

## PE Medium Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><b>Personal, Social and Emotional Development:</b></p> <ul style="list-style-type: none"> <li>• Manage our own needs.</li> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage our own basic hygiene and personal needs, including dressing.</li> <li>• Work and play cooperatively and take turns with others.</li> </ul> <p><b>Physical Development:</b></p> <ul style="list-style-type: none"> <li>• Use our core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>• Know and talk about the different factors that support overall health and wellbeing: regular physical activity.</li> <li>• Negotiate space and obstacles safely, with consideration for ourselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design:</b></p> <ul style="list-style-type: none"> <li>• Explore, use and refine a variety of artistic effects to express our ideas and feelings.</li> <li>• Return to and build on our previous learning, refining ideas and developing our ability to represent them.</li> <li>• Create collaboratively, sharing ideas, resources and skills.</li> <li>• Listen attentively, move to and talk about music, expressing our feelings and responses.</li> <li>• Watch and talk about dance and performance art, expressing our feelings and responses.</li> <li>• Explore and engage in music making and dance, performing solo or in groups.</li> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>					

<p><b>Year 1</b></p>	<p><b><u>Multi Skills</u></b></p> <ul style="list-style-type: none"> <li>• Warm up and cool down correctly.</li> <li>• Developing throwing and catching skills using the correct technique.</li> <li>• Roll/throw a range of equipment at a target with some accuracy.</li> <li>• Run, stop and retrieve moving equipment safely.</li> <li>• Demonstrate a range of jumps with safe landing technique.</li> <li>• Effectively balance in a range of poses.</li> </ul> <p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>• Begin to use the correct technique to catch with inconsistent success.</li> <li>• Maintain focus throughout a game.</li> <li>• Run using a somewhat correct technique.</li> <li>• Work effectively as part of a team by communicating clearly.</li> <li>• Begin to dribble a ball, keeping it under close control.</li> <li>• React quickly when necessary.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Perform 5 key shapes.</li> <li>• Perform one shape after another.</li> <li>• Balance using different parts of the body.</li> <li>• Link movements.</li> <li>• Use different pieces of equipment and apparatus.</li> <li>• Participate in a performance.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribble a basketball with some control.</li> <li>• Perform an accurate and appropriately powered chest pass that includes a bounce.</li> <li>• Begin to perform chest passes without a bounce.</li> <li>• Perform an accurate and appropriately powered shoulder pass that includes a bounce.</li> <li>• Begin to perform shoulder passes without a bounce.</li> <li>• Perform a bouncing overhead pass with some accuracy and appropriate power.</li> <li>• Begin to successfully catch/receive a pass using the correct technique.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Begin to dribble a football in a straight line.</li> <li>• Change direction and maintain control of the ball with some success.</li> <li>• Pass a ball to another pupil over a short distance with somewhat appropriate pace and accuracy.</li> <li>• Control a good pass with some success.</li> <li>• Shoot with some accuracy and power.</li> <li>• Safely and somewhat successfully perform a block tackle.</li> <li>• Safely and somewhat successfully perform a toe stab tackle.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Change direction, speed and move with control.</li> <li>• Work individually and with others</li> <li>• Move to music showing expressive qualities of dance.</li> <li>• Create linked movement phrases.</li> <li>• Participate in a performance.</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Field a rolling ball using a long barrier.</li> <li>• Stop a bouncing ball with some success.</li> <li>• Catch a ball using the correct technique with some success.</li> <li>• Roll a ball accurately to another pupil.</li> <li>• Throw a ball underarm with some accuracy. Correctly hold a cricket bat.</li> <li>• Put themselves in the appropriate stance as if they are to have a ball bowled at them.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sprint with the correct technique.</li> <li>• Hurdle with a mostly correct technique.</li> <li>• Throw a javelin inconsistently using the correct technique in order for it to glide.</li> <li>• Perform a long jump, by beginning to use the correct technique to improve distance.</li> <li>• Perform a high jump, by beginning to use the correct technique to improve distance.</li> <li>• Perform a triple jump, by beginning to use the correct technique to improve distance.</li> <li>• Throw a discus, beginning to use the correct technique.</li> </ul> <p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Move in different ways.</li> <li>• Work with others.</li> <li>• Begin to problem solve.</li> <li>• Follow rules.</li> <li>• Take turns</li> <li>• Understand basic features on a map.</li> </ul>
