

Gwinear School Non-Negotiables

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



Key Skills

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

PE

	CLASS ONE	CLASS TWO		CLASS THREE		CLASS FOUR	
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/ Athletics	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 take-off 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	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 Reflect on reasons for rules and how to make games more challenging.	Develop fielding and possession skills. Begin to apply tactics and rules in a game Ask and answer questions to suggest reasons/improvements/ changes	Apply and explain rules and tactics of a variety of games. Suggest improvements; support others 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. Reflect- ask and answer questions to change or improve games/ performance	Gain possession confidently and apply attacking and defending skills. Apply understanding of rules and tactics e.g. officiating Support other players; coaching; modelling
Dance and movement	Begin to perform simple dance moves Show some rhythm and control when moving Feedback verbally to partner	Perform some simple dance moves. Demonstrate rhythm and control. Suggest improvements/give feedback	Perform dance actions with control and coordination. Link two or more actions together. Give praise Suggest next steps to peers	Refine movements to create a basic dance sequence to match a purpose. Movements begin to show fluidity. Give feedback. Suggest next steps to peers	Refine movements to create a more complex sequence to match a purpose. Movements are clear and fluent. Suggest new ways of working/ask and answer questions to reflect	When composing it is imaginative, creative and expressive. Movements show control. Suggest new ways of working/ask and answer questions to reflect	Perform dances using advanced techniques with a range of dance styles and forms. Suggest new ways of working/ask and answer questions to reflect

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Outdoor Adventurous activities	show control on large equipment outdoors work with friends outdoors	Follow a simple course using a basic map. Willingness to work and communicate as part of a team.	Developing knowledge of maps and diagrams to travel around a course. Shows some awareness of safety.	Works collaboratively to move from one place to another using a map. Can identify potential risks.	Works collaboratively using a map to solve problems with confidence. Identify risks and advise others.	Orientate self to solve problems, locating particular places. Adapt actions to changing situations.	Confidently orientate self and others to solve a problem in a more unfamiliar environment. Develop skills to solve problems in intellectual and physical challenges.
Swimming and Water Safety (Y4)	N/A	N/A	N/A	N//A	Over the term: Immerse body in the water confidently. Explore different strokes and use at least one basic stroke confidently, breathing properly. Co-ordination and control in arm and leg movements. If using floats, swim with a controlled leg kick.	Explore different strokes and use at least one basic stroke confidently, breathing properly. Co-ordination and control in arm and leg movements. Explore personal survival skills safely.	Any child not meeting the 25m requirement will receive swimming intervention Swim 25m by the end of Year 6.
Basic Skills	Throw and catch with a partner Balance Kick / role a ball	Hit a ball with a bat. Throw and kick a ball in different ways.	Choose appropriate rolling, kicking and hitting skills within games.	Throw and catch a ball with control. Strike a ball with control.	Throw and strike a ball with control and accuracy.	Strike a ball using backhand and forehand skills. Use a variety of techniques to pass a ball	Use a variety of strokes confidently and demonstrate to others.