

Text in Green indicates the content children are required to learn to ensure they are meeting the aims of the National Curriculum for P.E Text in blue indicates the content our Collegiate would like our children to attempt to attain, these are a little more ambitious than NCPE but we think our children will enjoy the challenge!

	EYFS											
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics					
~Develop ability to throw and catch large balls and bean bags ~Develop ability to kick a ball with control	~Enjoy moving to music!	~Begin to develop basic jumps and rolls	~Develop ability to throw and catch large balls and bean bags	~Strike a ball with hand or a piece of equipment (racquet, bat etc) displaying some control	~Enjoy being outdoors!	~Explain how the heart changes when we exercise ~Locate where the heart is on the body ~Explain why we breath faster when we exercise	~Develop ability to run and stop with control ~Jump from standing and still and land on two feet with control					



	Year One											
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics					
~Participate in a team game	~Perform a dance using simple	~Become confident movers (display	~Participate in a team game	~Strike a moving medium-large	~List the points on a compass	~Explain what eating unhealthy	~Master basic movements including					
~Use an over- arm throw to cover a greater	movement patterns (as part of a large	competence in the FUNdamental	~React and move to a rolling ball to	ball with a larger racquet	~Follow simple routes	food often will do to our body	running, jumping and throwing					
distance ~Throw a bean	group following the lead of an	movement skills – Running,	stop, catch or collect it		and/or trails by following a leader	~Participate in an effective	~I know how					
bag/ball under- arm with	adult)	Stopping, Throwing, Catching,	~Strike a medium-large		leadel	warm-up (stretches and pulse raiser)	to participate in sporting competition					
accuracy over a shorter distance	~Recall and explain the movements	Jumping, Hopping)	ball with a larger bat or racquet			~Explain how exercise will	fairly, trying my best					
~Kick a stationary ball towards a	the child had performed	~Roll & balance in a range ways effectively				effect the body (breathing	~Use an over- arm throw to cover a					



stationary target with accuracy		~Travel safely over simple apparatus (Bench, small box tops)				rate, heart rate)	greater distance ~Demonstrate the difference between a jog and a sprint
			Year T	wo			
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics
~Perform in a team game, developing simple tactics for attacking and defending (when to pass,	~Perform a dance using simple movement patterns ~Learn and	~Become confident movers (display competence in the FUNdamental movement skills	~Perform in a team game, developing simple tactics for attacking and defending (adjust field to	~Demonstrate how to hold a racquet correctly ~Strike a moving	~Participate in team challenges and work cooperatively in a small group	~Explain the long term process of building muscle in basic terms	~Master basic movements including running, jumping and throwing
when to retreat behind the ball to defend)	perform a dance to a small audience	Running,Stopping,Throwing,	block where a batter likes to hit)	medium-large ball with a larger racquet	~Follow basic maps	~Show the physical resilience	~Participate in basic races



~Travel with the ball displaying control (whether using hands, feet or stick!)	as part of a large, adult led group	Catching, Jumping, Hopping) ~Experiment with linking balances and ways of	~Apply hitting, catching, stopping and throwing techniques in a game situation	showing a degree of accuracy	independently (simple routes using benches, cones and hoops)	needed to keep moving when getting tired	~Participate in hurdles
		travelling to create a gymnastics routine Travel safely over apparatus and balance on one leg on					
		apparatus					



	Year Three											
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics					
~Play competitive games and apply basic principles for attacking & defending ~Refine ways of throwing and kicking to sport specific shooting & passing techniques	~Perform dances using a range of movement patterns ~Adjust dance to movements to portray an idea or feeling	~Develop flexibility, strength, technique, control and balance ~Develop gymnastics resources that display a change of level	~Refine batting techniques to choose where to play shots ~Demonstrate the correct batting stance ~Demonstrate the long barrier	~Play competitive games and apply basic principles for attacking & defending ~Strike a moving, medium-large ball both forehand and backhand showing a degree of accuracy	~Take part in outdoor and adventurous activity challenges both individually and within a team ~Use a simple map of school to locate specified locations	~Explain that there are multiple types of fitness ~Show the physical resilience needed to improve physical fitness	~Develop flexibility, strength, technique, control and balance ~Demonstrate effective sprinting technique displaying an understanding of key teaching points					



			Year Fo	our			
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics
~Play competitive games and apply basic principles for attacking & defending	~Perform dances using a range of movement patterns	~Develop flexibility, strength, technique, control and balance ~Develop	~Refine ways of throwing for sport specific bowling & fielding techniques	~Play competitive games and apply basic principles for attacking & defending	~Take part in outdoor and adventurous activity challenges both individually and within a	~Describe the different types of fitness ~Describe the effect that exercise has on the brain	~Develop flexibility, strength, technique, control and balance ~Perform
~Display an ability to choose when to use a skill at the right time moment (pass, shoot, travel)		gymnastics routines using mirror & match	correct bowling technique in cricket (to a stationary target)	~Develop ability to serve legally and effectively ~Run to a moving ball to play both a forehand or a backhand	~Use the key on a map to locate nearby landmarks ~Use a compass and the key to a	~Show the physical resilience needed to improve physical fitness	athletic techniques precisely in running, jumping and throwing events ~Demonstrate effective relay



