



Pleasant Street Primary School – PE Progression and Coverage



Understanding the World Science Links - Nursery, Reception

EYFS Statutory Educational Programme: Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Taken from Non-Statutory guidance Development Matters3- & 4-Year Olds will be learning to:	Taken from Non-Statutory guidance Development Matters Reception will be learning to:	Early Learning Goal at the end of Reception children at the expected level of development will:
<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>	<p>Revise and refine the fundamental movement skills they have already acquired: <i>(rolling, crawling, walking, jumping, running, hopping, skipping, climbing)</i></p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>ELG: Gross Motor Skills</p> <p>Children at the expected level of development will:</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>



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Year 1

Prior Knowledge

Physical Development Early Learning Goal: Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Invasion Sports	Dance	Gymnastics	Strike and Field	Athletics	Net and wall
<p>Improve hand, feet and eye coordination.</p> <p>Improve core stability.</p> <p>Pass and catch a ball.</p> <p>Bounce a ball using one hand.</p> <p>Control a ball using the foot.</p> <p>Kick a ball at a target.</p>	<p>Perform basic body actions.</p> <p>Use different parts of the body singly and in combination.</p> <p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p>Choose appropriate movements for different dance ideas.</p> <p>Remember and repeat short dance phrases and simple dances.</p> <p>Move with control.</p> <p>Vary the way they use space,</p> <p>Describe basic body actions and simple expressive and dynamic qualities of movement.</p>	<p>Develop basic control and coordination when travelling and balancing.</p> <p>Develop basic jumping movements.</p> <p>Carry out basic rolls.</p> <p>Carry and place appropriate apparatus safely with guidance.</p> <p>Instill the importance of a good warm-up and cool down.</p> <p>Work safely and avoid accidental contact.</p> <p>Have a basic knowledge of vocabulary used within the lesson.</p>	<p>Send an object with confidence using bat or foot.</p> <p>Move towards a travelling object, and return using hand.</p> <p>Chase, stop and collect a ball.</p> <p>Apply skills to win points.</p> <p>Demonstrate basic throwing skills towards a target.</p>	<p>Evaluate their performance using time.</p> <p>Understand quicker and slower ways of travelling.</p> <p>Develop fundamental movement skills such as hopping and skipping.</p> <p>Examine a variety of throwing techniques to increase variety.</p> <p>Engage in competition and cooperation physical activities in a range of increasingly challenging situations.</p>	<p>Control, step and send a ball, using a racquet.</p> <p>Enable pupils to work with a partner to improve throwing skills.</p> <p>Use equipment correctly and safely.</p> <p>Hit a ball on both sides of their body.</p> <p>Work in pairs, to achieve the successful application of the skill of hitting a ball with a racquet.</p> <p>Dodge, using dynamic movement.</p> <p>Throw with power and accuracy.</p>



Pleasant Street Primary School – PE Progression and Coverage



Year 2

Prior Knowledge

<p>(Y1): Improve hand, feet and eye coordination.</p> <p>Improve core stability.</p> <p>Pass and catch a ball.</p> <p>Bounce a ball using one hand.</p> <p>Control a ball using the foot.</p> <p>Kick a ball at a target.</p>	<p>(Y1): Perform basic body action.</p> <p>Use different parts of the body singly and in combination.</p> <p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p>Choose appropriate movements for different dance ideas</p> <p>Remember and repeat short dance phrases and simple dances.</p> <p>Move with control.</p> <p>Vary the way they use space.</p> <p>Describe basic body actions and simple expressive and dynamic qualities of movement.</p>	<p>(Y1): Develop basic control and coordination when travelling and balancing.</p> <p>Develop basic jumping movements.</p> <p>Carry out basic rolls.</p> <p>Carry and place appropriate apparatus safely with guidance.</p> <p>Instill the importance of a good warm-up and cool down.</p> <p>Work safely and avoid accidental contact.</p> <p>Have a basic knowledge of vocabulary used within the lesson.</p>	<p>(Y1): Send an object with confidence using bat or foot.</p> <p>Move towards a travelling object, and return using hand.</p> <p>Chase, stop and collect ball.</p> <p>Apply skills to win points.</p> <p>Demonstrate basic throwing skills towards a target.</p>	<p>(Y1): Evaluate their performance using time.</p> <p>Understand quicker and slower ways of travelling.</p> <p>Develop fundamental movement skills such as hopping and skipping.</p> <p>Examine a variety of throwing techniques to increase variety.</p> <p>Engage in competition and cooperation physical activities in a range of increasingly challenging situations.</p>	<p>(Y1): Control, step and send a ball, using a racquet</p> <p>Enable pupils to work with a partner to improve throwing skills</p> <p>Use equipment correctly and safely</p> <p>Hit a ball on both sides of their body</p> <p>Work in pairs, to achieve the successful application of the skill of hitting a ball with a racquet</p> <p>Dodge, using dynamic movement</p> <p>Throw with power and accuracy</p>
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Invasion Sports

