receive a ball when playing with an opponent.</li> </ul>	<ul style="list-style-type: none"> <li>Send objects to a target.</li> <li>Aim accurately when sending an object.</li> <li>Strike an object with increasing consistency.</li> <li>Use sending, aiming and receiving in core tasks.</li> </ul>	<ul style="list-style-type: none"> <li>Explore different ways to keep control of a ball using a racket.</li> <li>Use different shots (forehand, backhand)</li> <li>Keep a rally going with a partner.</li> <li>Understand which shot to play and when to play it.</li> </ul>	<ul style="list-style-type: none"> <li>Keep control of a ball using a racket.</li> <li>Send a ball towards a target with accuracy.</li> <li>Send and receive with confidence and accuracy to score points.</li> <li>Competitively play and keep score against someone else.</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive a ball over a net.</li> <li>Get in line with the ball to send it back over a net.</li> <li>Move around a court to return the ball in a variety of ways.</li> <li>Return an object from where it came accurately.</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive the ball with consistent accuracy.</li> <li>Receive the ball with confidence and shot selection.</li> <li>Send the ball accurately towards different targets.</li> <li>Work as a pair when sending and receiving to outwit the opponent.</li> </ul>	

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Outdoor and Adventure	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Move with co-ordination and control.</li> <li>Travel with control when following a trail.</li> <li>Follow a trail with a partner using travelling skills.</li> <li>Work as a team to solve a problem.</li> <li>Use all travelling skills taught to complete core tasks.</li> </ul>					

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Other skills	<p><u>Start to Play- Steady as you go!</u></p> <ul style="list-style-type: none"> <li>Use different parts to balance.</li> <li>Follow instructions by listening carefully.</li> <li>Be aware of space and what is around you.</li> <li>Travel in different directions.</li> </ul> <p><u>Balance &amp; Active Play</u></p> <ul style="list-style-type: none"> <li>Balance on different body parts.</li> <li>Co-ordinate arms and legs.</li> <li>Twist and turn with agility.</li> <li>Control a ball using co-ordination.</li> <li>Receive a ball confidently with two hands.</li> </ul> <p><u>Movement &amp; Balance</u></p> <ul style="list-style-type: none"> <li>Maintain balance.</li> <li>Pick up and move equipment.</li> <li>Move in different directions.</li> <li>Use agility, balance and co-ordination in a competition.</li> </ul>	<p><u>Movement &amp; Balance</u></p> <ul style="list-style-type: none"> <li>Maintain a balance.</li> <li>Use co-ordination to keep control of an object.</li> <li>Use agility to change direction quickly.</li> <li>Use agility, balance and co-ordination skills in a multi-skill competition.</li> </ul>	<p><u>Strength (incl. Pilates)</u></p> <ul style="list-style-type: none"> <li>Learn techniques for moves that are similar to those used in Pilates.</li> <li>Be able to link agility and core strength activities together in an appropriate way.</li> <li>Be able to perform core strength moves with accuracy.</li> <li>Understand how hula hooping helps to improve core strength.</li> <li>Develop activities into a circuit in order to improve fitness levels.</li> <li>Perform a circuit with accuracy.</li> <li>Improve scores of the skills learned.</li> </ul>	<p><u>Pilates</u></p> <ul style="list-style-type: none"> <li>Perform basic Pilates moves with good technique and understanding.</li> <li>Perform some controlled Pilates movements, and understand the benefit of doing them.</li> <li>Perform basic Pilates moves with good technique and understanding.</li> <li>Learn new moves and develop correct technique.</li> <li>Understand why breathing is important throughout all of the moves.</li> <li>Create a cool core move using balance techniques.</li> <li>Master Pilates moves with accuracy and control, and understand the value of doing them.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<p><u>Boxercise</u></p> <ul style="list-style-type: none"> <li>Compose an aerobic warm-up that raises the heart rate over a sustained time.</li> <li>Demonstrate fluency of moves.</li> <li>Perform complex moves to music.</li> <li>Understand the value of this type of exercise.</li> <li>Demonstrate understanding of boxercise moves and how they can be linked together to make a routine.</li> </ul>	