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<p><b>Year 2</b></p>	<p><b><u>Multi Skills</u></b></p> <ul style="list-style-type: none"> <li>• Warm up and cool down correctly.</li> <li>• Continue to develop throwing and catching skills using the correct technique.</li> <li>• Roll/throw a range of equipment at a target with increasing accuracy.</li> <li>• Run, stop and retrieve moving equipment safely.</li> <li>• Demonstrate a range of jumps with safe landing technique.</li> <li>• Effectively balance in a range of poses.</li> <li>• Dribble a football, beginning to keep the ball under control.</li> <li>• Fully demonstrate safe movements.</li> <li>• Explain why some movements are safe and others are not</li> </ul> <p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>• Use the correct technique to catch with inconsistent success.</li> <li>• Maintain focus throughout a game.</li> <li>• Develop running using a somewhat correct technique.</li> <li>• Work effectively as part of a team by communicating clearly.</li> <li>• Continue to dribble a ball, keeping it under close control.</li> <li>• React quickly when necessary.</li> <li>• maintain balance for a slightly extended period of time.</li> <li>• Understand how the skills they learn transfer into sporting activities.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Remember and perform 5 key shapes.</li> <li>• Move smoothly with control.</li> <li>• Perform basic gymnastic actions such as balancing and jumping.</li> <li>• Link movements and shapes.</li> <li>• Use different pieces of equipment and apparatus.</li> <li>• Form simple sequences.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Correctly dribble a basketball with some control.</li> <li>• Perform an accurate and appropriately powered chest pass that includes a bounce.</li> <li>• Perform chest passes without a bounce.</li> <li>• Perform an accurate and appropriately powered shoulder pass that includes a bounce.</li> <li>• Perform shoulder passes without a bounce.</li> <li>• Perform a bouncing overhead pass with some accuracy and appropriate power.</li> <li>• Catch/receive a pass using the correct technique with increasing accuracy.</li> <li>• Know how to shoot with the correct technique and demonstrate this with some accuracy.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Dribble a football in a straight line with increasing accuracy.</li> <li>• Change direction and maintain control of the ball with increasing success.</li> <li>• Pass a ball to another pupil over a short distance with increasingly appropriate pace and accuracy.</li> <li>• Control a good pass with increasing success.</li> <li>• Shoot with increasing accuracy and power.</li> <li>• Safely and somewhat successfully perform a block tackle.</li> <li>• Safely and with increasing success, fully perform a toe stab tackle.</li> <li>• Perform all learnt skills in a game environment.</li> <li>• Understand the benefit of working as a team and demonstrate this with some consistency during team games.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Move in different ways.</li> <li>• Move to music showing expressive qualities of dance.</li> <li>• Repeat short dance phrases with greater control.</li> <li>• To be creative and compose short dances</li> <li>• Describe a performance accurately.</li> <li>• Perform with control and coordination.</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Field a rolling ball using a long barrier.</li> <li>• Stop a bouncing ball with some success.</li> <li>• Catch a ball using the correct technique with some success.</li> <li>• Roll a ball accurately to another pupil.</li> <li>• Throw a ball underarm with some accuracy. Correctly hold a cricket bat.</li> <li>• Put themselves in the appropriate stance as if they are to have a ball bowled at them.</li> <li>• Strike a stationary ball mostly using the correct technique.</li> <li>• Successfully field a ball at varying heights and speeds.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sprint with the correct technique.</li> <li>• Hurdle with a mostly correct technique.</li> <li>• Throw a javelin inconsistently using the correct technique in order for it to glide.</li> <li>• Perform a long jump, by beginning to use the correct technique to improve distance. Perform a high jump, by beginning to use the correct technique to improve distance.</li> <li>• Perform a triple jump, by beginning to use the correct technique to improve distance.</li> <li>• Throw a discus, beginning to use the correct technique.</li> <li>• Throw a bean bag, as if it were a shot putt, beginning to use the correct technique.</li> <li>• Understand the importance of a warm up before taking part in sports.</li> </ul> <p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Move in different ways.</li> <li>• Work well with others and independently.</li> <li>• Use a simple map.</li> <li>• Understand competition.</li> <li>• Solve problems on your own and with others.</li> <li>• Participate in an orienteering event.</li> </ul>
