

## P.E Subject Whole School Unit Overview and Key Skills Checklist

**The N.C states as part of the PE curriculum each child should:** Play a number of competitive games (applying basic principles suitable for attacking and defending), Take part in gymnastics activities, Take part in athletics activities, Perform dances, Take part in outdoor and adventurous activity challenges both individually and within a team, Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.

### **Essential Learning Objectives:**

To develop practical skills in order to participate, compete and lead a healthy lifestyle

### **Year 3**

<b>National Curriculum Unit</b>	<b>Key Skills (to be covered during the year)</b>
Games	<ul style="list-style-type: none"><li>• Throw and catch with control and accuracy.</li><li>• Strike a ball and field with control.</li><li>• Follow the rules of the game and play fairly.</li><li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li><li>• Pass to team mates at appropriate times.</li></ul>
Dance	<ul style="list-style-type: none"><li>• Plan, perform and repeat sequences.</li><li>• Move in a clear, fluent and expressive manner.</li></ul>

	<ul style="list-style-type: none"> <li>• Refine movements into sequences (unison, canon formation).</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching (Posture, core control).</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of</li> </ul>

gravity successfully over base and organise body parts to create an interesting body shape).

- Swing and hang from equipment safely (using hands).
- Create complex and well-executed sequences that include a full range of movements including:
  - travelling
  - balances
  - swinging
  - springing
  - flight
  - vaults
  - inversions
  - rotations
  - bending, stretching and twisting
  - gestures
  - linking skills.

	<ul style="list-style-type: none"> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> </ul>
<p style="text-align: center;"><b>Swimming</b> (5 weeks per class; yrs 3, 4 &amp; 5)</p>	<p>Swim between 25 and 50 metres unaided.</p> <ul style="list-style-type: none"> <li>• Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul>
<p style="text-align: center;"><b>Athletics</b></p>	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>

Outdoor and adventurous activities

- Arrive properly equipped for outdoor and adventurous activity.
- Understand the need to show accomplishment in managing risks.
- Show an ability to both lead and form part of a team.
- Support others and seek support if required when the situation dictates.
- Show resilience when plans do not work and initiative to try new ways of working.

## Subject Whole School Unit Overview and Key Skills Checklist

### Essential Learning Objectives:

#### Year 4

National Curriculum Unit	Key Skills (to be covered during the year)
Games	<ul style="list-style-type: none"><li>• Throw and catch with control and accuracy.</li><li>• Strike a ball and field with control.</li><li>• Choose appropriate tactics to cause problems for the opposition.</li><li>• Follow the rules of the game and play fairly.</li><li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li><li>• Pass to team mates at appropriate times.</li><li>• Choose appropriate tactics to cause problems for the opposition.</li><li>• Lead others and act as a respectful team member.</li></ul>

<p style="text-align: center;"><b>Dance</b></p>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences (unison, canon formation).</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching (Posture, core control).</li> <li>• Create dances and movements that convey a definite idea (phrases in response to poems).</li> </ul>
<p style="text-align: center;"><b>Gymnastics</b></p>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> </ul>

- Swing and hang from equipment safely (using hands).
- Create complex and well-executed sequences that include a full range of movements including:
  - travelling
  - balances
  - swinging
  - springing
  - flight
  - vaults
  - inversions
  - rotations
  - bending, stretching and twisting
  - gestures
  - linking skills.
- Hold shapes that are strong, fluent and expressive.

	<ul style="list-style-type: none"> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> </ul>
Swimming	<p>Swim between 25 and 50 metres unaided.</p> <ul style="list-style-type: none"> <li>• Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>

**Outdoor and Adventurous activities**

- Arrive properly equipped for outdoor and adventurous activity.
- Understand the need to show accomplishment in managing risks.
- Show an ability to both lead and form part of a team.
- Support others and seek support if required when the situation dictates.
- Show resilience when plans do not work and initiative to try new ways of working.
- Use maps, compasses and digital devices to orientate themselves.
- Remain aware of changing conditions and change plans if necessary.

