



Physical Education
Objectives
Whole School

EYFS P.E. Objectives

EYFS EARLY LEARNING GOALS FOR PHYSICAL DEVELOPMENT		22-36 MONTHS		30-50 MONTHS		40-60+ MONTHS EYFS GOAL	
		22-36 MONTHS		30-50 MONTHS		40-60+ MONTHS EYFS GOAL	
		<ul style="list-style-type: none"> Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. Can kick a large ball. 		<ul style="list-style-type: none"> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Mounts stairs, steps or climbing equipment using alternate feet. Walks downstairs, two feet to each step while carrying a small object. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Can stand momentarily on one foot when shown. Can catch a large ball. 		<ul style="list-style-type: none"> Experiments with different ways of moving. 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. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. 	
Fundamentals	Fitness	Striking and fielding games	Sending and receiving	Net and wall games	Invasion games	Ball skills	
<ul style="list-style-type: none"> Develop balancing and moving with control Develop balance, stability and landing safely Explore running with control at different speeds Develop changing direction and dodging To jump, hop and skip Develop co-ordination through French skipping Develop skipping in an individual rope Apply multi skills to a variety of challenges 	<ul style="list-style-type: none"> Develop stamina and the ability to run for longer periods Develop coordination through hula hoop skills Develop long rope skipping Develop individual skilling Take part in a circuit to develop stamina and co-ordination Take part in a circuit to develop stamina and agility Complete exercises using own body weight Develop 'ABC' agility, balance and co-ordination 	<ul style="list-style-type: none"> Roll a ball towards a target Stop a rolling ball Develop accuracy in underarm throwing and consistency in catching Develop overarm throwing To strike a ball Retrieve a ball Understand the roles of batter, bowler and fielder To run around bases to score points 	<ul style="list-style-type: none"> Roll a ball towards a target Receive a rolling ball Stop, send and receive a ball with feet Develop sending and receiving a ball with feet Develop catching skills Throw and catch Send and receive a ball with a hockey stick Send and receive a ball with a tennis racket 	<ul style="list-style-type: none"> Defend space by using the ready position Defend space on court by using the ready position Throw accurately at a target Develop control when handling a racket Develop racket and ball skills Send a ball using a racket Play against an opponent Play over a net 	<ul style="list-style-type: none"> Develop dribbling with feet Develop passing to a teammate with feet Develop dribbling with hands Develop throwing to a teammate Move into space and show an awareness of defenders Develop dodging and use it to lose a defender Stay with a player when defending Develop taking a ball towards goal 	<ul style="list-style-type: none"> Explore different ball skills Roll a ball to hit a target Develop co-ordination and be able to stop a rolling ball Develop technique and control when dribbling a ball with feet Develop control and technique when kicking a ball Develop co-ordination and technique when throwing and catching Develop control and co-ordination when dribbling a ball with hands 	

Year 1 P.E. Objectives

Fundamentals	Fitness	Striking and fielding games	Sending and receiving	Net and wall games	Invasion games	Ball skills
<ul style="list-style-type: none"> Develop balancing and moving with control Develop balance, stability and landing safely Explore running with control at different speeds Develop changing direction and dodging To jump, hop and skip Develop co-ordination through French skipping Develop skipping in an individual rope Apply multi skills to a variety of challenges 	<ul style="list-style-type: none"> Develop stamina and the ability to run for longer periods Develop coordination through hula hoop skills Develop long rope skipping Develop individual skilling Take part in a circuit to develop stamina and co-ordination Take part in a circuit to develop stamina and agility Complete exercises using own body weight Develop 'ABC' agility, balance and co-ordination 	<ul style="list-style-type: none"> Roll a ball towards a target Stop a rolling ball Develop accuracy in underarm throwing and consistency in catching Develop overarm throwing To strike a ball Retrieve a ball Understand the roles of batter, bowler and fielder To run around bases to score points 	<ul style="list-style-type: none"> Roll a ball towards a target Receive a rolling ball Stop, send and receive a ball with feet Develop sending and receiving a ball with feet Develop catching skills Throw and catch Send and receive a ball with a hockey stick Send and receive a ball with a tennis racket 	<ul style="list-style-type: none"> Defend space by using the ready position Defend space on court by using the ready position Throw accurately at a target Develop control when handling a racket Develop racket and ball skills Send a ball using a racket Play against an opponent Play over a net 	<ul style="list-style-type: none"> Develop dribbling with feet Develop passing to a teammate with feet Develop dribbling with hands Develop throwing to a teammate Move into space and show an awareness of defenders Develop dodging and use it to lose a defender Stay with a player when defending Develop taking a ball towards goal 	<ul style="list-style-type: none"> Explore different ball skills Roll a ball to hit a target Develop co-ordination and be able to stop a rolling ball Develop technique and control when dribbling a ball with feet Develop control and technique when kicking a ball Develop co-ordination and technique when throwing and catching Develop control and co-ordination when dribbling a ball with hands

