

Physical Education

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming	<ul style="list-style-type: none"> Enter the water safely and move in all directions for a short distance Be at ease with water showered from above and wetting the face Maintain a floating position with aids or support Push and glide in a horizontal position from the side Demonstrate an understanding of water safety 	<ul style="list-style-type: none"> Jump in from the poolside safely Blow bubbles underwater with nose and mouth submerged Regain upright position from a back or front float Push and glide on the back from the side of the pool Perform a 360 degree rotation from front to back and back to front 	<ul style="list-style-type: none"> Jump into the pool and submerge briefly Sink, push away from the wall and glide underwater for a short distance Submerge fully to pick up an object from the bottom Have a reasonable knowledge of the water safety code 	<ul style="list-style-type: none"> Perform a sequence of changing shapes whilst floating on the surface Swim approx 10m using a range of different strokes (back / breast / front crawl) 	<ul style="list-style-type: none"> Perform a surface dive Swim over 10m using a range of strokes accurately Perform a range of jumps into deep water and tread water when resurfacing Perform a forward somersault tucked in the water 	<ul style="list-style-type: none"> Swim 10m wearing clothes Exit the water without using steps Swim 25m using any stroke Perform a range of movements in deep water demonstrating confidence and competence
Skills - Acquiring and Developing Skills	<ul style="list-style-type: none"> Hold a balance whilst walking along a straight line Zig zag through a series of markers spaced evenly, about 2m apart Hop on the spot using the same foot Jump for distance Jump for height Catch a bean bag Throw a small ball underarm, using the correct technique 	<ul style="list-style-type: none"> Zig zag through a series of tightly spaced markers Hop along a straight line using the same foot Jump for distance controlling the landing Jump for height with a controlled landing Catch a small ball Throw a small ball overarm, using the correct technique 	<ul style="list-style-type: none"> Balance on one foot Climb a set of wall bars (or similar) Perform a side stepping gallop Run at speed over a distance 	<ul style="list-style-type: none"> Complete a forward roll and land on the feet Skip forwards in a fluid motion Kick a ball accurately Pass a ball from chest height to a partner 	<ul style="list-style-type: none"> Perform a sequence of one footed leaps Gallop with a fluid motion Dribble a football between cones 	<ul style="list-style-type: none"> Perform a 'drop-kick' Perform a 'basketball dribble' Strike a ball with a range of bats for accuracy and distance
Skills - Applying Skills and Using Tactics	<ul style="list-style-type: none"> Link skills and actions in different ways to suit different activities Establish sequences of actions and skills which have a clear beginning, middle and ending 	<ul style="list-style-type: none"> Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc) 	<ul style="list-style-type: none"> Vary skills, actions and ideas and link these in different ways to suit different activities Vary his/her responses to tactics, strategies and sequences used 	<ul style="list-style-type: none"> Apply skills and tactics in combination with a partner or as part of a group / team 	<ul style="list-style-type: none"> Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition Develop interest in participating in sports activities and events at a competitive level 	<ul style="list-style-type: none"> When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others
Skills - Evaluating and Improving	<ul style="list-style-type: none"> Describe and comment on performance 	<ul style="list-style-type: none"> Compare his/her performance with others 	<ul style="list-style-type: none"> Compare and contrast his/her performance with others 	<ul style="list-style-type: none"> Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance 	<ul style="list-style-type: none"> Identify different levels of performance and use subject specific vocabulary 	<ul style="list-style-type: none"> Analyse, modify and refine skills and techniques and how these are applied Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy