

Physical Education Knowledge and Skills Progression



Year 1	Knowledge	Skills
<p>Gymnastics Developing balance, agility and co-ordination</p>	<p>Know how to carry and place equipment with adult input and supervision.</p> <p>Recognise how their body feels when still and exercising.</p>	<ul style="list-style-type: none"> I can remember and repeat actions and shapes. I can make my body tense, relaxed, stretched and curled. I can show an awareness of space when travelling. I can link simple actions together. I can use apparatus safely <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch, copy and describe sequences they and others have done.
<p>Dance Perform dances using simple movement patterns</p>	<p>Recognise and talk about how their body feels when still and during exercise.</p>	<ul style="list-style-type: none"> I can perform basic body actions sometimes using counts. I can use different parts of the body in isolation and together. I can explore pathways. I can show some sense of dynamic and expressive qualities in my dance. I can perform dance phrases using simple movement patterns. I can move confidently and safely. I can vary the way I use space. I can recognise changes in my body when I do exercise. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Talk about dance ideas inspired by different stimuli. Copy, watch, remember and describe dance movements.
<p>Athletics Master basic movements including running, jumping</p>	<p>Recognise and describe what their body feels like during different types of exercise.</p>	<ul style="list-style-type: none"> I can run at different speeds I can show balance and coordination when changing direction. I can link running and jumping movements with some control and balance. I can experiment with different types of jumps and landing. I can co-ordinate my body to throw towards a target. I am developing my technique to throw for distance <p><u>Evaluation</u></p> <ul style="list-style-type: none"> Watch, copy and describe what they and others are doing. Set simple targets to improve performance - i.e. to be able to jump 10cm further. To be able to measure performance accurately using tools.

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Year 1	Knowledge	Skills
<p>Invasion (Football, Hockey, Netball)</p> <p>Master basic movements including throwing and catching</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Know and understand that being active is good for the body and can be fun (due to personal opinion some activities/games are more enjoyable than others).</p>	<ul style="list-style-type: none"> I am beginning to dribble a ball with my hands and feet. I know who is on my team. I can send and receive a ball. I can stay with another player when defending. I can dodge. I can find space. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch, copy and describe what they and others are doing.
<p>Striking and Fielding (Kwik Cricket)</p> <p>Master basic movements including throwing and catching</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>		<ul style="list-style-type: none"> I can roll a ball towards a target. I can stop a medium-sized ball with some consistency. I can sometimes catch a beanbag and a medium sized ball. I can track a ball. I know how to score points. I can push a ball using my hand and an object <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch, copy and describe what they and others are doing.
<p>Net and Wall (Games)</p> <p>Master basic movements including throwing and catching.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>		<ul style="list-style-type: none"> I can throw and push a ball in a variety of ways. I can sometimes catch a beanbag and a medium sized ball. I can track balls and other equipment sent to me. I can throw and hit a ball in a variety of ways. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch, copy and describe what they and others are doing.
<p>Team Building/OAA</p>	<p>Recognise and describe how their body feels during exercise.</p>	<ul style="list-style-type: none"> I can follow instructions. I can listen to others. I can work co-operatively with a partner. I can communicate simple instructions. I can show fair play.

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Year 2	Knowledge	Skills
<p>Gymnastics</p> <p>Developing balance, agility and co-ordination</p>	<p>Recognise and describe what their bodies feel like during different paced activities.</p> <p>Lift, move and place equipment and apparatus safely.</p>	<ul style="list-style-type: none"> I can plan and repeat simple sequences of actions. I can use shapes when performing other skills. I can use directions and levels to make my work look interesting. I can perform the basic gymnastic actions with some control and balance. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Improve their work using feedback from others and from what they have observed by watching others' sequences'
<p>Dance</p> <p>Perform dances using simple movement patterns</p>	<p>Recognise how different rhythms and paces make them feel.</p> <p>Understand the basic importance of warm up and cool down.</p>	<ul style="list-style-type: none"> I can perform body actions with control and coordination. I can sometimes use counts to stay in time with music. I can choose movements with different dynamic qualities to express an idea, mood or feeling. I can work with a partner using mirroring and unison. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch and describe dance phases and dances and use what they learn to improve their own dance.
<p>Athletics</p> <p>Master basic movements including running, jumping</p>	<p>Recognise and describe what their body feels like during different types of exercise.</p>	<ul style="list-style-type: none"> I show balance and coordination when running at different speeds. I can show balance when changing direction. I can link running and jumping movements with some control and balance. I can experiment with different types of jumps and landing. I show good technique when throwing towards a target. I am developing throwing for distance. I can describe how my body feels during exercise. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Watch, copy and describe what they and others are doing. Set simple targets to improve performance - i.e. to be able to jump 10cm further. To be able to measure performance accurately using tools.

