VALENCE PRIMARY SCHOOL
Subject Progression Grid

Physical Education Progression Grid

At Valence Primary School, PE provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net and wall games, strike and field games, gymnastics, dance, swimming and outdoor and adventure. The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, with the aid and direction of a specialist PE Higher Level Teaching Assistant. In addition, children are encouraged to participate in the varied range of extra-curricular activities at after school sport clubs.

P.R.A.I.S.E Pride Respect Achievement Independence Success Enjoyment

EYFS DANCE		
Key Vocabulary		**Objectives**
Teamwork	Create	To move with the music
Music	Mirror	To copy actions from my teacher
Count	Copy	To move in different ways
Dance	Ideas	To copy my partner
Together	Character	To create my own actions and movements
Movement	Freeze	To show facial expression
		To explore acting as a character
EYFS BALL SKILLS & THROWING AND CATCHING		
Key Vocabulary		**Objectives**
Collect	High	To explore a ball
Ball control	Roll	To move the ball around
Games	Explore	To travel with a ball
Bounce	Safety	To throw a ball
Count	Height	To explore how a ball moves
Action	Aim	To play with others
Catch	Target	To take turns
Hands	Push	To play command games
Ready		To become aware of a safe way to play
EYFS FITNESS		

Key Vocabulary		Objectives
Jumping	Exercise	To know colours and numbers
Weaving	Landing	To move at different speeds safely
Speed	Teamwork	To find a space
Balance	Strength	To move using different body parts
Healthy	Instruction	To balance using different body parts
	Safe space	To work as a team
		To develop jumping skills
EYFS FUN AND GAMES & WORKING WITH OTHERS		
Key Vocabulary		**Objectives**
Look	Run	To move in different ways
Watch	Direction	To move into a space
Sight	Head up	To play games with others
Hear	Together	To use equipment in games
Listen	Breathing	To keep score
Throw	Aim	To move with confidence
Catch	Target	To share and be kind
Partner	Roll	To take turns in different roles
	Bounce	
EYFS ME AND MYSELF & MOVEMENT		
Key Vocabulary		**Objectives**
Uniform	Cones	To change into a P.E kit
Changing	Hoops	To listen and respond to instruction
Speed	Spots	To move in different ways
Lesson	Ball	To change direction when moving
Listen	Apparatus	To participate in games
Direction	Bibs	To move on, over and under equipment
Body parts	Beanbags	
Awareness	Help	
Instruction	Team	
Participate		
YEAR 1 GYMNASTICS		
Key Vocabulary		**Objectives**
Arch	Individual	To be able to perform 5 key shapes
Balance	Jump	To balance using different parts of my body
Direction	Key shape	to link movements
Straight	Level	To use different pieces of apparatus

Dish Explore Forwards High Low Travelling Apparatus	Tuck Straddle Pike Link Shapes Star	To participate and perform To develop rolling skills Combine different ways of travelling
YEAR 1 DANCE		
Key Vocabulary		**Objectives**
Actions Beat Characture Copy Count Create Expression	Dance Direction Imagination Move Perform Performance Position	To move changing direction and speed To move with control To work alone and with others To move to music showing expressive qualities of dance To create linked movements To participate in performances To respond imaginatively to a range of stimuli
YEAR 1 OUTDOOR ADVENTURE		
Key Vocabulary		**Objectives**
Teamwork Together Compass Map Route	Directions Safety Orienteering Problem solving Challenge	To work with other children in class. To work independently, as well as cooperatively in small groups. To begin to problem solve. To follow rules. To take turns. To understand basic features on a map To look at and begin to recognise different points on a compass (N S E W)
YEAR 1 STRIKING AND FIELDING		
Key Vocabulary		**Objectives**
Aim Backwards Ball Ball Control Bat Beanbag Bounce Catch Control Direction	Feeder Forwards Free Space Grip Left & right Stop Movement Rolling Run Safety	To catch and stop a ball. To strike a ball. To recognise space. To follow simple rules of the game. To try and find ways to win games. To successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. To move fluently, changing direction and speed. To understand and follow simple rules for games and compete in physical activities both against self and against others.

