



Leasingham St Andrew's PE Overview



Concept	Reception	Year 1/Year 2	Year 3	Year 4	Year 5	Year 6
Competitive games	<p>Know how to play games and follow basic rules</p> <p>Know how to use bean bags, balls, hoops and quoits, ropes and bats.</p> <p>Know how to move around keeping my balance.</p> <p>Know how to use hand and eye coordination to follow objects.</p>	<p>Know how to change direction to avoid an opponent</p> <p>Know how to run keeping my knees raised in front, good contact with the ground and keep my feet in line with buttocks/don't flick behind</p> <p>Know how to jump continuously pushing through the balls of my feet, extending my arms to drive upwards and raising my knees in front of my body</p> <p>Know how to throw to myself using two hands and catch it</p> <p>Know how to catch with two hands whilst moving</p> <p>Know how to catch with one hand static and whilst moving</p> <p>Know how to throw to myself using one and catch an object with one hand – static and moving</p> <p>Know how to throw overarm to a space and/or target area or obstacle</p> <p>Know how to draw my arm back: I know the further I draw back the more power I have</p> <p>I send objects from above centre to send a ball downwards</p> <p>I send left of centre to bend ball to the right</p> <p>I send right of centre to bend ball to left</p> <p>I push the object with my hands</p> <p>I push the object using different body parts</p> <p>I push the object using equipment (hockey stick)</p> <p>Know how to do recovery runs: get back to my protected area</p> <p>Know how to deny space by occupying space between the ball and the goal</p> <p>Know how to work collaboratively to get past an opponent</p> <p>Know how to work with a partner to score a goal/point</p> <p>Know how to use the terms opponent and teammate</p> <p>Know how to use rolling, hitting, running, jumping, catching and kicking skills in combination</p> <p>Know how to develop tactics</p> <p>Know how to lead others where appropriate</p>	<p>Know how to move in and out of spaces based on verbal communication</p> <p>Know how to recognise where a 'space' is and use it appropriately</p> <p>Know how to change direction and increase speed to avoid an opponent</p> <p>Know how to jump from one foot, stop and hold in a balance (land on one foot and not move)</p> <p>Know how to jump and hop continuously without loss of balance</p> <p>Know how to judge the distance required to take-off and/or land successfully</p> <p>Know how to send and receive in a continuous motion using my own body</p> <p>Know how to send and receive in a continuous motion using equipment</p> <p>Know how to receive, travel and then send an object whilst retaining possession</p> <p>Know how to bowl overarm and hit a target</p> <p>Know how to send an object over a net so that it successfully lands within a defined area using my own body parts</p> <p>Know how to send an object over a net so that it successfully lands within a defined area using equipment</p> <p>Know how to successfully receive and control a ball that is moving directly towards me, approaching from the side and bouncing towards me.</p> <p>Know how to successfully receive and control a ball without a bounce</p> <p>Know how to follow the rules of the game and play fairly</p> <p>Know how to mark players goal side</p> <p>I am beginning to mark spaces based on the predicted play</p> <p>Know how to work as part of a group to support the player trying to win possession</p> <p>Know how to choose appropriate tactics to cause problems for the opposition</p> <p>Know how to use combination play – 2/3 players working together to retain possession and to score goals/points</p> <p>Know how to exploit space by passing, dribbling or running with the ball</p> <p>Know how to use a different range of passing/dribbling related to different sports and choose the appropriate action</p> <p>Know how to score goals/points and react to rebounds</p> <p>Know how to encourage and support others in a positive way</p> <p>Know how to lead others and act as a respectful team member</p>	<p>Know how to move in and out of spaces based on non-verbal communication and triggers from others</p> <p>Know how to use tighter spaces effectively</p> <p>Know how to accelerate and decelerate effectively</p> <p>Know how to dodge or disguise techniques to outwit an opponent</p> <p>Know how to judge the distance required to take-off and/or land successfully</p> <p>Know how to receive an object in flight</p> <p>Know how to remain in control during the transition from one technique to another (dribbling to shoot)</p> <p>Know how to strike a bowled or volleyed ball with accuracy</p> <p>Know how to use forehand and backhand when playing racket games</p> <p>Know how to participate in team games of 5v5 upwards</p> <p>Know how to win the ball through tackling</p> <p>Know how to win the ball through interception: winning the ball from a pass</p> <p>Know how to choose the most appropriate tactics for a game</p> <p>Know how to field, defend and attack tactically by anticipating the direction of play</p> <p>Know how to force the opponent</p> <p>Know how to use combination play – 2/3 players working together to retain possession and to score goals/points</p> <p>Know how to exploit space by passing, dribbling or running with the ball</p> <p>Know how to use a different range of passing/dribbling related to different sports and choose the appropriate action</p> <p>Know how to work alone, or with teammates to gain points or possession</p> <p>Know how to score goals/points and react to rebounds</p> <p>Know how to encourage and support others in a positive way</p> <p>Know how to uphold the spirit of fair play and respect in all competitive situations</p> <p>Know how to lead others when called upon and act as a good role model within a team</p>		
