

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 movements  To move confidently in a range of ways, safely negotiating space  To 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 movements  To move confidently in a range of ways, safely negotiating space  To 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 movements  To move confidently in a range of ways, safely negotiating space  To 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 movements  To move confidently in a range of ways, safely negotiating space  To 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 movements  To move confidently in a range of ways, safely negotiating space  To 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 movements  To move confidently in a range of ways, safely negotiating space  To 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 foot  I can move around a  space with a ball  keeping it close  I can change the direction of a ball  **Collaboration**  I can move a ball around in a space avoiding others  I 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 exercises  I can move around a space in different ways  I can control my movements with feet and hands  **Collaboration**  I can communicate with my team to complete a challenge  I can make sure everyone in my team is included  **Challenge**  I know how to use different strategies to complete a challenge  I know how lead other pupils to complete a challenge | **Tag Rugby**  **Activity**  I can throw/pass a ball  I can move into spaces to avoid defenders  I can stop to pass a ball  **Collaboration**  I can play by the rules  I can look at my partner when passing  I 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 beat  I can create actions and dance moves linked to a stimulus  I can create dance moves with different parts of my body  **Collaboration**  I can listen to my partner’s ideas and incorporate them in a performance  I 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 music  I know how to give accurate descriptions of other pupils’ performances | **Handball**  **Activity**  I can throw a ball with control  I 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 ball  I 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 apparatus  I 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 pupils  I can work with a partner to create poses on ‘points’ and ‘patches’  **Challenge**  I know how to combine two themes together to create a movement  I know how to combine two themes together to create a shape  I 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 throwing  I can bounce a ball with control  I can bounce a ball with one hand with control  **Collaboration**  I can take turns to throw underarm to a target  I can throw and catch a ball accurately with a partner  **Challenge**  I can dribble, stop and throw a ball accurately at a target  I can use strategies  to stop my  opponent’s team  reaching a target  **Orienteering**  **Activity**  I can identify simple symbols on a map  I can identify points on a map and locate them on a course  I 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 course  I can complete a course in the shortest possible time | **Athletics**  **Activity**  I can jump and land safely  I can jump and land in the same place  I can perform a variety pf jumps:  Tuck  Star  High  Frog  **Collaboration**  I can take turns to jump and follow my partner  I 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 water  I can travel through water using my arms and legs  I can travel through water using supports  I can kick my legs on the water to make a splashes  **Collaboration**  I can work with a partner to travel through the water with floats  I 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 target  I can move a ball around a space with a bat, keeping it close to my bat  I can move the ball in different directions  I can bat a ball to a target  **Collaboration**  I can take turns with a partner to throw and bat a ball  I 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 control  I 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 racket  I 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 feet  I can turn into space to keep possession  I can change speed and direction when dribbling  **Collaboration**  I can treat my team members with respect  I can make sure all my team mates know how to dribble and pass  I 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 accurately  I can vary the power and speed of the ball based on the position of the jack  **Collaboration**  I can collaborate to keep a score  I can take turns to officiate a game  **Challenge**  I know how to challenge myself to make improvements to my technique  I can control my emotions even when an activity is challenging | **Tag Rugby**  **Activity**  I can swing pass with my hands and follow a pass  I can pass and move with a ball to score a try  I can keep in front when running with the ball as an attacker  **Collaboration**  I can treat team members fairly  I 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 mistake  I 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 actions  I can add three movements together  **Collaboration**  I can collaborate with partners supporting them to improve  I can perform movements in unison  **Challenge**  I know how to explore a variety of ways to create sequences  I 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 pass  I 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 game  I can switch between attacking and defending according to the rules of the game  **Challenge**  I can produce an attack and create shooting opportunities  I can do my best even when my team are losing  **Gymnastics**  **Activity**  I can move on a variety of apparatus  I can execute balances to conclude a sequence  **Collaboration**  I can move in unison/canon with my partner  I can create a series of movements in unison that flow  **Challenge**  I can apply moves and balances to an excellent standard  I can apply extension | **Basketball**  **Activity**  I can adopt a correct dribbling technique – knees bent, finger tips, strong wrists, head up  I 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 ball  I can change direction when pressure is applied by a defender  **Orienteering**  **Activity**  I can follow a map to  complete a picture  I can orientate a map correctly  **Collaboration**  I can help others with ideas on how to complete an activity  I 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 possible  I can take responsibility for others and lead effectively | **Athletics**  **Activity**  I can run and pump my arms  I can run on the balls of my feet  I can keep my head up whilst running  I 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 accuracy  I 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 efficiently  I can explain how to stay safe in water  **Collaboration**  I can swim a relay with my team  I 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 ball  I can demonstrate how to catch – eyes track the ball, head still, balanced body position  I 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 out  I 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 fielders  I can vary the speed and angles of the ball when I am batting  **Tennis**  **Activity**  I can be ready to return a ball  I can and return to the correct position to return a shot  **Collaboration**  I can collaborate to apply the rules and keep the score  I can rally with a partner, placing the ball for assisted returns  **Challenge**  I can create space for the next shot by placing the ball  I can adapt my tactics to improve my performance |