Batting Throw Underarm	Score Space Cricket Rounders	To show basic control of the ball, including when striking a ball.
YEAR 1 NET AND WALL GAMES		
Key Vocabulary		**Objectives**
Aiming Racket Balance Control Bounce Receive Roll Score Send Swing Throw	Underarm Partner Safety Shuttle Direction Grip Movement Height Ready Badminton Tennis	To move into space To control your body when moving To control the shuttle/ball with your hands To track the moving object and catch it To have increasing control when pushing, pulling, passing, throwing and catching an object To catch/stop and send/pass an object – developing techniques of throwing and receiving To hit the object with varying heights and speeds Move fluently changing direction and speed
YEAR 1 INVASION GAMES		
Key Vocabulary		**Objectives**
Aim Throw Catch Pass Ready Describe Control Close Dribble Score Basketball Tag rugby Football	Bounce Skills Swap Teamwork Ball control Direction Rules Space Send Shoot Netball Hockey Goal Stick	To copy actions To roll a ball To throw and catch a ball To bounce a ball To move with a ball To explore different ways to send the ball To shoot/score/move towards a target To defend by blocking the target To move with and without a ball To kick a ball To carry a ball To stop a moving ball To begin to think about game tactics To change direction when moving To play games with specific topic skill
YEAR 1 TARGET GAMES		
Key Vocabulary		**Objectives**
Balance	Space	To develop and practice ball handling skills

Closer Control Direction Experiment Improve Accuracy Hands ready React Dodgeball	Steadily Stretching Skills Technique Tic tock Golf Rules Scoring	To move the ball in different ways To use under and overarm throwing techniques To develop fundamental movement skills and become increasingly confident To control the ball To hold/grip a golf club/racket To move the ball towards a target
YEAR 1 ATHLETICS		
Key Vocabulary		**Objectives**
Coordination Movement Aim Throw Landing Teamwork	Measure Target Balance Improve Jump Technique	To move into a space To throw underarm To land safely when jumping To run and jump on the balls of your feet To throw towards a target with increasing accuracy To play games using throwing accuracy To show a basic level of control and consistency when running To start to develop an overarm throw To experiment with different jumping techniques
YEAR 2 GYMNASTICS		
Key Vocabulary		**Objectives**
Key shapes Travel Sequence Balance Explore Individual Arch Tuck Straddle Pike	High/Low Point Routine Dish Straight Tense Linking Level Forward roll Perform	To perform a range of actions with control and confidence. To explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination. To form simple sequences of different actions, using the floor and a variety of apparatus. To develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. To develop agility, balance, and coordination. To continue to develop rolling skills To watch and describe other peoples performance
YEAR 2 DANCE		
Key Vocabulary		**Objectives**
Actions Beat Smart	Count Practise Expression	To move to music showing expressive qualities of dance To repeat short dance phrases with greater control To be creative and compose short dances

Character Levels Performance Movement	Improve Create Imagination Unison	To describe a performance accurately To perform with control and coordination To begin to understand the importance of warming up To perform a range of actions and simple movement patterns with control and coordination. To explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. To work individually and with others.
Year 2 Outdoor Adventure		
Key Vocabulary		**Objectives**
Teamwork Together Compass Map Route Directions	Safety Orienteering Problem solving Challenge North South East West	To work well with others and independently. To use a simple map. To understand competition. To solve problems on your own and with others. To participate in an orienteering event. To understand what a compass is used for and be able to use the direction points. To be able to use some basic features on a map to select and plan a route.
Year 2 Striking and Fielding		
Key Vocabulary		**Objectives**
Batting Fielding Striking Grip Long barrier Teamwork Catching Wicket Bat Ball Aim Feeder Fielder Underarm Striking Cricket	Balance Skill Control Direction Competition Catch Throw Space Backstop Technique Shot selection Cooperate Score Bowler Run	To use an underarm throwing technique. To choose simple tactics in game. To move into space. To strike a ball into space. To compete with others. To show good awareness of others when playing games. To perform a range of actions with control including catching, gathering and hitting a ball with increasing accuracy. To throw/hit a ball in different ways e.g. high, low, fast, slow
Year 2 Net and Wall Games		

Key Vocabulary		Objectives
Shuttle	Ball control	Change direction when moving.
Serve	Opposition	To control your body and equipment.
Aim	Positioning	To catch a ball a tennis ball.
Racket	Rolling	To hit a ball with hands and racket.
Control	Send	To compete against yourself and others.
Teamwork	Throw	To catch a shuttle.
Cooperation	Bounce	To run and jump on the balls of your feet.
Movement	Competition	To hit a shuttle with hands and racket.
Direction	Underarm	To understand what a rally is.
Badminton	Bounce feed	To move fluently, changing direction and speed.
Partner	Receive	To watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear.
Grip	Accuracy	
Swing	Height	To hit the shuttle, when in the air, varying height, speed and direction into space and to a partner.
Shuffle	Balance	
Ready	Badminton	To move with a tennis racket with control.
Score	Tennis	To perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.
Power	Indoor	
	Outdoor	

