

Physical Education- Sport

Year One Sequence

Orienteering	Bat and ball	Dance
- I can understand that a map shows a bird's eye view of the ground. - I can follow directions like forwards, backwards, left, and right. - I can give and follow simple movement commands. - I can recognise and use simple map symbols and a key. - I can move using basic commands like north, south, east and west.	- I can hold a racket correctly to hit a ball. - I can hit a ball that has been thrown underarm. - I can use simple foot movements to position myself to strike the ball. - I can try out a basic tactic in a bat and ball game. - I can practise a range of simple tennis skills. - I can apply a combination of skills I have learned in a basic competitive game.	- I can move my body in response to a sound or stimulus. - I can create and improvise movements with a partner. - I can show awareness of others when moving in a group. - I can begin to use mirroring with a partner. - I can keep in time with a steady beat with increasing skill. - I can perform a simple dance using repeated movements.
National Curriculum links		
- Take part in outdoor and adventurous activity challenges both individually and within a team. - To develop coordination, balance and agility. - To develop teamwork.	- To develop balance and coordination. - To master basic movements and apply these in a range of activities.	- To develop balance and co-ordination. - To perform dances using simple movement patterns.

Attacking and defending	Multi Skills (Running and Jumping)	Athletics
- I can use space to help my team attack. - I can mark another player when defending. - I can try to defend the space between players. - I can pass a ball to a teammate. - I can try to get past a defender using simple movements. - I can use basic attacking and defending skills in team games.	- I can move at different speeds when I run. - I can run along different pathways without bumping into others. - I can jump for height using two feet. - I can jump for distance using different body shapes. - I can jump in different ways, such as hopping, leaping, and two-footed jumps. - I can perform a simple jumping sequence with control.	- I can sprint in a race. - I can jump in different ways and for distance. - I can balance while racing with equipment (e.g. egg and spoon). - I can throw a ball underarm and overarm. - I can move quickly and in different ways in a race. - I can perform a simple jumping sequence.

National Curriculum links		
To participate in team games, developing simple tactics for attacking and defending	- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. - To participate in team games, developing simple tactics for attacking and defending.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

Year Two Sequence

Orienteering	Bat and ball	Gymnastics
- I can use a map to navigate to up to four locations. - I can follow a simple route using directional clues and avoid obstacles. - I can work as part of a team to complete an orienteering task. - I can follow a sequence of instructions during a competitive activity. - I can make simple decisions to solve problems while moving.	- I can hold a cricket bat or racket correctly and hit a ball. - I can use an underarm throw to pass a ball. - I can choose and use a simple tactic in a bat and ball game. - I can aim at targets using different equipment. - I can practise and improve my control when using a racket or bat. - I can apply the skills I have learned in a basic competitive game.	- I can perform balances using different parts of my body. - I can make matching balances with a partner. - I can roll in different ways with control. - I can jump safely in a variety of ways, including from apparatus. - I can work with a partner to perform a matching gymnastic sequence.
National Curriculum links		
- Take part in outdoor and adventurous activity challenges both individually and within a team. - To develop coordination, balance and agility. - To develop teamwork.	- To develop balance and coordination. - To master basic movements and apply these in a range of activities.	To develop balance, agility and co-ordination when balancing on different parts of the body

Attacking and defending	Multi skills (Sending and receiving)	Athletics
• I can move into space to support my team. • I can mark a player more closely to stop them from receiving the ball. • I can intercept the ball when defending. • I can use simple tactics to get past a defender. • I can pass and receive the ball with control. • I can use attacking and defending skills together in small-sided games.	• I can roll a ball with control using different directions. • I can throw underarm to hit a target. • I can aim at a moving target in a game. • I can use different throws to play target games. • I can kick a ball accurately toward a goal or target. • I can use my sending and receiving skills in simple target games.	• I can sprint more effectively than before. • I can run fluently over low hurdles. • I can jump for distance with better control. • I can throw using different techniques for accuracy. • I can practice and refine my running, jumping, and throwing. • I can use push throws to reach targets.
National Curriculum links		
• To master basic movements and apply these in a range of activities. • To participate in team games, developing simple tactics for attacking and defending.	• To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • To participate in team games, developing simple tactics for attacking and defending.	• To master basic movements including running, jumping, throwing and catching.

