



# HAYES MEADOW PRIMARY SCHOOL

## PE KNOWLEDGE AND SKILLS



Gymnastics			
Reception	Year 1	Year 2	
<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills. Rolling, crawling, jumping, hopping and skipping.</li> <li>Use a range of large and small apparatus indoors.</li> <li>Use their core strength to achieve good posture.</li> </ul>	<ul style="list-style-type: none"> <li>Make their body curled, tense, stretched and relaxed.</li> <li>Control body when travelling and balancing.</li> <li>Copy sequences and repeat them.</li> <li>Roll, curl, travel and balance in different ways.</li> <li>Use under and over to move differently.</li> </ul>	<ul style="list-style-type: none"> <li>Plan and perform a sequence of movements.</li> <li>Improve sequence based on feedback.</li> <li>Think of more than one way to create a sequence which follows some 'rules'.</li> <li>Start and finish using a gymnast position.</li> <li>Safely attempt a variety of jumps with moderate control.</li> </ul>	
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>Adapt sequences to suit different types of apparatus and criteria.</li> <li>Explain how strength and suppleness/ flexibility affect performance.</li> <li>Work cooperatively with others to produce a routine.</li> </ul>	<ul style="list-style-type: none"> <li>Move in a controlled and challenging way.</li> <li>Include a change of height and direction in a sequence.</li> <li>Work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul>	<ul style="list-style-type: none"> <li>Make complex extended sequences.</li> <li>Combine action, balance and shape.</li> <li>Perform consistently to different audiences.</li> <li>Offer constructive feedback to help others improve.</li> </ul>	<ul style="list-style-type: none"> <li>Combine own work with that of others.</li> <li>Sequences to specific timings.</li> <li>Adapt sequence and teach other key gymnastic movements.</li> </ul>



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<b>Dance</b>			
<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<ul style="list-style-type: none"><li>• Develop the overall body strength, co-ordination, balance and agility in dance.</li><li>• Combine different movements with ease and fluency.</li><li>• Progress towards a more fluent style of moving with developing control and grace.</li></ul>	<ul style="list-style-type: none"><li>• Perform own dance moves.</li><li>• Copy or make up a short dance.</li><li>• Move safely in a space.</li><li>• Start and stop movement using music.</li></ul>	<ul style="list-style-type: none"><li>• Change rhythm, speed, level and direction in dance.</li><li>• Make a sequence by linking sections together.</li><li>• Use dance to show a mood or feeling.</li><li>• Perform in a small group to others.</li></ul>	
<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<ul style="list-style-type: none"><li>• Improvise freely and translate ideas from a stimulus into movement.</li><li>• Share and create phrases with a partner and small group.</li><li>• Remember and repeat dance perform phrases.</li></ul>	<ul style="list-style-type: none"><li>• Take the lead when working with a partner or group.</li><li>• Use dance to communicate an idea.</li><li>• Use a theme as a stimulus to create ideas.</li></ul>	<ul style="list-style-type: none"><li>• Compose own dances in a creative way.</li><li>• Perform dance to an accompaniment.</li><li>• Dance show clarity, fluency, accuracy and consistency.</li></ul>	<ul style="list-style-type: none"><li>• Develop sequences in a specific style.</li><li>• Choose own music and style.</li></ul>



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**Basic Movement and Team Games**

**Reception**

- Further develop and refine a range of ball skills.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

**Year 1**

- Throw underarm towards a target.
- Throw in different ways using different objects.
- Coordinate their body with control.
- Move around an area without collision and stop in a space.
- Be able to change direction on command.
- Jump and land with control.
- Move in different directions copying various movements.

**Year 2**

- Use hitting, kicking, throwing and / or rolling in a game.
- Decide the best space to be in during a game.
- Use tactic in a game.
- Follow rules.
- Be able to catch from a low height and a close throw.
- Throw towards a target with moderate accuracy.
- Move in different ways, identify these and know how they look.
- Agility – change direction at speed to avoid chasers.
- Show fairness and respect to others.