Dance

Gymnastics

Strike and Field

Athletics

Net and Wall

<p>Pass and catch a ball with more accuracy and consistency.</p> <p>Improve footwork skills.</p> <p>Bounce a ball using one hand with control and confidence.</p> <p>Demonstrate the correct technique when throwing a ball into a basketball hoop.</p> <p>Improve control of a ball using the feet.</p> <p>Understand the concept of a team game and its rules.</p> <p>Start to understand how to find space and support teammates.</p>	<p>Perform body actions with control and coordination.</p> <p>Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling.</p> <p>Link actions.</p> <p>Remember and repeat dance phrases.</p> <p>Perform short dances, showing an understanding of expressive qualities.</p> <p>Describe how dancing affects their body.</p> <p>Know why it is important to be active.</p> <p>Suggest ways they could improve their work.</p> <p>Be able to link and perform a series of movements based on imaginary characters.</p>	<p>Improve and increase repetition of rolls learnt.</p> <p>Move smoothly from a position of balance/shape to a travelling movement and then back to another balance/shape.</p> <p>Use different combinations of floor mats and apparatus, showing control, accuracy and fluency.</p> <p>Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.</p> <p>Recognise and describe how they feel after exercise.</p> <p>Recognise and avoid risks when handling and placing apparatus.</p>	<p>Send an object with increased confidence using bat or foot.</p> <p>Move towards a travelling object, and return with an accurate throw.</p> <p>Chase, stop and collect ball.</p> <p>Apply skills to win points.</p> <p>Identify space to send ball.</p> <p>Demonstrate basic throwing skills towards a target.</p>	<p>Attempt a variety of throwing techniques in order to improve accuracy.</p> <p>Know and understand how the position of the body affects throwing performance.</p> <p>Develop fundamental movement skills by becoming increasingly competent and confident, and access a broad range of activities to improve their agility, balance and coordination.</p> <p>Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p> <p>Perform 1:2, 2:2, 2:1 and 1:1 jumps.</p> <p>Understand how different jumping techniques affect distance travelled.</p>	<p>Demonstrate basic sending skills in pairs.</p> <p>Track the path of a ball over a line/net and move towards it.</p> <p>Hit a ball using hand or racquet with some consistency.</p> <p>Hit the ball on both sides of the body.</p> <p>Use equipment correctly.</p> <p>Be safe using racquet.</p> <p>Control a ball on a racquet using individual skills.</p> <p>Throw and dodge, using dynamic movement.</p>
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Pleasant Street Primary School – PE Progression and Coverage