Team building	Athletics	Gymnastics	Dance	Yoga
<ul style="list-style-type: none"> Listen to and follow instructions Co-operate and communicate with a partner to solve challenges Take turns when working in a small group Explore and develop teamwork skills as a group Develop communication skills Communication skills to lead a partner Plan with a partner and small group to solve problems Communicate with a small group to solve challenges 	<ul style="list-style-type: none"> Develop co-ordination and technique when running Develop agility and co-ordination when changing direction Develop technique when jumping for distance Develop technique when jumping for height Develop balance and rhythm when travelling over obstacles Use co-ordination and technique when throwing and pushing objects Develop technique to throw accurately Develop balance, co-ordination and technique when competing in athletics events 	<ul style="list-style-type: none"> Explore travelling movements using the space around them Learn and perform gymnastic shapes Develop balance and control when performing balances Develop technique and control when performing shape jumps Develop technique and control in the barrel, straight and forward roll Build strength and begin to take body weight on hands Explore key skills on apparatus showing quality, control and balance Link gymnastic actions to create a sequence 	<ul style="list-style-type: none"> Explore travelling actions Use counts of 8 to move in time with music Practise, remember and repeat actions Respond imaginatively to a stimulus Use expression to show a feeling Move confidently and safely around others Perform dance using simple movements patterns Show changes in shape and level 	<ul style="list-style-type: none"> Develop controlled movement and flexibility Develop an understanding of yoga Show control when copying and repeating yoga poses Develop strength and co-ordination in yoga poses Show control and technique in pair yoga Show balance, control and co-ordination in yoga poses Show control in an animal flow Copy and repeat a Summer flow showing control and co-ordination Copy a yoga flow, changing my breath to match the poses

Year 2 P.E. Objectives

Fundamentals	Fitness	Striking and fielding games	Sending and receiving	Net and wall games	Invasion games	Ball skills
<ul style="list-style-type: none"> Develop balancing and moving with control Develop balance, stability and landing safely Explore running with control at different speeds Develop changing direction and dodging To jump, hop and skip Develop co-ordination through French skipping Develop skipping in an individual rope Apply multi skills to a variety of challenges 	<ul style="list-style-type: none"> Develop stamina and the ability to run for longer periods Develop coordination through hula hoop skills Develop long rope skipping Develop individual skilling Take part in a circuit to develop stamina and co-ordination Take part in a circuit to develop stamina and agility Complete exercises using own body weight Develop 'ABC' agility, balance and co-ordination 	<ul style="list-style-type: none"> Roll a ball towards a target Stop a rolling ball Develop accuracy in underarm throwing and consistency in catching Develop overarm throwing To strike a ball Retrieve a ball Understand the roles of batter, bowler and fielder To run around bases to score points 	<ul style="list-style-type: none"> Roll a ball towards a target Receive a rolling ball Stop, send and receive a ball with feet Develop sending and receiving a ball with feet Develop catching skills Throw and catch Send and receive a ball with a hockey stick Send and receive a ball with a tennis racket 	<ul style="list-style-type: none"> Defend space by using the ready position Defend space on court by using the ready position Throw accurately at a target Develop control when handling a racket Develop racket and ball skills Send a ball using a racket Play against an opponent Play over a net 	<ul style="list-style-type: none"> Develop dribbling with feet Develop passing to a teammate with feet Develop dribbling with hands Develop throwing to a teammate Move into space and show an awareness of defenders Develop dodging and use it to lose a defender Stay with a player when defending Develop taking a ball towards goal 	<ul style="list-style-type: none"> Explore different ball skills Roll a ball to hit a target Develop co-ordination and be able to stop a rolling ball Develop technique and control when dribbling a ball with feet Develop control and technique when kicking a ball Develop co-ordination and technique when throwing and catching Develop control and co-ordination when dribbling a ball with hands

