

PE Overview

Class	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Class 1	Fundamental Movement Skills Skills: Pupils can use space effectively. Pupils can move around in a controlled way. Pupils can aim a ball towards a target and gain success from this. Pupils can balance their body. Pupils can slide a bean bag towards a target.	Dribbling, Hitting and Kicking Skills: Pupils demonstrate basic hand eye coordination skills. Pupils aim a ball towards a target and gain some success. Pupils aim a ball towards a target and gain some success. Pupils can show they can send a ball towards a target and gain some success. Pupils pass a ball towards a partner with accuracy.	Gymnastics Skills: Pupils can show safe movements around designated spaces. Pupils can show different ways to move at low, medium and high levels. Pupils can move in a controlled and co-ordinated way. Pupils can perform a stationary balance both alone and with a partner. Pupils can work safely on a mat.	Bat & Ball Skills Pupils understand and can demonstrate how to use equipment safely. Pupils can demonstrate balancing a ball on a racket both stationary and whilst moving. Pupils can roll a ball in a controlled manner to a designated area or target. Knowledge Pupils understand and can demonstrate how to use equipment safely.	Throwing and Catching Skills: Pupils show they have a good understanding of basic ball handling skills. Pupils can roll a ball towards a target and gain some success. Pupils can demonstrate basic hand eye coordination skills. Pupils can show that they can use their hands to keep control of a ball.	Athletics Skills: Pupils can perform a jump and land on their feet. Pupils can run in a safe manner. Pupils can throw an object into a space. Knowledge: I can recognise a change in heart rate during exercise.

	Pupils can aim equipment towards a target. Pupils can show good agility by dodging incoming dodgeballs. <u>Knowledge</u> Pupils can be creative with their movements ensuring that they are still controlled. Pupils can understand how is best to ensure we stay balanced and stable. Pupils can show that they are able to work well as part of a team.	Pupils can show the ability to dodge an incoming ball. Pupils can show the ability to defend as well as attack. <u>Knowledge:</u> Pupils recognise what a good space is. Pupils keep control of equipment using a variety of methods. Pupils have a good understanding of basic ball handling skills. Pupils can demonstrate effective ways to send & receive a ball. Pupils can work well as part of a team.	Pupils can jump from one foot to two feet and from one foot to the other foot and understand how to land safely. Pupils can use equipment safely, moving over, under and through it. Pupils can rock safely on different parts of their body. <u>Knowledge:</u> Pupils understand that a balance is a position of stillness. Pupils can identify different shapes and jumps and understand how to land safely.	Dribbling, Hitting and Kicking <u>Skills:</u> Pupils demonstrate basic hand eye coordination skills. Pupils aim a ball towards a target and gain some success. Pupils aim a ball towards a target and gain some success. Pupils can show they can send a ball towards a target and gain some success. Pupils pass a ball towards a partner with accuracy. Pupils can show the ability to dodge an incoming ball.	Pupils can send a ball towards a target and gain some success. Pupils can demonstrate effective rolling, bouncing and throwing and can be accurate in doing so. Pupils can show the ability to dodge an incoming ball. <u>Knowledge:</u> Pupils can recognise what a good space is and try and stay within that space. Pupils can show that they are able to keep control of their equipment using a variety of methods. Pupils can show that they are able to work well as part of a team.	
