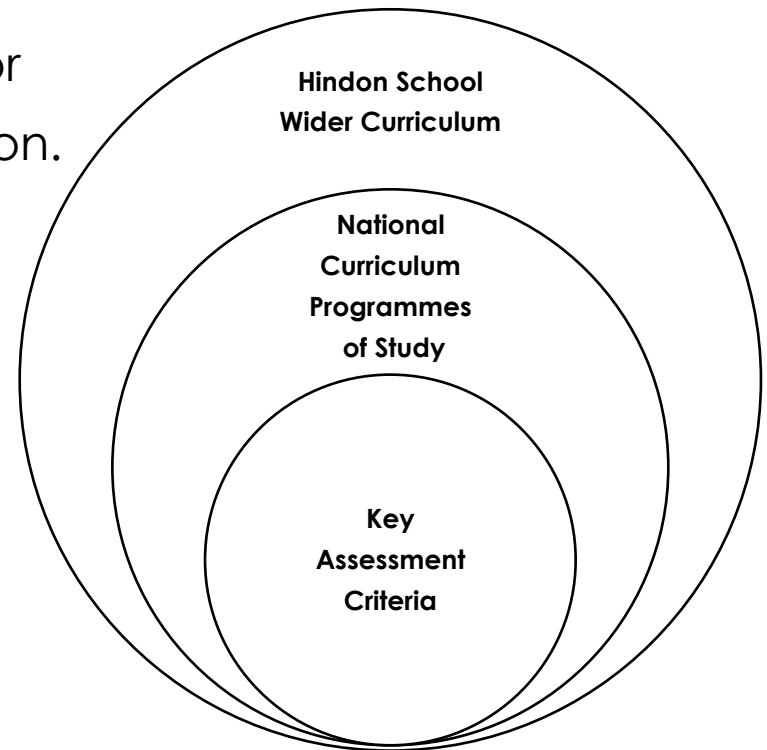




Purpose

The purpose of this document is to outline the key knowledge and skills for each year group, for Physical Education.





Being a sports person

The key knowledge and skills for Physical Education have been devised in such a way that children are developing as sports person.

The criteria are linked to the statutory requirements of the programme of study. Teachers also use the non-statutory advice as it helps to broaden and enrich scientific learning and progress.



A Year 1 sports person	A Year 2 sports person	A Year 3 sports person
<u>Games</u> • I throw underarm. • I hit a ball with a bat. • I move and stop safely. • I throw and catch with both hands. • I throw and kick in different ways. <u>Gymnastics</u> • I make my body curled, tense, stretched and relaxed. • I control my body when travelling and balancing. • I copy sequences and repeat them. • I roll, curl, travel and balance in different ways. <u>Dance</u> • I move to music. • I copy dance moves. • I perform my own dance moves. • I make up a short dance. • I move safely in a space. <u>General</u> • I copy actions. • I repeat actions and skills. • I move with control and care. • I use equipment safely.	<u>Games</u> • I use hitting, kicking and/or rolling in a game. • I decide the best space to be in during a game. • I use a tactic in a game. • I follow rules. <u>Gymnastics</u> • I plan and perform a sequence of movements. • I improve my sequence based on feedback. • I think of more than one way to create a sequence which follows some 'rules'. • I work on my own and with a partner. <u>Dance</u> • I change rhythm, speed, level and direction in my dance. • I dance with control and coordination. • I make a sequence by linking sections together. • I use dance to show a mood or feeling. <u>General</u> • I copy and remember actions. • I talk about what is different from what I did and what someone else did.	<u>Games</u> • I throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <u>Gymnastics</u> • I adapt sequences to suit different types of apparatus and criteria. • I explain how strength and suppleness affect performance. • I compare and contrast gymnastic sequences. <u>Dance</u> • I improvise freely and translate ideas from a stimulus into movement. • I share and create phrases with a partner and small group. • I repeat, remember and perform phrases. <u>Athletics</u> • I run at fast, medium and slow speeds; changing speed and direction. • I take part in a relay, remembering when to run and what to do. <u>Outdoor and adventurous</u> • I follow a map in a familiar context. • I use clues to follow a route. • I follow a route safely.

A Year 4 sports person

Games

- I catch with one hand.
- I throw and catch accurately.
- I hit a ball accurately with control.
- I keep possession of the ball.
- I vary tactics and adapt skills depending on what is happening in a game.

Gymnastics

- I work in a controlled way.
- I include change of speed and direction.
- I include a range of shapes.
- I work with a partner to create, repeat and improve a sequence with at least three phases.

Dance

- I take the lead when working with a partner or group.
- I use dance to communicate an idea.

Athletics

- I run over a long distance.
- I sprint over a short distance.
- I throw in different ways.
- I hit a target.
- I jump in different ways.

Outdoor and adventurous

- I follow a map in a (more demanding) familiar context.
- I follow a route within a time limit.

A Year 5 sports person

Games

- I gain possession by working a team.
- I pass in different ways.
- I use forehand and backhand with a racket.
- I can field.
- I choose a tactic for defending and attacking.
- I use a number of techniques to pass, dribble and shoot.

Gymnastics

- I make complex extended sequences.
- I combine action, balance and shape.
- I perform consistently to different audiences.

Dance

- I compose my own dances in a creative way.
- I perform to an accompaniment.
- My dance shows clarity, fluency, accuracy and consistency.

Athletics

- I controlled when taking off and landing.
- I throw with accuracy.
- I combine running and jumping.

Outdoor and adventurous

- I follow a map into an unknown location.
- I use clues and a compass to navigate a route.
- I change my route to overcome a problem.
- I use new information to change my route.

A Year 6 sports person

Games

- I play to agreed rules.
- I explain rules to others.
- I can umpire.
- I make a team and communicate a plan.
- I lead others in a game situation.

Gymnastics

- I combine my own work with that of others.
- I sequences to specific timings.

Dance

- I develop sequences in a specific style.
- I choose my own music and style.

Athletics

- I demonstrate stamina.

Outdoor and adventurous

- I plan a route and a series of clues for someone else.
- I plan with others, taking account of safety and danger.