| **KS2**  **Cycle 2** | **Tennis**  **Activity**  I can make contact with a ball after one bounce  I can return a ball to my opponent’s side of the court  I can win a point  **Collaboration**  I can feed a shot for a successful return from my partner  I 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 points  I can adopt a good attacking technique, such as moving into a space  **Collaboration**  I can follow my partner’s movements  I 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 improvements  I 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 tagged  I can keep behind a player with the ball  I can pass the ball forward whilst moving backwards  **Collaboration**  I can practice passing and moving whilst throwing a ball with my partner  I 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 cat  I can include flow in my movements  I can move in time to the music with appropriate expressive actions  **Collaboration**  I can create a sequence in a pair using three linked movements  I 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 shooting  I can make successful shots  I 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 changes  I know how to create an attack to produce a shooting opportunity  **Gymnastics**  **Activity**  I can move into a bridge position  I can balance creating a bridge  I can create poses with different levels and connection points using different apparatus  **Collaboration**  I can execute balances in pairs  I can execute moves over and under my partner’s bridge balance  **Challenge**  I know how to move with fluidity around a partner’s bridge balance  I understand how to form questions after receiving feedback about my routine | **Football**  **Activity**  I can identify a space when dribbling  I can change speed and direction (turn) even when pressure is applied  **Collaboration**  I can take it in turns to be a defender  I can suggest ways for my team to improve  **Challenge**  I know tactics to suggest to my team to help them attack successfully  I can manage a game along with my peers, applying known rules  **Orienteering**  **Activity**  I can work out which team member should go first across points  I 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 challenge  I can identify the attributes of a successful team  **Challenge**  I know how to think tactically and offer ideas on how to solve a problem  I 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 throw  I can throw at distance  I can run at speed with driving leg actions  **Collaboration**  I can exchange a baton during relay with my palms up ready to receive  I 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 why  I 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 efficiently  I can explain how to stay safe in water  **Collaboration**  I can swim a relay with my team  I 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 stick  I can dribble with my knees bent and back straight  **Collaboration**  I can work with a partner to practice roles as attacker and defender  I can support team members by making space for a pass  **Challenge**  I can pass and move accurately and consistently  I 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 ball  I can bat a ball and score a point by getting to forth base first  **Collaboration**  I can throw quickly to my partner’s target  As 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 game  I 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 control  I 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 bounce  I 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 racket  I 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 line  I can move into spaces to receive a ball  I can stop when I am holding a ball and move after throwing it  **Collaboration**  I can learn and play by the rules  I can look at my team members when passing  I 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 beat  I can mirror dance moves linked to a stimulus  I can create dance moves with specific parts of my body  **Collaboration**  I can mirror my partner’s ideas and incorporate them in a performance  I 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 music  I 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 partner  I can win or lose with dignity  I can do chest and bounce passes and catch and return my partner’s  **Challenge**  I know how to play in a mini tournament  I 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 partner  I can work with a partner to create poses on ‘points’ and ‘patches’  **Challenge**  I know how to combine two themes together to create a movement  I know how to combine different themes together to create a sequence of poses  I 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 feet  I can dribble a ball  I can move a ball away from a tackle  **Collaboration**  I can move a ball around a space and pass to others  I 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 map  I can identify points on a map and locate them on different courses  I can visit all the points across the course  **Collaboration**  I can work with a team to navigate between points across a course  I can work with a team to plot points across a course  **Challenge**  I know how to work out the quickest route across a course  I can complete a course in the shortest possible time | **Athletics**  **Activity**  I can move using different parts of my body  I can move out of a roll with a balance or a move  I 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 movement  I 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 water  I can travel through water in different ways using my arms and legs  I can travel through water using different floats  I can kick my legs on the water to make a splashes  **Collaboration**  I can work with a partner to travel through the water with floats  I 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 float  I 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 points  I can hit a ball through a gate with a hockey stick  I 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 points  I can treat my team and other team members with respect  **Challenge**  I can outwit my opponents when striking and passing  I can strike the ball into the scoring zone  **Rounders**  **Activity**  I can bowl a ball towards a batter  I can hit a ball bowled to me with a bat  I can hit a ball with a bat in a chosen direction  **Collaboration**  I can work with a group of fielders to pass a ball  I can pass a ball back to a bowler  **Challenge**  I can communicate strategies with my team  I can direct a ball away from fielders when batting |