Year Three Sequence

Orienteering	Bat and Ball	Swimming
- I can understand how agility, balance and coordination help with orienteering. - I can recognise basic symbols and colours using a map key. - I can orientate and hold the map while moving between more than four points. - I can keep my map set correctly while travelling. - I can work with a partner or group to complete a course - I can discuss and agree on routes as a team.	- I can use effective footwork and movement to get into position. - I can roll and throw a ball accurately. - I can control a ball when using a racket. - I can use the forehand technique to return a ball. - I can begin to use a backhand technique. - I can play competitively using attacking and defending principles in net/wall games.	- I can use breaststroke legs while floating on my back with aids. - I can use front crawl and backstroke arm actions while standing or with support. - I can kick with my legs on my front using a float or aid. - I can swim a short distance (5m front and back) without aids. - I can roll from front to back while swimming.
National Curriculum links		
- To develop coordination, balance and agility. - To develop teamwork.	Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance	- Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations.



Football	Dance	Athletics
• I can dribble the ball with control. • I can pass the ball accurately to a teammate. • I can receive a pass with control and awareness. • I can find and move into space to help my team. • I can mark and tackle a player using basic defending skills. • I can use my attacking and defending skills in a game to support my team.	• I can create and perform a short dance using simple movements. • I can vary the speed and length of movements in a dance. • I can combine fast and slow movements in a sequence. • I can use dance vocabulary to evaluate and improve my performance. • I can create and perform a short dance using more complex movements.	• I can sprint with power and control. • I can run smoothly over hurdles using a rhythm. • I can jump for distance using good technique. • I can use different throwing techniques for accuracy and power. • I can choose the best technique for running, jumping, or throwing. • I can perform all three events with control and purpose.
National Curriculum links		
• To develop flexibility, strength, technique, control and balance. • To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	• To perform dances using a range of movement patterns.	• To take part in outdoor and adventurous activity challenges both individually and within a team. • To use running, jumping, throwing and catching in isolation and in combination.



Year Four Sequence

Orienteering	Gymnastics (off site)	Badminton
• I can use an orienteering map to find controls. • I can match real-world features to map symbols and key. • I can orientate the map accurately at different points. • I can apply map reading skills while navigating in pairs. • I can follow a route with increasing independence and accuracy. • I can talk about my route choices and what I might improve.	• I can warm up and stretch the correct muscles before gymnastics. • I can use gymnastics vocabulary to describe and improve performance. • I can improve my endurance and body control for gymnastics. • I can perform skills using different apparatus (e.g., floor, vault, bars, beam). • I can work with a partner or group to create counterbalances. • I can perform balances and movements with control, strength, and fluency.	• I can control a shuttlecock with a badminton racket. • I can strike a shuttlecock with accuracy and control. • I can use good footwork to move around the court. • I can defend space and prevent an opponent from scoring with increasing confidence. • I can score points using attacking and defending skills. • I can compete in a badminton match and follow the rules
National Curriculum links		
• Take part in outdoor and adventurous activity challenges both individually and within a team. • To develop coordination, balance and agility. • To develop teamwork.	• To develop flexibility, strength, technique, control and balance.	• To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.



Swimming	Hockey	Athletics
• I can tread water for at least 10 seconds. • I can submerge and retrieve an object from the pool floor. • I can swim 5m breaststroke and 10m backstroke with correct technique. • I can swim 10m front crawl while attempting side breathing. • I can jump in, swim, and return to the side without help. • I can perform a basic self-rescue technique confidently.	• I can pass and dribble with increasing speed and accuracy. • I can receive the ball and keep control when under pressure. • I can get past an opponent using controlled movement. • I can tackle an opponent safely to win the ball back. • I can follow game rules to play fairly and safely. • I can play in a competitive team game using attacking and defending strategies.	• I can sprint using good technique and a strong finish. • I can take part in a relay race using a baton. • I can jump for distance using power and control. • I can use the pull throw technique to throw further. • I can combine running, jumping, and throwing in a pentathlon-style event. • I can reflect on my performance and suggest ways to improve.
National Curriculum links		
• Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.	• To develop flexibility, strength, technique, control and balance. • To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	• To use running, jumping, throwing and catching in isolation and in combination.