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	Year 3	Year 4	Year 5	Year 6
<b>Competitive games</b>	<ul style="list-style-type: none"> <li>Be aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>Know and use rules fairly.</li> <li>Apply basic rules.</li> <li>Begin to use suitable techniques.</li> <li>Learn from not writing.</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch accurately.</li> <li>Hit a ball accurately with control.</li> <li>Vary tactics and adapt skills depending on what is happening in a game.</li> <li>Work as a team to reduce the opposition scoring points eg. Striking and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>Gain possession by working as a team and pass in different ways.</li> <li>Choose specific tactic for defending and attacking.</li> <li>Use a number of techniques to pass, dribble and shoot.</li> <li>Strike a ball, using a varied piece of equipment, into a space.</li> </ul>	<ul style="list-style-type: none"> <li>Agree and explain rules to others.</li> <li>Work as a team and communicate a plan.</li> <li>Lead others in a game situation when the need arises.</li> <li>Show competency in a range of sports.</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>Run at fast, medium and slow speeds; changing speed and direction.</li> <li>Take part in a relay, remembering when to run and what to do.</li> <li>Identify different ways to jump linked to athletics.</li> </ul>	<ul style="list-style-type: none"> <li>Sprint over a short distance and show stamina when running over a long distance.</li> <li>Jump in different ways, taking off on one foot and 2 feet and landing with control.</li> </ul>	<ul style="list-style-type: none"> <li>Breakdown the technique of different jumping events and develop each area to provide an overall improvement.</li> <li>Be able to measure with accuracy.</li> <li>Throw with increasing distance.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate stamina and increase strength.</li> <li>Identify the attributes required for various events and be able to improve in their chosen event.</li> <li>Measure and record results, link to personal best and aim to improve.</li> </ul>
<b>Outdoor adventure</b>	<ul style="list-style-type: none"> <li>Follow a map in a familiar context.</li> <li>Use clues to follow a route.</li> <li>Follow a route safely.</li> <li>Know the boundaries in place.</li> </ul>	<ul style="list-style-type: none"> <li>Follow a map in a (more demanding) familiar context.</li> <li>Follow a route within a time limit.</li> <li>Mark on a map where they are.</li> </ul>	<ul style="list-style-type: none"> <li>Follow a map into an unknown location.</li> <li>Use clues and a compass to navigate a route.</li> <li>Change route to overcome a problem.</li> <li>Use new information to change route.</li> <li>Explain to others how their map is providing help.</li> </ul>	<ul style="list-style-type: none"> <li>Plan a route and a series of clues for someone else.</li> <li>Plan with others, taking account of safety and danger.</li> <li>Apply a strategy, work efficiently and effectively with the help of a map.</li> </ul>



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	Year 3	Year 4	Year 5	Year 6
<b>Evaluating</b>	<ul style="list-style-type: none"> <li>Compare and contrast gymnastic sequences.</li> <li>Recognise own improvement in invasion games.</li> </ul>	<ul style="list-style-type: none"> <li>Provide support and advice to others in gymnastics and dance.</li> <li>Be prepared to listen to the ideas of others.</li> <li>Work as a team to develop others.</li> </ul>	<ul style="list-style-type: none"> <li>Articulate to others something a partner has done well and also something that can be improved.</li> <li>Analyse – know why their own performance was better or not as good as their last.</li> </ul>	<ul style="list-style-type: none"> <li>Know which sports they are good at and find out how to improve further.</li> <li>Modify and adapt games with their own ideas and teach this to others.</li> <li>Identify activities to help improve performance.</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>Swim competently and confidently to 25 metres.</li> <li>Begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke.</li> <li>Know and demonstrate how to stay safe in the water.</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently to 25 metres.</li> <li>Use a range of strokes effectively such as front crawl, backstroke and breaststroke.</li> <li>Know and demonstrate the importance of staying safe in the water.</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively such as front crawl, backstroke and breaststroke.</li> <li>Begin to perform safe self-rescue in different water-based situations.</li> </ul>	
<b>Understanding</b>	<ul style="list-style-type: none"> <li>Identify how their body has changed.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the benefits of keeping active.</li> </ul>	<ul style="list-style-type: none"> <li>Tell others how they look after themselves based around sport and physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the importance of being active.</li> <li>Talk about how to stay active in and out of school.</li> </ul>