



# Subject Overview PE 2016 17

	Physical development: Moving and handling	Physical development: Health and self-care
<b>Nursery</b>	<p>I can begin to balance blocks to make a tower.</p> <p>I can run safely using my whole foot.</p> <p>I can squat with steadiness to rest or play with objects on the ground and then rise without using my hands.</p> <p>I can climb confidently and I am beginning to pull myself up on the climbing equipment.</p> <p>I can kick a large ball.</p>	<p>I can observe the effects of exercise on my body.</p>



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	Physical development: Moving and handling	Physical development: Health and self-care
<b>Reception</b>	<p>I can move freely and confidently in a range of ways: slithering, shuffling, rolling, crawling, walking, running, skipping, sliding and hopping.</p> <p>I can use alternate feet when climbing or walking up stairs.</p> <p>I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>I can stand briefly on one foot.</p> <p>I can catch a large ball.</p> <p>I can travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>I can show increasing control over an object in pushing, patting, throwing, catching and kicking it.</p>	<p>I can understand some good practices with regard to exercise, eating and hygiene.</p> <p>I can understand the need for safety when tackling new challenges.</p> <p>I can show how to store and transport equipment safely.</p> <p>I can show some safety measure without supervision.</p>
<b>ELG</b>	<p>Children show good control and co-ordination in large or small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</p>	<p>Children know the importance of physical exercise and talk about ways to keep healthy and safe.</p>



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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Games	Gymnastics	Dance/Net and wall games (See games skills)	Outdoor and Adventure	Athletics	Games
	<p>I can throw under arm.</p> <p>I can hit a ball with a bat/racket.</p> <p>I can throw (over arm and under arm) and kick in different ways</p>	<p>I can make my body curled, tense, stretched and relaxed.</p> <p>I can control my body when travelling and balancing.</p> <p>I can copy sequences and repeat them.</p> <p>I can roll, curl, travel and balance in different ways.</p>	<p>I can move to music.</p> <p>I can copy dance moves.</p> <p>I can perform my own dance moves.</p> <p>I can make up a short dance.</p> <p>I can move safely in a space.</p>	<p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can follow a set of instructions.</p> <p>I can work with others to solve simple puzzles.</p>	<p>I can throw under arm.</p> <p>I can move and stop safely.</p> <p>I can throw and catch with both hands.</p> <p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can move with control and care.</p>	<p>I can throw under arm.</p> <p>I can hit a ball with a bat/racket.</p> <p>I can throw (over arm and under arm) and kick in different ways</p>

<b>Fitness and Health</b>	<b>Evaluating and improving</b>
<p>Know how to carry and place equipment.</p> <p>Recognise how their body feels when still and exercising.</p>	<p>Watch, copy and describe what they and others have done.</p>



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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 2</b>	<b>Games</b>	<b>Gymnastics</b>	<b>Dance/Net and wall games (See games skills)</b>	<b>Outdoor and Adventure</b>	<b>Athletics</b>	<b>Games</b>
	<p>I can use hitting, kicking and rolling in a game.</p> <p>I can decide the best space to be in during a game.</p> <p>I can explain what tactics are.</p> <p>I can use one tactic in a game.</p> <p>I can follow rules.</p>	<p>I can plan and perform a sequence of movements.</p> <p>I can improve my sequence based on feedback.</p> <p>I can think of more than one way to create a sequence which follows 'some' rules.</p> <p>I can work on my own and with a partner.</p>	<p>I can change rhythm, speed, level and direction.</p> <p>I can dance with control and co-ordination.</p> <p>I can make a sequence by linking sections together.</p> <p>I can use dance to show a mood or feeling.</p>	<p>I can follow a trail of arrows.</p> <p>I can work as part of a team to complete more complex and challenging activities.</p> <p>I can follow a map.</p>	<p>I can run effectively (straight path, using hands, looking ahead)</p> <p>I can throw effectively (side on, using non dominant arm to balance/aim and choose the correct trajectory).</p> <p>I can jump for height.</p> <p>I can jump for distance.</p>	<p>I can use hitting, kicking and rolling in a game.</p> <p>I can decide the best space to be in during a game.</p> <p>I can explain what tactics are.</p> <p>I can use one tactic in a game.</p> <p>I can follow rules.</p>

<b>Fitness and Health</b>	<b>Evaluating and improving</b>
<p>Know how to carry and place equipment.</p> <p>Recognise how their body feels when still and exercising.</p>	<p>Watch, copy and describe what they and others have done.</p>



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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 3</b>	<b>Games</b>	<b>Gymnastics</b>	<b>Dance/Net and wall games (See games skills)</b>	<b>Outdoor and Adventure</b>	<b>Athletics</b>	<b>Games</b>
	<p>I can throw and catch with control.</p> <p>I am aware of space and use it to support my team mates and cause problems for the opposition.</p> <p>I know and use the rules fairly.</p> <p>I can throw/ hit the ball long and high, low and short.</p>	<p>I can adapt sequences to suit different types of apparatus and criteria.</p> <p>I can explain how strength and suppleness affect performance.</p> <p>I can compare and contrast gymnastic sequences.</p>	<p>I can improvise freely and translate ideas from a stimulus into movement.</p> <p>I can share and create phases with a partner or small group.</p> <p>I can repeat, remember and perform phases.</p>	<p>I can follow a map in a familiar context.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route safely.</p>	<p>I can run effectively at fast, medium and slow speeds.</p> <p>I can change speed and direction.</p> <p>I can take part in a relay, remembering when to run and what to do.</p>	<p>I can throw and catch with control.</p> <p>I am aware of space and use it to support my team mates and cause problems for the opposition.</p> <p>I know and use the rules fairly.</p> <p>I can throw/ hit the ball long and high, low and short.</p>

