

Kelloe PE	Autumn	Spring	Summer
Year 1	<p>Basic Movements</p> <ul style="list-style-type: none"> • Throw underarm • Throw and kick in different ways <p>Dance</p> <ul style="list-style-type: none"> • Perform own dance moves • Copy or make up a short dance • Move safely in a space 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Make my body curled, tense, stretched and relaxed • Control body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways <p>Team Games</p> <ul style="list-style-type: none"> • Participate in team games developing simple tactics 	<p>Dance</p> <ul style="list-style-type: none"> • Perform own dance moves • Copy or make up a short dance • Move safely in a space <p>Gymnastics</p> <ul style="list-style-type: none"> • Make my body curled, tense, stretched and relaxed • Control body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways
Year 2	<p>Basic Movements</p> <ul style="list-style-type: none"> • Use hitting, kicking and/or rolling in a game • Decide the best place to be in during a game • Use a tactic in a game • Follow rules <p>Dance</p> <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in a dance • Make a sequence by linking sections 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Plan and perform a sequence of movements • Improve sequence based on feedback • Think of more than one way to create a sequence that follows rules <p>Team Games</p> <ul style="list-style-type: none"> • Master basic movements including throwing, catching, running and jumping 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Plan and perform a sequence of movements • Improve sequence based on feedback • Think of more than one way to create a sequence that follows rules <p>Dance</p> <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in a dance • Make a sequence by linking sections

	<ul style="list-style-type: none"> Use dance to show a mood or feeling 	<ul style="list-style-type: none"> Develop simple tactics for attacking and defending 	<ul style="list-style-type: none"> Use dance to show a mood or feeling
Year 3	<p>Competitive Games</p> <ul style="list-style-type: none"> Be aware of space and use it to support team-mates and cause problems for the opposition Know and use rules fairly <p>Dance</p> <ul style="list-style-type: none"> Improvise freely and translate ideas from a stimulus into movement Share and create phrases with a partner and small group Remember and repeat dance perform phrases 	<p>Gymnastics</p> <ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus and criteria I can explain how strength and suppleness affect performance <p>Competitive Games</p> <ul style="list-style-type: none"> Be aware of space and use it to support team-mates and cause problems for the opposition Know and use rules fairly 	<p>Outdoor and adventurous activity</p> <ul style="list-style-type: none"> Follow a map in a familiar context Use clues to follow a route Follow a route safely <p>Athletics</p> <ul style="list-style-type: none"> Run at fast, medium and slow speeds, changing direction Take part in a relay, remembering when to run and what to do
Year 4	<p>Competitive Games</p> <ul style="list-style-type: none"> Throw and catch a ball accurately with one hand Hit a ball accurately with control Vary tactics and adapt skills depending on what is happening in a game <p>Dance</p> <ul style="list-style-type: none"> Take the lead when working with a partner or group Use dance to communicate an idea 	<p>Gymnastics</p> <ul style="list-style-type: none"> Move in a controlled way including change of speed and direction in a sequence Work with a partner to improve a sequence with three phases <p>Competitive Games</p> <ul style="list-style-type: none"> Throw and catch a ball accurately with one hand Hit a ball accurately with control Vary tactics and adapt skills depending on what is happening in a game 	<p>Outdoor and adventurous activity</p> <ul style="list-style-type: none"> Follow a map in a more demanding context Follow a route within a time limit <p>Athletics</p> <ul style="list-style-type: none"> Sprint over a short distance and show stamina when running a long distance Jump in different ways Throw in different ways and hit a target when needed

<p>Year 5</p>	<p>Competitive Games</p> <ul style="list-style-type: none"> • Gain possession by working as a team • Choose a specific tactic for defending or attacking • Use a number of techniques to pass, dribble and shoot <p>Dance</p> <ul style="list-style-type: none"> • Compose a dance showing clarity, fluency, accuracy, and consistency 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Make complex, extended sequences • Combine action, balance and shape • Perform consistently to different audiences <p>Competitive Games</p> <ul style="list-style-type: none"> • Gain possession by working as a team • Choose a specific tactic for defending or attacking • Use a number of techniques to pass, dribble and shoot 	<p>Outdoor and adventurous activity</p> <ul style="list-style-type: none"> • Follow a map into an unknown location • Use clues and compasses to navigate a route • Change route to overcome a problem • Use new information to change route <p>Athletics</p> <ul style="list-style-type: none"> • Control when taking off and landing • Combine running and jumping • Throw with increasing accuracy
<p>Year 6</p>	<p>Competitive Games</p> <ul style="list-style-type: none"> • Agree and explain rules to others • Work as a team and communicate a plan • Lead others in a game situation <p>Dance</p> <ul style="list-style-type: none"> • Develop sequences in a specific style • Choose own music and style 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Combine own work with that of others • Sequence to specific timings <p>Competitive Games</p> <ul style="list-style-type: none"> • Agree and explain rules to others • Work as a team and communicate a plan • Lead others in a game situation 	<p>Outdoor and adventurous activity</p> <ul style="list-style-type: none"> • Plan a route and a series of clues for someone else <p>Athletics</p> <ul style="list-style-type: none"> • Demonstrate stamina and increase strength