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		Throwing and catching <u>Skills:</u> Pupils show they have a good understanding of basic ball handling skills. Pupils can roll a ball towards a target and gain some success. Pupils can demonstrate basic hand eye coordination skills. Pupils can show that they can use their hands to keep control of a ball. Pupils can send a ball towards a target and gain some success. Pupils can demonstrate effective rolling, bouncing and	Pupils become more confident in exploring how to use their body to perform more large and small movements across the mat. Pupils understand how they can explore changing the shape of their bodies. Dance <u>Skills:</u> Pupils can move safely into space with control and coordination. Pupils can move safely into space and can travel from one space to another. Pupils can show different ways to move	<u>Knowledge:</u> Pupils recognise what a good space is. Pupils keep control of equipment using a variety of methods. Pupils have a good understanding of basic ball handling skills. Pupils can demonstrate effective ways to send & receive a ball. Pupils can work well as part of a team.	Pupils can show the ability to dodge an incoming ball. Bat & Ball Skills Pupils understand and can demonstrate how to use equipment safely. Pupils can demonstrate balancing a ball on a racket both stationary and whilst moving. Pupils can roll a ball in a controlled manner to a designated area or target. Knowledge Pupils understand and can demonstrate how to use equipment safely.	
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		throwing and can be accurate in doing so. Pupils can show the ability to dodge an incoming ball. <u>Knowledge:</u> Pupils can recognise what a good space is and try and stay within that space. Pupils can show that they are able to keep control of their equipment using a variety of methods. Pupils can show that they are able to work well as part of a team. Pupils can show the ability to dodge an incoming ball.	at low, medium and high levels. Pupils can use different parts of my body in a controlled way to make and create different movements. Pupils can perform a stationary balance both alone and with a partner. Pupils can link their balances together to the sound of the music. <u>Knowledge:</u> Pupils show safe movements around designated spaces. Pupils can move around the area with confidence to the music			
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			Pupils can understand that a balance is a position of stillness. Pupils can show imagination and the ability to react to a stimuli Pupils can work independently and/or with a partner to change into different roles throughout the dance. Pupils can listen to music and begin to understand how I should move to different types of music. Pupils can listen to music and begin to understand how they may travel to different styles of music; quick beat – fast, slow beat – slow.			
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Class 2	Fundamental Movement Skills Skills: Pupils can move in a controlled way. Pupils can roll a ball towards a target. Pupils can balance their body. Pupils can aim equipment towards a target. Pupils can dodge an incoming ball. Knowledge: Pupils can recognise what a good space is. Pupils can use space effectively. Pupils can work well as part of a team.	Dribbling, Hitting and Kicking Skills: Pupils can move in a controlled way with a ball. Pupils can successfully stop a moving object. Pupils can send a ball to a partner using accuracy. Pupils can successfully pass and receive a ball. Pupils can aim a ball towards a target. Pupils can evade an opponent. Knowledge: Pupils understand what control and accuracy	Gymnastics Skills: Pupils can move in a controlled way into space. Pupils can hop, bounce and skip in different directions Pupils can show various ways of travelling and balancing. Pupils can begin explore using different parts of their body and balance at low, medium and high levels before linking it to a jump. Pupils can understand and show a variety of controlled turning jumps using one or two feet.	Bat & Ball Skills Pupils understand and can demonstrate how to use equipment safely. Pupils can demonstrate balancing a ball on a racket both stationary and whilst moving. Pupils can demonstrate the correct stance in order to hit a ball towards a target. Pupils can roll a ball in a controlled manner to a designated area or target. Pupils can hit a ball in a controlled manner towards a target	Throwing and Catching Skills: Pupils can individually throw and catch with a variety of equipment. Pupils can throw and catch a variety of equipment with a partner. Pupils can bounce and catch a ball with two hands and one hand. Pupils can send a ball along the ground and through the air for a partner to receive. Pupils can send a ball/bean bag/quoit one handed using under arm throw. Pupils can aim consistently	Athletics Skills: Pupils can jump from a standing position. Pupils can change speed and direction whilst running. Pupils can throw an object with one hand. Knowledge: I can recognise a change in temperature and heart rate during exercise.

