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| Stage | Physical Outcomes  | Personal Outcomes  |
| EYFS | Through Play I will develop my understanding of what I can do with my body. I will replicate and perform large body movements  | Through PE I will learn to work on my own and with others, I will be creative, imaginative and develop my language and communication skills as well as key cognitive and metacognitive skills  |
| Key Stage 1  | Through structured PE I will develop problem solving skills through fundamental movement skills. I will learn to work in both cooperative and competitive challenges.  | Through Pe I will develop my understanding of playing with others, learning to demonstrate honesty and courage and playing with courage and fairness  |
| Lower Key Stage 2  | Through PE I will continue to develop my fundamental sports skills I will learn to link skills to form movement patterns.  | Through PE I will play with integrity and trust, learn to respect others and try to understand why things happened the way they did.  |
| Upper Key stage 2  | Through PE I will continue to develop my fundamental sports skills and will apply them to specific sports and activities. I will be able to evaluate and improve performance.  | Through PE I will develop my self motivation and self-discipline and show that I am responsible. I will demonstrate my communication skills through encouraging others, making decisions, being able to solve problems and be reflective. I will be able to swim competently, confidently and proficiently over a distance of at least 25 metresUse a range of strokes effectively [for example, front crawl, backstroke and breaststroke]Perform safe self-rescue in different water-based situations. |
| Sport | KS1 | KS2 |
| Football | Explore rulesHow do we score? (Dribbling, shooting, passing)How do we stop the opposition from scoring? (tackling and teamwork)  | Dribbling- Type of touch (big or small) and whenPassing- Type of pass and how to executeShooting- Type of shot and how to execute  |
| Hockey | Explore rulesHow do we score? (Dribbling, shooting, passing)How do we stop the opposition from scoring? (tackling and teamwork)  | Dribbling- Type of touch (big or small) and whenPassing- Type of pass and how to executeShooting- Type of shot and how to execute |
| Dance | What can our bodies do- ie: move, stretch, and jumpHow do we combine movements with music? Can we link two or more actions to create a sequence?  | How do we copy and remember moves? Create, plan and deliver a dance to a specific theme |
| Dodgeball | Explore rulesHow do we score? (Dribbling, shooting, passing)How do we stop the opposition from scoring? (movement and dodging)  | Throwing- Type of throw and how to executeCatching- Track, big hands, soft handsDodging – Body shape (upper and lower)  |
| Gymnastics  | Copy and remember actionsTravel in a variety of ways How do we stretch and what parts of our body can we stretch?  | Plan, perform and repeat sequencesTransfer weight to generate powerAdvanced travel including flight |
| Netball | Explore rulesHow do we score? (Dribbling, shooting, passing)How do we stop the opposition from scoring? (interception, positioning and teamwork)  | Dribbling- Type of touch (big or small) and whenPassing- Type of pass and how to executeShooting- Type of shot and how to execute |
| Tennis | Explore rulesHow do we hold the racket? What are the different types of shots? | How do we score?How to serve?Footwork and positioning |
| Cricket | Explore rulesHow do we score? (striking and running)How do we stop the opposition from scoring? (fielding, catching and throwing)  | Striking- Type of shot and how to execute Fielding- How to field effectively as a teamBowling- Bowling technique  |
| Tag rugby | Explore rulesHow do we score? (running and passing)How do we stop the opposition from scoring? (working as a team)  | Movement (disguised and change of direction)Passing – How and when to pass |
| Rounders  | Explore rulesHow do we score? (striking and running)How do we stop the opposition from scoring? (fielding, catching and throwing)  | Striking – Body shape, timing the strike of the ball and holding the bat.Fielding – Tactically and how to field effectively as a teamBowling – Bowling technique  |
| Athletics  | Explore rulesWhat are track events? What are field events?  | Track Events – Correct running technique for sprint and long-distance racesField Events – Correct throwing technique for javelin, discus, shot putt.Correct throwing technique for long jump, triple jump and vertical jump. |
| Swimming  |  | Keeping safe near waterWater entry-Moving in water -Push and GlideSwimming strokes – 4 key strokes Water Safety- straddle entry, diving |