~Use a variety					navigate a		change over
of techniques					nap		technique
to pass					effectively		
effectively in							~Develop
different sports							Javelin and
							triple jump
							technique.
			Year Fi	ve			
Invasion Games	Dance	Accurate	Striking &	Net & Wall	OAA	Health Related	Athletics
		Replication	Fielding			Exercise	
		(Gymnastics &					
		Parkour)					
~Play	~Perform	~Develop	~Understand	~Play	~Take part in	~List and	~Develop
competitive	dances using a	flexibility,	different tactics	competitive	outdoor and	describe some	flexibility,
games and	range of	strength,	and follow a	games and	adventurous	of the	strength,
apply basic	movement	technique,	plan in a	apply basic	activity	different types	technique,
principles for	patterns	control and	competitive	principles for	challenges	of fitness	control and
attacking &		balance	situation	attacking &	both		balance
defending	~Begin to			defending	individually	~Explain how	
	choreograph	~Participate in	~Select and		and within a	muscles	~Develop
~Use running,	simple dance	group routines	apply sport	~Use a range of	team	increase in	ability to use
jumping,	routines for	using both	specific	shots/strokes to		size and	tactics when
throwing &		mirror & match	techniques at			power	competing in



catching in isolation and in	pairs or small groups	and canon/unison	the right moment during	strike a moving ball	~Participate in challenging	~Explain why	middle-longer distance races
combination	groups	canony amson	competition	ball	activities	it is important	distance races
~Select and apply complex sport specific skills to help their team	~Match dance movements with a stimulus, tempo or mood of music	~Begin to experiment with basic partner balances ~Develop ability to travel in a	(I.e Applying the short barrier if a ball is moving quickly towards you when close)	~Show an understanding of using space to manipulate an opponent	outside, solving increasingly complex problems as a team	to warm-up correctly	~Use knowledge of technique to evaluate and improve their own performance
~Understand different tactics and follow a plan in a competitive situation	~Perform to an audience	~Perform to an audience					in various runs, jumps and throws



			Year S	oix .			
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics
~Play	~Perform	~Develop	~Use	~Play	~Take part in	~Lead an	~Develop
competitive	dances using a	flexibility,	leadership skills	competitive	outdoor and	effective	flexibility,
games and	range of	strength,	to select	games and	adventurous	warm-up for a	strength,
apply basic	movement	technique,	appropriate	apply basic	activity	small group	technique,
principles for	patterns	control and	tactics for their	principles for	challenges		control and
attacking &		balance	team, reacting	attacking &	both	~Explain the	balance
defending	~Choreograph		to	defending	individually	positive	
	and lead small	~Develop ability	circumstances		and within a	effects	~Use
~Use running,	parts in a	to hold more	within the	~Develop	team	exercise has	knowledge of
jumping,	dance for a	complex partner	match	competency in		on the brain	technique to
throwing &	small-medium	balances		a range of	~Participate in		evaluate and
catching in	sized group		~Use	different shots	challenging	~Develop an	improve their
isolation and in		~Lead a group in	knowledge of a		activities	understanding	peers
combination		creating routines	teams	~Use skills and	outside,	of which types	performance
		using both	strengths &	knowledge to	solving	of fitness are	in various
~Use leadership		mirror & match	weaknesses to	select	increasingly	strengths and	basic runs,
skills to select		and	improve	appropriate	complex	where	jumps and
appropriate		canon/unison	performance	tactics and			throws



tactics for their		shots, reacting	problems as a	improvements	
team, reacting		to	team	can be made	
to		circumstances			
circumstances		within the	~Use		
within the		match	knowledge		
match			and skills to		
			compete in		
~Use			OAA related		
knowledge of a			competitions		
teams			(Orienteering,		
strengths &			Problem		
weaknesses to			solving etc)		
improve					
performance					



			Year	7			
Invasion Games	Dance	Accurate Replication (Gymnastics & Parkour)	Striking & Fielding	Net & Wall	OAA	Health Related Exercise	Athletics
~Use a range of	~Perform	~Develop their	~Take part in	~Use a range of	~Take part in	~Lead an	~Analyse their
tactics and	dances using	technique and	competitive	tactics and	outdoor and	effective	performances
strategies to	advanced	improve their	sports and	strategies to	adventurous	warm-up for a	compared to
overcome	dance	performance in	activities	overcome	activities	medium sized	previous ones
opponents in	techniques	other	outside school	opponents in	which present	group	and
direct	within a range	competitive	through	direct	intellectual		demonstrate
competition	of dance styles	sports [for	community	competition	and physical	~Use	improvement
through team	and forms	example,	links or sports	through team	challenges	knowledge of	to achieve
and individual		athletics and	clubs.	and individual	and be	the body and	their personal
games [for	~Choreograph	gymnastics]		games [for	encouraged	various types	best
example,	collaboratively		~Use	example,	to work in a	to fitness to	
badminton,	and lead small	~Develop	knowledge of	badminton,	team, building	begin to make	~Use
basketball,	parts in a	routines	various sports	basketball,	on trust and	improvements	knowledge of
cricket,	dance for a	individually and	to act in	cricket, football,	developing	physically	technique to
football,	small-medium	as a group, use	differing roles	hockey, netball,	skills to solve		evaluate and
hockey, netball,	sized group	these to begin to	(coach, umpire,	rounders, rugby	problems,	~Use	improve their
rounders, rugby	whilst sharing	compete within	lead warm-ups	and tennis]	either	knowledge of	peers
and tennis]	ideas	lessons	etc)			fitness	performance



		~Use	individually or	components	in various
~ Take part in		knowledge of	as a group	and principles	complex runs,
competitive		various sports		of training to	jumps and
sports and		to act in		help others to	throws (High
activities		differing roles		make progress	Jump, Javelin,
outside school		(coach, umpire,			Shotput)
through		lead warm-ups			
community		etc)			
links or sports					
clubs.					
~Use					
knowledge of					
various sports					
to act in					
differing roles					
(coach, referee,					
lead warm-ups					
etc)					