

PE objectives

YEAR ONE

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
Use basic underarm, rolling and hitting skills accurately	Improve running technique and run for longer distances	Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required	Follow simple marked trails in familiar environments and identify where they are
Hit and kick a ball in a variety of ways	Run and jump sequence	Show good awareness of space, apparatus and the actions of others	Solve simple challenges and problems successfully
Track, intercept, stop and catch balls and small equipment consistently	Develop an under and over arm throwing action	Link and repeat basic actions to copy or create and perform a movement phrase with a beginning, middle and end	Know what they need to be aware of to stay safe
Describe some basic rules, simple tactics and the way to score Show good awareness of space and the actions of others	Take part in a variety of team races using a variety of equipment	Know the difference between tension and relaxation in their body	Recognise when they have been energetic
Compete in small sided games	Know running, jumping and throwing is good for them and describe what it feels like	Carry and set up equipment safely with help	Relay what they did when following a trail and solving a problem
Know playing games is good for them and describe what it feels like	Watch, copy, describe and comment on what they have seen	Watch, copy and describe a short gymnastic sequence	
Watch, describe and comment on what they have seen			

PE objectives

YEAR TWO

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
<p>Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still</p> <p>Perform basic skills of rolling, striking and kicking with control</p> <p>Use a variety of simple tactics in a small sided game</p> <p>Show an awareness of opponents and team mates during games</p> <p>Describe the differences in the way their body works and feels when playing different games</p> <p>Begin to watch others and focus on specific actions to improve own skills</p>	<p>Run with a good technique at different speeds</p> <p>Perform a two footed jump</p> <p>Show a good throwing technique and extend accuracy and distance</p> <p>Compete in a range of team events</p> <p>Describe the differences in the way their body works and feels when trying athletic activities</p> <p>Begin to watch others and focus on specific actions to improve own skills</p>	<p>Perform basic gymnastic actions with control and coordination</p> <p>Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness</p> <p>Create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or partner</p> <p>Describe the differences in the way their body works and feels when performing gymnastics</p> <p>Handle apparatus safely and recognise risks involved</p> <p>Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it</p>	<p>Work increasingly cooperatively with others, identifying where they are by using simple plans and diagrams of familiar environments and discussing how to follow trails and solve problems</p> <p>Recognise that different tasks make their bodies work in different ways</p> <p>Comment about how they went about tracking tasks</p>

PE objectives

YEAR THREE

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
<p>Throw/catch with control to keep possession and score goals</p> <p>Choose and use a range of simple tactics for defending/challenging opponents for striking, fielding and net games</p> <p>Use simple rules fairly and extend them to devise their own games</p> <p>Identify that playing extended games improves their stamina</p> <p>Recognise good performances in themselves and others. Use what they have learned to improve their own work</p> <p>Know and describe the effects of different exercise activities on the body and how to improve stamina</p> <p>Begin to understand the importance of warming up</p>	<p>Select running speed for appropriate activity</p> <p>Make up and repeat a short sequence of linked jumps</p> <p>Throw a variety of objects, changing their action for accuracy and distance</p> <p>Take part in relay activities remembering when to run and what to do</p> <p>Recognise when their body is warmer or cooler and when their heart beats faster and slower</p> <p>Recognise good performances in themselves and others to improve their own</p>	<p>Perform combinations of gymnastic actions using floor, mats and apparatus</p> <p>Develop gymnastic techniques and transitions</p> <p>Adapt a gymnastic sequence to include different levels, speeds or directions</p> <p>Recognise that strength and suppleness are important parts of fitness</p> <p>Compare and comment on two performances, identifying quality and when they have the same elements and order</p>	<p>Use more detailed plans and diagrams that take them from familiar to less familiar areas</p> <p>Use ideas they have learned in one task and apply them in another</p> <p>Recognise and describe the different physical demands of the tasks and challenges</p> <p>Describe and evaluate their own and others' performances, and identify areas that need improving</p>