Dance	<p>Know how to move around a space</p> <p>Know how to move to a rhythm</p> <p>Know how to travel in different ways</p> <p>Know how to hold shapes</p>	<p>Know how to move from one place to another</p> <p>Know how to change the shape of my body</p> <p>Know how to change the speed I move in</p> <p>Know how to change direction as I travel</p> <p>Know how to use basic steps as I move across the floor</p> <p>Know how to move with control, care and coordination</p> <p>Know how to turn in time to music</p> <p>Know how to turn a quarter turn on the spot</p> <p>Know how to turn a half turn on the spot</p> <p>Know how to stay balanced whilst I turn</p> <p>Know how to keep my body upright while I turn</p> <p>Know how to signal a beginning to my dance (e.g with a balance or a movement)</p> <p>Know how to signal a basic end to my dance (e.g a simple posture – straight back arms by the side)</p> <p>Know how to jump at certain points during my performance</p> <p>Know how to bend my knees when taking off</p> <p>Know how to land on both feet</p> <p>Know how to extend my arms forwards and upward during the jump</p> <p>Know how to hold a position during a dance</p> <p>Know how to link two or more actions to perform a sequence</p> <p>Know how to choose a movement to communicate a mood, feeling or idea</p> <p>I remember and repeat dance movements and positions</p>	<p>Know how to travel across the floor using different steps and body shapes</p> <p>Know how to link actions and sequences of movement as I travel from one place to another</p> <p>Know how to travel using rhythmic stepping patterns and can repeat them consistently (stepping in time to the music whilst including hops and jumps)</p> <p>Know how to change my speed and levels as I move</p> <p>Know how to move in a clear, fluent and expressive manner</p> <p>Know how to complete half and quarter turns with confidence</p> <p>Know how to push off one foot to give the force to turn the body</p> <p>Know how to turn on one-foot keeping on toes to make it easier to turn</p> <p>I have a basic understanding of how to demonstrate an appropriate start and finish within a routine or performance</p> <p>Know how to display a starting/finishing position in an upright position if the skill begins or ends upright</p> <p>Know how to display a starting/finishing position laying down if the skill ends or begins on the floor</p> <p>Know how to prepare for a jump by flexing knees and keeping heels to the ground and body in alignment</p> <p>Know how to extend my feet and legs to push energy against the floor to jump into the air</p> <p>Know how to land using the whole foot surface, straightening the legs back to a ready position</p> <p>Know how to show basic falls of body parts (letting arms and upper body fall towards the ground the effect)</p> <p>Know how to keep still in a specific body position and use this within a routine</p> <p>Know how to hold a variety of body positions on my feet holding the position to add effect to my performance</p> <p>Know how to hold a variety of body positions on the floor holding the position of add effect to my performance</p> <p>Know how to plan, perform and repeat sequences</p> <p>Know how to compose creative and imaginative dance sequences</p> <p>Know how to create dances and movements that convey a definite idea</p> <p>Know how to perform expressively and hold a precise and strong body posture</p> <p>Know how to perform with high energy, slow grace or other themes and maintain this throughout a piece</p> <p>Know how to develop physical strength and suppleness by practising moves and stretching</p>	<p>Know how to travel across the floor using more complex steps and body shapes</p> <p>Know how to link actions and sequences of movement cohesively as I travel from one place to another</p> <p>Know how to link actions and sequences of movement using more complex body positions</p> <p>Know how to travel using rhythmic stepping patterns and can repeat them consistently</p> <p>Know how to change my speed and levels as I move</p> <p>Know how to move in a clear, fluent and expressive manner</p> <p>I keep well balanced when I turn with a long straight body</p> <p>I understand how to demonstrate an appropriate start and finish within a routine or performance at different levels.</p> <p>Know how to jump and land with my body in an appropriate position.</p> <p>Know how to keep still in a performance, holding a variety of body positions.</p> <p>Know how to compose, creative and imaginative dance sequences</p> <p>Know how to perform expressively and hold a precise and strong body posture</p> <p>Know how to perform and create complex sequences</p> <p>Know how to express an idea in original and imaginative ways</p> <p>Know how to plan to perform with high energy, slow grace of other themes and maintain this throughout a piece</p> <p>Know how to perform complex moves that combine strength and stamina</p>		

<p>Gymnastics</p>	<p>Know how to travel in different ways Know how to stretch and curl Know how to take weight on different body parts</p>	<p>Know how to balance on one foot whilst standing still Know how to hold a position whilst balancing on different parts of the body I will use my balancing skills to move across the floor in different ways I can jump in a variety of ways and land with increasing control and balance I am flexible through different body positions (getting into the shape of a letter or bending down to touch the floor with my hands) Know how to reach out to different body parts in different positions Know how to stretch and curl to develop flexibility Know how to travel by rolling forwards, backwards and sideways Know how to show contrasts (small/tall straight/curved wide/narrow) Know how to use my body strength to hold a position Know how to climb on