



Physical Education Learning

Ladders

Year 1	Areas of Study-
Functional movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height
Developing Balance	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb
Agility and coordination	Be able to throw and catch a large ball – over arm and under arm Roll a ball to an end target Kick a ball with increasing accuracy to an end target Dribble a ball Balance a ball on a racket
Movement patterns	Dance to link in with learning theme Copy a dance pattern Move to a beat Link 2 dance movements together
Team games	Be able to participate in a game with an opposing side Use hands to control a ball with increasing accuracy Be able to play a game following a set of rules
Knowledge and understanding of fitness and health	Describe how they feel during and after exercise Talk about how to exercise safely.

Year 2

Year 2	Areas of Study-
Functional movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance
Developing Balance	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk Bench walk
Agility and coordination	Be able to throw and catch a medium sized ball accurately Balance a ball on a cricket bat Dribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target
Movement patterns	Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together
Team games	Be able to participate in a game with an opposing side Play a game with a set of rules Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball.
Knowledge and understanding of fitness and health	Understand how to exercise safely Notice changes in their physical state when exercising

Year 3

Year 3	Areas of Study-
Movement	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance Jump from side to side Run at speed moving through obstacles
Technique, control and balance	Perform a basic forward, shoulder, and egg roll Bounce a large ball on the spot with consistency
Agility and coordination	Be able to throw and catch a small sized ball accurately Dribble a medium sized ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target
Movement patterns	Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve
Competitive team games	Be able to participate in a game with an opposing side Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball. Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Attempt to beat a personal best
Knowledge and understanding of fitness and health	Be able to give reasons for warming up safely and understand why physical activity is good for health

Year 4

Year 4	Areas of Study-
Swimming	Put face in water and blow bubbles Fully submerge under water Be able to swim 20metres across the pool without support To swim 10metres front crawl and back stroke
Technique, control and balance	Perform a basic forward, shoulder, and egg roll Bounce a medium ball on the spot with consistency Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements
Agility and coordination	Be able to throw and catch a small sized ball accurately Dribble a medium sized ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target
Movement patterns	Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve Choose and link actions to create an expressive dance phase which shows some sensitivity to music Plan and perform a movement sequence showing contrasts in speed, level and direction, Work with a partner to create a simple dance phrase
Competitive team games	Be able to participate in a game with an opposing side Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball. Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Attempt to beat a personal best Play competitive games, modified where appropriate. Compete in a range of increasingly challenging situations
Knowledge and understanding of fitness and health	They explain and apply basic safety principles in preparing for exercise. They describe what effects exercise has on their bodies, and how it is valuable to their fitness and health.

Year 5

Year 5	Areas of Study-
<p>Movement</p>	<p>Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance Jump from side to side Run at speed moving through and over obstacles</p>
<p>Technique, control and balance</p>	<p>Perform a basic forward, shoulder, and egg roll Bounce a small ball on the spot with consistency Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.</p>
<p>Agility and coordination</p>	<p>Be able to throw and catch a small sized ball accurately Dribble a small sized ball in and out of a set of obstacles.</p>
<p>Movement patterns</p>	<p>Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve Choose and link actions to create an expressive dance phase which shows some sensitivity to music Plan and perform a movement sequence showing contrasts in speed, level and direction, Work with a partner to create a simple dance phrase Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p>

	<p>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p>
<p>Competitive team games</p>	<p>Be able to participate in a game with an opposing side Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball. Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Attempt to beat a personal best Play competitive games, modified where appropriate. Compete in a range of increasingly challenging situations Apply basic principles suitable for attacking and defending Compete in a range of increasingly challenging situations</p>
<p>Knowledge and understanding of fitness and health</p>	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p>

Year 6

Year 6	Areas of Study-
Swimming	<p>Put face in water and blow bubbles Fully submerge under water Be able to swim 20metres across the pool without support To swim 10metres front crawl and back stroke</p>
Technique, control and balance	<p>Perform a basic forward, shoulder, and egg roll Bounce a small ball on the spot with consistency Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Responds imaginatively and with control and coordination Uses different body parts Can travel whilst bouncing a ball, showing control Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>
Agility and coordination	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p>
Movement patterns	<p>Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve Choose and link actions to create an expressive dance phrase which shows some sensitivity to music Plan and perform a movement sequence showing contrasts in speed, level and direction, Work with a partner to create a simple dance phrase Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p>

	<p>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p>
<p>Competitive team games</p>	<p>Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.</p> <p>Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group.</p> <p>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p> <p>Compare, develop and adapt movement motifs to create longer dances.</p> <p>From observations of others can you describe constructively how to refine, improve and modify performance?</p> <p>Refine own performance in response to others and self-analysis.</p>
<p>Knowledge and understanding of fitness and health</p>	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p>