

## PE

### Skills Overview

	<b>EYFS Physical Development ELG</b>
<b>Managing Self</b>	<ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> </ul>
<b>Gross Motor Skills</b>	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>• Demonstrate strength, balance and coordination when playing</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul>
<b>Moving and Handling</b>	<ul style="list-style-type: none"> <li>• Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</li> </ul>
<b>Health and Selfcare</b>	<ul style="list-style-type: none"> <li>• Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space</li> </ul>

	<b>Year 1</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Explore different ways of using, sending, retrieving and stopping a ball with different parts of the body.</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Hit a ball with control using an appropriate object. Focus on throwing and catching.</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Explore and use skills, actions and ideas individually and in combination to suit the game they are playing.</li> <li>• Pass and receive a ball in different ways with control and increased accuracy.</li> <li>• Perform fielding techniques with increased control and co-ordination. Throw a ball accurately underarm to a target using increasing control.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</li> <li>• Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes.</li> <li>• Explore making their body tense, relaxed, stretched and curled.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Learn basic movements relating to feelings.</li> <li>• Show that they have a clear starting and finishing position.</li> <li>• Respond to different music showing a range of emotions.</li> <li>• Perform dance movements and simple routines using simple movement patterns</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Develop the fundamental movement skills of balance, co-ordination and agility through activities such as bat and ball relay, throw, clap and catch, slalom run, standing long jump etc.</li> <li>• Develop balance, agility and co-ordination.</li> </ul>

	<b>Year 2</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Improve the way they coordinate and control their bodies in various activities.</li> <li>• Remember, repeat and link combinations of skills where necessary.</li> <li>• Develop basic tactics such as attacking or defending in simple team games and use them appropriately to score points and prevent the opposition from scoring.</li> <li>• Use and understand different rules and tactics for invasion games so that they may begin leading others in a simple game.</li> <li>• Be able to pass and stop a ball to a team mate accurately showing an understanding of how to intercept a moving ball.</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Use their skills to play end to end games, games over a barrier and fielding games. Solve simple problems and make decisions.</li> <li>• Catch and control a ball in movement working with a partner or in a small group.</li> <li>• Decide where to stand during a team game, to support the game.</li> <li>• Develop hand to eye coordination so that they can receive and send balls using equipment if appropriate</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Improve the way they coordinate and control their bodies in various activities. Remember, repeat and link combinations of skills where necessary.</li> <li>• Develop basic tactics in simple team games and use them appropriately.</li> <li>• Choose, use and vary simple tactics.</li> <li>• Recognise good quality in performance and use this information to improve their work.</li> <li>• Catch, control and hit the ball accurately.</li> <li>• Decide where to stand during a team game, to support the game. Begin to lead others in a simple team game</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precisions.</li> <li>• Choose, use and vary simple compositional ideas in the sequence they create and perform, with moderate control.</li> <li>• Create routines which have a clear beginning and ending. Work with a partner sharing ideas and creating a simple sequence.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance.</li> <li>• Consider changes of rhythm, speed, level and direction.</li> <li>• Compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Develop the fundamental movement skills of balance, co-ordination and agility through activities such as bat and ball relay, throw, clap and catch, slalom run, standing long jump etc.</li> <li>• Develop balance, agility and co-ordination.</li> <li>• Explore movement techniques with increased control. Learn how to run, throw and jump with increased control and co-ordination</li> </ul>

	<b>Year 3</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Move with a ball towards goals with increasing control. Understand their role as an attacker and as a defender.</li> <li>• Move into space to help support a team and communicate this movement to their team mates.</li> <li>• Defend an opponent and try to win the ball. Increasing range of passes which are used accurately to keep possession.</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Practise throwing and catching with a variety of different balls and using different types of throwing. Hit the ball with a racket.</li> <li>• Use different shots to vary the length, strength and direction. Play games using throwing and catching skills.</li> <li>• Know how they can make it difficult for opponent to receive ball.</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Consolidate and develop the range and consistency of their skills in striking and fielding games.</li> <li>• Recognise how specific activities affect their bodies. Begin to strike a bowled ball after a bounce. Bowl a ball towards a target.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Link different balances moving in and out of positions of stillness. Transfer weight smoothly from one part of body to another.</li> <li>• Use actions on floor as well as over, through, across and along apparatus.</li> <li>• Use a greater number of their own ideas for movements in response to a task.</li> <li>• Choose and plan simple sequences of contrasting actions. Complete actions with increasing balance and control.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement.</li> <li>• Keep up an activity over a period of time and know what they need to warm up and cool down for dance.</li> <li>• Repeat, remember and perform simple phrases in a dance.</li> <li>• Begin to include dynamic and expressive qualities whilst counting to keep in time with a group and the music.</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown.</li> <li>• Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing</li> <li>• Use different take off and landings when jumping for distance and height.</li> </ul>

