

Overview of PE Planning

**The Three Big Ideas**

**Activity:** Children understand how controlled physical activity contributes to improvements in mental health, creative expression and physical fitness

**Collaboration:** Children learn how to be a team player by performing skillfully in role and showing empathy and fairness.

**Challenge:** Children have the confidence to take part in indoor and outdoor challenges and competitive sports, with increasing skill.

**KS1 on a 2 year cycle and taught with reception**

**KS2 on a 4 year cycle**

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| **(Cycle 1)** | **Autumn 1**195,944 Fall Leaf White Background Stock Photos - Free & Royalty-Free Stock  Photos from Dreamstime | **Autumn 2**195,944 Fall Leaf White Background Stock Photos - Free & Royalty-Free Stock  Photos from Dreamstime | **Spring 1**Crocus white background Stock Photos - Page 1 : Masterfile | **Spring 2**Crocus white background Stock Photos - Page 1 : Masterfile | **Summer 1**30,861 Beautiful Sunflower White Background Stock Photos - Free &  Royalty-Free Stock Photos from Dreamstime | **Summer 2**30,861 Beautiful Sunflower White Background Stock Photos - Free &  Royalty-Free Stock Photos from Dreamstime |
| **Reception****ELG goals are incorporated within PE sessions with Years 1&2 below** | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Health and self-care**To know the importance of good health and physical exercise.To talk about ways to keep healthy and safe  | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Expressive Arts**To represent own ideas, thoughts and feelings through music and dance | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Health and self-care**To know the importance of good health and physical exercise.To talk about ways to keep healthy and safe | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Health and self-care**To know the importance of good health and physical exercise.To talk about ways to keep healthy and safe | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Health and self-care**To know the importance of good health and physical exercise.To talk about ways to keep healthy and safe | **ELG Physical development****Moving and handling**To show good control and co-ordination in large and small movementsTo move confidently in a range of ways, safely negotiating spaceTo handle equipment effectively**Health and self-care**To know the importance of good health and physical exercise.To talk about ways to keep healthy and safe |
| **KS1** |  **Football****Activity**I can move a ball in different ways with my dominant footI can move around a  space with a ball  keeping it closeI can change the direction of a ball**Collaboration**I can move a ball around in a space avoiding othersI can play by the rules**Challenge**I know how to  dribble a ball  with increasing  control I can adjust the  speed of a ball and  change direction I know how to use  my non- dominant  foot to aim**Team Building****Activity** I can complete warm up exercisesI can move around a space in different waysI can control my movements with feet and hands**Collaboration**I can communicate with my team to complete a challengeI can make sure everyone in my team is included**Challenge**I know how to use different strategies to complete a challengeI know how lead other pupils to complete a challenge |  **Tag Rugby****Activity**I can throw/pass a ballI can move into spaces to avoid defendersI can stop to pass a ball**Collaboration**I can play by the rulesI can look at my partner when passingI can keep the ball away from a defender**Challenge** I know how to pass  to my own and  my partner’s target  using my fingers and  hands I know how to step  into a pass and  move the ball away  from my body**Dance \*****Activity**I can move in time to a beatI can create actions and dance moves linked to a stimulusI can create dance moves with different parts of my body**Collaboration**I can listen to my partner’s ideas and incorporate them in a performanceI can move on time with others, following the music with dance movements**Challenge**I can create and perform a movement and balance sequence in time to musicI know how to give accurate descriptions of other pupils’ performances |  **Handball****Activity** I can throw a ball with controlI can catch a ball, bringing it towards my body**Collaboration**I can direct a ball to a receiver I can position myself in a space to receive a ballI can obstruct a ball**Challenge**I know how to create  a barrier with my  fingers, arms and  legs to stop a ball I can position  fielders I know how to keep  the score, observing  the rules of the  game**Gymnastics****Activity** I can move silently on apparatusI can make balanced shapes on ‘points’ and ‘patches’I can move under, over, through, along and across apparatus**Collaboration**I can share apparatus and space with other pupilsI can work with a partner to create poses on ‘points’ and ‘patches’**Challenge**I know how to combine two themes together to create a movementI know how to combine two themes together to create a shapeI know how to create a combination of movements and balance with a partner and evaluate performances  |  **Basketball****Activity**I can keep possession of a ball in different ways, bouncing, passing throwingI can bounce a ball with controlI can bounce a ball with one hand with control**Collaboration**I can take turns to throw underarm to a targetI can throw and catch a ball accurately with a partner**Challenge**I can dribble, stop and throw a ball accurately at a targetI can use strategies  to stop my  opponent’s team  reaching a target**Orienteering****Activity** I can identify simple symbols on a mapI can identify points on a map and locate them on a courseI can visit all the points across the course**Collaboration**I can work with a team to navigate between points across a course **Challenge**I know how to work out the quickest route across a courseI can complete a course in the shortest possible time  | **Athletics****Activity**I can jump and land safelyI can jump and land in the same placeI can perform a variety pf jumps:TuckStarHighFrog**Collaboration**I can take turns to jump and follow my partnerI can use my head, arms and legs to jump far and to a specified spot **Challenge**I can work with a  team to jump  specified lengths I can keep my  posture on landing**Swimming \*****Activity**I can blow bubbles in the waterI can travel through water using my arms and legsI can travel through water using supportsI can kick my legs on the water to make a splashes**Collaboration**I can work with a partner to travel through the water with floatsI can work with a team to perform a relay, moving through water in different ways**Challenge**I know how to tread water I know how to use my arms and legs to move through water with/out floats and support |  **Cricket****Activity**I can bowl a ball to a targetI can move a ball around a space with a bat, keeping it close to my batI can move the ball in different directionsI can bat a ball to a target **Collaboration**I can take turns with a partner to throw and bat a ballI can work with a partner to catch a ball hit off a bat**Challenge**I can throw and hit  a ball towards a  target I can pass a ball to a  partner towards a  target**Tennis****Activity** I can dribble a ball with a racket with increasing controlI can hit a ball with a racket in different directions**Collaboration**I can continue a rally with my partner, hitting the ball back and forth from rackets**Challenge**I know how to continue to keep a ball close to a racketI know how to control a ball to hit it different distances with a racket |
| **KS2****Cycle 1** | **Football****Activity**I can use a correct dribbling technique – head up and ball close to my feet, use of inside and outside of feetI can turn into space to keep possessionI can change speed and direction when dribbling**Collaboration**I can treat my team members with respectI can make sure all my team mates know how to dribble and passI can collaborate and respect the rules of the game**Challenge** I understand how  to dribble, pass  and move to score  points I can plan and  produce an attack  and create a  successful shooting  opportunity**Team Building****(based on Boccia)****Activity**I can send a ball accuratelyI can vary the power and speed of the ball based on the position of the jack **Collaboration**I can collaborate to keep a scoreI can take turns to officiate a game**Challenge**I know how to challenge myself to make improvements to my techniqueI can control my emotions even when an activity is challenging | **Tag Rugby****Activity**I can swing pass with my hands and follow a passI can pass and move with a ball to score a tryI can keep in front when running with the ball as an attacker**Collaboration**I can treat team members fairlyI can make sure everyone in my team knows how to pass and move with a ball**Challenge**I know how to be resilient when a defender forces me to make a mistakeI know how to pass a ball backwards whilst moving forwards **Dance****Activity**I can move with expression to show different moods (like weather)I can respond to music with appropriate actionsI can add three movements together**Collaboration**I can collaborate with partners supporting them to improveI can perform movements in unison**Challenge**I know how to explore a variety of ways to create sequencesI know how to include a change of level in my performance | **Handball** **Activity**I can adopt the correct passing technique – throwing my hand high above my shoulder and stepping into the passI can make my hands ready to create a target I understand where to pass a ball**Collaboration**I can collaborate and apply the rules of a gameI can switch between attacking and defending according to the rules of the game**Challenge**I can produce an attack and create shooting opportunitiesI can do my best even when my team are losing**Gymnastics** **Activity**I can move on a variety of apparatusI can execute balances to conclude a sequence**Collaboration**I can move in unison/canon with my partnerI can create a series of movements in unison that flow**Challenge**I can apply moves and balances to an excellent standardI can apply extension | **Basketball** **Activity**I can adopt a correct dribbling technique – knees bent, finger tips, strong wrists, head upI can continuously dribble and keep possession of a ball**Collaboration**I can collaborate with my team and the opposition**Challenge**I understand how to make it difficult for a defender to get possession of the ballI can change direction when pressure is applied by a defender**Orienteering****Activity** I can follow a map to  complete a pictureI can orientate a map correctly**Collaboration**I can help others with ideas on how to complete an activityI can cooperate with and encourage a partner**Challenge**I can show I know how work with a team to complete the activity as quickly as possibleI can take responsibility for others and lead effectively | **Athletics** **Activity**I can run and pump my armsI can run on the balls of my feetI can keep my head up whilst runningI can bend my legs when I take off and land**Collaboration**I can stay in lane when running**Challenge**I can strive to win races by applying all techniques to run with speed and accuracyI can help others with ideas to explore their jumping techniques**Swimming\***Children progressively build skills to:**Activity**I can begin to use a range of strokes efficientlyI can explain how to stay safe in water**Collaboration**I can swim a relay with my teamI can perform a rescue in water**Challenge**I can swim at least 25 metres by or before year 6 | **Cricket** **Activity**I can adjust my body and hand position to catch a ballI can demonstrate how to catch – eyes track the ball, head still, balanced body positionI can catch a ball when it is hit or thrown with speed**Collaboration**I can make suggestions to my team to help get the batter outI can show respect to team members, even when they make mistakes**Challenge**I know how to bat on both sides of my body to keep the ball away from fieldersI can vary the speed and angles of the ball when I am batting**Tennis****Activity**I can be ready to return a ballI can and return to the correct position to return a shot**Collaboration**I can collaborate to apply the rules and keep the scoreI can rally with a partner, placing the ball for assisted returns**Challenge**I can create space for the next shot by placing the ballI can adapt my tactics to improve my performance |