Year 2 Invasion Games

Key Vocabulary		Objectives
Aim	Shoot	To hold and move with a rugby ball.
Catch	Target	To pass the ball pointing the nose of the ball.
Close	Push pass	To pass/receive a ball accurately.
Control	Send & receive	To defend by tagging.
Explore	Roll	To get passed a defender.
Pass	Hockey stick	To try score goals by getting past opponents.
Ready	Goal	To begin to understand and develop correct technique of passing the ball.
Teamwork	Direction	To develop control and accuracy when throwing and catching a rugby ball.
Accuracy	Tag	To move into space showing awareness of others.
Rules	Belts	To move with control.
Score	Target	To dribble a ball using a hockey stick.
Space	Run	To move towards a goal to defend it.
Attack	Trick	To compete against others trying to score.
Coordination	Try	To dribble a ball with feet.
Turn	Dodge	To move towards a goal to defend it.
Shooting	Rugby	To compete against others trying to score.
Passing	Movement	To react to situations in ways that make it difficult for opponents.

Speed Dribble Defend		To participate in team games – showing good awareness of others. To develop fundamental movement skills, becoming increasingly confident and competent.
Year 2 Target Games		
Key Vocabulary		**Objectives**
Closer Pace Successfully Putt Head up Movement Experiment Chip Control Tick Tock Improve Technique Golf Course	Dodge Throw Catch Bounce Speed Teamwork React Pass Hands Ready Roll Reaction time Control Aiming Target Underarm Dodgeball	To push and roll a ball. To participate in rolling games. To use a putter to push a ball. To begin to show the correct putting technique. To accurately send a ball. To move in different ways, changing speed and direction. To increase accuracy when throwing using underarm and underarm technique. To move quickly. To send a ball at different speed. To catch a ball (dodgeball) To compete in games To engage in competitive physical games, employing simple tactics. To develop problem solving and decision-making strategies. To describe basic skills needed for golf games. To develop technique when using the golf putter, becoming increasingly accurate.
Year 2 Athletics		
Key Vocabulary		**Objectives**
Challenge Running Landing Aim Coordination Movement	Balance Teamwork Relay Improve Target Speed	To run with control To control your body and equipment when throwing To run with the correct arm technique To run and jump on the balls of your feet To show a correct pull throw technique To compete against yourself To recognise what is successful. Use actions and ideas you have seen to improve your own skills. To develop coordination and balance whilst exploring different running, jumping, and throwing techniques. To explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.
Year 3 Gymnastics		
Key Vocabulary		**Objectives**

Straddle Experiment Pathway Level Point Front Support Quality Tuck Tension	Pike Control Routine Combine Apparatus Arabesque Practise Describe Extension	To perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement To experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. To create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. To create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction To develop flexibility, strength, control, technique, and balance.
Year 3 Dance		
Key Vocabulary		**Objectives**
Audience Canon Choreography Level Fluency Performance Phrase Position	Control Tutting Emotions Expressions Rhythm Unison Count	To show fluency when moving To link movement patterns together To collaborate with others To perform at the same time as a partner To perform as various characters when moving to music To communicate feelings through dance. To describe and evaluate the effectiveness and quality of a dance To explore and create narratives in response to a stimulus
Year 3 Outdoor Adventure		
Key Vocabulary		**Objectives**
Teamwork Map Skills Picture Orienteering Control Plotting Compass	Indoor Mapping Communication Problem Solving North South East West	To follow instructions of the game Participate in team games, working cooperatively, solving problems with others To communicate effectively with other people and discus plans to achieve success. To make a map with symbols and be able to recognise where you are on a map, using basic techniques To move confidently in different ways, developing agility, balance, and co-ordination.
Year 3 Striking and Fielding		
Key Vocabulary		**Objectives**
Throwing Fielding Catching Rounders Power Get in line	Cricket Control Feeder Grip Wickets Striking	To employ simple tactics in games To apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy To throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique To intercept and stop the ball consistently