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Year 2	Knowledge	Skills
<p>Invasion (Basketball, Football, Netball, Hockey) Master basic movements including throwing and catching Participate in team games, developing simple tactics for attacking and defending</p>	<p>Recognise and describe what their body feels like during different activities/games.</p>	<ul style="list-style-type: none"> • I can sometimes dribble a ball with my hands and feet. • I know who is on my team and I can attempt to send the ball to them. • I can move with a ball towards goal. • I can dodge and find space away from the other team. • I can stay with another player to try and prevent them from getting the ball. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> • Recognise good quality in performance. • Use information provided by others to improve their own work.
<p>Striking and Fielding (Kwik Cricket) Master basic movements including throwing and catching Participate in team games, developing simple tactics for attacking and defending</p>		<ul style="list-style-type: none"> • I can roll a ball to hit a target. • I am developing underarm and overarm throwing skills. • I can sometimes hit a ball using a racket. • I know how to score points and can remember the score. • I can track a ball and stop it. • I can apply these skills in a variety of simple games. • I can use some simple tactics. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> • Recognise good quality in performance. • Use information provided by others to improve their own work.
<p>Net and Wall (Games) Master basic movements including throwing and catching Participate in team games, developing simple tactics for attacking and defending</p>		<ul style="list-style-type: none"> • I can show awareness of opponents when playing games. • I can roll and hit a ball. • I can apply these skills in a variety of simple games. • I can work with a partner to improve my skill. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> • Recognise good quality in performance. • Use information provided by others to improve their own work.
<p>Team Building/OAA</p>	<p>Recognise and describe how their body feels during exercise.</p>	<ul style="list-style-type: none"> • I can follow instructions. • I can work with a partner and am beginning to work in a small group. • I can share my ideas and help to solve tasks. • I can listen to others. • I can reflect on when I was successful at solving challenges.

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Year 3	Knowledge	Skills
<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Recognise and describe the short term effects of exercise on the body during different activities.</p> <p>Begin to understand the importance of suppleness and strength.</p>	<ul style="list-style-type: none"> I complete actions with increasing balance and control. I can move in unison with a partner. I can choose actions that flow well into one another. I can adapt sequences to suit different types of apparatus. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe and evaluate the effectiveness and quality of a performance. Commenting on similarities and differences in sequences. Be able to talk about how their own performances have improved and what was adapted.
<p>Dance</p> <p>Perform dances using a range of movement patterns</p>	<p>Keep up actively over a period of time and know they need to warm up and cool down for dance.</p>	<ul style="list-style-type: none"> I can create dance phrases that communicate ideas. I can create dance phrases with a partner and in a small group using canon and unison. I can repeat, remember and perform these phrases in a dance. I can use dynamic and expressive qualities in relation to an idea. I can use counts to keep in time with a group and the music. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe and evaluate some of the compositional features of dance performed by others. Talk in more detail and be specific about what they might improve in their own dance.
<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Know, measure and describe the short term effects of exercise on the body.</p>	<ul style="list-style-type: none"> I can run at fast, medium and slow speeds. I can use different take off and landings when jumping. I am developing jumping for distance and height. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can record my distances, numbers and times. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe and evaluate the effectiveness of performances, recognising the aspects that need improving.