## Subject Whole School Unit Overview and Key Skills Checklist

### Essential Learning Objectives:

#### Year 5

National Curriculum Unit	Key Skills (to be covered during the year)
Games	<ul style="list-style-type: none"><li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li><li>• Work alone, or with team mates in order to gain points or possession.</li><li>• Strike a bowled or volleyed ball with accuracy.</li><li>• Use forehand and backhand when playing racket games.</li><li>• Field, defend and attack tactically by anticipating the direction of play.</li><li>• Choose the most appropriate tactics for a game.</li><li>• Uphold the spirit of fair play and respect in all competitive situations.</li><li>• Lead others when called upon and act as a good role model within a team.</li></ul>

<p>Dance</p>	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>
<p>Gymnastics</p>	<ul style="list-style-type: none"> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> <li>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>• travelling</li> </ul> </li> </ul>

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|  | <ul style="list-style-type: none"><li>• balances</li><li>• swinging</li><li>• springing</li><li>• flight</li><li>• vaults</li><li>• inversions</li><li>• rotations</li><li>• bending, stretching and twisting</li><li>• gestures</li><li>• linking skills.</li></ul> <ul style="list-style-type: none"><li>• Hold shapes that are strong, fluent and expressive.</li><li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li><li>• Vary speed, direction, level and body rotation during floor performances.</li><li>• Practise and refine the gymnastic techniques used in performances (listed above).</li><li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li></ul> |
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	<ul style="list-style-type: none"> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>• Swim over 100 metres unaided.</li> <li>• Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>• Swim fluently with controlled strokes.</li> <li>• Turn efficiently at the end of a length.</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Combine sprinting with low hurdles over 60 metres.</li> <li>• Choose the best place for running over a variety of distances.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Show control in take-off and landings when jumping.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement</li> </ul>
Outdoor and adventurous activities	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li><li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li><li>• Use a range of devices in order to orientate themselves.<ul style="list-style-type: none"><li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li></ul></li></ul> |
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## Subject Whole School Unit Overview and Key Skills Checklist

### Essential Learning Objectives:

#### Year 6

National Curriculum Unit	Key Skills (to be covered during the year)
Games	<ul style="list-style-type: none"><li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li><li>• Work alone, or with team mates in order to gain points or possession.</li><li>• Strike a bowled or volleyed ball with accuracy.</li><li>• Use forehand and backhand when playing racket games.</li><li>• Field, defend and attack tactically by anticipating the direction of play.</li><li>• Choose the most appropriate tactics for a game.</li><li>• Uphold the spirit of fair play and respect in all competitive situations.</li><li>• Lead others when called upon and act as a good role model within a team.</li></ul>

<p>Dance</p>	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>
<p>Gymnastics</p>	<ul style="list-style-type: none"> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> <li>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>• travelling</li> </ul> </li> </ul>

- balances
  - swinging
  - springing
  - flight
  - vaults
  - inversions
  - rotations
  - bending, stretching and twisting
  - gestures
  - linking skills.
- Hold shapes that are strong, fluent and expressive.
  - Include in a sequence set pieces, choosing the most appropriate linking elements.
  - Vary speed, direction, level and body rotation during floor performances.
  - Practise and refine the gymnastic techniques used in performances (listed above).
  - Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).

	<ul style="list-style-type: none"> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>• Swim over 100 metres unaided.</li> <li>• Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>• Swim fluently with controlled strokes.</li> <li>• Turn efficiently at the end of a length.</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>• Combine sprinting with low hurdles over 60 metres.</li> <li>• Choose the best place for running over a variety of distances.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Show control in take off and landings when jumping.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement</li> </ul>

Outdoor and adventurous activities

- Select appropriate equipment for outdoor and adventurous activity.
- Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
- Embrace both leadership and team roles and gain the commitment and respect of a team.
- Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.
- Remain positive even in the most challenging circumstances, rallying others if need be.
- Use a range of devices in order to orientate themselves.
- Quickly assess changing conditions and adapt plans to ensure safety comes first.