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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 metres  Use 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 rules  How 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 when  Passing- Type of pass and how to execute  Shooting- Type of shot and how to execute |
| Hockey | Explore rules  How 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 when  Passing- Type of pass and how to execute  Shooting- Type of shot and how to execute |
| Dance | What can our bodies do- ie: move, stretch, and jump  How 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 rules  How do we score? (Dribbling, shooting, passing)  How do we stop the opposition from scoring? (movement and dodging) | Throwing- Type of throw and how to execute  Catching- Track, big hands, soft hands  Dodging – Body shape (upper and lower) |
| Gymnastics | Copy and remember actions  Travel in a variety of ways  How do we stretch and what parts of our body can we stretch? | Plan, perform and repeat sequences  Transfer weight to generate power  Advanced travel including flight |
| Netball | Explore rules  How 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 when  Passing- Type of pass and how to execute  Shooting- Type of shot and how to execute |
| Tennis | Explore rules  How do we hold the racket?  What are the different types of shots? | How do we score?  How to serve?  Footwork and positioning |
| Cricket | Explore rules  How 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 team  Bowling- Bowling technique |
| Tag rugby | Explore rules  How 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 rules  How 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 team  Bowling – Bowling technique |
| Athletics | Explore rules  What are track events?  What are field events? | Track Events – Correct running technique for sprint and long-distance races  Field Events – Correct throwing technique for javelin, discus, shot putt.  Correct throwing technique for long jump, triple jump and vertical jump. |
| Swimming |  | Keeping safe near water  Water entry-  Moving in water -Push and Glide  Swimming strokes – 4 key strokes  Water Safety- straddle entry, diving |