PE objectives

YEAR FOUR

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
<p>Change pace, length and direction to outwit their opponent</p> <p>Choose and use a range of ball skills with a good degree of accuracy</p> <p>Use a variety of techniques and tactics to attack, keep possession and score</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others</p> <p>Understand how strength, stamina and speed can be improved by playing games</p> <p>Identify good performances and suggest ideas for practices that will improve their play</p>	<p>Show some control when using a range of basic running, jumping and throwing actions</p> <p>Perform a range of jumps showing contrasting techniques and sometimes using a short run up</p> <p>Throw with some accuracy and power into a target area</p> <p>Work in cooperative groups to use different techniques, speeds and effort to meet challenges</p> <p>Relate different athletic activities to changes in heart rate, breathing and temperature</p> <p>Identify and describe different aspects of athletic styles and use to improve own performance</p>	<p>Perform a range of gymnastic actions with increased consistency and fluency</p> <p>Work with a partner to show similar and contrasting actions on the floor and apparatus</p> <p>Combine actions and show clarity of shape in longer sequences, alone or with a partner</p> <p>Understand how strength and suppleness improve gymnastic performance</p> <p>Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved</p>	<p>Use maps and diagrams to orientate themselves and to travel around a simple course</p> <p>Plan responses to physical challenges and problems as a group</p> <p>Prepare physically for activities and keeping safe</p> <p>Evaluate the challenge and identify different approaches that could have been used</p>

PE objectives

YEAR FIVE

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
<p>Use a small range of sending, receiving and travelling techniques in games, with varied control</p> <p>Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control</p> <p>Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations</p> <p>Understand why exercise is good for their fitness, health and wellbeing</p> <p>With help, devise warm up and cool down activities and justify their choices</p>	<p>Understand & apply the differences between sprinting & distance running</p> <p>Show control in take off activities</p> <p>Demonstrate a range of throwing actions using equipment with some accuracy and control</p> <p>Organise and manage an event well</p> <p>Predict how activities will affect heart rate, temperature and performance</p> <p>Watch partner's performance & identify strengths</p> <p>Understand the basic principles of warming up</p> <p>Understand fully why exercise is good for fitness/health/ wellbeing</p>	<p>Perform combinations of gymnastic actions with different levels, speeds & direction</p> <p>Perform actions, shapes & balances with good body tension & extension</p> <p>Repeat a longer, more difficult sequence accurately emphasising extension, body shape and changes in direction, solo/partner/small group</p> <p>Understand why warming-up and cooling-down are important & devise their own warm up routine</p> <p>Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria</p>	<p>Develop and refine orienteering and problem-solving skills when working in groups and on their own</p> <p>Work cooperatively to put strategies and solutions into action</p> <p>Identify how their bodies work in the different challenges</p> <p>Conserve their efforts and keep their concentration during tasks</p> <p>Identify what they do well as individuals and as a group</p>

PE objectives

YEAR SIX

GAMES	ATHLETICS	GYMNASTICS	OUTDOOR/ADVENTURE
<p>Perform skills with greater speed, fluency and accuracy in invasion, striking and net games</p> <p>Understand, choose and apply a range of tactics and strategies for defence and attack</p> <p>Know the importance and types of fitness and how playing games contributes to a healthy lifestyle</p> <p>Develop their ability to evaluate their own and others' work, and to suggest ways to improve it</p>	<p>Choose the best pace for a running event, in order to sustain running and improve their personal target</p> <p>Show control and power in takeoff and landing activities</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Choose appropriate techniques for specific events</p> <p>Organise and judge events and challenges well</p> <p>Identify activities that help develop stamina or power and suggest how some can be used in other types of activities</p> <p>Identify parts of a partner's performance that need to be practised and refined and suggest improvements</p>	<p>Combine and perform actions, shapes and balances with fluency increasingly difficult combinations</p> <p>Work with a partner or small group to practise and refine a sequence</p> <p>Create and perform a longer, fluent sequence using planned variation and contrasts in actions and speed</p> <p>Understand how to improve their own health and fitness through exercise</p> <p>Evaluate their own and others performance, explaining how the sequence is formed using appropriate terminology</p>	<p>Find appropriate solutions to problems and challenges</p> <p>Prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environments</p> <p>Identify and respond to events as they happen and improve their performance by changing or adapting their approaches as needed</p> <p>Evaluate effective responses and solutions</p>