apparatus by pulling and holding myself up I climb safely on apparatus Know how to work individually to link a short sequence of movements across the floor Know how to follow instructions and display these individually Know how to copy and remember actions Know how to demonstrate the beginning and end of a gymnastic skill I create a simple posture (straight back with arms at the side and legs together) Know how to copy and remember actions Know how to move with some control and awareness of space Know how to link two or more actions to perform a sequence</p>	<p>I am able to maintain my centre of gravity whilst balancing on different body parts Know how to balance with control in varied positions using different parts of the body Know how to balance on different types of equipment Know how to show balance in a broad range of actions and in sequences of movement Know how to hold a body position at the full range of movement (holding straddle opening legs as far as possible) Know how to show flexibility when static and when moving Know how to complete a forwards and backwards roll, tucking body in to complete the roll Know how to roll in different ways (bear roll) Know how to move myself across the floor (hold body up on tiptoes, one hand/foot on floor) Know how to use flight by transferring weight and generating power Know how to hold shapes that are strong, fluent and expressive Know how to climb on different apparatus (climb a rope, pull up onto a box) Know how to swing and hang from equipment safely (Using hands) Know how to link sequences of movement on the floor moving in unison with another person Know how to link sequences of movement on apparatus moving in unison with another person Know how to move from one piece of apparatus to another fluently linking movements and body positions Know how to link more complex sequences (run, jump and turn in the air) Know how to vary speed, direction, level and body rotation during floor performances Know how to demonstrate the beginning and end of a gymnastic skill Know how to start in an upright position if the skill begins upright Know how to start in a position on the floor if the skill begins on the floor Know how to display an upright finishing position of the skill finishing upright Know how to display a finishing position laying down if the skill ends on the floor Know how to plan, perform and repeat sequences Know how to move in a clear, fluent and expressive manner Know how to show changes of direction, speed and level during a performance</p>	<p>Know how to balance with control in varied positions using different parts of the body for extended time periods. Know how to balance maintaining a strong core, on different types of equipment. Know how to hold shapes that are strong, fluent and expressive Know how to use my strength to hold complex body positions Know how to use equipment to vault and to swing (remaining upright) Know how to travel on, under and over different apparatus Know how to show flexibility in a broad range of body positions and movements. Know how to move in time with another person, moving and landing feet at the same point Know how to create complex and well-executed sequences that include a full range of movements (including travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching, twisting, gestures and linking skills) Know how to include in a sequence of set pieces, choosing the most appropriate linking elements Know how to vary speed, direction, level and body rotation during floor performances Know how to practice and refine the gymnastic techniques used in performances Know how to use a starting and finishing position appropriately. Know how to demonstrate good kinaesthetic awareness Know how to use equipment to vault and swing</p>
<p>Athletics</p>	<p>Know how to run/walk in a straight line. Know how to balance objects on my body or equipment Know how to make an object move with part of my body</p>	<p>Know how to run up to jump in a straight line Know how to prepare for a jump at the end of a run Know how to push off with two feet planted on the floor I bend my knees to gain height or distance Know how to apply these skills to a range of jumps Know how to make different shapes in the air when jumping Know how to extend my feet forwards and lean back slightly to jump further Know how to use a skipping action to jump multiple times whilst travelling forward Know how to land on two feet, bending my knees on contact with the floor I land with toes making contact with the ground first then heel to remain balanced Know how to bend one leg behind the other in preparation for running pushing off that leg Know how to run with a simple heel to toe action Know how to run with a slight swing of the arms Know how to begin to run in a line Know how to sprint for short distances Know how to begin to develop techniques to prolong a run Know how to demonstrate a run and jump technique (jump over a cone) Know how to prepare for throwing by placing the opposite foot to the throwing arm forward Know how to step into a throw Know how to throw different types of objects with an overarm pushing action (ball, javelin) Know how to throw different types of objects with a swinging action, moving the arm backwards and forwards, with the arm stretched out in line with the chest (discus) Know how to demonstrate these skills in a variety of games and activities</p>	<p>Know how to run at speed within an area and demonstrate a jump at the end Know how to run up to a jump on my toes swinging my arms Know how to jump by taking off with one foot Know how to take off by using one leg, bending and extending the leading knee before the last contact with the ground Know how to drive upwards on the leading foot to generate power to spring myself forwards or upwards Know