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Year 3	Knowledge	Skills
<p>Invasion (Football, Tag Rugby, Dodgeball, Basketball, Hockey)</p> <p>Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Know and describe the short term effects of different exercise activities on the body. Know and understand how to improve stamina. Begin to understand and explain the importance of warming up.</p>	<ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control. I am learning the rules of the game and I am beginning to use them. I can move with a ball towards goal with increasing control. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Recognise good quality in performance and specifically identify the parts which need developing. Use what they have learnt to improve their own performance. To set targets to improve performance.
<p>Striking and Fielding (Cricket)</p> <p>Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Begin to understand and explain the importance of warming up.</p>	<ul style="list-style-type: none"> I can use overarm and underarm throwing, and catching skills. I am beginning to strike a bowled ball. I am able to bowl a ball towards a target. I am developing an understanding of tactics and I am beginning to use them in game situations. I understand the aim of the game. I am learning the rules of the game and I am beginning to use them. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Recognise good quality in performance and specifically identify the parts which need developing. Use what they have learnt to improve their own performance. To set targets to improve performance.
<p>Net and Wall (Tennis)</p> <p>Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Begin to understand and explain the importance of warming up.</p>	<ul style="list-style-type: none"> I can return a ball to a partner. I can use basic racket skills. I am learning the rules of the game and I am beginning to use them. I can throw with some accuracy and catch with some consistency. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Recognise good quality in performance and specifically identify the parts which need developing. Use what they have learnt to improve their own performance. To set targets to improve performance.
<p>Team Building/OAA Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Recognise the effect of different activities on the body and to prepare them physically.</p>	<ul style="list-style-type: none"> I can follow and give instructions. I can communicate ideas and listen to others. I can work with a partner and a small group. I can plan and attempt to apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I am developing map reading skills.
<p><u>Evaluation:</u> Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		

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Year 4	Knowledge	Skills
<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Describe how the body reacts during different types of activity and how this affects the way they perform.</p>	<ul style="list-style-type: none"> I can safely perform balances individually and with a partner. I can plan and perform sequences with a partner that include a change of level and shape. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe their own and others work, making simple judgements about the quality of the performance and suggesting ways in which they can improve.
<p>Dance</p> <p>Perform dances using a range of movement patterns</p>	<p>Know and describe what an effective warm up and cool down is, and how to do this safely.</p>	<ul style="list-style-type: none"> I can respond imaginatively to a range of stimuli related to character and narrative. I can use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group. I can use formation, canon and unison to develop a dance. I can refine, repeat and remember dance phrases and dances. I can perform dances clearly and fluently. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe, interpret and evaluate their own and others dances, taking into account narrative and character. Can they use appropriate language related to dance.
<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Know, measure and describe the short term effects of exercise on the body.</p>	<ul style="list-style-type: none"> I can demonstrate the difference between sprinting and running over varying distances. I can demonstrate different throwing techniques. I can jump for distance and height with control and balance. I can throw with some accuracy and power into a target area. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe and evaluate the effectiveness of performances, recognising the aspects that need improving.
<p>Invasion (Football, Tag Rugby, Basketball, Hockey, Dodgeball, Netball)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Recognise which activities help their speed, strength and stamina and know when they are important in games.</p> <p>Recognise how specific activities/games can affect specific parts of the body.</p>	<ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with increasing control. I understand the rules of the game and I can use them most of the time. I can help my team keep possession and score goals when I play in attack. I can delay and help prevent the other team from scoring when I play in defence. I can use simple tactics to help my team score or gain possession. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Be able to clearly explain their plans and ideas and share these with others. Specifically identify the parts of others performances which need developing. Suggest practices to improve their play.

