

P.E.

PSHE

Gymnastics

| | Step 1 | Step 2 | Step 3 | Step 4 | Step 5 | Step 6 | Step 7 | Step 8 | Step 9 | Step 10 |
|------------|---|--|--|---|--|---|---|---|--|---|
| Gymnastics | To be able to confidently and safely use a range of large and small apparatus indoors and outside | To be able to explore different jumps and balances using different body parts | To be able to move along the floor in different ways e.g. sliding, rolling, stretching etc | To be able to use their body to perform various shapes | To be able to perform a simple balance holding for 3 seconds | To be able to perform a basic jump (straight jump, Star jump etc) | To be able to perform a tuck rock and a tuck roll and rocket roll with pointed toes | To be able to devise and perform their own basic sequence | To be able to begin to observe and comment on others sequences and give feedback | To be able to perform shapes with a strong body and control |
| | Step 11 | Step 12 | Step 13 | Step 14 | Step 15 | Step 16 | Step 17 | Step 18 | Step 19 | Step 20 |
| | To be able to Perform jumps (straight, star, tuck jump) with control and a strong body | To be able to Perform a tuck rock, tuck roll, forward roll* and dish/ arch roll *Under supervision | To be able to Perform a balance on one or more parts of body | To be able to Perform a sequence on apparatus– (roll, jump and balance) | To be able to move on and off apparatus with strong body and control | To be able to link like movements to perform sequences | To be able to use appropriate vocabulary when giving feedback | To be able to use others feedback and their own knowledge to improve their own sequence | | |

Dance

| | Step 1 | Step 2 | Step 3 | Step 4 | Step 5 | Step 6 | Step 7 | Step 8 | Step 9 | Step 10 |
|-------|--|---|--|--|---|--|--|---|---|--|
| Dance | To be able to experiment with different ways of moving | To be able to move fluently to match music. Fast, slow, happy | To be able to move around to different characters to the music e.g. superheroes, explorers etc | To be able to explore and copy basic movements and body patterns | To be able to choose own movements and body shapes to make a simple dance actions | To be able to practice and repeat movements so they can be performed in a controlled way | To be able to perform basic dance travelling movements to combine into a sequence, e.g. sliding, turning and gesturing | To be able to move in time to the music showing some expression | To be able to perform dance movements at variable speeds and levels | To be able to perform dance movements showing travelling in different directions whilst negotiating space e.g. sliding, turning, gesturing |
| | Step 11 | Step 12 | Step 13 | Step 14 | Step 15 | Step 16 | Step 17 | Step 18 | Step 19 | Step 20 |
| | To be able to remember and repeat movements showing greater control and coordination and special awareness | To be able to use simple dance vocabulary to describe and evaluate movement | To be able to describe how a dance makes them feel | | | | | | | |

P.E. Continued

| Being My Best | | | | | | | | | | |
|--|---|--|---|--|---|--|--|--|---|--|
| | Step 1 | Step 2 | Step 3 | Step 4 | Step 5 | Step 6 | Step 7 | Step 8 | Step 9 | Step 10 |
| Multi-Skills | To be able to experiment with different ways of balancing | To be able to experiment with different ways of moving (agility) | To be able to experiment with different ways of moving a ball with different body parts (co-ordination) | To be able to balance on lines with control and use equipment to balance on various parts of the body | To be able to change direction with some control (agility) | To be able to co-operate, compete and challenge themselves as a team in various games | To be able to balance on low equipment with good control | To be able to change direction quickly with good balance and control (agility) | To be able to co-ordinate the body whilst beginning to move at different speeds with various equipment | |
| Striking and hitting a ball (eg, tennis, hockey etc) | To be able to run / walk under control at varying speeds around obstacles | To be able to catch and throw, using hand eye co-ordination, a range of different objects e.g. balloon, hanky | To be able to throw and catch an object with a partner, understanding basic turn taking | To be able to balance an object e.g. beanbag on a racket | To be able to move the ball with a hand in a variety of ways, patterns and speeds | To be able to throw and catch a suitable ball improving control – bounce catch to self / partner | To be able to use fore and back hand movement to push a ball along the floor to create basic rally, with a partner | To be able to balance a ball on a racket, initially standing still and then progressing to movement | To be able to become familiar with a racket and use it to push a ball along the floor, both forehand and backhand | To be able to do a one bounce, no net, rally using a racket |
| Throwing, catching and travelling with a ball (eg basketball, tag rugby etc) | To be able to move a ball over the body | To be able to experiment with moving an object along the floor e.g pushing a balloon | To be able to throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls | To be able to run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork | To be able to move around safely in a variety of ways and negotiating space | To be able to throw a variety of balls into hoops and targets to score | To be able to experiment with bouncing and dribbling a ball | To be able to catch a soft ball safely, Pass a soft ball from the chest – 'W' shape when passing and receiving | To be able to move into a space looking to throw the ball to someone in a space | To be able to experiment with bouncing and dribbling a ball, beginning to use left and right hands |
| Growing and Changing | | | | | | | | | | |
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| Athletics | To be able to march/run for co-ordination and speed | To be able to experiment with different ways of jumping-measuring with various objects and controlling a landing | To be able to compete with myself and my peers and improve my personal best | To be able to leap over cones, spots and throw down strips from standing | To be able to develop my technique when running at various speeds (use of arms) | To be able to jump with bended knees and pushing off – being competitive to improve distance as a pair | To be able to co-operate and compete in a team in various running games | To be able to run and jump over a series of hurdles without knocking them over whilst moving | To be able to improve jumping technique (different patterns of arms and take off feet) | To be able to maintain pace when running over a longer distant |
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