Year Five Sequence

Orienteering	Tennis	Dance
• I can navigate safely to and from control points. • I can record control information accurately on a score card or map. • I can plan and navigate a route with a partner using tactics. • I can compete in an event using teamwork and map skills. • I can use tactics to travel more efficiently around a course. • I can review my performance and explain what went well or how to improve.	• I can hit a ball accurately using the forehand technique. • I can perform a backhand stroke with control. • I can perform an overhead serve in tennis with increasing control. • I can use a volley in a tennis game. • I can apply all my skills in mini games to gain points. • I can understand and apply tactics in game play situations.	• I can use transitions to link movements smoothly. • I can show spatial awareness in how I move and position myself. • I can demonstrate a motif and develop it throughout a dance. • I can vary the timing and dynamics of my movements for effect. • With increasing confidence, I can perform with strong, expressive movements. • I can combine movement, timing, and expression into a fluent sequence.
National Curriculum links		
• To take part in outdoor and adventurous activity challenges, both individually and within a team.	• To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance.	• Perform dances using a range of movement pattern.

Netball	Athletics	Swimming
• I can improve and refine my catching and throwing skills. • I can use different types of passes in a game. • I can pivot with control to protect the ball. • I can understand and follow the footwork rule. • I can move into space to outwit a defender. • I can mark a player closely to stop them from receiving a pass.	• I can sprint with an effective sprint start and technique. • I can maintain a steady pace during longer runs. • I can jump for height using correct technique. • I can use the fling throw technique to throw for distance. • I can use a range of throwing techniques in an athletics competition. • I can prepare for and take part in a mini gala event.	• I can perform dolphin leg action and attempt butterfly arms. • I can skull head-first or feet-first for 5m. • I can perform a head-first or feet-first surface dive. • I can swim 10m breaststroke and 15m in both backstroke and front crawl. • I can jump in, tread water for 20 seconds, and return to the poolside. • I can complete a water-based challenge using a range of strokes and skills.
National Curriculum links		
• Use running, jumping, throwing and catching in isolation and in combination. • To take part in outdoor and adventurous activity challenges, both individually and within a team.	• To develop flexibility, strength, technique, control and balance. • To use running, jumping, throwing and catching in isolation and in combination.	• Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.

Year Six Sequence

Swimming	Orienteering	Gymnastics- Parkour
• I can swim 25m using front crawl with breathing and strong technique. • I can swim 25m backstroke and 15m breaststroke confidently. • I can swim 5m butterfly using correct body position. • I can jump in, tread water for 45 seconds, and swim back to the edge. • I can perform a straddle entry and adopt the help position. • I can use my water safety knowledge to take part in a self-rescue scenario.	• I can set up and plan an orienteering course using the school map. • I can plan and apply strategies in a relay orienteering event. • I can communicate effectively with a team to improve our performance. • I can evaluate different route options to choose the quickest. • I can apply my orienteering knowledge in a cross-curricular competition. • I can complete a course quickly, safely and tactically as part of a team.	• I can create and hold up one, two, three and four-point balances, and link them using controlled parkour-style movements. • I can combine balances and travel movements with a partner to create a flowing parkour sequence. • I can plan and perform a group routine using shape, movement and parkour actions. • I can link powerful, rhythmic parkour-style movements with gymnastic shapes to create a fluent sequence. • I can create and hold group formations that use different levels, directions and parkour-inspired actions. • I can evaluate and improve our group performance through feedback.
National Curriculum links		
• Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.	• To take part in outdoor and adventurous activity challenges, both individually and within a team.	• To develop flexibility, strength, technique, control and balance.

Rugby	Rounders	Athletics
• I can throw and catch a rugby ball confidently. • I can pass the ball while on the move in a game situation. • I can apply the rules of tagging when defending. • I can intercept passes and regain possession for my team. • I can make tactical decisions to support my team's attack or defence.	• I can use an underarm throw accurately to pass or get someone out in Rounders. • I can catch and stop the ball with control when fielding. • I can strike a ball with a Rounders bat and aim to hit into space. • I can decide when and where to throw the ball to stop the batting team from scoring. • I can follow the rules of Rounders and use simple tactics during a game.	• I can work in a team to perform a sprint relay competitively. • I can control my pace over short, middle, and long distances. • I can hurdle with precision and fluency. • I can refine my jumping technique for both height and distance. • I can throw for distance using the heave throw technique. • I can evaluate my athletics performance and set goals for improvement.
National Curriculum links		
• To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	• To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	• To use running, jumping, throwing and catching in isolation and in combination.