



Physical Education

	Year 1 and 2	Year 3 and 4	Year 5 and 6
Activities	<ul style="list-style-type: none"> ▪ Gymnastics. Travelling and balances using floor and equipment. ▪ Dance ▪ Multi-skills ▪ Small sided games/net games ▪ Striking Rounders ▪ Sports day Athletic practices. 	<ul style="list-style-type: none"> ▪ Gymnastics. Matching and mirroring. Floor and apparatus. Partner balances. Floor and apparatus. ▪ Dance. ▪ Invasion games ▪ Net games ▪ Team building ▪ Swimming ▪ Striking and Athletics 	<ul style="list-style-type: none"> ▪ Gymnastics. Supporting own body weight on floor and with apparatus. Flight. ▪ Invasion games Full. ▪ Net games ▪ Orienteering ▪ Striking ▪ Athletics Award system.
Performance	<ul style="list-style-type: none"> ▪ Using combinations of movement to put into sequences. Dance and Gymnastics. ▪ Understand what happens to their body and why it can be healthy. ▪ Master the skills of rolling, striking, kicking and throwing. Use in game play and understand use of space. Showing awareness of opponents and team mates. ▪ Use simple tactics and skills at the right time. ▪ Practice to improve 	<ul style="list-style-type: none"> ▪ Develop more technical gymnastic movements with partners and small groups to develop sequences that can be put into a performance. ▪ Explore Dance, choose, combine and organise ideas within musical structures. ▪ play games with some fluency and accuracy, using a range of throwing and catching techniques. ▪ Using simple tactics to get into scoring positions. Know how to defend. ▪ Lead a warm up session. ▪ Be able to think how they and others can improve. ▪ Be able to swim 25m, showing a variety of strokes and self rescuing. 	<ul style="list-style-type: none"> ▪ improvise, developing rhythmic, expressive and technical movement to perform a variety of gymnastic sequences on both floor and apparatus. ▪ strike a bowled ball; use a range of fielding skills, eg catching, throwing, bowling, intercepting, ▪ Representing the school in an activity. ▪ use different techniques for passing, controlling, dribbling and shooting the ball in games ▪ apply basic principles of team play to keep possession of the ball; use marking, tackling and/or interception to improve their defence; play effectively as part of a team; know what position they are playing in and



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			how to contribute when attacking and defending.
Appraising, Coaching, Improving	<ul style="list-style-type: none">▪ explore and express their ideas and feelings about movement, using dance, expression and music.▪ make improvement to their own work.▪ Recognise changes in their body▪ Demonstrate awareness of team mates and opposition.	<ul style="list-style-type: none">▪ improve their own work and that of others.▪ Know the three stage process of leading a warm up.▪ explore and explain own ideas and feelings about music using movement, dance, expressive language and musical vocabulary▪ Putting Gymnastic movement into sequences.	<ul style="list-style-type: none">▪ Gymnastics practice, rehearse and present performances with an awareness of audience. Y5/6▪ improve their own work and that of others in relation to its intended effect.▪ Demonstrate different tactics across a range of games, both in attack and defence.▪ Being able to coach and support others, making tactical changes.