Communication Accuracy Technique Batting Score Aiming Space Targets Long Barrier	Teamwork Underarm Wicket Keeper Bowler Position	To work well as part of a team, particularly when fielding to make it harder for the batter
Year 3 Net and Wall Games		
Key Vocabulary		**Objectives**
Tennis Swing Movement Partner Direction Send Catch Court target Power Space Free Space Control Bounce	Badminton Accuracy Balance Cooperation Competitive Follow through Receive Safety Speed Stance Tactics Teamwork Forehand Serve	To perform a forehand serve accurately to a partner, and familiarize themselves with the backhand serve, To continue to develop control of the shuttle with and without the racket To show a good stance and structure when throwing and hitting the shuttle To improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift To participate in rallies with others To hit the shuttle, when in the air, varying height, speed and direction into space and to a partner To perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. To throw/ Send a ball using a variety of techniques To take up space/ positions that make it difficult for opponents To keep a rally going
Year 3 Invasion Games		
Key Vocabulary		**Objectives**
Rugby Football Dodge Evade Backwards Pass Accuracy Target Defend Teamwork Pocket Pass	Hockey Basketball Opposition Stick Control Direction Decision Making Aim Turn Stop Possession	To know how to tag another player To develop attacking and defending skills within tag rugby To be able to pass the ball backwards to a teammate To follow the rules of the game To move with a ball keeping it under control To perform basic skills needed for games with control and accuracy To pass/send a ball with increasing accuracy and at different speeds To shoot/ score with some success To apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession To employ simple tactics in game situations

Attack Dummy Speed Dribble Movement Shoot Space Marking Defend Decision Tackle Strike Power Receive Position Experiment	Slap pass Push pass Defence Shoot Skills Rules Score Chest / bounce Pass Dribbling Passing Possession	To develop control and technique Pass/send a ball with increasing accuracy and at different speeds To keep possession of a ball as part of a team.
Year 3 Target Games		
Key Vocabulary		**Objectives**
Golf Chipping Rough Control Bunker Fairway Dominant Non dominant Success Collision Competitive Consistent Course Encourage Increase/decrease Putting Receive Target	Dodgeball Accuracy Aim Space React Teamwork Strike Compete Dodge Pass Overarm Speed Duck Movement Underarm	To begin to develop the chipping technique, consistently lifting the ball from the floor To apply putting skills into game situations. Show control and control to make accurate shots To demonstrate good teamwork skills To improve consistency when catching a ball at different heights To show control when moving at speed To move the ball in different ways, with increasing accuracy and control To use a range of skills and tactics to win games To understand how finding space can help in game situations
Year 3 Athletics		
Key Vocabulary		**Objectives**

Develop Experiment Distance Combination Balance Co-ordination	Movement Distance Pull Target Technique Accelerate	To throw a variety of different objects To jump with control To run with the correct arm technique To run in races To compete against others To follow the rules To recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance To apply and develop a broad range of athletic skills in different ways To choose the appropriate running speed to meet the demand of the task To enjoy competing with others
Year 4 Gymnastics		
Key Vocabulary		**Objectives**
Transition Communicate Level Linking Pike Quality Straddle Routine Combine	Tension Extension Control Bridge Tuck Apparatus Arabesque Create Describe	To find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement To show control, accuracy and fluency of movement when performing actions on your own and with a partner To devise and perform a gymnastic sequence, showing a clear beginning, middle and end To create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape To collaborate with others. To recognise and explain a good performance
Year 4 Dance		
Key Vocabulary		**Objectives**
Performance Phrase Control Emotions Timing Expressions Rehearse Rhythm	Rhythm Unison Canon Choreography Fluency Health & Fitness Pose Routine	To explore and create characters and narratives in response to a range of stimuli To perform dances using a range of movement patterns – accurately, fluently, consistently and with control To use different compositional ideas to create motifs incorporating unison, canon, action, and reaction To experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group To work well as part of a team. To be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance

Year 4 Outdoor Adventure

Key Vocabulary		Objectives
Teamwork Map Skills Indoor mapping Picture Orienteering Control Plotting Communication Problem Solving	Compass North South East West Starboard Stern Port	To develop a basic understanding of map reading/making and apply these skills and techniques in games To work cooperatively and successfully as part of a team, improving communication skills To recognise where you are on a map To demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination To work as a team to plan and decide what approach to use to meet the challenge set

Year 4 Striking and Fielding

Key Vocabulary		Objectives
Cricket Fielding Fielder Wickets Communication Striking Teamwork Underarm Wicket keeper Skill Technique Points Swing Tournament Compare	Rounders Throwing Catching Power Get in line Accuracy Batting Score Aiming Space Targets Long Barrier Evaluate Discuss Free Space	To show control, coordination and consistency when throwing and catching a ball To hit a ball with increasing control from a tee and progress to without a tee To take up spaces/positions that make it difficult for the opposition. To communicate, collaborate, and compete with others, following the rules of the game To hit a ball with increasing control, accurately towards a target To chose fielding skills which make it difficult for your opponent.