Team building and OAA	Athletics	Gymnastics	Dance	Yoga
<ul style="list-style-type: none"> Follow instructions Work with a partner and begin to work in small groups Work with a partner to solve challenges Develop negotiating skills Explore good teamwork skills Communicate in a team to solve challenges Plan for the best solution Develop trust and teamwork Copy a basic map 	<ul style="list-style-type: none"> Develop co-ordination and technique when running Develop agility and co-ordination when changing direction Develop technique when jumping for distance Develop technique when jumping for height Develop balance and rhythm when travelling over obstacles Use co-ordination and technique when throwing and pushing objects accurately Develop balance, co-ordination and technique when competing in athletics events 	<ul style="list-style-type: none"> Perform gymnastic shapes with control and link them together Use shapes to create balances Explore travelling actions, directions and levels Link travelling actions and balances using apparatus Demonstrate different take off and landings when performing jumps. Use shape jumps in a simple sequence Perform different rolls and link them to make a sequence Develop strength and take body weight on hands Link gymnastic actions to create a short sequence to include apparatus 	<ul style="list-style-type: none"> Remember, repeat and link actions Explore space and simple movement patterns Use counts of 8 to keep in time with the music. Create and copy different movements Use clear pathways Use interesting shapes and levels Use facial expressions to show a character Use individual balances Use different speeds and directions Mirror a partner and move in unison 	<ul style="list-style-type: none"> Develop controlled movement and flexibility Develop an understanding of yoga Show control when copying and repeating yoga poses Develop strength and co-ordination in yoga poses Show control and technique in pair yoga Show balance, control and co-ordination in yoga poses Show control in an animal flow Copy and repeat a Summer flow showing control and co-ordination Copy a yoga flow, changing my breath to match the poses

Year 3 P.E. Objectives

Fitness	Dance	Gymnastics	Athletics	Team building and OAA
<ul style="list-style-type: none"> Develop an awareness of what your body is capable of Test and record baseline fitness scores. Develop sprinting technique Develop speed Develop strength using own body weight Develop coordination Develop agility Develop balance Develop stamina Retest fitness and collect personal fitness scores 	<ul style="list-style-type: none"> Work in unison with a partner Create actions in response to a stimulus Understand the use of canon Understand how dynamics affect the actions performed Select and use movements to represent an idea Remember and repeat actions Use contrasting dynamics to clearly show different phrases Adapt movements to include a partner and small group 	<ul style="list-style-type: none"> Create interesting point and patch balances Match a partner in a sequence Step into shape jumps with control Develop the straight, barrel, and forward roll Smoothly move into and out of balances Create a sequence with matching and contrasting actions and shapes Explore gymnastics skills using hoops Create a partner sequence incorporating equipment 	<ul style="list-style-type: none"> Develop stamina and an understanding of pacing in a long-distance event Develop power and speed in the sprinting technique Develop communication skills and technique when taking part in a relay race Develop technique when jumping for distance Develop technique when jumping for height Develop power and technique when performing a push throw for distance Develop the technique and power for a pull throw Compete in athletics events Measure and record scores 	<ul style="list-style-type: none"> Develop cooperation and teamwork skills Communicate in a group and listen to others' ideas Work effectively with a partner Develop trust and teamwork Follow and give instructions Develop planning and problem-solving skills Work positively towards a team goal Develop map reading Identify objects on a map Draw and follow a simple map Navigate around a grid Draw a route using directions Orientate a map

Football	Netball	Tag Rugby	Dodgeball	Basketball
<ul style="list-style-type: none"> Dribble the ball Control the ball and run with it Develop passing to a teammate Develop passing and moving Control the ball with different parts of the body Change direction with the ball using an inside and outside hook Jockey / track an opponent Apply the rules and tactics you have learnt to play in a football tournament 	<ul style="list-style-type: none"> Develop ball handling skills Practise throwing and catching Develop passing and moving Play within the footwork rule Develop passing and moving towards a goal Lose a defender Defend an opponent and try to win the ball Develop the shooting action Play small sided games using netball rules Learn the positions of High 5 Netball and where each is allowed to go 	<ul style="list-style-type: none"> Develop ball handling skills demonstrating increasing control and accuracy Develop throwing and catching a rugby ball Play games using tagging rules Use the 'forward pass' and 'offside' rule Support a teammate when attacking Dodge a defender and move into space when running towards the goal Defend an opponent Apply the rules and tactics you have learnt to play in a tag rugby tournament 	<ul style="list-style-type: none"> Learn the rules of dodgeball Play in a mini dodgeball game Develop throwing at a target Develop throwing at a moving target Use jumps, dodges and ducks to avoid being hit Develop catching Use the whole body to catch a dodgeball Develop blocking Play in a dodgeball tournament 	<ul style="list-style-type: none"> Develop the attacking skill of dribbling use protective dribbling against an opponent Develop the bounce and chest pass and begin to recognise when to use them Perform a jump stop and pivot Lose a defender Defend and opponent by tracking them to slow them down Develop the technique for the set shot Apply the skills, rules and tactics you have learnt to a mini tournament

