



# P.E.

Show case all the skills they have developed.

Awareness

Playing to beat an opponent using different strikes

Able to compete in net and wall sports

Apply tactics to striking and fielding games

Positioning

Create tactics for invasion games

Leadership—play leading

Gymnastic sequence

Dance Motifs

Applying tactics

**Year 6**

Match situations, how to adapt

Tennis matches and striking for points

Group based work

Understanding strengths and weaknesses of the team

Make own tactics to help score points

Athletics

Striking and fielding

Net and wall

Gym and dance

Record scores and aim to beat personal bests

Rules

Net and wall

Striking and fielding

**Year 5**

Skills in game situations

Indoor fitness

Safe movements

Gymnastics

Prototypes

Last stage of fitness

Pacing

Fitness

Invasion games—Matches

**Year 4**

Athletics

Tennis and cricket skills

Use of equipment in routines

Balance and timing in groups

dance

Teamwork

Skills for games

Use several techniques

Competitive

Jumping for distance

Control

Manipulative skills

Gymnastics

**Year 3**

Invasion games—Game core skills

Swimming

Basic in water skills

Timing

Using a racket to hit a ball towards a direction

Athletics—Pacing

Dance routines

Net and wall

Prepare for game situations and rules

Use fundamental skills

Be able to balance objects

Use a bat or racquet to hit a ball

Gymnastics routines

Invasion games—Team games

Applying Physical literacy

**Year 2**

Manipulative skills with a ball

Fundamental skills—core strength

Gym skills

Strength, balance and co-ordination

Attacking and defending competitive games

Apply skills to games

Fundamental movement skills

Introduction to competition—Throughout EYFS and KS1 children will be introduced to competition through: Intra and inter school competitions, school games and

**Year 1**

Build on fundamental skills

Invasion game skills—Teamwork

Indoor fitness—Importance of keeping fit and healthy

Running, jumping and throwing skills

Manipulative skills

Team work

Fundamental movement skills—Balance and timing.

Understanding fitness

Fundamental movement Skills

**EYFS**

Attack and defending

Gymnastics and Dance

How to work as a team

Introduction to fitness and being out of breath

ABC's of movement

Handling equipment safely with control