Year 4 Net and Wall Games

Key Vocabulary		Objectives
Badminton Cooperation Competitive Follow through Stance Power	Tennis Swing Aim Cooperative play Movement Partner	To continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift To hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent To use different skills to try and win games To work together to keep a rally going, returning the shuttle to a partner

Receive Serve Speed Tactics Shuffle Discuss Chasse Coordination Deceive Connect Court	Direction Send Position Court target Accuracy Direction Free Space Control In line Racket	With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control To move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games. To perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target To use a basic forehand action with control and accuracy To send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent To begin to apply basic movements in a range of activities and in combination To apply basic principles for attacking including finding and using space in game situations To keep a rally going using a range of shots.
Year 4 Invasion Games		
Key Vocabulary		**Objectives**
Basketball Netball Possession Shoot Rules Chest / Bounce pass Improve Dribbling Foul / Hold Possession Speed Power Set shot Technique Double Dribble Hockey Communicate Cooperation Defence Marking Strike Support Tackle Opposition	Football Defending Attacking Tactics Teamwork Turn Experiment Trick Target Position Tag Rugby Avoid Tag Backwards Cover Pass Share Accuracy Defend Mark Agility Pocket Pass Dummy Lift	To move the ball keeping it under control whilst changing direction To pass, shoot and receive a ball with increasing accuracy, control and success To pass in different ways e.g. high, low, fast, slow To find and use space in game situations and work well as part of a team To use a range of tactics to keep possession of the ball; and explain simple tactics in game situations. To perform basic skills needed for the games with control and accuracy To apply basic attacking and defending principles, collaborating with others, and using tactics to keep possession. To challenge a player in possession of the ball. To get into good positions to pass, receive, and shoot the ball To pass the ball using different techniques To shoot and score with increasing accuracy To move in different directions learning to move away from your opponent and keep control of the ball when running To learn how to pass in rugby, catching successfully and improving skills whilst on the move To move forward to attack as part of a team – running in a line To work as part of a team when defending, keeping in a line, and spreading out To successfully score a try To develop physical characteristics needed for the game, e.g. speed, fitness, agility.

Avoiding Recover React	Attack First touch	
Year 4 Target Games		
Key Vocabulary		**Objectives**
Golf Allocate Concentration Confident Develop Effective Fairway Improve Movement Rough Dominant Non dominant Accuracy Pace Stroke Success	Dodgeball Aim Explore Heart Rate Dodge Pass React Strike Communicate Position Side shot Overarm React Control	To explore the skills required to play golf successfully To continue to develop and apply the chipping technique to competitive games To develop and demonstrate the ability to 'putt' accurately and effectively To demonstrate good teamwork skills. To get in good positions to throw and receive the ball To send a ball with accuracy, control, and consistency, whilst moving at different speeds To practice and improve the underarm throw and side shot throw To participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills
Year 4 Athletics		
Key Vocabulary		**Objectives**
Develop Distance Accelerate Personal Best Co-ordination Push / Pull Pace Exchange Timing Communication	Speed bounce Standing high jump Reversa board Triple Jump Obstacle Sprint Pump	To combine basic jump actions to form a jump combination, using a controlled jumping technique To perform a throwing technique with control, coordination, and consistency To perform competitively with others To understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task
Year 5 Gymnastics		
Key Vocabulary		**Objectives**
Front Support	Head stand	To explore, improvise, and combine movement ideas fluently and effectively