	<b>Year 4</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Pass, receive and shoot the ball with increasing control</li> <li>• Work as part of a team to keep possession and score goals when attacking. Defend one on one and know when and how to win the ball.</li> <li>• Use simple tactics to help a team score or gain possession.</li> <li>• Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Use a range of basic racket skills and variety of shots in different areas of the court.</li> <li>• Demonstrate good footwork on the court.</li> <li>• Return to the ready position to defend their own court.</li> <li>• Understand and talk about how they can make it difficult for opponent to receive a ball.</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Choose and use a range of simple tactics and strategies.</li> <li>• Keep, adapt and make rules for striking and fielding games.</li> <li>• Recognise good performance and identify the parts of a performance that need improving.</li> <li>• Use overarm and underarm throwing, and catching skills with increasing accuracy. Strike a bowl and ball after a bounce.</li> <li>• Bowl a ball with some accuracy, and consistency.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Devise, perform and repeat sequences that include travel, body shapes and balances.</li> <li>• Safely perform balances individually and with a partner.</li> <li>• Understand how body tension can improve the control and quality of their movements.</li> <li>• Watch, describe and suggest possible improvements to a performance</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Explore and create characters and narratives in response to a range of stimuli.</li> <li>• Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.</li> <li>• Use formation, canon and unison to develop a dance.</li> <li>• Refine, repeat and remember dance phrases and dances. Perform dances clearly and fluently</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Demonstrate the difference between sprinting and running over varying distances.</li> <li>• Demonstrate different throwing techniques.</li> <li>• Jump for distance and height with control and balance.</li> <li>• Throw with some accuracy and power into a target area.</li> </ul>

	<b>Year 5</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Understand and deploy various skills involving speed, direction and shielding successfully in different situations.</li> <li>• Move into space to help a team.</li> <li>• Play in a range of positions and know how to contribute when attacking and defending.</li> <li>• Pass, receive and shoot the ball with some control under pressure. Identify parts of the game that are going well and parts that need improving.</li> <li>• Explain how confident they feel in different positions.</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Hold and swing a racket so that they are able to hit a ball on both sides of the body as well as overhead. Select and apply preferred skills with increasing consistency.</li> <li>• Stand in an appropriate position with throwing and receiving a ball. Understand the need for tactics and make decisions about when best to use them.</li> <li>• Play cooperatively with a partner.</li> <li>• Demonstrate good footwork to cover a court space in a game situation.</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Develop a wider range of skills and apply these more consistently, especially in specific striking and fielding games.</li> <li>• Deploy their skills under pressure in a game situation. Use tactics effectively in a competitive situation.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Create and perform sequences using apparatus, individually and with a partner.</li> <li>• Use set criteria to make simple judgments about performances and suggest ways they could be improved.</li> <li>• Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</li> <li>• Use strength, flexibility and body tension to improve the quality of a performance.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Adapt and refine actions, dynamics and relationships in a dance.</li> <li>• Perform different styles of dance clearly and fluently.</li> <li>• Recognise and comment on dances, showing an understanding of style. Suggest ways to improve their own and other people's work</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Choose the best pace for a running event.</li> <li>• Perform a range of jumps showing some technique and control at take-off. Show accuracy and good technique when throwing for distance.</li> <li>• Understand how stamina and power help people to perform well in different athletic activities. Lead a partner through short warm-up routines</li> </ul>

	<b>Year 6</b>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>• Pass, receive and shoot the ball with increasing control under pressure.</li> <li>• Understand different ways of attacking and how to use positions for their team carefully.</li> <li>• Create and use space to help a team.</li> <li>• Select and apply different movement skills to lose a defender.</li> <li>• Use marking, and/or interception to improve defending.</li> </ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"> <li>• Use a wider range of skills in game situations.</li> <li>• Play cooperatively with a partner / in a team.</li> <li>• Demonstrate good decision making when taking shots within a game.</li> <li>• Identify and use a variety of tactics such as hitting the ball away from opponents or outwitting them using changes of speed, height and direction</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>• Strike a bowled ball with increasing consistency.</li> <li>• Use their knowledge of rules and strategies to develop basic tactics in the game as a batter, bowler and fielder.</li> <li>• Evaluate strengths and weaknesses in their own and others' performances and suggest improvements.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Understand what counter balance and counter tension is and show examples with a partner.</li> <li>• Combine and perform gymnastic actions, shapes and balances with control and fluency.</li> <li>• Create and perform longer sequences using compositional devices to improve the quality.</li> <li>• Use compositional ideas (contrasts and variation in shape, speed, level, timing and actions) Suggest changes and use feedback to improve a sequence</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Work creatively and imaginatively individually, with a partner and in a group to choreograph motifs and structure simple dances.</li> <li>• Adapt and refine actions, dynamics and relationships to improve a dance.</li> <li>• Choreograph a dance using props.</li> <li>• Perform routines fluently and with control.</li> <li>• Use appropriate language to evaluate and refine their own and others' work.</li> </ul>
<b>Athletics/Multi Skills</b>	<ul style="list-style-type: none"> <li>• Select and apply the best pace for a running event.</li> <li>• Exchange a baton with success.</li> <li>• Perform jumps for height and distance using good technique.</li> <li>• Show accuracy and good technique when throwing for distance. Lead a small group through a short warm-up routine.</li> <li>• Understand why exercise is good for fitness, health and wellbeing</li> </ul>