Year 3 continued

Cricket	Rounders	Tennis	Hockey
<ul style="list-style-type: none"> • Overarm throw, and catch a ball • Develop underarm bowling • Use the correct batting grip • Develop the batting technique • Field a ball using a two-handed pick up and a short barrier • Develop overarm bowling technique • Play the role of bowler, batter, wicket keeper and fielder in a game • Play mini versions of cricket 	<ul style="list-style-type: none"> • Throw and catch a ball • Understand the role of the fielder, bowler, batter and backstop • Develop bowling • Run around the outside of the bases and know when to stop • Field a ball using a two-handed pick up and a short barrier • Develop batting technique • Learn to bat in a team • Play in a rounders tournament 	<ul style="list-style-type: none"> • Use the ready position • Develop ball control and movement skills • Develop racket and ball control • Return the ball using a forehand groundstroke • Rally using a forehand • Develop the two-handed backhand • Learn how to score • Play against an opponent • Compete in a tennis competition 	<ul style="list-style-type: none"> • Dribble a ball using an open stick • Send the ball using a push pass • Receive and trap the ball • Develop dribbling using the reverse stick (Indian dribble) • Dribble the ball to beat a defender • Move into space after passing the ball • Use an open stick tackle • Apply defending and attacking principles and skills in a hockey tournament

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Year 4 P.E. Objectives

Fitness	Dance	Gymnastics	Athletics	Team building and OAA
<ul style="list-style-type: none"> • Develop an awareness of what your body is capable of • Test and record baseline fitness scores. • Develop sprinting technique • Develop speed • Develop strength using own body weight • Develop coordination • Develop agility • Develop balance • Develop stamina • Retest fitness and collect personal fitness scores 	<ul style="list-style-type: none"> • Create movements in response to an idea • Use direction to change set material • Remember and perform longer choreography • Understand the impact of dynamics on an action and use them when creating a phrase • Use canon to represent an idea • Use gesture in performance. 	<ul style="list-style-type: none"> • Perform individual and partner balances • Control and land rotation jumps • Develop the straight, barrel, forward and straddle roll • Perform inverted movements • Explore pathways and travelling movements • Create a sequence to include apparatus and inverted movements • Create a partner sequence to include apparatus 	<ul style="list-style-type: none"> • Develop stamina and an understanding of pacing in a long-distance event • Develop power and speed in the sprinting technique • Develop communication skills and technique when taking part in a relay race • Develop technique when jumping for distance • Develop technique when jumping for height • Develop power and technique when performing a push throw for distance • Develop the technique and power for a pull throw • Compete in athletics events • Measure and record scores 	<ul style="list-style-type: none"> • Develop cooperation and teamwork skills • Communicate in a group and listen to others' ideas • Work effectively with a partner • Develop trust and teamwork • Follow and give instructions • Develop planning and problem-solving skills • Work positively towards a team goal • Develop map reading • Identify objects on a map • Draw and follow a simple map • Navigate around a grid • Draw a route using directions • Orientate a map