|  **KS2** **Cycle 2** | **Tennis****Activity**I can make contact with a ball after one bounceI can return a ball to my opponent’s side of the courtI can win a point**Collaboration**I can feed a shot for a successful return from my partnerI can collaborate with my partner to keep the score, applying the rules**Challenge**I know how to  adapt my tactics to  improve my  performance I can create space  for my next shot by  forcing my opponent  into a position**Team Building****Activity**I can show my understanding of passing and moving to score pointsI can adopt a good attacking technique, such as moving into a space **Collaboration**I can follow my partner’s movementsI can work with a partner to keep possession of a ball, experimenting with techniques to keep it**Challenge**I can identify the strengths and weaknesses of my team and suggest ways to make improvementsI understand the rules of a competitive game and try my best even when I am losing | **Tag Rugby****Activity**I can get a free pass by being taggedI can keep behind a player with the ballI can pass the ball forward whilst moving backwards**Collaboration**I can practice passing and moving whilst throwing a ball with my partnerI can encourage my partner when they make a mistake**Challenge**I know how to  produce an attack  which results in a  try I know how to  organise a defending  team to stop an  attack**Dance****Activity**I can move in character as a catI can include flow in my movementsI can move in time to the music with appropriate expressive actions**Collaboration**I can create a sequence in a pair using three linked movementsI can perform dance movements in unison**Challenge**I can create a well- timed routine which includes stage presence, rhythm and sustains a character | **Netball** **Activity**I can apply the correct stance when shootingI can make successful shotsI can be ready to interject for the rebound**Collaboration**I can work with a team to apply my knowledge of passing and moving to score points**Challenge**I know how to move fluidly between defending and attacking as possession changesI know how to create an attack to produce a shooting opportunity**Gymnastics****Activity**I can move into a bridge positionI can balance creating a bridgeI can create poses with different levels and connection points using different apparatus**Collaboration**I can execute balances in pairsI can execute moves over and under my partner’s bridge balance**Challenge**I know how to move with fluidity around a partner’s bridge balanceI understand how to form questions after receiving feedback about my routine | **Football** **Activity**I can identify a space when dribblingI can change speed and direction (turn) even when pressure is applied**Collaboration**I can take it in turns to be a defenderI can suggest ways for my team to improve**Challenge**I know tactics to suggest to my team to help them attack successfullyI can manage a game along with my peers, applying known rules**Orienteering****Activity**I can work out which team member should go first across pointsI can follow the points as a member of my team**Collaboration**I can work as part of a team to solve a problem and respond to a challengeI can identify the attributes of a successful team**Challenge**I know how to think tactically and offer ideas on how to solve a problemI can cave successfully with half the team at one end and the other half the the other end without breaking the cave | **Athletics** **Activity**I can complete an  underarm throwI can throw at distanceI can run at speed with driving leg actions**Collaboration**I can exchange a baton during relay with my palms up ready to receiveI can encourage my team mates to keep up their stamina**Challenge**I can work with my team to decide who should compete in an event, explaining whyI know how to run, jump and throw with the correct technique**Swimming \***Children progressively build skills to:**Activity**I can begin to use a range of strokes efficientlyI can explain how to stay safe in water**Collaboration**I can swim a relay with my teamI can perform a rescue in water**Challenge**I can swim at least 25 metres by or before year 6 | **Hockey** **Activity**I can hold a stick correctly – left hand on top and right hand lower down the stickI can dribble with my knees bent and back straight **Collaboration**I can work with a partner to practice roles as attacker and defenderI can support team members by making space for a pass**Challenge**I can pass and move accurately and consistentlyI know how to show respect for my team and my opponent team, regardless of a game’s outcome**Rounders****Activity**I can stop and return a ballI can bat a ball and score a point by getting to forth base first**Collaboration**I can throw quickly to my partner’s targetAs a fielder, I can keep the batter’s score as low as possible**Challenge**I know how to collaborate to solve any disagreements during a gameI know how to help my team mates make decisions through coaching and instructions |
| **Club** | **Football** | **Netball** | **Gymnastics** | **Football** | **Cricket/Rounders** |  |