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<p><b>Year 3</b></p>	<p><b><u>Multi Sports</u></b></p> <ul style="list-style-type: none"> <li>• Run and hurdle using the correct technique most of the time.</li> <li>• Safely demonstrate a javelin throw, often using the correct technique to improve the distance of their throws.</li> <li>• Perform a triple jump, often using the correct technique to improve the distance of their jumps. Effectively control a football when dribbling or passing short distances.</li> <li>• Safely and effectively perform a tackle.</li> </ul> <p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>• Throw a dodgeball overarm with a fairly good level of power and accuracy.</li> <li>• Catch balls travelling towards them at speed with a fairly good level of success.</li> <li>• Successfully deflect a ball using another ball mostly successfully.</li> <li>• Dodge a ball moving towards them at speed with a fairly good level of success.</li> <li>• Demonstrate a good understanding of the rules of the different versions of dodgeball.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Perform 9 key shapes.</li> <li>• Travel using different body parts.</li> <li>• Create and experiment with sequences.</li> <li>• Create sequences of shapes, balances, rolls and travel.</li> <li>• Share ideas in a group.</li> <li>• Recognise own successes.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in straight lines with control.</li> <li>• Perform a chest pass with increasing consistency.</li> <li>• Perform a shoulder pass with increasing consistency.</li> <li>• Perform an overhead pass with increasing consistency.</li> <li>• Pass and move into space to receive the ball back.</li> <li>• Confidently receive a pass.</li> <li>• Receive a pass, catching it cleanly most of the time.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in different directions, whilst mostly maintaining control.</li> <li>• Pass accurately and with appropriate power over a short distance by using the inside of their foot.</li> <li>• Use their laces to put more power into their shots.</li> <li>• Consistently control easy passes played to them.</li> <li>• Safely and effectively perform a block tackle.</li> <li>• Safely and effectively perform a toe stab tackle. Understand the different role a goalkeeper plays demonstrate saving, catching and throwing a ball with some success.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Show fluency when moving.</li> <li>• Link movement patterns together.</li> <li>• Collaborate with others.</li> <li>• Perform at the same time as a partner.</li> <li>• Perform as various characters when moving to music.</li> <li>• Communicate feelings through dance.</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Field a bouncing ball or rolling ball, using the correct technique consistently.</li> <li>• Throw the ball underarm mostly accurately. Throw the ball overarm mostly accurately. Catch balls moving at different heights and speeds with somewhat consistent success. Hold a cricket bat correctly.</li> <li>• Put themselves in the correct stance ready to receive a ball.</li> <li>• Strike a ball somewhat successfully using the correct technique.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sprint over short distances, mostly using the correct technique.</li> <li>• Run over long distances, mostly using the correct technique and pacing themselves effectively.</li> <li>• Hurdle using the correct technique most of the time.</li> <li>• Safely demonstrate a javelin throw, often using the correct technique to improve the distance of their throws.</li> <li>• Safely demonstrate a discus throw, often using the correct technique to improve the distance of their throws.</li> <li>• Safely demonstrate a shot-put throw, often using the correct technique to improve the distance of their throws.</li> <li>• Perform a long jump, often using the correct technique to improve the distance of their jumps.</li> </ul> <p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Communicate effectively with others.</li> <li>• Move confidently with control</li> <li>• Make a map.</li> <li>• Understand the different points on a map.</li> <li>• Compete against others</li> <li>• Complete a picture orienteering event.</li> </ul>
