



EYFS

PD
CLIMB,CRAWL, BALANCE

THROWING, CATCHING
STRENGTH

FITNESS
ATHLETICS

Y1

DANCE
GYMNASTICS

THROWING, CATCHING,
SENDING & RECEIVING

MULTI SKILLS GAMES

ATHLETICS

YEAR 1

Are able to move confidently and safely in their own / general space using changes in speed and direction.
Are able to hop, bounce & skip in different directions.
Can talk about what they are doing.

Are able to judge the flight of an object & catch using the correct technique.
Are able to dodge and avoid players on the opposing team.
Can dribble a ball using both their hands and feet.

Start to glide on a Balance bike with increasing control.
Are able to throw a small piece of athletics equipment for distance.
Are able to race in teams and are able to follow set instructions.

YEAR 1

Y2

TRI GOLF

STRIKING & FIELDING

TARGET GAMES

MULTI SKILLS

THROWING, CATCHING,
SENDING & RECEIVING

AGILITY, BALANCE AND
COORDINATION

TAG RUGBY

ATHLETICS

FITNESS

DODGEBALL

GYMNASTICS

DANCE

YEAR 2

Understand how to hold a tennis racket.
Can hit a ball over a net towards a target.
Can play in team games using attacking and defensive tactics.
Start to understand the roles in a team in attack and defence.

Are able to make contact with a ball using a self feed.
Are able to judge the path of a ball moving towards them.
Can race through obstacles where jumping, crouching and dodging is required.

Can glide, steer and manoeuvre a balance bike under control.
Can now transition to a pedal bike and move without support.
Are able to receive and gather a ball that is rolled / bounced towards them.

Are able to dribble a ball using their hands against an opponent.
Are able to develop different types of passing.
Are able to follow simple rules of the game.
Can use tactics within the games.

Start to show control and accuracy with the actions of throwing, rolling and kicking.
Can travel using small and large body parts.
Can show wide, thin, tall and curled body shapes.
Can show different types of roles safely and under control.

Can move quickly using different footwork patterns.
Are able to show a range of different body shapes.
Can remember and repeat simple movement patterns.

YEAR 2

TENNIS

GYMNASTICS

BASKETBALL

ATHLETICS

HOCKEY

ATHLETICS

DANCE

HANDBALL

TAG RUGBY

FOOTBALL

DODGEBALL

CRICKET

YEAR 3

Are able to hold a racket and be in the ready position.
Can play an forearm shot over the net to a partner.
Are able to work creatively and imaginatively.
Can perform dances fluently.

Can show a variety of controlled turning jumps
Understand the safety implications involved in various types of roles.
Are able to perform a small sequence of moves under control.
Introduce to the sport of American Football.

Able to dribble the ball whilst stationary and on the move.
Know the technique for chest passing.
Are able to avoid being tagged, and can take a tag off an opponent.
Start to understand the role of defending.

Understand the ready position and can play simple shots to themselves.
Can pass a ball to a partner using the correct shot.
Are able to follow simple instructions and follow a map.

Are able to hold the stick correctly and move around with and without the ball.
Start to pass the ball whilst stationary.
Can aim at a target and throw with a level of accuracy. Can demonstrate being a good sport

Are able to throw small pieces of equipment for distance.
Are able to jump for distance and can land safely.
Are able to field a ball in different ways.

YEAR 3

Y4

ATHLETICS

HOCKEY

HANDBALL

BASKETBALL

GYMNASTICS

TENNIS

CRICKET

TRIGOLF

FITNESS

TAG RUGBY

SWIMMING

DANCE

YEAR 4

Are able to throw small pieces of equipment for distance using the correct technique.
Are able to jump for distance using set footwork patterns.
Can bowl the ball with a degree or accuracy.

Can use the correct part of the stick when dribbling and controlling the ball.
Can travel at speed with the ball under control.
Can use correct grip and strike ball consistently.

Know which shots they need to use when in different circumstances.
Know to pass the ball into space for a player to move onto.
Demonstrates a good level of knowledge/ technique.

Are able to dribble the ball whilst under pressure from a defender.
Are able to cushion the ball when receiving a pass.
Understand the roles of attacking.
Can use simple tactics when defending .

To show balances using large body parts .
Know how to link together moves and show under control.
Understand the basic skills of attack in American football.
Introduced to throwing an NFL ball.

Are ready with their racket before the ball bounces.
Understand they need to make contact with the ball and waist height.
Are able to structure simple movements together as a pair or group

YEAR 4

TENNIS

GYMNASTICS

TAG RUGBY

LACROSSE

HOCKEY

ATHLETICS

DANCE

FITNESS

BASKETBALL

OAA

FOOTBALL

CRICKET

Work in a group to produce a sequence.
Can play a rally with a partner using the forearm shot.
Start to look at different shots to play and the footwork needed to do so.

Understand the difference between point and patch balances.
Can put together a small sequence linking them with traveling moves.
Can demonstrate a knowledge of how to warm up/cool down

Understand the basic rules of tag rugby
Understand that when defending the ball carrier is the most dangerous.
Children can shoot the ball using the 'set shot'

Are able to demonstrate 2 different grips when scooping/throwing
Can use soft hands when catching

Can pass the ball when stationary and dribbling.
Can shoot the ball under control.
Can perform a variety of basic skills and show control with the ball when moving

Sprint correctly and efficiently.
Can throw a variety of different pieces of equipment.
Can play correct batting shots from a variety of different feeds.

Y6

ATHLETICS

HOCKEY

DODGEBALL

TAG RUGBY

GYMNASTICS

TENNIS

CRICKET

ROUNDERS

ORIENTEERING

BASKETBALL

ULTIMATE FRISBEE

OAA

YEAR 6

Are able to run for distance.
Can jump for distance using a set footwork pattern.
Can bowl the ball correctly towards a batsmen.
Can decide which shots to play and where depending on delivery.

Understand the basic rules of Quick sticks Hockey and apply simple tactics in a game.
Can play small games and understand the rules and scoring methods involved.

Can work as a team and throw and dodge to a competent level
Can play small games using the skills taught and understand the tactics in a game.
Can navigate a 12 point course, following a set route, quickly.

Can attack in teams of 3 & 4.
Understand that they have 6 attempts to advance the ball.
Children can pass the ball using a variety of techniques.
Can shoot using the 'lay up' shot.

Perform a planned sequence and be able to self & peer evaluate.
Can use tactics within the game for Attack and Defence.
Can develop their own set plays on Offense.

Can underarm serve over a net.
Can play a game of doubles using simple rules .
Can

YEAR 6

All children will have a well rounded ability in PE and feel confident when asked to demonstrate an array of skills in a number of different areas of Physical Education.