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Year 4	Knowledge	Skills
<p>Striking and Fielding (Cricket)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Recognise which activities help their speed, strength and stamina and know when they are important in games.</p> <p>Recognise how specific activities/games can affect specific parts of the body.</p>	<ul style="list-style-type: none"> I can use overarm and underarm throwing and catching skills with increasing accuracy. I can sometimes strike a bowled ball. I am able to bowl a ball with some accuracy, and consistency. I can choose and use simple tactics for different situations. I understand the rules of the game and I can use them often <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Be able to clearly explain their plans and ideas and share these with others. Specifically identify the parts of others performances which need developing. Suggest practices to improve their play.
<p>Net and Wall (Tennis)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>		<ul style="list-style-type: none"> I can sometimes play a continuous game. I can use a range of basic racket skills. I can return to the ready position to defend my own court. I understand the rules of the game and I can use them often. I can throw with some accuracy at a target. I can catch with increasing control. I can use simple tactics. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Be able to clearly explain their plans and ideas and share these with others. Specifically identify the parts of others performances which need developing. Suggest practices to improve their play.
<p>Team Building/OAA</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Recognise the effect of different activities on the body and to prepare them physically.</p>	<ul style="list-style-type: none"> I can accurately follow and give instructions. I can work effectively with a partner and a small group. I can identify key symbols on a map and use a key to help navigate around a grid.
<p><u>Evaluation:</u></p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		

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Year 5	Knowledge	Skills
<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Know and understand the basic principles of warming up and why it is important to lead a good quality performance.</p> <p>Understand and explain why physical activity is good for their health and well-being.</p>	<ul style="list-style-type: none"> I can create and perform sequences using apparatus, individually and with a partner. I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. I can use strength and flexibility to improve the quality of a performance. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Choose and use information and basic criteria to evaluate their own and other's work. Adapt their sequences to suit specific audiences.
<p>Dance</p> <p>Perform dances using a range of movement patterns</p>	<p>Organise their own warm up and cool down activities, to suit their own dance.</p> <p>Show an in-depth understanding of the importance of warm up/cool down and how to do this safely.</p> <p>Explain some important safety principles when preparing to exercise.</p>	<ul style="list-style-type: none"> I can adapt and refine the way I use actions, dynamics and relationships in my dance. I can perform different styles of dance clearly and fluently. I can recognise and comment on dances, showing an understanding of style. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context.
<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Understand and explain the principles of warming up.</p> <p>Understand why fitness is good for health and well-being.</p> <p>Identify and explain good athletic performance.</p>	<ul style="list-style-type: none"> I can choose the best pace for a running event. I can perform a range of jumps showing some technique. I can show control at take-off in jumping activities. I can show accuracy and good technique when throwing for distance. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Evaluate their own and others work and suggest constructive feedback.

Physical Education Knowledge and Skills Progression



Year 5	Knowledge	Skills
<p>Invasion (Football, Tag Rugby, Hockey, Netball, Basketball, Dodgeball)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Know and understand the principles of warming up and understanding why it is important for high quality performance.</p> <p>Understand the importance of physical activity and can talk confidently about why.</p>	<ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control under pressure. I understand the rules of the game and I can use them often. I understand there are different skills for different situations and I am beginning to use this. I can move into space to help my team. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Choose and use information to evaluate their own and others' work. Specifically identify the parts of their own and others performances which need developing and professionally approach these.
<p>Striking and Fielding (Cricket, Rounders)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>		<ul style="list-style-type: none"> I can sometimes strike a bowled ball. I am developing a wider range of skills and I am beginning to use these under some pressure. I can use the skills I prefer with increasing consistency. I understand the need for tactics and have begun to choose and use some tactics effectively. I understand the rules of the game and I can use them to play fairly. I understand there are different skills for different situations and I am beginning to use this. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Choose and use information to evaluate their own and others' work. Specifically identify the parts of their own and others performances which need developing and professionally approach these.
<p>Net and Wall (Tennis)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>		<ul style="list-style-type: none"> I am developing a wider range of skills and I am beginning to use these under some pressure. I can use the skills I prefer with increasing consistency. I understand the need for tactics and can sometimes apply them. I can play cooperatively with a partner. I can throw accurately at a target. I understand there are different skills for different situations and I am beginning to use this. I can lead a partner through short warm-up routines. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Choose and use information to evaluate their own and others' work. Specifically identify the parts of their own and others performances which need developing and professionally approach these.
<p><u>Evaluation:</u></p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		

