

Key Skills

Basic sports skills- kicking, throwing
catching etc
Team games rules
Experience of types of PE
In depth knowledge of specific
sports

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*PE skills should be taught when linked to
projects where possible to ensure real world
application.*



Physical

Education

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/ Athletics	Move confidently in a range of ways Experiments with ways of moving	Show control when travelling Show coordination on both floor and apparatus Jumps and lands appropriately	Show control and coordination when travelling and balancing. Roll, jump, throw and balance with some control.	Balance on different points of the body. Travel at different speeds in a variety of ways. Jump with accuracy from a standing position.	Control a balance. Combine techniques for a fluid sequence. Show control and accuracy within throwing and jumping movements.	Use a range of throwing, jumping and running speeds with control, accuracy and coordination. Demonstrate strength and flexibility in movements.	Control a takeoff and landing. Combine a range of running, jumping and throwing techniques. Create a fluid sequence applying learnt skills.	Show accuracy, control, speed, strength and stamina consistently within a range of movements. Develop and adapt techniques to improve performance.
Team games	Negotiates space successfully play racing and chasing games with each other, adjusting speed and direction.	Join in with team games Begin to understand what it means to defend / attack in a game.	Move or stop to catch or collect a ball. Decide where to stand to make it difficult for the opposing team.	Decide on the best position and move accordingly. Understand basic tactics of a game.	Develop fielding and possession skills. Begin to apply tactics and rules in a game.	Apply and explain rules and tactics of a variety of games. Keep and control the possession of a ball. Field with control.	Explain rules and tactics in detail. To work in a team or alone to gain possession of a ball.	Gain possession confidently and apply attacking and defending skills. Apply understanding of rules and tactics e.g. officiating

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<p>Dance and movement</p>	<p>Show control with large and small movements</p>	<p>Begin to perform simple dance moves</p> <p>Show some rhythm and control when moving</p>	<p>Perform some simple dance moves.</p> <p>Demonstrate rhythm and control.</p>	<p>Perform dance actions with control and coordination.</p> <p>Link two or more actions together.</p>	<p>Refine movements to create a basic dance sequence to match a purpose.</p> <p>Movements begin to show fluidity.</p>	<p>Refine movements to create a more complex sequence to match a purpose.</p> <p>Movements are clear and fluent.</p>	<p>When composing it is imaginative, creative and expressive.</p> <p>Movements show control.</p>	<p>Perform dances using advanced techniques with a range of dance styles and forms.</p>
<p>Outdoor Adventurous activities</p>		<p>show control on large equipment outdoors</p> <p>work with friends outdoors</p>	<p>Follow a simple course using a basic map.</p> <p>Willingness to work and communicate as part of a team.</p>	<p>Developing knowledge of maps and diagrams to travel around a course.</p> <p>Shows some awareness of safety.</p>	<p>Works collaboratively to move from one place to another using a map.</p> <p>Can identify potential risks.</p>	<p>Works collaboratively using a map to solve problems with confidence.</p> <p>Identify risks and advise others.</p>	<p>Orientate self to solve problems, locating particular places.</p> <p>Adapt actions to changing situations.</p>	<p>Confidently orientate self and others to solve a problem in a more unfamiliar environment.</p> <p>Develop skills to solve problems in intellectual and physical challenges.</p>

Swimming and Water Safety (Y4)	N/A	N/A	N/A	Build water confidence. Getting in and getting out. Begin to explore core skills such as rotation, float and recover, travelling and submerging.	Over the year: Immerse body in the water confidently. Explore different strokes and use at least one basic stroke confidently, breathing properly.	Over the year: Immerse body in the water confidently. Explore different strokes and use at least one basic stroke confidently, breathing properly.	Use a range of strokes effectively. Perform safe self-rescue in different water based situations. Swim 25m by the end of Year 6	Swim confidently, competently and proficiently over a distance of at least 25m. Any child not meeting the 25m requirement will receive swimming intervention. Use a range of
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					If using floats, swim with a controlled leg kick. Co-ordination and control in arm and leg movements. Explore personal survival skills safely. Swim 25m by the end of Year 6	If using floats, swim with a controlled leg kick. Co-ordination and control in arm and leg movements. Explore personal survival skills safely. Swim 25m by the end of Year 6		strokes effectively. Perform safe self-rescue in different water based situations.
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<p>Basic Skills</p>	<p>AGILITY, BALANCE AND COORDINATION.</p> <p>Run in a straight line</p> <p>Throw a ball in direction intended</p>	<p>AGILITY, BALANCE AND COORDINATION.</p> <p>Throw and catch with a partner</p> <p>Balance</p> <p>Kick / roll a ball.</p>	<p>AGILITY, BALANCE AND COORDINATION.</p> <p>Hit a ball with a bat.</p> <p>Throw and kick a ball in different ways.</p>	<p>AGILITY, BALANCE AND COORDINATION.</p> <p>Choose appropriate rolling, kicking and hitting skills within games.</p>	<p>COMMUNICATING, COLLABORATING AND COMPETING.</p> <p>Evaluate and improve performances in different activities.</p> <p>Throw and catch a ball with control.</p> <p>Strike a ball with control.</p>	<p>COMMUNICATING, COLLABORATING AND COMPETING.</p> <p>Evaluate and improve performances in different activities.</p> <p>Throw and strike a ball with control and accuracy.</p>	<p>COMMUNICATING, COLLABORATING AND COMPETING.</p> <p>Compare, evaluate and improve performances.</p> <p>Recognise own success.</p>	<p>COMMUNICATING, COLLABORATING AND COMPETING.</p> <p>Compare, evaluate and improve performances.</p> <p>Recognise own success.</p> <p>Use a variety of strokes confidently and demonstrate to others.</p>
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