

Sequence of Learning - PE

	2-3	F1	F2	Y1	Y2	Y3	Y4	Y5	Y6
Knowledge	Children can acknowledge when they need support and use gestures or words to ask for it. They will try things independently but may not always succeed first time. They are starting to manage their own self care and hygiene.	Children can communicate their needs. They know to seek an adult when needing help. They recognise the effects of exercise on their bodies. They can attend to their own self care and self-hygiene.	Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing	<p>Gymnastics-watch and discuss others performances using simple gymnastic vocab.</p> <p>Dance-Watch and discuss my own and others work. Listen to feedback given to themselves and others.</p> <p>Athletics-Explore the different techniques used in running, jumping and throwing activities. Watch and discuss my own and others performances.</p> <p>Invasion-Explore simple attacking and defending tactics</p> <p>Net and wall-Explore simple attacking and defending tactics</p> <p>Throwing and Catching-Explore simple attacking and defending tactics for throwing and catching games</p> <p>Striking and Fielding-Explore simple attacking and defending tactics for</p>	<p>Gymnastics-describe my own and others performance with an understanding of simple gymnastic vocabulary</p> <p>Dance-Describe my own and others work and understand feedback they have been given</p> <p>Athletics- show some of the different techniques used in running, jumping and throwing activities. Describe my own and others performances.</p> <p>Invasion-Practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving</p> <p>Net and wall- practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving</p> <p>Throwing and Catching- practise using simple attacking</p>	<p>Gymnastics-identify the difference between own and others performance using simple gymnastic vocabulary.</p> <p>Dance-comment on own and others work and respond to feedback positively</p> <p>Athletics- Know and understand the different techniques used in running, jumping and throwing activities. Discuss differences between their own and others performances, suggesting improvements</p> <p>Invasion- Begin to understand and use simple techniques for attacking and defending. Understand simple techniques when sending and receiving in a variety of activities</p> <p>Net and wall- Begin to understand and use simple</p>	<p>Swimming-Understand simple personal survival techniques and how they relate to water safety.</p> <p>Gymnastics-use a number of gymnastic actions to create a fluent sequence. Describe similarities and differences between own and others work, making suggestions for improvement</p> <p>Dance-understand strengths and weaknesses in others performances understand how different compositional devices affect performance</p> <p>Athletics-Become to use some basic tactics and strategies to improve athletic performances. Demo some running, jumping and throwing techniques</p> <p>Invasion-Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others</p> <p>Net and wall- Explain when to change tactics in competitive situations.</p>	<p>Gymnastics-Use creativity and imagination when planning sequences. Know how to improve own and others performances</p> <p>Dance-Describe basic compositional devices seen in performance. Make basic changes based on feedback.</p> <p>Athletics-Identify strengths and weaknesses of own and others performances. Know and use basic tactics and strategies used in competitive situations</p> <p>Invasion-Know the rules of some games. Identify some strengths and weaknesses in own performance and that of others</p> <p>Net and wall – Explain when to change tactics in competitive situations. Identify</p>	<p>Gymnastics-Understand how effective sequencing of skills can improve performance. Use feedback from self and others to improve performance.</p> <p>Dance- Understand different performances, demo good knowledge of composition. Adapt performances based on feedback</p> <p>Athletics-Analyse own performance and that of others. Use skills, tactics, and strategies in competitive situations</p> <p>Invasion- Know the rules of a variety of games and analyse own performance and that of others</p> <p>Net and wall-Know the rules of a variety of net and wall games and analyse your own performance and that of others.</p>

