



Games

Athletics

Gymnastics

Swimming

OAA

Dance

Learning Pathways in P.E

Take part in intellectually and physically demanding OAA activities.

Perform dances using advanced dance techniques in a range of styles and forms.

Undertake more complex tasks, taking responsibility for a role in a task, choosing and applying strategies.

Apply strength and flexibility to a broad range of throwing, running and jumping activities, becoming expert in a range of activities.



Develop technique and improve performance.

Analyse and compare performances.

Adapt a range of tactics and strategies to different situations.

Year 7 TAKE IT FURTHER

OWN YOUR FUTURE

Work collaboratively to adapt sequences, planning and performing with precision and control. Create movement sequences which include variations in speed, level and direction. Make use of apparatus demonstrating improvement to achieve personal best.

Apply knowledge of skills for attacking and defending, keeping possession of balls during game situations. Take part in competitive games with a strong understanding of tactics and composition.



Catch-up Swim 25m.

Work collaboratively with a partner and in small groups to perform more complex dances, exaggerating movements and motifs. Modify based on peer and self evaluation.

Year 6

Select and combine skills, performing routines to audiences with precision and control. Work collaboratively, analysing and commenting.

Swim 25m using a range of strokes and perform self rescue.

Explore ways of communicating in a range of challenging activities and navigate and solve problems from memory.

Sustain pace over short and longer distances as well as being able to run effectively as part of a relay team. Perform jumps and throws with increasing power and accuracy.

Year 5

Vary skills, actions and ideas to suit game/activity. Communicate effectively during games making technical pathways with coordination and control. Basic refereeing and scoring understanding.

Combine flexibility, techniques and movements to create a fluent sequence in relation to stimulus.

Identify the relevance of and use maps, compass and symbols. Demonstrate an understanding of how to stay safe.

Year 4

To work with others to solve problems competitively and collaboratively.

Swim 25m using a range of strokes and perform self rescue.

Begin to create longer dance sequences demonstrating precision and some control, rhythm and spatial awareness.

Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.

Year 3

Master basic movements including leaping, jumping, balancing and stretching and devise simple sequences.

Develop spatial awareness and simple tactics understanding the concept of attacking and defending.

To begin to understand what is involved in an athletic event: jumping for height and distance and throwing with speed and power.

Practise and implement locomotion in more complex sequences with control, technique, coordination and fluency.

Year 2

Improvise, develop and perform simple routines beginning to improvise with a partner.

To experiment with ways of travelling and performing simple throws and catches.

Simple balances and rolls.

Travel in a variety of ways and begin to perform a range of throws. Start to understand the importance of marking.

Moving with confidence and performing to others.

Year 1

Being safe • Being healthy • Fine motor development

Year 0

EYFS

PLAY ~

KS1

CHALLENGE ~ PROGRESS

Jumping for height, developing spatial awareness when running, throwing and jumping.