how to lead forward in the air to increase forward momentum Know how to position my body in the air to maximise the length or height of a jump (using arms in swinging motion, position legs forward to jump further) Know how to jump repeatedly linking different jumps in a sequence I bend my knees deeply to control my landing and use my arms to increase control by bringing them in front of my body Know how to sprint over a short distance up to 60 metres. Know how to start a run upright with one knee bent in front and the other leg stretched out behind. When sprinting, I have a narrow foot placement, landing on my toes with increased arm movement to generate speed Know how to run within an alley, showing balance and accuracy to run at full speed within a space Know how to run over a longer distance, conserving energy in order to sustain performance When running middle distances, Know how to develop different ways to prolong a sprint (pacing) When running long distances I have a comfortable stride length and a comfortable posture moving with the torso just in front of the legs. Know how to run and jump over objects and demonstrate this in games (run and jump to catch a ball) Know how to 'hop' over objects (low hurdles) by leaping off one foot, bringing the leading leg up and over the object. Know how to 'hop' over objects with my leading foot facing with the sole towards the ground and the knee bent to being the leg over the object. My trailing leg will follow in the same pattern landing on the sole of the foot. Know how to use a range of throwing techniques (under and over arm) Know how to throw with accuracy to hit a target or cover a distance Know how to push forwards to gain more height or distance Know how to throw a foam javelin using one hand. I throw the javelin by taking a step forward, moving the arm and elbow back, following through to fully extend the arm releasing the javelin above the shoulder. Know how to use a swinging action when throwing Know how to throw a foam discus with one hand, standing sideways on the target area with a wide base, keeping my arm straight and swinging it back</p>	<p>Know how to jump in a number of ways, using a run-up where appropriate Know how to show control in take-off and landings when jumping Know how to scissor jump over a low bar (lead one leg over a bar with a trailing leg lifting afterwards) Know how to use a combination of hops, skips and jumps (triple jump) Know how to hop on one foot and display the ability to 'hopscotch' Know how to control a landing with toes making first contact Know how to start a run in the 'crouch' position with both arms and hands placed in front on the ground Know how to start a sprint in the 'crouch' position with one knee bent and placed underneath the shoulder while the other leg is stretched out behind Know how to use the sprinting technique within a variety of competitive games (relay races, running burpees) Know how to choose the best pace and stride for running over a variety of distances In middle distance, I have a consistent stride length, landing on my toes, rolling on to heels and pushing against to ground to propel forwards When running long distances, Know how to show endurance to prolong my run (pace, conserve energy) Know how to combine sprinting with low hurdles over 60 metres Know how to prepare for a throw by running at speed then throwing at the end of a run by pushing down on one foot to allow a follow through into a throw Know how to push a rubber shot ball by holding the ball in the palm of my hand resting my hand on my shoulder. Know how to throw a shot ball by bending the throwing knee, leaning back and pushing from the elbow moving the arm out to fully extend. Then release the shot at the end of the extension, pushing upwards and forwards. Know how to throw a modified hammer using a basic swing motion. I hold the hammer in both hands, keeping both arms straight and bring the hammer low behind my body. I move my arms up and across my body and release the hammer at shoulder height. Know how to throw accurately and refine performance by analysing technique and body shape Know how to compete with others and keep track of personal best performances, setting targets for improvement</p>

			<p>behind my body twisting forward at the hips toward the target then releasing the discus out in front and to the side of the body.</p> <p>Know how to demonstrate these skills in a variety of games and activities</p> <p>Know how to compete with others and aim to improve personal best performances.</p>	
To pursue outdoor adventures				<p>Know how to select appropriate equipment for outdoor and adventurous activity</p> <p>Know how to identify possible risks and ways to manage them, asking for and listening carefully to expert advice</p> <p>Know how to embrace both leadership and team roles and gain the commitment and respect of a team</p> <p>Know how to empathise with others and offer support without being asked</p> <p>Know how to show resilience when plans do not work and initiative to try new ways of working</p> <p>Know how to remain positive even in the most challenging circumstances, rallying others if need be</p> <p>Know how to use maps, compasses and digital devices to orientate myself</p> <p>Know how to adapt plans to suit changing conditions ensuring safety comes first</p>
To Swim			<p>Know how to swim unaided up to 25 metres</p> <p>Know how to use one basic stroke, breathing correctly</p> <p>Know how to control leg movements</p>	<p>Know how to swim unaided over 100 metres</p> <p>Know how to use breaststroke, front crawl and backstroke ensuring that breathing is correct so as not to interrupt the pattern of swimming</p> <p>Know how to swim fluently with controlled strokes</p> <p>Know how to turn efficiently at the end of a length</p>