Year 3

Prior Knowledge

<p>(Y2): Pass and catch a ball with more accuracy and consistency. Improve footwork skills. Bounce a ball using one hand with control and confidence. Demonstrate the correct technique when throwing a ball into a basketball hoop. Improve control of a ball using the feet. Understand the concept of a team game and its rules. Start to understand how to find space and support teammates.</p>	<p>(Y2): Perform body actions with control and coordination. Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. Link actions. Remember and repeat dance phrases. Perform short dances, showing an understanding of expressive qualities. Describe how dancing affects their body. Know why it is important to be active. Suggest ways they could improve their work. Be able to link and perform a series of movements based on imaginary characters.</p>	<p>(Y2): Improve and increase repetition of rolls learnt. Move smoothly from a position of balance/shape to a travelling movement and then back to another balance/shape. Use different combinations of floor mats and apparatus, showing control, accuracy and fluency. Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end. Recognise and describe how they feel after exercise. Recognise and avoid risks when handling and placing apparatus.</p>	<p>(Y2): Send an object with increased confidence using bat or foot. Move towards a travelling object, and return with an accurate throw. Chase, stop and collect a ball. Apply skills to win points. Identify space to send ball. Demonstrate basic throwing skills towards a target.</p>	<p>(Y2): Attempt a variety of throwing techniques in order to improve accuracy. Know and understand how the position of the body affects throwing performance. Develop fundamental movement skills by becoming increasingly competent and confident, and access a broad range of activities to improve their agility, balance and coordination. Engage in competitive and cooperative physical activities in a range of increasingly challenging situations. Perform 1:2, 2:2, 2:1 and 1:1 jumps. Understand how different jumping techniques affect distance travelled.</p>	<p>(Y2): Demonstrate basic sending skills in pairs. Track the path of a ball over a line/net and move towards it. Hit a ball using hand or racquet with some consistency. Hit the ball on both sides of the body. Use equipment correctly. Be safe using racquet. Control a ball on a racquet using individual skills. Throw and dodge, using dynamic movement.</p>
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Invasion Sports

Dance

Gymnastics

Strike and Field

Athletics

Net and Wall

<p>Develop dribbling and shooting skills using different body parts and equipment. Improve individual basketball bouncing skills using alternate hands. Demonstrate correct shooting technique into a basketball net. Improve control of a ball using the feet. Encourage teamwork and understand their role within a game. Apply skills to different games. Highlight safe practice. Be aware of different warming-up and cooling down activities.</p>	<p>Improvise freely, translating ideas from a stimulus into movement. Create dance phases that communicate ideas. Share and create dance phases with a partner and in a small group. Repeat, remember and perform these phases in a dance. Use dynamic, rhythmic and expressive qualities clearly, with control. Understand the importance of warming up and cooling down. Recognise and talk about the movements used and the expressive qualities of dance. Suggest improvements to their own and other people's dances.</p>	<p>Work with a partner to perform different balance actions. Continually improve the various learnt rolls to perfect skills. Explore combinations of floormats and apparatus, and find different ways of using a shape, balance or travel. Be aware of the importance of warming up. Devise and perform a gymnastic sequence, showing a clear beginning, middle and end. Recognise and avoid risks when handling and placing apparatus. Have awareness of the space around them.</p>	<p>Catch and pass in pairs. Use a variety of throwing techniques. Strike a ball using a variety of different equipment. Track a moving target, retrieve and return. Comprehend the rules of the games. Use equipment correctly and safely.</p>	<p>Run at fast, medium and slow speeds, changing speed and direction. Run, jump and throw using a variety of techniques. Know and understand how altering the movement of any part of the body during performance affects end results. Learn to use skills in different ways and link them to make action. Develop an understanding of how to improve in different physical activities. Make students aware of different warming-up and cooling down activities.</p>	<p>Improve forehand and backhand shots Perform an under arm serve Work with partner to perform a continuous rally Keep control of a ball Use the racquet in a safe and correct way Perform a volley and dig in volleyball Play a simplified game of volleyball</p>
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Pleasant Street Primary School – PE Progression and Coverage