Football	Netball	Tag Rugby	Dodgeball	Basketball
<ul style="list-style-type: none"> • Dribble the ball • Control the ball and run with it • Develop passing to a teammate • Develop passing and moving • Control the ball with different parts of the body • Change direction with the ball using an inside and outside hook • Jockey / track an opponent • Apply the rules and tactics you have learnt to play in a football tournament 	<ul style="list-style-type: none"> • Develop ball handling skills • Practise throwing and catching • Develop passing and moving • Play within the footwork rule • Develop passing and moving towards a goal • Lose a defender • Defend an opponent and try to win the ball • Develop the shooting action • Play small sided games using netball rules • Learn the positions of High 5 Netball and where each is allowed to go 	<ul style="list-style-type: none"> • Develop ball handling skills demonstrating increasing control and accuracy • Develop throwing and catching a rugby ball • Play games using tagging rules • Use the 'forward pass' and 'offside' rule • Support a teammate when attacking • Dodge a defender and move into space when running towards the goal • Defend an opponent 	<ul style="list-style-type: none"> • Learn the rules of dodgeball • Play in a mini dodgeball game • Develop throwing at a target • Develop throwing at a moving target • Use jumps, dodges and ducks to avoid being hit • Develop catching • Use the whole body to catch a dodgeball • Develop blocking • Play in a dodgeball tournament 	<ul style="list-style-type: none"> • Develop the attacking skill of dribbling • use protective dribbling against an opponent • Develop the bounce and chest pass and begin to recognise when to use them • Perform a jump stop and pivot • Lose a defender • Defend and opponent by tracking them to slow them down • Develop the technique for the set shot

		<ul style="list-style-type: none"> Apply the rules and tactics you have learnt to play in a tag rugby tournament 		<ul style="list-style-type: none"> Apply the skills, rules and tactics you have learnt to a mini tournament
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Year 4 continued

Cricket	Rounders	Tennis	Hockey
<ul style="list-style-type: none"> Overarm throw, and catch a ball Develop underarm bowling Use the correct batting grip Develop the batting technique Field a ball using a two-handed pick up and a short barrier Develop overarm bowling technique Play the role of bowler, batter, wicket keeper and fielder in a game Play mini versions of cricket 	<ul style="list-style-type: none"> Throw and catch a ball Understand the role of the fielder, bowler, batter and backstop Develop bowling Run around the outside of the bases and know when to stop Field a ball using a two-handed pick up and a short barrier Develop batting technique Learn to bat in a team Play in a rounders tournament 	<ul style="list-style-type: none"> Develop underarm feeding Use the ready position Control a ball with a tennis racket Hit the ball using a forehand Return the ball using a forehand Develop the backhand Keep a continuous rally going Use simple tactics in a game to beat an opponent Compete in a tennis competition 	<ul style="list-style-type: none"> Dribble a ball using an open stick Send the ball using a push pass Receive and trap the ball Develop dribbling using the reverse stick (Indian dribble) Dribble the ball to beat a defender Move into space after passing the ball Use an open stick tackle Apply defending and attacking principles and skills in a hockey tournament

Year 5 P.E. Objectives

Fitness	Dance	Gymnastics	Athletics	Team building and OAA
<ul style="list-style-type: none"> • Develop an awareness of what their body is capable of • Test and record baseline fitness scores • Develop sprinting technique and speed • Develop strength using my own body weight • Develop coordination through skipping • Improve agility • Improve stamina • Develop control when balancing • Retest fitness and collect personal fitness scores 	<ul style="list-style-type: none"> • Create a dance in random structure and perform the actions showing quality and control • Change the dynamics of an action • Provide and use feedback to improve on performance • Use formations • Show an understanding of shadowing and mirroring • Create group poses • Consider movements that flow smoothly in their choreography • Use varying levels • Use unison and canon when creating and linking poses • Work with a partner, keeping in time with each other and the music 	<ul style="list-style-type: none"> • Perform symmetrical and asymmetrical balances • Develop the straight, forward, straddle and backward roll • Explore different methods of travelling, linking actions in both canon and synchronisation • Perform progressions of inverted movements • Perform progressions of a handstand • Explore matching and mirroring using actions both on the floor and on apparatus • Create a partner sequence using apparatus 	<ul style="list-style-type: none"> • Pace yourself and take part in a long-distance event • Develop sprinting technique • Develop change over in a relay race • Develop technique to perform the standing long jump • Perform a standing triple jump • Develop high jump • Develop the shot-put throw • Develop the javelin throw 	<ul style="list-style-type: none"> • Work effectively with a partner and small group • Build communication and trust showing an awareness of safety • Work as a team to solve problems • Suggest ideas and listen to others • Develop co-operation and teamwork skills • Develop creating ideas and problem solving • Develop strategies and planning and work as a team to solve problems • Develop critical thinking • Develop trust and listen to others and follow instructions • Develop navigational skills and map reading • Use a map to navigate around a course • Use a key to identify objects and locations