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<p><b>Year 4</b></p>	<p><b><u>Multi Sports</u></b></p> <ul style="list-style-type: none"> <li>• Run and hurdle using the correct technique most of the time.</li> <li>• Safely demonstrate a javelin throw, often using the correct technique to improve the distance of their throws.</li> <li>• Perform a triple jump, often using the correct technique to improve the distance of their jumps. Effectively control a football when dribbling or passing short distances.</li> <li>• Safely and effectively perform a tackle.</li> <li>• Strike a ball with a cricket bat using a mostly correct technique.</li> <li>• Successfully field a ball travelling at different heights and speeds on most occasions.</li> <li>• Pass a basketball whilst correctly using a range of techniques on most occasions.</li> <li>• Consistently apply correct techniques across all sporting disciplines.</li> </ul> <p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>• Throw a dodgeball overarm with a fairly good level of power and accuracy.</li> <li>• Catch balls travelling towards them at speed with a fairly good level of success.</li> <li>• Successfully deflect a ball using another ball mostly successfully.</li> <li>• Dodge a ball moving towards them at speed with a fairly good level of success.</li> <li>• Demonstrate a good understanding of the rules of the different versions of dodgeball.</li> <li>• Deploy effective tactics when playing dodgeball.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Perform 9 key shapes with good body tension.</li> <li>• Use travel to link actions.</li> <li>• Travel on different levels at different speeds.</li> <li>• create longer sequences of movements, shapes, balances and rolls.</li> <li>• Work with others mirroring and cannoning.</li> <li>• Perform in front of others.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in straight lines with control.</li> <li>• Perform a chest pass with increasing consistency.</li> <li>• Perform a shoulder pass with increasing consistency.</li> <li>• Perform an overhead pass with increasing consistency.</li> <li>• Pass and move into space to receive the ball back.</li> <li>• Confidently receive a pass.</li> <li>• Receive a pass, catching it cleanly most of the time.</li> <li>• Shoot a basketball with a good level of accuracy and the correct technique.</li> <li>• Have a good understanding of the rules of basketball.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in different directions, whilst mostly maintaining control.</li> <li>• Pass accurately and with appropriate power over a short distance by using the inside of their foot.</li> <li>• Use their laces to put more power into their shots.</li> <li>• Consistently control easy passes played to them. Safely and effectively perform a block tackle.</li> <li>• Safely and effectively perform a toe stab tackle. Understand the different role a goalkeeper plays demonstrate saving, catching and throwing a ball with some success.</li> <li>• Show a good understanding of the rules of football.</li> <li>• Demonstrate tactical awareness in terms of positioning, passing and moving.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Move using a range of patterns.</li> <li>• Link movement patterns together showing consistency.</li> <li>• Work on your own, with a partner and in a group. Create, practice and perform more complex</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Field a bouncing ball or rolling ball, using the correct technique consistently.</li> <li>• Throw the ball underarm mostly accurately. Throw the ball overarm mostly accurately. Catch balls moving at different heights and speeds with somewhat consistent success. Hold a cricket bat correctly.</li> <li>• Put themselves in the correct stance ready to receive a ball.</li> <li>• Strike a ball somewhat successfully using the correct technique.</li> <li>• Bowl underarm mostly accurately.</li> <li>• Put the cricket skills learned into a match situation.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sprint over short distances, mostly using the correct technique.</li> <li>• Run over long distances, mostly using the correct technique and pacing themselves effectively.</li> <li>• Hurdle using the correct technique most of the time.</li> <li>• Safely demonstrate a javelin throw, often using the correct technique to improve the distance of their throws.</li> <li>• Safely demonstrate a discus throw, often using the correct technique to improve the distance of their throws.</li> <li>• Safely demonstrate a shot-put throw, often using the correct technique to improve the distance of their throws.</li> <li>• Perform a long jump, often using the correct technique to improve the distance of their jumps.</li> <li>• Perform a high jump, often using the correct technique to improve the distance of their jumps.</li> <li>• Perform a triple jump, often using the correct technique to improve the distance of their jumps.</li> </ul>
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		<p>dances. Experiment with speed, tension and continuity.</p> <ul style="list-style-type: none"><li>• Perform actions with clarity of movement.</li></ul>	<p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"><li>• Work cooperatively as part of a team.</li><li>• Make a map with symbols.</li><li>• Participate in team games, solving problems with others.</li><li>• Understand the compass points.</li><li>• Use thumbing and folding techniques.</li><li>• Take part in an orienteering event.</li></ul>
