

PHYSICAL EDUCATION OVERVIEW

End of Year Expectations

EYFS

Experiments with different ways of moving.

Eats a healthy range of foodstuffs and understands need for variety in food. Jumps off an object and lands appropriately.

Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.

Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Travels with confidence and skill around, under, over and through balancing and climbing equipment.

Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.

Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

Shows understanding of how to transport and store equipment safely.

Uses simple tools to effect changes to materials.

Practices some appropriate safety measures without direct supervision. Handles tools, objects, construction and malleable materials safely and with increasing control. Shows a preference for a dominant hand.

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

A Year 1 sports person	A Year 2 sports person	A Year 3 sports person
<p><u>Games</u></p> <ul style="list-style-type: none"> • I throw underarm. • I hit a ball with a bat. • I move and stop safely. • I throw and catch with both hands. • I throw and kick in different ways. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I make my body curled, tense, stretched and relaxed. • I control my body when travelling and balancing. • I copy sequences and repeat them. • I roll, curl, travel and balance in different ways. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I move to music. • I copy dance moves. • I perform my own dance moves. • I make up a short dance. • I move safely in a space. <p><u>General</u></p> <ul style="list-style-type: none"> • I copy actions. • I repeat actions and skills. • I move with control and care. • I use equipment safely. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • I use hitting, kicking and/or rolling in a game. • I decide the best space to be in during a game. • I use a tactic in a game. • I follow rules. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I plan and perform a sequence of movements. • I improve my sequence based on feedback. • I think of more than one way to create a sequence which follows some 'rules'. • I work on my own and with a partner. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I change rhythm, speed, level and direction in my dance. • I dance with control and coordination. • I make a sequence by linking sections together. • I use dance to show a mood or feeling. <p><u>General</u></p> <ul style="list-style-type: none"> • I copy and remember actions. • I talk about what is different from what I did and what someone else did. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • I throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I adapt sequences to suit different types of apparatus and criteria. • I explain how strength and suppleness affect performance. • I compare and contrast gymnastic sequences. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I improvise freely and translate ideas from a stimulus into movement. • I share and create phrases with a partner and small group. • I repeat, remember and perform phrases. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • I run at fast, medium and slow speeds; changing speed and direction. • I take part in a relay, remembering when to run and what to do. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> • I follow a map in a familiar context. • I use clues to follow a route. • I follow a route safely.

A Year 4 sports person	A Year 5 sports person	A Year 6 sports person
<p><u>Games</u></p> <ul style="list-style-type: none"> • I catch with one hand. • I throw and catch accurately. • I hit a ball accurately with control. • I keep possession of the ball. • I vary tactics and adapt skills depending on what is happening in a game. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I work in a controlled way. • I include change of speed and direction. • I include a range of shapes. • I work with a partner to create, repeat and improve a sequence with at least three phases. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I take the lead when working with a partner or group. • I use dance to communicate an idea. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • I run over a long distance. • I sprint over a short distance. • I throw in different ways. • I hit a target. • I jump in different ways. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> • I follow a map in a (more demanding) familiar context. • I follow a route within a time limit. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • I gain possession by working a team. • I pass in different ways. • I use forehand and backhand with a racket. • I can field. • I choose a tactic for defending and attacking. • I use a number of techniques to pass, dribble and shoot. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I make complex extended sequences. • I combine action, balance and shape. • I perform consistently to different audiences. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I compose my own dances in a creative way. • I perform to an accompaniment. • My dance shows clarity, fluency, accuracy and consistency. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • I controlled when taking off and landing. • I throw with accuracy. • I combine running and jumping. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> • I follow a map into an unknown location. • I use clues and a compass to navigate a route. • I change my route to overcome a problem. • I use new information to change my route. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • I play to agreed rules. • I explain rules to others. • I can umpire. • I make a team and communicate a plan. • I lead others in a game situation. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I combine my own work with that of others. • I sequences to specific timings. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I develop sequences in a specific style. • I choose my own music and style. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • I demonstrate stamina. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> • I plan a route and a series of clues for someone else. • I plan with others, taking account of safety and danger.