

Key Stage I - PE



Year 1

Year 1		
Multiskills	Games	Basketball
<ul style="list-style-type: none"> To be able to warm up and cool down correctly. To be able to throw and catch mostly successfully using the correct technique. To be able to roll/throw a range of equipment at a target with some accuracy. To be able to run after, stop and retrieve moving equipment safely. To be able to demonstrate a range of jumps with safe landing technique. 	<ul style="list-style-type: none"> To be able to use the correct technique to catch with inconsistent success. To be able to maintain focus throughout a game. To be able to run using a somewhat correct technique. To be able to work effectively as part of a team by communicating clearly. To be able to dribble a ball, keeping it under close control fairly successfully. 	<ul style="list-style-type: none"> To be able to correctly dribble a basketball with some control. To be able to perform an accurate and appropriately powered chest pass that includes a bounce. To be able to perform chest passes with inconsistent accuracy and power without a bounce. To be able to perform an accurate and appropriately powered shoulder pass that includes a bounce. To be able to perform shoulder passes with inconsistent accuracy and power without a bounce. To be able to perform a bouncing overhead pass with some accuracy and appropriate power.
Warmup, cool down, send, retrieve, movement, jarring, absorb.	Balance, coordination, dribble, small touches, concentrate, catch, soft hands, watch the ball, run, teamwork, fitness	Soft hands, weights of pass, technique, intercept, watch the ball, bounce and catch, control
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to dribble a football in a straight line mostly successfully. To be able to change direction and maintain control of the ball with some success. To be able to pass a ball to another pupil over a short distance with somewhat appropriate pace and accuracy. To be able to control a good pass with some success. To be able to shoot with some accuracy and power. To be able to safely and somewhat successfully perform a block tackle 	<ul style="list-style-type: none"> To be able to field a rolling ball using a long barrier. To be able to stop a bouncing ball with some success. To be able to catch a ball using the correct technique with some success. To be able to roll a ball accurately to another pupil. To be able to throw a ball underarm with some accuracy. To be able to correctly hold a cricket bat. 	<ul style="list-style-type: none"> To be able to sprint with the correct technique. To be able to hurdle with a mostly correct technique. To be able to throw a javelin inconsistently using the correct technique in order for it to glide. To be able to perform a long jump, using the correct technique inconsistently to improve distance. To be able to perform a high jump, using the correct technique inconsistently to improve distance. To be able to perform a triple jump, using the correct technique inconsistently to improve distance.
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, Technique	Fielding, grip, power, teamwork, accuracy, roll, bounce, long barrier.	Warmup, Cool down, athletics, sprints, long jump, triple jump, high jump, safe zone, technique, flight, guide, release, track and field, events

Key Stage 1 - PE



Year 2		
Multiskills	Games	Basketball
<ul style="list-style-type: none"> To be able to effectively balance in a range of poses. To be able to safely perform a forward roll. To be able to dribble a football, mostly keeping the ball under control. To be able to fully demonstrate safe movements and explain. To be able to fully explain why some movements are safe and others are not. 	<ul style="list-style-type: none"> To be able to consistently react quickly when necessary. To be able to maintain balance for a slightly extended period of time. To be able to understand how the skills they learn transfer into sporting activities. To be able to effectively carry out a number of the skills covered in conjunction with each other. 	<ul style="list-style-type: none"> To be able to mostly successfully catch/receive a pass using the correct technique. To be able to how to shoot with the correct technique and can demonstrate this with some accuracy. To be able to use the learnt skills and communication to work effectively as a team.
Warmup, cool down, send, retrieve, movement, jarring, absorb.	Balance, coordination, dribble, small touches, concentrate, catch, soft hands, watch the ball, run, teamwork, fitness	Soft hands, weights of pass, technique, intercept, watch the ball, bounce and catch, control
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to safely and somewhat successfully perform a toe stab tackle. To be able to perform all learnt skills in a game environment. To be able to understand the benefit of working as a team and demonstrate this inconsistently during team games. To be able to be vocal when playing with each other, in terms of giving each other support and instruction. 	<ul style="list-style-type: none"> To be able to put themselves in the appropriate stance as if they are to have a ball bowled at them To be able to strike a stationary ball mostly using the correct technique. To be able to successfully field a ball at varying heights and speeds. To be able to understand the benefit of fielding a ball quickly and throwing accurately. 	<ul style="list-style-type: none"> To be able to throw a discuss inconsistently using the correct technique. To be able to throw a bean bag, as if it were a shot put, inconsistently using the correct technique. To be able to understand the importance of a warmup before taking part in sports. To be able to consistently apply correct techniques to the different athletic disciplines.
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, Technique	Fielding, grip, power, teamwork, accuracy, roll, bounce, long barrier.	Warmup, Cool down, athletics, sprints, long jump, triple jump, high jump, safe zone, technique, flight, guide, release, track and field, events