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| **KS1** | **Tennis****Activity** I can repeatedly bounce a ball on a racket with increasing controlI can hit a ball with a racket at a target**Collaboration**I can continue a rally with my partner, hitting the ball back and forth, with one bounceI can hit a ball to my partner so they can catch it**Challenge**I know how to continue to keep a ball close to a racketI know how to hit a ball with a racket overarm and under arm**Team Building****Activity****Collaboration****Challenge** | **Activity**I can throw/pass a ball up and down a lineI can move into spaces to receive a ballI can stop when I am holding a ball and move after throwing it**Collaboration**I can learn and play by the rulesI can look at my team members when passingI can pass to attackers and keep the ball away from defenders**Challenge** I know how to aim  to my own and  my team’s target  using my fingers and  hands I know how to step  into a pass and  move the ball away  from my body  **Dance \*****Activity**I can copy and create movements in time to a beatI can mirror dance moves linked to a stimulusI can create dance moves with specific parts of my body**Collaboration**I can mirror my partner’s ideas and incorporate them in a performanceI can move in time with others, following the music with dance movements**Challenge**I know how to perform balanced movements in a sequence and in time to musicI know how to give accurate evaluations of my own and other pupils’ performances | **Netball** **Activity**I can use my body to aim (fingers, arms, feet)I can aim through a gate I can use one hand  to bounce a ball and  two hands to catch it**Collaboration**I can step into a throw to my partnerI can win or lose with dignityI can do chest and bounce passes and catch and return my partner’s**Challenge**I know how to play in a mini tournamentI know how to pass and move into a space to receive a pass**Gymnastics****Activity** I can hold poses on a mat I can make balanced shapes on ‘points’ and ‘patches’I can create fluid movements between poses**Collaboration**I can share a mat and hold poses with a partnerI can work with a partner to create poses on ‘points’ and ‘patches’**Challenge**I know how to combine two themes together to create a movementI know how to combine different themes together to create a sequence of posesI know how to create balanced poses with a partner and evaluate them | **Football** **Activity**I can move a ball with the inside and outside of my feetI can dribble a ballI can move a ball away from a tackle**Collaboration**I can move a ball around a space and pass to othersI can play by the rules**Challenge**I know how to  dribble, pass and  stop a ball  with increasing  control I know how to adjust  the speed of a ball  and change  direction I can use strategies  and tactics to keep  the ball away from  the defender **Orienteering****Activity** I can identify a range of symbols on a mapI can identify points on a map and locate them on different coursesI can visit all the points across the course**Collaboration**I can work with a team to navigate between points across a courseI can work with a team to plot points across a course**Challenge**I know how to work out the quickest route across a courseI can complete a course in the shortest possible time  | **Athletics** **Activity**I can move using different parts of my bodyI can move out of a roll with a balance or a moveI can use different parts of my body to roll**Collaboration**I can take it in turns to roll on a mat, creating a flow of movementI can create a range of movements with a partner and hold a pose**Challenge**I know three moves and one balance I can show in a sequence**Swimming\*****Activity**I can put my face in waterI can travel through water in different ways using my arms and legsI can travel through water using different floatsI can kick my legs on the water to make a splashes**Collaboration**I can work with a partner to travel through the water with floatsI can work with a team to perform a relay, moving through water in different ways**Challenge**I know how to kick my legs to move through water whilst holding a floatI know how to use my arms and legs to move through water with/out floats and support | **Hockey** **Activity**I can hit a ball with a hockey stick to score pointsI can hit a ball through a gate with a hockey stickI can dribble a ball through a series of gates**Collaboration**I can work with my partner to use a hockey stick to hit targets and score pointsI can treat my team and other team members with respect**Challenge**I can outwit my opponents when striking and passingI can strike the ball into the scoring zone**Rounders****Activity**I can bowl a ball towards a batterI can hit a ball bowled to me with a batI can hit a ball with a bat in a chosen direction**Collaboration**I can work with a group of fielders to pass a ballI can pass a ball back to a bowler**Challenge**I can communicate strategies with my teamI can direct a ball away from fielders when batting |