Back Support Creativity Evaluate Improve Pose	Bridge Stretches Observe Flow Flight	To perform movements accurately with a sense of rhythm To make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation To develop flexibility, strength, control, technique, and balance. To develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles.
Year 5 Dance		
Key Vocabulary		**Objectives**
Emotions Expressions Rehearse Unison Canon Choreography	Fluency Tutting Routine Together Question & Answer	To continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus To use basic compositional principles when creating dances – combining movements fluently and effectively To perform a range of movements accurately with a sense of rhythm T create and structure dance motifs, phrases, and sections of dances, developing expressive qualities To work effectively as part of a team
Year 5 Outdoor Adventure		
Key Vocabulary		**Objectives**
Teamwork Map Skills Indoor mapping Picture Orienteering	Control Plotting Communication Problem Solving	To orientate themselves and map correctly keeping track of their position with increasing accuracy To work within a team trusting and valuing each other To develop communication skills and use these skills to achieve success To make a map with symbols and legend and begin to understand scale To compete in orienteering events, problem solving with team members To understand relevant techniques to navigate to and from control points
Year 5 Striking and Fielding		
Key Vocabulary		**Objectives**
Cricket Wickets Wicket Keeper Positions Outfield Skill Crease Technique Awareness Forward Defence	Rounders Stumped Tournament Tactics Stance Infield Outfield Run Evaluate Feedback	To develop control and technique whilst performing skills at speed and showing good awareness of others in game situations To hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs To work as part of a team, adapting games and activities making sure everyone has a role to play To choose skills and tactics to meet the needs of the game To show good awareness of others in game situations To begin to bowl at different speeds.

Tactics Fast Bowl	Technique Gap	
Year 5 Net and Wall Games		
Key Vocabulary		**Objectives**
Tennis Court Target Backhand Rally Power Service Cooperative Competitive Follow through Respond Doubles Feedback Position	Badminton Serve Stance Coordination Clear Overhead Lob Defensive Offensive	To hit the ball with purpose To play shots on the forehand and backhand side of your body To direct the ball towards the opponent's court or target area To participate in competitive games, modified where appropriate To use good footwork that allows the ball to be hit with good technique To adopt a good ready position and show good position on court. To identify spaces and understand the tactic of hitting into gaps To be able to hit a shuttle with good stance and grip on both forehand and backhand side, varying shot selection; height, speed and dept To improve consistency of shots, noticing longer rallies To use different racket skills and types of movement during a competitive or cooperative rally To participate in rallies with and without a racket To demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace To demonstrate fast paced movements, fluently changing direction and speed.
Year 5 Invasion Games		
Key Vocabulary		**Objectives**
Football Tag Rugby Hockey Marking Accuracy Experiment Possession Support Tackle Defence Opposition Patience Referee Indian Dribble Close Block Slap Pass	Basketball Netball Mark Evaluate Tactics Double Dribble Foul / Hold Awareness Attack / Defend Principles Heart rate Direction Chest Pass Rules Power Bounce Pass Technique	To perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed To work effectively as part of a team and keep possession of the ball when faced with opponents To apply basic principle for attacking – Using skills to keep possession of the ball To begin to apply defending principles in games; Communicating well as a team to regain possession of the ball. To participate in competitive games, modified where appropriate To perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique To keep possession of the ball when faced with opponents To apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball To apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate. To use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space To increase accuracy and confidence of passing and shooting skills To increase accuracy and control when passing and catching whilst moving at speed

Decision Making Principles Watch Ready position Tag Stance Speed Agility Dodge	Mark/track/cover Feedback Teamwork Shoot	To continue to improve different ways to pass – fast, slow, high, low. To use simple tactics in games to achieve success as a team.
Year 5 Target Games		
Key Vocabulary		**Objectives**
Dodgeball Boccia Inclusion Jack Communicate Accelerate Accurate Side shot Defend Agility Balance Coordinate React Attack	Golf New age curling Stones Target Challenge Gradual Concentration Confident Drive Course Consistency Evaluation Par Competition Compare	To participate in games fairly, following the rules. Show good teamwork To apply appropriate skills and tactics in game situations To move quickly (dodge) with good control. Improve control when moving at speed To increase accuracy and consistency of throws, including a side shot throw, towards a moving target To increase accuracy and consistency of throws/rolls towards the target To understand the importance of quick reactions in dodgeball. To apply both the putting and chipping techniques to competitive games To show control and control to make accurate shots To begin to develop the driving technique. Increase accuracy and distance when practicing the driving technique and participate in driving games.
Year 5 Athletics		
Key Vocabulary		**Objectives**
Pace Personal Best Push / Pull Discus Record Timer Run up Olympics	Javelin reverse board Sprint Obstacle Speed Bounce Batton	To run, jump, catch, and throw in isolation and combination To combine and perform skills with control To communicate, collaborate, and compete with others To work effectively as part of a team To demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. To choose the appropriate speed to run at for the distance to be covered
Year 6 Gymnastics		