Sequence of Learning - PE

				<p>striking and fielding games.</p> <p>Attacking and Defending-Explore simple attacking and defending tactics for different games</p> <p>Multiskills Recognise and talk about what they can do</p>	<p>and defending tactics in a variety of throwing and catching activities and simple techniques for sending and receiving</p> <p>Striking and Fielding-Practise using simple attacking and defending tactics in a variety of striking and fielding activities and simple techniques for sending and receiving.</p> <p>Attacking and Defending- Practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving</p> <p>Multi-skills Make choices and decisions</p>	<p>techniques for attacking and defending in net and wall games.</p> <p>Throwing and Catching-Begin to understand and use simple tactics for attacking and defending in throwing and catching games. Understand simple techniques used when sending and receiving, in a variety of activities.</p> <p>Striking and Fielding-Begin to understand and use simple tactics for attacking and defending in striking and fielding games. Understand simple techniques used when fielding and batting in a variety of activities.</p> <p>Attacking and Defending-Begin to understand and use simple tactics for attacking and defending in different games. Understand simple techniques used when sending and receiving, in a variety of activities.</p>	<p>Identify some strengths and weaknesses in own performance and that of others</p> <p>Throwing and Catching – Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others.</p> <p>Striking and Fielding- Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others</p> <p>Attacking and Defending- Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others</p> <p>Outdoor and Adventurous Activities-Explain some simple tactics and strategies that could be used to overcome problems and challenges. Show some cooperation skills when working as a team.</p>	<p>some strengths and weaknesses in own performance and that of others.</p> <p>Throwing and Catching-Know the rules of throwing and catching games, Identify some strengths and weaknesses in own performance and that of others.</p> <p>Striking and Fielding-Know the rules of some striking and fielding games. Identify some strengths and weaknesses and own performance and that of others.</p> <p>Attacking and Defending-Know the rules of some games. Identify some strengths and weaknesses in own performance and that of others.</p> <p>Outdoor and Adventurous Activities- Select appropriate thinking skills to complete a challenge and utilise feedback to improve performance.</p>	<p>Throwing and Catching-Know the rules of a variety of throwing and catching games and analyse own performance and that of others.</p> <p>Striking and Fielding-Know the rules of a variety of striking and fielding games and analyse own performance and that of others.</p> <p>Attacking and Defending-Know the rules of a variety of games and analyse own performance and that of others whilst attacking and defending.</p> <p>Outdoor and Adventurous Activities- Modify and adapt performance based on self and peer assessment. Use tactics and strategies effectively to complete challenges</p>
--	--	--	--	--	---	---	--	---	---

Sequence of Learning - PE

						Outdoor and Adventurous Activities -identify strengths and weaknesses in their own and others performance in performance in OAA activities. Communicate effectively and work with others to meet the challenge.			
Skills Cycle A	<p>Start to run safely</p> <p>Squat with steadiness to place an object on the ground</p> <p>Rise to my feet without using hands</p> <p>Pull themselves on to play equipment</p> <p>Confidently climb on bigger apparatus needing support initially</p>	<p>Stand on one foot</p> <p>Catch a large ball</p> <p>Move freely in a number of ways</p> <p>Run skilfully and negotiate space</p> <p>Use one handed tools confidently</p> <p>Hold a pen between thumb and two fingers</p> <p>Hold a pencil near the point and use with good control</p>	<p>Gross Motor:</p> <p>Negotiate space safely and take others into consideration</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically: dancing, running, skipping etc..</p> <p>Fine Motor:</p> <p>Use tripod grip when writing</p>	<p>Gymnastics- Experience linking actions to create simple gymnastics sequences incorporating direction, level and speed</p> <p>Dance- Explore basic dance actions e.g. travel, jump, balance as simple linking actions</p> <p>Athletics- Explore simple skills and techniques of running, jumping and throwing, experience</p>	<p>Gymnastics- Perform a basic gymnastic sequence on the floor incorporating changes in level</p> <p>Dance- Practise and repeat actions and perform them in a controlled way, linking simple actions independently</p> <p>Athletics- Begin to show simple skills and techniques when running, jumping and throwing. Participate in competitive</p>	<p>Gymnastics- Select and link actions to create a basic gymnastic sequence, incorporating apparatus and the floor. Include movements that change direction, level and speed</p> <p>Dance Perform basic dance actions with control and co-ordination e.g. travel, jump, gesture, stillness, balance. Link simple actions to create a short dance</p>	<p>Gymnastics- Create and demonstrate a longer sequence with a range of actions incorporating apparatus and the floor. Work effectively within a group sequence</p> <p>Dance- Use a number of dance actions to create a fluent performance and work effectively within a group dance</p> <p>Athletics- Perform showing some good technique when performing athletic activities. Show enthusiasm for</p>	<p>Gymnastics- Perform showing a good level of skill and imagination in individual and group pieces</p> <p>Dance- Apply basic compositional ideas to create choreography. Perform showing basic phrasing and efficiency (no wasted energy when body moves)</p> <p>Athletics- Show basic levels of speed, strength and stamina in different</p>	<p>Gymnastics- Perform sequences showing competence, fluency and control both individually and within a group</p> <p>Dance- Utilise different compositional ideas to improve choreography. Perform showing expression and imagination</p> <p>Athletics- Show variations in speed, strength and</p>

