



Physical Education: Key Stage 2

Year 3	<u>Athletics</u>	<u>Competitive Games</u>	<u>Gymnastics</u>
	<i><u>use running, jumping, throwing and catching in isolation and in combination</u></i>	<i><u>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</u></i>	<i><u>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</u></i>
	- run at fast, medium and slow speeds; changing speed and direction - take part in a relay, remembering when to run and what to do	- be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly	- adapt sequences to suit different types of apparatus and criteria - explain how strength and suppleness affect performance
	<u>Dance</u>	<u>Outdoor and Adventurous Activity</u>	<u>Evaluate</u>
	<i><u>perform dances using a range of movement patterns</u></i>	<i><u>take part in outdoor and adventurous activity challenges both individually and within a team</u></i>	<i><u>compare their performances with previous ones and demonstrate improvement to achieve their personal best</u></i>
	- 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	- follow a map in a familiar context - use clues to follow a route - follow a route safely	- compare and contrast gymnastic sequences - recognise own improvement in ball games



Physical Education: Key Stage 2

Year 4	<u>Athletics</u>	<u>Competitive Games</u>	<u>Gymnastics</u>
	<i><u>use running, jumping, throwing and catching in isolation and in combination</u></i>	<i><u>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</u></i>	<i><u>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</u></i>
	- 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	- throw and catch accurately with one hand - hit a ball accurately with control - vary tactics and adapt skills depending on what is happening in a game	- 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 three phases
	<u>Dance</u>	<u>Outdoor and Adventurous Activity</u>	<u>Evaluate</u>
	<i><u>perform dances using a range of movement patterns</u></i>	<i><u>take part in outdoor and adventurous activity challenges both individually and within a team</u></i>	<i><u>compare their performances with previous ones and demonstrate improvement to achieve their personal best</u></i>
	- take the lead when working with a partner or group - use dance to communicate an idea	- follow a map in a (more demanding) familiar context - follow a route within a time limit	- provide support and advice to others in gymnastics and dance - be prepared to listen to the ideas of others



Physical Education: Key Stage 2

Year 5	<u>Athletics</u>	<u>Competitive Games</u>	<u>Gymnastics</u>
	<i><u>use running, jumping, throwing and catching in isolation and in combination</u></i>	<i><u>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</u></i>	<i><u>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</u></i>
	- controlled when taking off and landing - throw with increasing accuracy - combine running and jumping	- gain possession by working 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	- make complex extended sequences - combine action, balance and shape - perform consistently to different audiences
	<u>Dance</u>	<u>Outdoor and Adventurous Activity</u>	<u>Evaluate</u>
	<i><u>perform dances using a range of movement patterns</u></i>	<i><u>take part in outdoor and adventurous activity challenges both individually and within a team</u></i>	<i><u>compare their performances with previous ones and demonstrate improvement to achieve their personal best</u></i>
	- compose own dances in a creative way - perform dance to an accompaniment - dance shows clarity, fluency, accuracy and consistency	- follow a map into an unknown location - use clues and a compass to navigate a route - change route to overcome a problem - use new information to change route	- 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



Physical Education: Key Stage 2

Year 6	<u>Athletics</u>	<u>Competitive Games</u>	<u>Gymnastics</u>
	<i><u>use running, jumping, throwing and catching in isolation and in combination</u></i>	<i><u>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</u></i>	<i><u>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</u></i>
	demonstrate stamina and increase strength	- agree and explain rules to others - work as a team and communicate a plan - lead others in a game situation when the need arises	- combine own work with that of others - sequences to specific timings
	<u>Dance</u>	<u>Outdoor and Adventurous Activity</u>	<u>Evaluate</u>
	<i><u>perform dances using a range of movement patterns</u></i>	<i><u>take part in outdoor and adventurous activity challenges both individually and within a team</u></i>	<i><u>compare their performances with previous ones and demonstrate improvement to achieve their personal best</u></i>
	- develop sequences in a specific style - choose own music and style	- plan a route and a series of clues for someone else - plan with others, taking account of safety and danger	know which sports they are good at and find out how to improve further