| **KS2** **Cycle 3** | **Football****Activity**I can pass accurately keeping possessionI can receive a ball at pace in spaceI can keep possession for increasingly sustained periods of timeI can aim at the sides of a goal**Collaboration**I can collaborate to choose an accurate place to shot fromI can keep possession to give my partner practice shots**Challenge**I can build up the  power of my  shooting I can create a range  of attacking and  defending  opportunities **Team Building****(Boccia)****Activity**I can send a ball accuratelyI can collaborate and keep a scoreI can consistently hit a target**Collaboration**I can collaborate with members of my team and treat them with respect**Challenge**I know how to make effective decisions about deciding on what targets to aim forI know how to apply the rules of the game to a challenge | **Tag Rugby** **Activity**I can tag correctlyI can support the attacker who has the ballI can choose suitable positions to receive the ball once a player has been tagged**Collaboration**I can work with a partner to understand when and where to tagI encourage other players to continue to try and tag the ball carrier even when not immediately successful**Challenge**I know how to adopt a formation once a tag has been madeI can show I know how to successfully apply myself in a roll in a game**Dance****Activity**I can create my own street artist ‘tag’I can use apparatus to support a dance**Collaboration**I can create a motif with a partner that includes both ‘tags’ I can work with a partner to add changes of speed and level in my performance**Challenge**I can work hard to improve my performanceI can evaluate individual and group performance to improve | **Handball****Activity**I can apply the correct stance when shootingI can switch fluidly between attack and defence positions depending on the position of a game**Collaboration**I can work with a partner to improve my understanding of how to pass and move to score points against the other teamI can collaborate to apply the rules of a game**Challenge**I know ways draw the goal keeper over to create a space for a shotI know how to identify the best areas to shoot from**Gymnastics****Activity**I can execute a variety of jumps and land safelyI can create a sequence with three jumps and two linking movements with flowI know how to perform a jump safely**Collaboration**I can make improvements to a sequence after receiving feedbackI can explore executing different types of jumps with a partner – straight, tuck, star, straddle hop and leap**Challenge**I know how to keep challenging myself to make improvementsI can make changes of speed in my movements and show timing | **Basketball****Activity**I can execute and chest and bounce pass accuratelyI can consistently dribble a ball**Collaboration**I can bounce and chest pass in teamsI can dribble a ball, stop and pass it to members of my team **Challenge**I understand the  roles of an attacker  and defender and  can apply them to a  game I can take part in a  round robin  tournament,  applying my  understanding of the  rules of the game I understand the  rules and can  enforce them in the  role of referee**Orienteering****Activity**I can use a map and key to navigate to the right placeI can locate items on a map on a course**Collaboration**Working within a team, I can locate and find pointsI can locate points as a pair and continue quickly**Challenge**I know how to take responsibility for others and lead them in an effective wayI know how to plan a route correctly |  **Athletics****(shot put and hurdles)****Activity**I can use the correct technique to push the shot putI can extend as I releaseI can transfer my body weight to push the shot put furtherI can push, not throw the shot put**Collaboration**I can experiment with my partner finding a number of different ways to throwI can evaluate my peers’ methods and give them feedback**Challenge**I know how to employ an accurate stance combined with a well -timed release to throw I can apply head, arm and foot technique (running) when clearing a hurdle**Swimming\***Children progressively build skills to:**Activity**I can begin to use a range of strokes efficientlyI can explain how to stay safe in water**Collaboration**I can swim a relay with my teamI can perform a rescue in water**Challenge**I can swim at least 25 metres by or before year 6 | **Cricket****Activity**I can bat to both sides of my bodyI can change batting techniques according to the gameI can put pressure on fielders when batting through accurate placement of the ball**Collaboration**I can communicate with my batting partner when battingI can work with my team to understand the role of each fielding position**Challenge**I know how to apply tactics to playing th game such as adjusting my bowling technique to those batting or batting technique to those bowling**Tennis****Activity**I can hit the ball fore hand and back hand with increasing accuracy**Collaboration**I can work with a partner to rally, allowing space to place and return the ballI can play in mini tournaments moving up and down the courtI can continue to do my best, despite the outcome of gamesI can work with a doubles partner**Challenge**I know how to keep the score of a ladder tournament, applying the rules of the gameI can adjust my shot selection based on the position of my opponent |