Year 5 continued

Football	Netball	Tag Rugby	Dodgeball	Basketball	Volleyball
<ul style="list-style-type: none"> Develop dribbling the ball with control Dribble the ball under pressure Pass the ball accurately to a target Develop first touch control Turn using a drag back, inside and outside hook Develop defending skills Develop goalkeeping skills Apply the rules and tactics you have learnt to play in a football tournament 	<ul style="list-style-type: none"> Develop passing and moving Develop passing and moving towards a goal Use the attacking principle of creating and using space Change direction and lose a defender Defend ball side and know when to go for interceptions Change direction to get free from a defender and receive a pass Develop the shooting action Play in a High 5 netball tournament 	<ul style="list-style-type: none"> Develop attacking principles, knowing when to run and when to pass Throw accurately and catch a tag rugby ball with control Use the 'forward pass' and 'offside' rules Play games using tagging rules Lose a defender Draw defence and know when to pass Work as a defending unit to prevent attackers from scoring Apply the rules and tactics you have learnt to play in a tag rugby tournament 	<ul style="list-style-type: none"> Recap the rules of dodgeball Play in a mini dodgeball game Develop throwing at a moving target Use jumps, dodges and ducks to avoid being hit Develop catching to get an opponent out Develop blocking Select and apply tactics in the game Develop officiating skills Play in a dodgeball tournament 	<ul style="list-style-type: none"> Dribble the ball using the double dribble and travelling rule Use protective dribbling against an opponent Use a variety of passes in a game situation Move into a space to support a teammate Choose when to pass and when to dribble Track an opponent and use defensive techniques to win the ball Perform a set shot and a jump shot Apply the rules and tactics you have learnt to play in a basketball tournament 	<ul style="list-style-type: none"> Use the ready position Develop the fast catch volley Volley the ball Use a dig shot Rally over the net Underarm serve Use the scoring system and understand when to rotate Play in a volleyball tournament

Cricket	Rounders	Tennis	Hockey
<ul style="list-style-type: none"> Develop throwing accuracy and catching skills Develop underarm bowling accuracy Develop batting accuracy and directional batting Develop catching skills (close/deep catching and wicket keeping) Develop overarm bowling technique and accuracy Use defensive and driving hitting techniques Develop a variety of fielding techniques and to use them within a game Develop long and short barriers in fielding 	<ul style="list-style-type: none"> Throw and catch with accuracy Develop bowling Understand the role of the bowler Develop batting technique Learn how to stump a batter out Develop a variety of fielding techniques and to use them in a game Develop long and short barriers in fielding Develop decision making and tactical awareness Play in a rounders tournament 	<ul style="list-style-type: none"> Hit the ball with a forehand groundstroke Return the ball using a forehand groundstroke Return the ball using a backhand groundstroke Keep a continuous rally going Underarm serve Use a volley Use a variety of strokes to beat an opponent Compete in a tennis competition 	<ul style="list-style-type: none"> Dribble a ball with increasing control Use dribbling to beat a defender End the ball using a push pass Receive and trap the ball with good technique and control Move into space to support a teammate Use an open stick (block) tackle and jab tackle to gain possession of the ball Use space effectively in game situations Apply attacking and defending principles and skills in a hockey tournament

Year 6 P.E. Objectives

Fitness	Dance	Gymnastics	Athletics	Team building and OAA
<ul style="list-style-type: none"> • Develop an awareness of what their body is capable of • Test and record baseline fitness scores • Develop sprinting technique and speed • Develop strength using my own body weight • Develop coordination through skipping • Improve agility • Improve stamina • Develop control when balancing • Retest fitness and collect personal fitness scores 	<ul style="list-style-type: none"> • Order phrases using random structure • Copy and repeat a set dance phrase showing control in movements • Work collaboratively to explore and develop dance ideas • Perform with confidence using exaggerated movements • Use changes in level and speed when choreographing • Use a prop as a dance stimulus • Use canon and unison to improve the impact of a dance • Combine movement ideas to convey a mood and theme • Explore, improvise and combine movement ideas fluently and efficiently 	<ul style="list-style-type: none"> • Develop the straddle, forward and backward roll • Perform counterbalance and counter tension • Link partner balances into a sequence • Perform inverted movements with control • Perform the progressions of a headstand and a cartwheel • Use flight from hands to travel over apparatus • Create group balances • Create a group sequence using formations and apparatus 	<ul style="list-style-type: none"> • Pace yourself and take part in a long-distance event • Develop sprinting technique • Develop change over in a relay race • Develop technique to perform the standing long jump • Perform a standing triple jump • Develop high jump • Develop the shot-put throw • Develop the javelin throw 	<ul style="list-style-type: none"> • Work effectively with a partner and small group • Build communication and trust showing an awareness of safety • Work as a team to solve problems • Suggest ideas and listen to others • Develop co-operation and teamwork skills • Develop creating ideas and problem solving • Develop strategies and planning and work as a team to solve problems • Develop critical thinking • Develop trust and listen to others and follow instructions • Develop navigational skills and map reading • Use a map to navigate around a course • Use a key to identify objects and locations