Sequence of Learning - PE

<p>but less unaided later on.</p> <p>Push myself along on a three wheeled scooter.</p> <p>Begin to show balance on a balance bike</p> <p>Try to kick or catch a large ball large ball</p> <p>Turn pages in a book</p> <p>Show control in using tools</p> <p>To walk upstairs or downstairs holding onto a rail</p>	<p>To climb on apparatus suitable for age unaided.</p> <p>To jump off small apparatus safely landing</p> <p>To climb confidently up and down steps one foot at a time</p> <p>To start to use a balance bike using their feet as a guide and move it around the track in the correct direction</p>	<p>Use a range of small tools successfully</p> <p>Show accuracy and care when drawing</p> <p>To participate confidently and independently in a range of physical activities like throwing, catching, running, kicking.</p> <p>To do these things demonstrating balance and coordination.</p> <p>To pedal a two-wheeler bike without stabilizers and guide it safely and confidently around the area.</p> <p>To sit on the carpet for an extended period of time</p> <p>To sit comfortably on a chair with my feet positioned correctly.</p>	<p>competition against self and others</p> <p>Invasion- Perform simple fundamental movement skills demonstrating some accuracy (Agility: run, jump, hop, skip, Balance: static, dynamic, Coordination: roll, catch, strike, dribble, kick)</p> <p>Net and Wall- Practise fundamental movement skills and begin to show some control & co-ordination. Participate in competitive activities, individually or in team games</p> <p>Throwing and Catching Explore fundamental movement skills and experience competitive activities, individually or in team games</p> <p>Attacking and Defending Explore</p>	<p>activities, against self and against others</p> <p>Invasion- Practise fundamental movement skills and begin to show some control & co-ordination. Participate in competitive activities, individually or in team games</p> <p>Net and Wall- Practise fundamental movement skills and begin to show some control & co-ordination. Enjoy competing against others, individually or in team games</p> <p>Throwing and Catching Practise fundamental movement skills and begin to show some control & co-ordination. Participate in competitive activities,</p>	<p>Athletics- Demonstrate simple skills and techniques when running, jumping and throwing, varying them to suit the different activities. Enjoy participating in competitive activities, against self and against others</p> <p>Invasion- Practise fundamental movement skills and begin to show some control & co-ordination. Enjoy competing against others, individually or in team games</p> <p>Net and Wall- Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with increasing control and co-ordination</p> <p>Throwing and Catching Practise fundamental movement skills and begin to show some</p>	<p>collaborating and competing with each other</p> <p>Invasion- Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with increasing control and co-ordination</p> <p>Net and Wall- Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with increasing control and co-ordination</p> <p>Attacking and Defending Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with increasing control and co-ordination</p>	<p>athletic events. Begin to apply basic tactics and strategies to competitive situations</p> <p>Invasion- Play a number of games with a basic skill level as an effective team member</p> <p>Net and Wall- Play a number of net and wall games with a basic skill level as an effective team member</p> <p>Throwing and Catching Play a number of throwing and catching games with a basic skill level as an effective team member</p> <p>Attacking and Defending Play a number of different games with a basic skill level and knowledge of attacking and defending principles. Be an effective team member</p> <p>Outdoor and Adventurous Activities</p>	<p>stamina linked to different athletic events. Understand when to apply tactics and strategies in competitive situations</p> <p>Invasion- Experience a number of games demonstrating a good level of skill. Begin to have an impact on the game</p> <p>Net and Wall- Experience a number of net and wall games demonstrating a good level of skill. Begin to have an impact on the game</p> <p>Throwing and Catching Experience a number of throwing and catching games demonstrating a good level of skill. Begin to have an impact on the game</p> <p>Attacking and Defending Experience a number of games demonstrating a good level of skill. Begin to have an impact on the game as an attacker and a defender</p>
--	---	---	---	---	---	---	--	--