Key Vocabulary		Objectives
Asymmetrical Body control Creativity Evaluate Improve Tension Extension Control	Symmetrical Observe Fluency Flow Flight Bridge Head stand	To combine and perform gymnastic actions, shapes, and balances more fluently and effectively. To develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence To show flexibility and technique when performing gymnastic elements. To perform high quality jumps, rolls and group balances.
Year 6 Dance		
Key Vocabulary		**Objectives**
Imaginative Emotive Expressive Rehearse Choreography Pace	Question & Answer Confidence Experiment Formation Intensity Routine	To move in a way that reflects the music. To show ideas through dance. To share ideas in groups to create a routine. To perform with rhythm and confidence. To perform movements to an audience with rhythm and confidence.
Year 6 Outdoor Adventure		
Key Vocabulary		**Objectives**
Teamwork Map Skills Indoor mapping Picture Orienteering	Control Plotting Communication Problem Solving	To show confidence in group activities. To understand a complex map. To choose successful approaches to tasks To use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls To identify what they have done well and adapt plans for future challenges.
Year 6 Striking and Fielding		
Key Vocabulary		**Objectives**
Cricket Wicket Keeper Crease Fast bowl Technique Quality Run up Awareness Bowling Straight drive	Rounders Umpire Tournament Tactics Stance Infield Outfield Run Evaluate Feedback	To retrieve, catch, intercept, and stop a ball when fielding. To pay shots that allow the ball to be hit to different areas of the field into spaces. To bowl overarm To use skills and tactics to outwit opponents when batting. To use skills and tactics to outwit opponents when fielding. To bowl effectively To participate in competitive games. To perform skills with accuracy, confidence, and control.

Block Bowled out	Technique Gap	
Year 6 Net and Wall Games		
Key Vocabulary		**Objectives**
Badminton Coordination Clear Smash Position Evaluate Offensive/Defensive Lob Block Selection Respond	Tennis Strategy Defence Attack Height Travel Positioning On Court React Singles Service Backswing Overhead	To know and describe the correct grip and stance when holding a racket. To adopt a good ready position & move with purpose. To play shots overhead and on the forehand and backhand side of the body. To hit the shuttle accurately and with control whilst moving at a quick pace To employ tactics in games. To hit the ball accurately and with control whilst moving at a quick pace To participate in games following the rules and scoring correctly.
Year 6 Invasion Games		
Key Vocabulary		**Objectives**
Rugby Communicate Effective Accuracy Mark/track Attack Defend Tactics Dummy Netball Position Evaluate Direction Power Accuracy Muscles Technique Decision making Opponent	Hockey Indian Dribbling Close down Cover Track Block Slap Pass Possession Principles Discuss Explore Football Apply Consider Midfield Opposition Patience Support Closing down	To run and pass at speed. To dodge and fake passes when running with the ball To catch the ball whilst under pressure To decide on ways to attack when playing games. To decide on the best ways to defend in games. To pass the ball in a variety of different ways with confidence and control. To move with purpose when attacking. To choose when to mark a player and when to cover space. To apply basic principles for attacking and defending in game situations. To pass the ball to keep possession in game situations To dribble the ball whilst under pressure To understand positions and roles of individuals in team games. To pass the ball and move in a variety of different ways at speed To defend appropriately depending on the situation To keep possession of the ball when faced with opponents.

Teamwork Shoot	Basketball Awareness Management Positions Performance Plays		
Year 6 Target Games			
Key Vocabulary		**Objectives**	
Dodgeball Communicate Accelerate Accurate Side shot Track Strike Agility Balance Coordinate React Attack & defend	Golf Boccia New age Curling Drive Swing Green Par Lean Power Bunker Handicap Evaluate	To throw a ball with accuracy and pace To use the most appropriate throwing technique for the situation. To catch a ball at different heights and speed. To dodge a ball by jumping, galloping and jockeying. To participate in competitive games. To successfully hit the target when putting and chipping To develop the drive technique To compete against others applying skills learnt. To roll the object with accuracy at the target.	
Year 6 Athletics			
Key Vocabulary		**Objectives**	
Evaluate Feedback Power Cooperate Javelin Reversa board Sprint Obstacle	Fling Olympics Run Up Compare Speed Bounce Batton	To use a run up when jumping. To use the correct combination of jumps to complete the triple jump To throw an object by overarm, underarm, pulling, pushing and slinging To select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. To work effectively as part of a team. To successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.	
P.E Life Skills - Health Fitness Wellbeing			
EYFS	**YEARS 1 & 2**	**YEARS 3 & 4**	**YEARS 5 & 6**
Shows some understanding that good practices regarding exercise, eating, sleeping and	Understand why being active and playing games is good for you. Describe why running and playing games is good for you.	Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Develop the understanding of the importance of speed and	Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle. Develop physical fitness and be able to describe its importance in