| **KS2** **Cycle 4** | **Tennis****Activity**I can serve a ballI can serve a ball to a selected part of the courtI can return a serve**Collaboration**I can rally with a partnerI can practice placing shots with a partner to improve accuracy and techniqueI can collaborate with my doubles partner**Challenge**I know how to umpire a game, applying the rules consistently**Team Building****Activity**I can complete warm up and cool down exercises**Collaboration**I can complete fitness assessments in a pairI can discuss the impact of exercise on my body with my partner and work on personal targets**Challenge**I can encourage my partner and take encouragement from my partner to improve on my personal best | **Tag Rugby** **Activity**I can pass and move consistently and accuratelyI can release the ball quickly once I have been taggedI can receive a pass when running**Collaboration**I can pass, move and create space to score when playing against another teamI can work with my team to create a range of shooting opportunities**Challenge**I understand and know how to apply different tactics to roles I take in a gameI understand the rules and can implement them fairly when refereeing a game**Dance****Activity**I can stamp and move to the rhythm of a drumI can create dance moves inspired by a dance style eg SambaI can make my moves with expression**Collaboration**I can work with a partner to create and practice damce movementsI can create a sequence with my partner which involves different speeds of movement**Challenge**I know how to work in a position as leader and follower in a dance sequenceI can perform as part of a larger group with high energy | **Netball** **Activity**I can receive a ball at increasing pace in a spaceI can work on making 5 consecutive passesI can work on making passes with least chance of interception**Collaboration**I can work in a team to pass around a defenderI can play in a round robin tournament, applying my knowledge of the role of an attacker and a defender**Challenge**I know the rules and can apply them when a game is competitiveI can explain the tactics that have been employed in a game**Gymnastics****Activity**I can include flow between movements I have made on the floor and using apparatusI can include a change of speed in my movements**Collaboration**I can create a pair matching sequence with my partnerI can explore a variety of ways to move and echo movement**Challenge**I know how to create and evaluate a pair matching sequence on apparatusI know how to formulate questions about my performance in response to feedback | **Football** **Activity**I can refine my skills in passing and receiving a ballI can move between positions of attack and defense depending on my position in a gameI can prevent an attacker passing me by adopting a defensive position**Collaboration**I can communicate positively to my team to improve performanceI can be part of organising a team so everyone has marking responsibility**Challenge**I know how to act in the role of team captain, leading and organising a teamI can apply a range of attack and defense tactics when playing as part of a team**Orienteering****Activity**I can identify and carry out my role in a teamI can ensure I adopt appropriate body positions to complete the challenge**Collaboration**I can participate in problem solving activities as part of a teamI can suggest ways to complete a challenge and trail them, evaluating success**Challenge**I know how to think tactically and suggest and carry out ideas for completing a challenge | **Athletics** **Activity**I can pace myself when sprintingI can pump my arms, use the balls of my feet and focus forward when sprinting**Collaboration**I can collaborate and run as a teamI can compete fairly, applying rules of each event**Challenge**I know how to run, jump and throw consistently applying the correct techniqueI know who should compete in each event and explain why**Swimming**Children progressively build skills to:**Activity**I can begin to use a range of strokes efficientlyI can explain how to stay safe in water**Collaboration**I can swim a relay with my teamI can perform a rescue in water**Challenge**I can swim at least 25 metre by or before year 6 | **Hockey** **Activity**I can pass, dribble and move to score points I can hit a ball with  my stick with  increasing  accuracyI can keep possession for increasing periods of time**Collaboration**I can plan attack with my team and provide shooting opportunityI can work in a team and make sure everyone understands their role and is motivated**Challenge**I can explain the tactics used in a game, showing my understanding of the rules**Rounders****Activity**I can throw accurately underarm when bowling and fieldingI can return a ball quickly with increasing accuracy**Collaboration**I can throw a ball quickly to my team members’ targetI can back up my team when fielding**Challenge**I know how and when to make adaptations to team members I know how to play tactically in a range of positions |
| **Club** | **Tag Rugby** | **Gymnastics** | **Football** | **Tennis** | **Cricket/Rounders** |  |

\*Dance objectives may vary due to different styles taught, including during enrichment days

\* Swimming term may change depending on pool booking