Year 4

Prior Knowledge

<p>(Y3): Develop dribbling and shooting skills using different body parts and equipment.</p> <p>Improve individual basketball bouncing skills using alternate hands.</p> <p>Demonstrate correct shooting technique into a basketball net.</p> <p>Improve control of a ball using the feet.</p> <p>Encourage teamwork and understand their role within a game.</p> <p>Apply skills to different games.</p> <p>Highlight safe practice.</p> <p>Make students aware of different warming-up and cooling down activities.</p>	<p>(Y3): Improvise freely, translating ideas from a stimulus into movement.</p> <p>Create dance phases that communicate ideas.</p> <p>Share and create dance phases with a partner and in a small group.</p> <p>Repeat, remember and perform these phases in a dance.</p> <p>Use dynamic, rhythmic and expressive qualities clearly, with control.</p> <p>Understand the importance of warming up and cooling down.</p> <p>Recognise and talk about the movements used and the expressive qualities of dance.</p> <p>Suggest improvements to their own and other people's dances.</p>	<p>(Y3): Work with a partner to perform different balance actions.</p> <p>Continually improve the various learnt rolls to perfect skills.</p> <p>Explore combinations of floormats and apparatus, and find different ways of using a shape, balance or travel.</p> <p>Be aware of the importance of warming up.</p> <p>Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</p> <p>Recognise and avoid risks when handling and placing apparatus.</p> <p>Have awareness of the space around them.</p>	<p>(Y3): Catch and pass in pairs.</p> <p>Use a variety of throwing techniques.</p> <p>Strike a ball using a variety of different equipment.</p> <p>Track a moving target, retrieve and return.</p> <p>Comprehend the rules of the games.</p> <p>Use equipment correctly and safely.</p>	<p>(Y3): Run at fast, medium and slow speeds, changing speed and direction.</p> <p>Run, jump and throw using a variety of techniques.</p> <p>Know and understand how altering the movement of any part of the body during performance affects end results.</p> <p>Learn to use skills in different ways and link them to make action.</p> <p>Develop an understanding of how to improve in different physical activities.</p> <p>Make students aware of different warming-up and cooling down activities.</p>	<p>(Y3): Improve forehand and backhand shots.</p> <p>Perform an under arm serve.</p> <p>Work with partner to perform a continuous rally.</p> <p>Keep control of a ball.</p> <p>Use the racquet in a safe and correct way.</p> <p>Perform a volley and dig in volleyball.</p> <p>Play a simplified game of volleyball.</p>
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Invasion Sports

Dance

Gymnastics

Strike and Field

Athletics

Net and Wall

<p>Introduce new passing skills and improve learnt ones.</p> <p>Improve shooting technique at a basketball net.</p> <p>Use a variety of simple tactics for attacking, keeping possession of the ball as a team and getting into positions to score.</p> <p>Pass and dribble with control under pressure.</p> <p>Know the rules of the game being played.</p> <p>Use equipment safely.</p> <p>Relate warm-up and cool-down towards the focused activity.</p>	<p>Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Use simple motifs and movement patterns to structure dance phases on their own, with a partner and in a group.</p> <p>Refine, repeat and remember dance phases and dances.</p> <p>Perform dances clearly and fluently.</p> <p>Show sensitivity to the dance idea and the accompaniment.</p> <p>Show a clear understanding of how to warm up and cool down safely.</p> <p>Describe, interpret and evaluate dances. Using appropriate vocabulary.</p>	<p>Perform a range of balance agilities with a partner that has consistency, stability and clarity.</p> <p>Combine actions to make sequences with changes of speed, level, direction and clarity of shape.</p> <p>Revisit and improve skills already learnt.</p> <p>Recognise and avoid risks when handling and placing apparatus.</p> <p>Instill a sense of spatial awareness when performing activities.</p> <p>Improve strength and suppleness.</p>	<p>Catch and pass in a group.</p> <p>Use a variety of throwing techniques, with both hands.</p> <p>Strike a ball whilst in the correct body position.</p> <p>Increase knowledge of the game, and rules.</p> <p>Work successfully within a team, and carry out different roles.</p> <p>Reinforce safety points.</p>	<p>Link running and jumping activities with some fluency, control and consistency.</p> <p>Make up and repeat a short sequence of linked jumps.</p> <p>Take part in a relay activity, remembering when to run and what to do.</p> <p>Throw a variety of objects, changing their action for accuracy and distance.</p> <p>Recognise when their heart rate, temperature and breathing rate has changed.</p> <p>Relate warm-up and cool-down towards the focused activity.</p>	<p>Serve and return a ball consistently over a net, using forehand and backhand.</p> <p>Control the ball using racquet skills.</p> <p>Use the racquet in a safe and correct way.</p> <p>Serve, volley, and dig a ball in volleyball.</p> <p>Play a simplified game of volleyball, before increasing difficulty.</p>
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Pleasant Street Primary School – PE Progression and Coverage