Year 6 continued

Football	Netball	Tag Rugby	Dodgeball	Basketball	Volleyball
<ul style="list-style-type: none"> • Develop dribbling the ball with control • Dribble the ball under pressure • Pass the ball accurately to a target • Develop first touch control • Turn using a drag back, inside and outside hook • Develop defending skills • Develop goalkeeping skills • Apply the rules and tactics you have learnt to play in a football tournament 	<ul style="list-style-type: none"> • Develop passing and moving • Develop passing and moving towards a goal • Use the attacking principle of creating and using space • Change direction and lose a defender • Defend ball side and know when to go for interceptions • Change direction to get free from a defender and receive a pass • Develop the shooting action • Play in a High 5 netball tournament 	<ul style="list-style-type: none"> • Develop attacking principles, knowing when to run and when to pass • Throw accurately and catch a tag rugby ball with control • Use the 'forward pass' and 'offside' rules • Play games using tagging rules • Lose a defender • Draw defence and know when to pass • Work as a defending unit to prevent attackers from scoring • Apply the rules and tactics you have learnt to play in a tag rugby tournament 	<ul style="list-style-type: none"> • Recap the rules of dodgeball • Play in a mini dodgeball game • Develop throwing at a moving target • Use jumps, dodges and ducks to avoid being hit • Develop catching to get an opponent out • Develop blocking • Select and apply tactics in the game • Develop officiating skills • Play in a dodgeball tournament 	<ul style="list-style-type: none"> • Dribble the ball using the double dribble and travelling rule • Use protective dribbling against an opponent • Use a variety of passes in a game situation • Move into a space to support a teammate • Choose when to pass and when to dribble • Track an opponent and use defensive techniques to win the ball • Perform a set shot and a jump shot • Apply the rules and tactics you have learnt to play in a basketball tournament 	<ul style="list-style-type: none"> • Use the ready position • Develop the fast catch volley • Volley the ball • Use a dig shot • Rally over the net • Underarm serve • Use the scoring system and understand when to rotate • Play in a volleyball tournament

Cricket	Rounders	Tennis	Hockey
<ul style="list-style-type: none"> • Develop throwing accuracy and catching skills • Develop underarm bowling accuracy • Develop batting accuracy and directional batting • Develop catching skills (close/deep catching and wicket keeping) • Develop overarm bowling technique and accuracy • Use defensive and driving hitting techniques • Develop a variety of fielding techniques and to use them within a game • Develop long and short barriers in fielding 	<ul style="list-style-type: none"> • Throw and catch with accuracy • Develop bowling • Understand the role of the bowler • Develop batting technique • Learn how to stump a batter out • Develop a variety of fielding techniques and to use them in a game • Develop long and short barriers in fielding • Develop decision making and tactical awareness • Play in a rounders tournament 	<ul style="list-style-type: none"> • Hit the ball with a forehand groundstroke • Return the ball using a forehand groundstroke • Return the ball using a backhand groundstroke • Keep a continuous rally going • Underarm serve • Use a volley • Use a variety of strokes to beat an opponent • Compete in a tennis competition 	<ul style="list-style-type: none"> • Dribble a ball with increasing control • Use dribbling to beat a defender • End the ball using a push pass • Receive and trap the ball with good technique and control • Move into space to support a teammate • Use an open stick (block) tackle and jab tackle to gain possession of the ball • Use space effectively in game situations • Apply attacking and defending principles and skills in a hockey tournament



Swimming and the national curriculum

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England.

This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

The three national curriculum outcomes

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of **at least 25 metres**
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.