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Year 6	Knowledge	Skills
<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Understand why exercise is good for health, fitness and well-being and how to become healthier themselves.</p> <p>Carry out warm up and cool down exercises confidently and accurately supporting all parts of the body.</p>	<ul style="list-style-type: none"> I understand what counter balance and counter tension is and can show examples with a partner. I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can create and perform sequences taking using compositional devices to improve the quality. I can lead a small group through a short warm-up routine. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Appropriately evaluate their own and other work, making fair judgements and offering appropriate tips to improve.
<p>Dance</p> <p>Perform dances using a range of movement patterns</p>	<p>Understand and talk about why dance is good for health, fitness and well-being.</p> <p>Take necessary and detailed steps to prepare for dance, using accurate and appropriate warm up and cool down strategies, independently.</p>	<ul style="list-style-type: none"> I can work creatively and imaginatively on my own, with a partner and in a group to choreograph motifs and structure simple dances. I can adapt and refine the way I use actions, dynamics and relationships to improve my dance. I can choreograph a dance using props. I can perform dances fluently and with control. I can lead a small group through a short warm-up routine. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Understand and talk about how a dance is formed and performed. Evaluate, refine and develop their own work and others work using an appropriate criteria.
<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Understand and explain the principles of warming up.</p> <p>Understand why fitness is good for health and well-being.</p> <p>Identify and explain good athletic performance.</p>	<ul style="list-style-type: none"> I can select and apply the best pace for a running event. I can exchange a baton with success. I can perform jumps for height and distance using good technique. I can show accuracy and good technique when throwing for distance. I can lead a small group through a short warm-up routine. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Evaluate their own and others work and suggest constructive feedback.

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Year 6	Knowledge	Skills
<p>Invasion (Football, Tag Rugby, Netball, Hockey, Basketball, Dodgeball)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Understand why exercise is good for their fitness, health and well-being and supports energy for day-to-day life.</p> <p>Understand and explain the need to prepare properly for activities/games and to understand that preparation may differ dependent on activity.</p>	<ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can use the rules of the game consistently. I can create and use space to help my team. I can select and apply different movement skills to lose a defender. I can lead a small group through a short warm-up routine. I can use marking, tackling and/or interception to improve my defence. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Develop their ability to evaluate their own work and others work and to suggest constructive and specific ways to improve. To be able to confidently talk about injury and ways of overcoming these to improve performance in various games (warming up).
<p>Striking and Fielding (Rounders)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>		<ul style="list-style-type: none"> I can strike a bowled ball with increasing consistency. I understand and can use some tactics in the game as a batter, bowler and fielder. I can use a wider range of skills in game situations. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can lead a small group through a short warm-up routine. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Develop their ability to evaluate their own work and others work and to suggest constructive and specific ways to improve. To be able to confidently talk about injury and ways of overcoming these to improve performance in various games (warming up).
<p>Net and Wall (Tennis)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>		<ul style="list-style-type: none"> I can use a wider range of skills in game situations. I can play cooperatively with a partner. I can select the appropriate action for the situation. I can create and sometimes use a variety of tactics. I can lead a small group through a short warm-up routine. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> Develop their ability to evaluate their own work and others work and to suggest constructive and specific ways to improve. To be able to confidently talk about injury and ways of overcoming these to improve performance in various games (warming up).
<p><u>Evaluation:</u> Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		



Swimming		
	Knowledge	Skills
Beginners (Non-swimmers and Developing Swimmers)	Watch, copy and describe what they and others have done and use the information to improve their ability.	<ul style="list-style-type: none"> • Know how to choose and use skills for different swimming tasks (e.g. using arms to stay balances; knowing how to push against the water to move in a particular direction). • Improve the control and co-ordination of their bodies in the water. • Swim up to 25m unaided, co-ordinating stroke and breathing. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> • Know that swimming is a type of exercise and that being active is fun and good for health • Recognise and describe what their bodies feel like during different activities
Developing and Competent Swimmers	Describe and evaluate the quality of swimming and recognise what needs improving.	<ul style="list-style-type: none"> • Choose and use a variety of strokes and skills, according to the task and the challenge (e.g. swimming without aids, distance and time challenges). • Swim up to 50m unaided, co-ordinating stroke and breathing. <p><u>Evaluation:</u></p> <ul style="list-style-type: none"> • Know and describe the short term effects of exercise on the body and how it reacts to different types of activity.
<p><u>National Curriculum:</u></p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations. 		