Year 5

Prior Knowledge

<p>(Y4): Introduce new passing skills and improve learnt ones.</p> <p>Improve shooting technique at a basketball net.</p> <p>Use a variety of simple tactics for attacking, keeping possession of the ball as a team and getting into positions to score.</p> <p>Pass and dribble with control under pressure.</p> <p>Know the rules of the game being played.</p> <p>Use equipment safely.</p> <p>Relate warm-up and cool-down towards the focused activity.</p>	<p>(Y4): Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Use simple motifs and movement patterns to structure dance phases on their own, with a partner and in a group.</p> <p>Refine, repeat and remember dance phases and dances.</p> <p>Perform dances clearly and fluently.</p> <p>Show sensitivity to the dance idea and the accompaniment.</p> <p>Show a clear understanding of how to warm up and cool down safely.</p> <p>Describe, interpret and evaluate dances using appropriate vocabulary.</p>	<p>(Y4): Perform a range of balance agilities with a partner that has consistency, stability and clarity.</p> <p>Combine actions to make sequences with changes of speed, level, direction and clarity of shape.</p> <p>Revisit and improve skills already learnt.</p> <p>Recognise and avoid risks when handling and placing apparatus.</p> <p>Instill a sense of spatial awareness when performing activities.</p> <p>Improve strength and suppleness.</p>	<p>(Y4): Catch and pass in a group.</p> <p>Use a variety of throwing techniques, with both hands.</p> <p>Strike a ball whilst in the correct body position.</p> <p>Increase knowledge of the game, and rules.</p> <p>Work successfully within a team, and carry out different roles.</p> <p>Reinforce safety points.</p>	<p>(Y4): Link running and jumping activities with some fluency, control and consistency.</p> <p>Make up and repeat a short sequence of linked jumps.</p> <p>Take part in a relay activity, remembering when to run and what to do.</p> <p>Throw a variety of objects, changing their action for accuracy and distance.</p> <p>Recognise when their heart rate, temperature and breathing rate has changed.</p> <p>Relate warm-up and cool-down towards the focused activity.</p>	<p>(Y4): Serve and return a ball consistently over a net, using forehand and backhand.</p> <p>Control the ball using racquet skills.</p> <p>Use the racquet in a safe and correct way.</p> <p>Serve, volley, and dig a ball in volleyball.</p> <p>Play a simplified game of volleyball, before increasing difficulty.</p>
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Invasion Sports

Dance

Gymnastics

Strike and Field

Athletics

Net and Wall

<p>Improve different passing techniques.</p> <p>Using footwork to catch and pass the ball.</p> <p>Find and move into space away from defenders.</p> <p>Throw a ball into a hoop using the correct technique.</p> <p>Gradually introduce the various rules surrounding netball.</p> <p>Have knowledge and experience of different roles and positions within the game.</p> <p>Understand the importance of warm-up and cool down.</p>	<p>Compose motifs and plan dances creatively and collaboratively in groups.</p> <p>Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use.</p> <p>Perform different styles of dance clearly and fluently.</p> <p>Organise their own warm up and cool down exercises.</p> <p>Show an understanding of safe exercising.</p> <p>Recognise and comment on dances, showing an understanding of style.</p> <p>Suggest ways to improve their own and other people's work.</p>	<p>Carry out more complex sequences with more difficult actions.</p> <p>Perform combinations of actions and agilities that show clear differences between levels, speeds and direction.</p> <p>Allow pupils to self-teach and improve their verbal communication.</p> <p>Know why strength and suppleness are important in gymnastics.</p> <p>Have responsibility for their own safety.</p> <p>Learn how to evaluate their own and others performance.</p>	<p>Strike a ball consistently, and with control.</p> <p>Improve catching and throwing skills.</p> <p>Use a range of fielding skills.</p> <p>Develop their own skills, to improve their game.</p> <p>Play safely.</p> <p>Understand all rules of a game being played.</p>	<p>Understand and demonstrate the difference between sprinting and running for sustained periods.</p> <p>Know and demonstrate a range of throwing techniques.</p> <p>Throw with some accuracy and power into a target area.</p> <p>Perform a range of jumps, showing consistent technique and sometimes using a short run up.</p> <p>Play different roles in small groups.</p> <p>Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.</p> <p>Compare and contrast performance using appropriate language</p>	<p>Perform all volleyball shots with control and accuracy.</p> <p>Identify the best way to serve in volleyball.</p> <p>Have continuity in a game, whilst improving skill levels, and working within a team.</p> <p>Serve and return a badminton shuttlecock.</p> <p>Play a game with a partner.</p> <p>Have an understanding of the rules.</p> <p>Warm up the appropriate body parts.</p>
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Pleasant Street Primary School – PE Progression and Coverage