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<p><b>Year 5</b></p>	<p><b><u>Multi Sports</u></b></p> <ul style="list-style-type: none"> <li>• Sprint and hurdle using the correct technique.</li> <li>• Consistently throw a discus using the correct technique to increase distance.</li> <li>• Safely perform a triple jump, consistently using the correct technique to improve distance.</li> <li>• Hold off an opponent and retain possession through dribbling away from them or passing.</li> <li>• Safely and effectively perform several types of tackle.</li> </ul> <p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>• Pick-up a rolling/bouncing dodgeball cleanly and correctly.</li> <li>• Throw overarm in a game situation with pace and accuracy.</li> <li>• Dodge the dodgeball using agility and reflexes.</li> <li>• Catch a ball consistently, even at pace.</li> <li>• Deflect a dodgeball, protecting themselves from being hit and keeping possession of the ball.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Travel with confidence choosing different pathways.</li> <li>• Travel fluently on the floor and on/off apparatus.</li> <li>• Show rhythm and creativity when working with others.</li> <li>• Create longer sequences.</li> <li>• Show flexibility and technique when performing gymnastic elements.</li> <li>• Perform in front of an audience.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in any direction with co-ordination, balance and control.</li> <li>• Look and move into space to receive a pass, consistently.</li> <li>• Perform an accurate chest pass over a range of distances.</li> <li>• Perform an accurate shoulder pass over a range of distances.</li> <li>• Perform an accurate overhead pass over a range of distances.</li> <li>• Defend somewhat successfully by tackling and intercepting.</li> <li>• Receive a pass, catching it correctly and consistently.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Dribble in any direction and under pressure, keeping close control of the ball.</li> <li>• Dribble effectively using multiple techniques.</li> <li>• Pass a ball over a range of distances with accuracy and appropriate weight with both feet. Successfully control passes from a range of distances and weights.</li> <li>• Somewhat effectively play in goal.</li> <li>• Safely and effectively perform several types of tackle.</li> <li>• Use space effectively on a football pitch.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Be inspired by music and different stimuli.</li> <li>• Move showing expressive qualities.</li> <li>• Dance using a range of movement patterns.</li> <li>• Create and structure sections of dance.</li> <li>• Work as part of a team.</li> <li>• Perform to an audience.</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Throw overarm with consistent accuracy and appropriate power.</li> <li>• Consistently catch balls thrown at any height, speed and distance.</li> <li>• Bowl underarm correctly and accurately.</li> <li>• Use basic technique to bowl overarm with limited success.</li> <li>• Hold a bat correctly and position themselves effectively to strike a ball.</li> <li>• Strike a moving ball with some success.</li> <li>• Effectively field balls moving at different heights and speeds.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Consistently sprint using the correct technique.</li> <li>• Consistently hurdle using the correct technique.</li> <li>• Consistently throw a javelin, shot put and discus using the correct techniques to increase distance.</li> <li>• Run middle-distance races using a good running technique and pacing.</li> <li>• Run a long-distance race using a good running technique and pacing.</li> <li>• Perform an efficient baton pass during a relay.</li> <li>• Safely perform a long jump, consistently using the correct technique to improve distance.</li> </ul> <p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Problem solve in teams.</li> <li>• Work within your team, communicating, trusting, and valuing each other.</li> <li>• Understand scaling.</li> <li>• Understand the legend.</li> <li>• Develop map building skills.</li> <li>• Complete a single control event.</li> </ul>