hygiene can contribute to good health. Begin to understand the importance of exercise.		stamina when playing invasion games. Improve physical fitness.	orienteering. Know how handball helps your fitness and health. Recognise exercise and activities that help strength, speed, and stamina. Develop physical characteristics needed for the game, e.g., speed, fitness, agility.
P.E Life Skills – Body Awareness			
Shows some understanding towards the effects of activity on their body.	Understand and describe changes to your heartrate when playing a game. Describe what it feels like to breathe quickly during exercise.	Communicate what you want through your dances. Describe how their bodies feel when exercising. Understand the link between heartrate and breathing when exercising.	Move in a way that reflects the music. Understand how the muscles work, e.g., work by getting shorter, relax by getting longer. Explain how your body reacts and feels when taking part in different activities and undertaking different roles.
P.E Life Skills – Safety			
Aware of the boundaries set, and of behavioural expectations in the setting, to ensure everyone's safety. Know that equipment and apparatus can be harmful.	Demonstrate an appreciation of safety when using apparatus and equipment. Follow instructions to complete a task. Understand how to play in a safe way.	Demonstrate an appreciation of safety when lifting, moving, and placing apparatus and equipment. Play games in a safe and fair manner.	Coordinate lifting and moving apparatus in a safe and sensible way.
P.E Life Skills – Evaluation			
Watch and copy some basic movements in P.E. Responds to what others are saying or doing.	Watch and describe a performance accurately and recognise what is successful. Evaluate successful and unsuccessful techniques. Describe what you have done or seen others do. Identify what skills you need to practice.	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance. Be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance. Describe and evaluate the effectiveness and quality of work. Identify what you need to practice to improve your performance	Compare your performance with previous ones and demonstrate improvement to achieve your personal best. Watch and evaluate the success of games and good performance and explain why a performance is good. Identify what they have done well and adapt plans for future challenges. Recognise and evaluate performances providing constructive feedback.
P.E Life Skills – Warm Up and Cool Down			
	Begin to understand the importance of preparing safely and carefully for exercise – warming up/down	Devise suitable warm-up activities for the upcoming activities.	Create short warm up routines that follow basic principles e.g., raises body temperature, mobilise joints muscles. Suggest ideas for warming up and explain your choices. Know what makes a good warm down e.g., it

P.E Life Skills – Feedback			
	Use peer feedback to improve their own performance and recognise good quality in others. Recognise what is successful, listen to others, and copy actions and ideas to improve your skills.	Identify and evaluate parts of your own game and others, providing feedback. Recognise players who play well in games and give reasons why	Identify strengths and weaknesses of your own and other performances and explain your reasoning. Engage in constructive feedback. Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback. Give feedback to individual, team, and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics.
P.E Life Skills – Measuring and Improving			
	Copy actions and ideas and use the information to improve their skills. Identify good technique and justify why it is good. Use actions and ideas they have seen to improve their own skills	Where appropriate, independently measure performance and set targets to improve.	Develop an understanding of how to improve in different physical activities and sports.
P.E Life Skills – Leadership and Teamwork			
	Work individually and with others. Show good teamwork and sportsmanship when taking part in competitive throwing. Work well in big groups, sharing, taking turns, and cooperating with others. Understand how communication can help to solve problems with others.	Enjoy competing and performing with others. Communicate, collaborate, and compete with others, following the rules of the game. Work as a team to plan and decide what approach to use to meet the challenge set. Communicate effectively with other people and discus plans to achieve success.	Work effectively as part of a team, recognising success. Share ideas in small groups, working together to create a routine incorporating different elements. Communicate, collaborate, and compete with others. Adapt games and activities making sure everyone has a role to play. Work within a team, leading, trusting others, and valuing each other