Year 6

Prior Knowledge

<p>(Y5): Improve different passing techniques. Using footwork to catch and pass the ball. Find and move into space away from defenders. Throw a ball into a hoop using the correct technique. Gradually introduce the various rules surrounding netball. Have knowledge and experience of different roles and positions within the game. Understand the importance of warm-up and cool down.</p>	<p>(Y5): Compose motifs and plan dances creatively and collaboratively in groups. Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use. Perform different styles of dance clearly and fluently. Organise their own warm up and cool down exercises. Show an understanding of safe exercising. Recognise and comment on dances, showing an understanding of style. Suggest ways to improve their own and other people's work.</p>	<p>(Y5): Carry out more complex sequences with more difficult actions. Perform combinations of actions and abilities that show clear differences between levels, speeds and direction. Allow pupils to self-teach and improve their verbal communication. Know why strength and suppleness are important in gymnastics. Give them responsibility for their own safety. Learn how to evaluate their own and others performance.</p>	<p>(Y5): Strike a ball consistently, and with control. Improve catching and throwing skills. Use a range of fielding skills. Develop their own skills, to improve their game. Play safely. Understand all rules of a game being played.</p>	<p>(Y5): Understand and demonstrate the difference between sprinting and running for sustained periods. Know and demonstrate a range of throwing techniques. Throw with some accuracy and power into a target area. Perform a range of jumps, showing consistent technique and sometimes using a short run up. Play different roles in small groups. Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up. Compare and contrast performances using appropriate vocabulary.</p>	<p>(Y5): Perform all volleyball shots with control and accuracy. Identify the best way to serve in volleyball. Have continuity in a game, whilst improving skill levels, and working within a team. Serve and return a badminton shuttlecock. Play a game with a partner. Have an understanding of the rules. Warm up the appropriate body parts.</p>
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Invasion Sports	Dance	Gymnastics	Strike and Field	Athletics	Net and Wall
<p>Use different techniques for passing, controlling, dribbling and shooting the ball in games. Apply basic principles of team play to keep possession of the ball, use markings, tackling and/or interception to improve their defence. Identify strengths within a team and how they can use them to their advantage. Understand the rules of a game and follow them. Make pupils more of their surroundings and opportunities for attack. Use misdirection to gain advantage in attack. Understand the importance of warm-up and cool down.</p>	<p>Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. Perform to an accompaniment expressively and sensitively Perform dances fluently and with control. Warm up and cool down independently. Understand how dance helps to keep them healthy. Use appropriate criteria to evaluate and refine their own and others work. Talk about dance with understanding, using appropriate vocabulary and terminology.</p>	<p>Make up longer sequences and perform them with fluency and clarity of movement. Perform fluently and with control even when performing difficult combinations. Let pupils take responsibility for their own and other pupils learning. Understand how gymnastic activities help their overall health. Evaluate theirs and others' performances using appropriate gymnastic vocabulary. Give them responsibility for their own safety.</p>	<p>Bring all skills together in a variety of games/sports. Consistently catching a ball. Strike a moving target consistently. Throw accurately at a target. Play safely. Encourage fair play, and experience the feeling of winning and losing.</p>	<p>Choose the best pace for a running event, so that they can sustain their running and improve on a personal target. Show control at take-off in jumping activities. Show accuracy and good technique when throwing for distance. Understand how stamina and power help people to perform well in different athletic activities. Identify good athletic performance and explain why it is good, using agreed criteria. Understand the importance of warm-up and cool down.</p>	<p>Increase skill levels in a variety of different net sports. Have a range of different shots depending on situation. Increase knowledge of different net and wall sport rules. Play safe. Warm up the appropriate body parts. Evaluate opponent's weaknesses, and exploit them within a game plan.</p>