<b>Fitness and Health</b>	<b>Evaluating and improving</b>
<p>Recognise and describe the short term effects of exercise on the body during different exercises.</p> <p>Know the importance of suppleness and strength.</p>	<p>Describe and evaluate the effectiveness of a quality performance.</p> <p>Recognise how their own performance has improved.</p>



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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 4	Games	Gymnastics	Dance/Net and wall games (See games skills)	Outdoor and Adventure	Athletics	Games
	<p>I can throw and catch accurately with both hands and one hand.</p> <p>I can hit a ball accurately with control.</p> <p>I can keep possession of a ball.</p> <p>I can vary tactics and adapt skills, depending on what is happening.</p> <p>I can keep a rally going.</p> <p>I can use forehand and backhand with a racket.</p>	<p>I can work in a controlled way.</p> <p>I can include a change of speed or direction.</p> <p>I can include a range of shapes within my sequence.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>I can take the lead when working with a partner or group.</p> <p>I can use dance to communicate an idea.</p>	<p>I can follow a map in a familiar context.</p> <p>I can follow a route with a time limit.</p>	<p>I can run over a long distance.</p> <p>I can sprint over a short distance up to 100m.</p> <p>I can throw in different ways.</p> <p>I can hit a target.</p> <p>I can jump in different ways.</p>	<p>I can throw and catch accurately with both hands and one hand.</p> <p>I can hit a ball accurately with control.</p> <p>I can keep possession of a ball.</p> <p>I can vary tactics and adapt skills, depending on what is happening.</p> <p>I can keep a rally going.</p> <p>I can use forehand and backhand with a racket.</p>

Fitness and Health	Evaluating and improving
Describe how my body reacts during different types of activity and how this affects the way I perform.	Describe my own and other's work, making simple judgements about the quality of the performance and suggest ways to improve it.



# Subject Overview PE 2016 17

Year 5	Term 1 Games	Term 2 Gymnastics	Term 3 Dance/Net and wall games	Term 4 Outdoor and Adventure	Term 5 Athletics	One term of swimming Swimming
	<p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>I can choose a tactic for defending and attacking.</p> <p>I can use a number of techniques to pass, dribble and shoot.</p> <p>I can sustain a rally as a pair.</p> <p>I can vary my serve.</p>	<p>I can make complex extended sequences.</p> <p>I can combine action, balance and shape.</p> <p>I can perform consistently to different audiences.</p>	<p>I can compose my own dances in a creative way.</p> <p>I can perform to an accompaniment.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>I can follow a map in an unknown location.</p> <p>I can change my route to overcome a problem.</p> <p>I can use clues and a compass to overcome a problem.</p> <p>I can use new information to change my route.</p>	<p>I am controlled when I take off and land.</p> <p>I can throw with accuracy.</p> <p>I can combine running and jumping for events. (e.g. triple jump)</p>	<p><b><u>Beginners</u></b></p> <p>I can put my head in the water and blow bubbles.</p> <p>I can swim unaided up to 25m.</p> <p>I can control my arm and leg movements.</p> <p>I can use one basic stroke.</p> <p><b><u>Developing further confidence</u></b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>I can perform a safe self-rescue</p>
<b>Fitness and Health</b>				<b>Evaluating and improving</b>		
<p>Know and understand the scientific reasons behind warming up and cooling down.</p> <p>Understand how warming up is important for a good quality performance.</p> <p>Understand why physical activity is good for your health.</p>				<p>Evaluate your own and other's performances against a set of criteria.</p>		



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Year 6	Term 1 Games	Term 2 Gymnastics	Term 3 Dance/Net and wall games (See games skills)	Term 4 Outdoor and Adventure	Term 5 Athletics	Term 6 Games
	<p>I can play games to an agreed set of rules.</p> <p>I can explain the rules.</p> <p>I can lead others in a game situation.</p> <p>I can combine different tactics in a game.</p> <p>I can force my opponent to move with different shot selections.</p>	<p>I can combine my work with that of others.</p> <p>I can link sequences to specific timings.</p> <p>I can adopt a professional start and end to my sequence.</p>	<p>I can develop sequences in a specific style.</p> <p>I can choose my own music and style.</p>	<p>I can plan a route and a series of clues for someone else.</p> <p>I can plan with others, taking account of safety and danger.</p>	<p>I can demonstrate stamina with activities.</p> <p>I can demonstrate smooth baton transitions.</p> <p>I can evaluate my own and other's performances.</p> <p>I can suggest improvements for my own and other's performances.</p>	<p>I can play games to an agreed set of rules.</p> <p>I can explain the rules.</p> <p>I can lead others in a game situation.</p> <p>I can combine different tactics in a game.</p> <p>I can force my opponent to move with different shot selections.</p>

Fitness and Health	Evaluating and improving
<p>Know and be able to explain to others the scientific reasons behind warming up and cooling down.</p> <p>Understand why exercise is good for health, fitness and well-being, know how to become healthier.</p> <p>Carry out and lead warm ups safely and effectively.</p>	<p>Evaluate your own and other's performances against a set of criteria.</p>