| **KS2**  **Cycle 3** | **Football**  **Activity**  I can pass accurately keeping possession  I can receive a ball at pace in space  I can keep possession for increasingly sustained periods of time  I can aim at the sides of a goal  **Collaboration**  I can collaborate to choose an accurate place to shot from  I 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 accurately  I can collaborate and keep a score  I 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 for  I know how to apply the rules of the game to a challenge | **Tag Rugby**  **Activity**  I can tag correctly  I can support the attacker who has the ball  I 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 tag  I 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 made  I 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 performance  I can evaluate individual and group performance to improve | **Handball**  **Activity**  I can apply the correct stance when shooting  I 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 team  I can collaborate to apply the rules of a game  **Challenge**  I know ways draw the goal keeper over to create a space for a shot  I know how to identify the best areas to shoot from  **Gymnastics**  **Activity**  I can execute a variety of jumps and land safely  I can create a sequence with three jumps and two linking movements with flow  I know how to perform a jump safely  **Collaboration**  I can make improvements to a sequence after receiving feedback  I 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 improvements  I can make changes of speed in my movements and show timing | **Basketball**  **Activity**  I can execute and chest and bounce pass accurately  I can consistently dribble a ball  **Collaboration**  I can bounce and chest pass in teams  I 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 place  I can locate items on a map on a course  **Collaboration**  Working within a team, I can locate and find points  I can locate points as a pair and continue quickly  **Challenge**  I know how to take responsibility for others and lead them in an effective way  I know how to plan a route correctly | **Athletics**  **(shot put and hurdles)**  **Activity**  I can use the correct technique to push the shot put  I can extend as I release  I can transfer my body weight to push the shot put further  I can push, not throw the shot put  **Collaboration**  I can experiment with my partner finding a number of different ways to throw  I 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 efficiently  I can explain how to stay safe in water  **Collaboration**  I can swim a relay with my team  I 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 body  I can change batting techniques according to the game  I can put pressure on fielders when batting through accurate placement of the ball  **Collaboration**  I can communicate with my batting partner when batting  I 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 ball  I can play in mini tournaments moving up and down the court  I can continue to do my best, despite the outcome of games  I can work with a doubles partner  **Challenge**  I know how to keep the score of a ladder tournament, applying the rules of the game  I can adjust my shot selection based on the position of my opponent |
| **KS2**  **Cycle 4** | **Tennis**  **Activity**  I can serve a ball  I can serve a ball to a selected part of the court  I can return a serve  **Collaboration**  I can rally with a partner  I can practice placing shots with a partner to improve accuracy and technique  I 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 pair  I 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 accurately  I can release the ball quickly once I have been tagged  I can receive a pass when running  **Collaboration**  I can pass, move and create space to score when playing against another team  I 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 game  I understand the rules and can implement them fairly when refereeing a game  **Dance**  **Activity**  I can stamp and move to the rhythm of a drum  I can create dance moves inspired by a dance style eg Samba  I can make my moves with expression  **Collaboration**  I can work with a partner to create and practice damce movements  I 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 sequence  I can perform as part of a larger group with high energy | **Netball**  **Activity**  I can receive a ball at increasing pace in a space  I can work on making 5 consecutive passes  I can work on making passes with least chance of interception  **Collaboration**  I can work in a team to pass around a defender  I 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 competitive  I 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 apparatus  I can include a change of speed in my movements  **Collaboration**  I can create a pair matching sequence with my partner  I can explore a variety of ways to move and echo movement  **Challenge**  I know how to create and evaluate a pair matching sequence on apparatus  I know how to formulate questions about my performance in response to feedback | **Football**  **Activity**  I can refine my skills in passing and receiving a ball  I can move between positions of attack and defense depending on my position in a game  I can prevent an attacker passing me by adopting a defensive position  **Collaboration**  I can communicate positively to my team to improve performance  I 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 team  I 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 team  I can ensure I adopt appropriate body positions to complete the challenge  **Collaboration**  I can participate in problem solving activities as part of a team  I 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 sprinting  I can pump my arms, use the balls of my feet and focus forward when sprinting  **Collaboration**  I can collaborate and run as a team  I can compete fairly, applying rules of each event  **Challenge**  I know how to run, jump and throw consistently applying the correct technique  I 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 efficiently  I can explain how to stay safe in water  **Collaboration**  I can swim a relay with my team  I 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  accuracy  I can keep possession for increasing periods of time  **Collaboration**  I can plan attack with my team and provide shooting opportunity  I 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 fielding  I can return a ball quickly with increasing accuracy  **Collaboration**  I can throw a ball quickly to my team members’ target  I 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