Sequence of Learning - PE

<u>Key Vocabulary</u> Cycle A	Walk, run, catch, jump, fast, slow	Walk, run, catch, jump, skip, hop, fast slow,	Walk, run, jog, throw, target, jump, hop, skip, fast, pass Forward, backwads, sideways, bench, mats, table, roll, long, slow, on, off, stretch, curl, tuck, body, tall, small, shape, hold, still, bounce, travel, copy	Throw, high, low, skip, aim, fast, slow, safely, step, bounce, jump, leap, hop, repeat, run, target, overarm underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, evaluate, improve Avoiding, tracking, rolling, striking, bouncing, catching, opposite, team, rebound, follow, aim, speed, direction, passing, control, shooting, scoring Place, pull, stretch, push, hop, skip, step, spring, crawl, still, slowly, tall, long, wide, narrow, up, down, forwards, high, low, elbows, bottom, back, around, through, extension, roll, copy, pathway, along, jump, land, balance, tension, curved, straight, zigzag, shape, over, hang, grip Travel, stillness, direction, space, beginning, middle, end,	Throw, high, low, skip, aim, fast, slow, safely, step, bounce, jump, leap, hop, repeat, run, target, overarm underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, evaluate, improve Avoiding, tracking, rolling, striking, bouncing, catching, opposite, team, rebound, follow, aim, speed, direction, passing, control, shooting, scoring In front, speed, slow, fast, wide, shape, narrow, long, lan, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards zig zag, angular, under, through, behind, tension, copy, smooth, sequence, height Travel, stillness, direction, space, beginning, middle,	Sling, pull, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, under arm, overarm, heartbeat, pulse rate, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, diagonal, approach, speed, relay Possession, scoring goals, keeping score, making space, pass/send/receive, dribble, travel, back up, support, space, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally Flow, explosive, symmetrical, asymmetrical, combination, evaluate, improve, stretch, refine, adapt, pathway, contrasting, curled, stretched, suppleness,	Sling, pull, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, under arm, overarm, heartbeat, pulse rate, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, diagonal, approach, speed, relay Possession, scoring goals, keeping score, making space, pass/send/receive, dribble, travel, back up, support, space, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally 90 degrees, 180 degrees, leaving, approaching, balance, forwards, backwards, combine, rotation, against, towards, across, evaluate, improve, height, strength, suppleness, stamina,	Sprint, team, distance, measure, height, target, pacing, rhythm, obstacles, leading leg, hurdle, throwing, speed, accuracy, take off, stamina, time, projector, release, accuracy, take off, distance, target, time, position, measure, control, height, run up, hurdles Possession, passing, dribbling, shooting, shield, width, depth, support, marking, covering, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally Dynamics, combination,	Sprint, team, distance, measure, height, target, pacing, rhythm, obstacles, leading leg, hurdle, throwing, speed, accuracy, take off, stamina, time, projector, release, accuracy, take off, distance, target, time, position, measure, control, height, run up, hurdles Possession, passing, dribbling, shooting, shield, width, depth, support, marking, covering, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley,	

Sequence of Learning - PE

				feelings, body parts, levels, directions, pathways, speed, rhythm	end, feelings, body parts, levels, directions, pathways, speed, rhythm	strength, inverted, jump, land, over, under Space, repeat, dance phrase, improvisation, character, gesture, repetition, action and reaction, myth, legend, costume, prop, pattern	speed, level, wide, tucked, straight, twisted, constructive, points, twist, turn, safety, refine, away Space, repeat, dance phrase, improvisation, character, gesture, repetition, action and reaction, myth, legend, costume, prop, patter	contrasting, control, mirroring, matching, accurately, refine, evaluate, display, asymmetry, performance, create, symmetry, refinements, assessment, suppleness, strength, cool down, warm up, muscles, joints, explore, rotation, spin, turn, shape, landing, take off, flight Dance style, technique, formation, pattern, rhythm, variation, improvisation, unison, canon, action, reaction, motif, phrase, interpret, exploration	overhead, singles, doubles, rally Cooperate, audience, assessment, elements, twist, obstacles, refine, aesthetically, criteria, judgement, tension, inverted, judge, dynamics, combination, canon, counter tension, counter balance, criteria, performance, imaginative, parallel, creativity, flight, timing Dance style, technique, formation, pattern, rhythm, variation, improvisation, unison, canon, action, reaction, motif, phrase, interpret, exploration
--	--	--	--	---	--	--	--	---	--