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<p><b>Year 6</b></p>	<p><b><u>Multi Sports</u></b></p> <ul style="list-style-type: none"> <li>• Sprint and hurdle using the correct technique.</li> <li>• Consistently throw a discus using the correct technique to increase distance.</li> <li>• Safely perform a triple jump, consistently using the correct technique to improve distance.</li> <li>• Hold off an opponent and retain possession through dribbling away from them or passing.</li> <li>• Safely and effectively perform several types of tackle.</li> <li>• Throw overarm with consistent accuracy and appropriate power.</li> <li>• Consistently catch balls thrown at any height, speed and distance.</li> <li>• Strike a moving ball with some success.</li> <li>• Successfully use several types of pass with a basketball over a range of distances.</li> </ul> <p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>• Pick-up a rolling/bouncing dodgeball cleanly and correctly.</li> <li>• Throw overarm in a game situation with pace and accuracy.</li> <li>• Dodge the dodgeball using agility and reflexes.</li> <li>• Catch a ball consistently, even at pace.</li> <li>• Deflect a dodgeball, protecting themselves from being hit and keeping possession of the ball.</li> <li>• Demonstrate an understanding of the rules of several types of dodgeball games.</li> <li>• Have a broad understanding of tactics used in dodgeball.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Show flexibility and technique when performing gymnastic elements.</li> <li>• Show different combinations and pathways when travelling.</li> <li>• Use space creatively when travelling.</li> <li>• Perform high quality jumps, rolls and group balances.</li> <li>• Show rhythm and creativity when working with others.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribble the ball in any direction with co-ordination, balance and control.</li> <li>• Look and move into space to receive a pass, consistently.</li> <li>• Perform an accurate chest pass over a range of distances.</li> <li>• Perform an accurate shoulder pass over a range of distances.</li> <li>• Perform an accurate overhead pass over a range of distances.</li> <li>• Defend somewhat successfully by tackling and intercepting.</li> <li>• Receive a pass, catching it correctly and consistently.</li> <li>• Shoot the basketball, with the correct technique and accuracy.</li> <li>• Demonstrate some level of team working ability.</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Dribble in any direction and under pressure, keeping close control of the ball.</li> <li>• Dribble effectively using multiple techniques.</li> <li>• Pass a ball over a range of distances with accuracy and appropriate weight with both feet. Successfully control passes from a range of distances and weights.</li> <li>• Somewhat effectively play in goal.</li> <li>• Safely and effectively perform several types of tackle.</li> <li>• Use space effectively on a football pitch.</li> <li>• Hold off an opponent and retain possession through dribbling away from them or passing.</li> <li>• Shoot fairly successfully with different techniques.</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Move in a way that reflects the music.</li> <li>• Show ideas through dance.</li> <li>• Combine movements fluently.</li> <li>• Apply basic compositional principles when creating dances.</li> <li>• Share ideas in groups to create a routine.</li> </ul>	<p><b><u>Kwik Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Throw overarm with consistent accuracy and appropriate power.</li> <li>• Consistently catch balls thrown at any height, speed and distance.</li> <li>• Bowl underarm correctly and accurately.</li> <li>• Use basic technique to bowl overarm with limited success.</li> <li>• Hold a bat correctly and position themselves effectively to strike a ball.</li> <li>• Strike a moving ball with some success.</li> <li>• Effectively field balls moving at different heights and speeds.</li> <li>• Work well in a team, offering support and encouragement to other pupils.</li> <li>• Somewhat tactically adapt their play to fit different scenarios.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Consistently sprint using the correct technique.</li> <li>• Consistently hurdle using the correct technique.</li> <li>• Consistently throw a javelin, shot put and discus using the correct techniques to increase distance.</li> <li>• Run middle-distance races using a good running technique and pacing.</li> <li>• Run a long-distance race using a good running technique and pacing.</li> <li>• Perform an efficient baton pass during a relay.</li> <li>• Safely perform a long jump, consistently using the correct technique to improve distance.</li> <li>• Safely perform a high jump, consistently using the correct technique to improve distance.</li> <li>• Safely perform a triple jump, consistently using the correct technique to improve distance.</li> </ul>
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	<ul style="list-style-type: none"> <li>• Explain why a performance is good and how it can be improved.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform with rhythm and confidence.</li> </ul>	<b><u>Orienteering</u></b> <ul style="list-style-type: none"> <li>• Show confidence in group activities.</li> <li>• Plan effectively.</li> <li>• Understand a complex map</li> <li>• Scale a map effectively.</li> <li>• Choose successful approaches to tasks.</li> <li>• Complete an adapted control event.</li> </ul>
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