	Dribbling, Hitting and Kicking Skills: Pupils can move in a controlled way with a ball. Pupils can successfully stop a moving object. Pupils can send a ball to a partner using accuracy. Pupils can successfully pass and receive a ball. Pupils can aim a ball towards a target. Pupils can evade an opponent. Knowledge: Pupils understand what control and accuracy	looks like when sending a ball. Pupils understand what it means to evade an opponent. Pupils begin to understand how to play a small-sided game as a team. Throwing and catching Skills: Pupils can individually throw and catch with a variety of equipment. Pupils can throw and catch a variety of equipment with a partner. Pupils can bounce and catch a ball with two hands and one hand. Pupils can send a ball along the ground and	Pupils can travel showing long, narrow, wide and short shapes. Pupils can understand and show a variety of different shapes in flight. Knowledge: Pupils can understand different pathways; straight, zig zag and curving. Pupils can understand and show which parts of the body can be used for spinning and rocking. Pupils can understand how one movement can link with another smoothly and continuously.	Pupils can hit the ball over a net in a controlled manner. Knowledge Pupils understand and can demonstrate how to use equipment safely. Pupils understand and can explain which grip to use to balance a ball on a racket. OAA Skills: Pupils can move around a space with control and coordination. Pupils can follow simple trails and routes. Knowledge:	between/into/at/over a variety of targets. Knowledge: Pupils understand how to position hands to catch a ball. Pupils can show the difference between throwing, bouncing and rolling a ball. Pupils know how to perform an underarm throw. Bat & Ball Skills Pupils understand and can demonstrate how to use equipment safely. Pupils can demonstrate balancing a ball on a racket both	
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	looks like when sending a ball. Pupils understand what it means to evade an opponent. Pupils begin to understand how to play a small-sided game as a team.	through the air for a partner to receive. Pupils can send a ball/bean bag/quoit one handed using under arm throw. Pupils can aim consistently between/into/at/over a variety of targets. Knowledge: Pupils understand how to position hands to catch a ball. Pupils can show the difference between throwing, bouncing and rolling a ball. Pupils know how to perform an underarm throw.	Pupils can work independently and with a partner. Pupils can link together learnt skills using the apparatus. Dance Skills: Pupils can safely move around a space with control and coordination. Pupils can confidently change the way they move changing direction, speed and level. Pupils can copy and repeat accurately a taught sequence. Pupils can show an awareness and control	Pupils can recognise what a safe space is. Pupils can describe how my body feels during exercise. Pupils can work well as part of a team. Pupils can explore school surroundings safely. Pupils can recognise a map and where I might be on the map.	stationary and whilst moving. Pupils can demonstrate the correct stance in order to hit a ball towards a target. Pupils can roll a ball in a controlled manner to a designated area or target. Pupils can hit a ball in a controlled manner towards a target Pupils can hit the ball over a net in a controlled manner. Knowledge Pupils understand and can demonstrate how to use equipment safely. Pupils understand and can explain which grip	
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			of their body when moving and in stillness Knowledge: Pupils can listen to music and respond creatively and imaginatively. Pupils begin to understand how they should move to different types of music. Pupils can remember a simple dance routine and perform it to a group in a controlled manner. Pupils can choose actions and link them with sound and music. Pupils can discuss their own and others performance with simple vocabulary.		to use to balance a ball on a racket.	
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			Pupils understand the need for warm up + cool down			
Class 3	Football Skills: Pupils can demonstrate control when passing a football. Pupils can pass a football with accuracy and receive with control. Pupils can use a range of techniques when passing and moving with a partner. Pupils can pass and receive a football on the move. Pupils can kick a football towards a target. Pupils can find space to shoot and can do so with confidence.	Hockey Skills: Pupils can use a range of techniques to pass and travel with the ball using a hockey stick. Pupils can demonstrate control when dribbling, passing and receiving with a hockey stick. Pupils can pass and receive on the move and signal for the ball to retain possession. Pupils can demonstrate efficient ways to stop a ball with a hockey stick. Knowledge: Pupils can use a range of tactics to keep possession and get into	Gymnastics Skills: Pupils can travel in a variety of ways, showing stretched and curled shapes. Pupils can use a variety of body parts for a supporting balance both on their own or with a partner or small group. Pupils can identify both flexible and direct pathways and can demonstrate performing these using fluent movements into space. Pupils can perform a range of different types of rolls and can perform	Tennis Skills: Pupils can use a racket to hit a ball with accuracy and control. Pupils can bounce a tennis ball on a tennis racquet Pupils can hit a ball over a range of high/low/ground level barriers. Pupils can hit a ball with control over a net. Pupils can demonstrate an accurate forehand shot most of the time. Knowledge:	Cricket Skills: Pupils can throw accurately and be a reliable bowler or feeder of the ball (overarm). Pupils can receive the ball from one direction and throw or strike it away in another direction. Pupils can strike a ball with the flat side of a cricket bat along the ground or through the air. Pupils can demonstrate the roles of a bowler, striker, fielder and wicket keeper.	Athletics Skills: Pupils can improve and sustain running technique at different speeds. Pupils can run at a speed appropriate to the distance they are running. Pupils can demonstrate accuracy and technique in a range of throwing actions (under arm and overarm). Pupils can perform overarm throw using a range of

	Knowledge: Pupils understand how to retain possession. Pupils can understand the use of space so they can receive the ball and be in a position to shoot and score. Pupils understand how to evade an opponent. Pupils can work well as part of a team to both retain and overturn possession. Pupils can understand rules and tactics and how to use them effectively. Pupils can recognise aspects of performance that need improving.	positions to shoot or score. Pupils can play confidently in small sided invasion games. Pupils can explain why my team succeeded in these activities. Netball: Skills: Pupils can demonstrate control when passing and receiving a netball. Pupils can demonstrate a range of passing techniques (chest, bounce, shoulder). Pupils can aim a ball towards an elevated target in order to score points. Pupils can demonstrate strong space finding in	them safely in different direction (log, teddy, forward). Pupils can show and link together a variety of travelling, jumping, rolling and balancing skills. Pupils can use equipment correctly and safely, travelling over, under and through it as well as jumping from it safely with a controlled landing. Knowledge: Pupils can identify both flexible and direct pathways and can demonstrate performing these using fluent movements into space.	Pupils can understand, plan and combine skills to rally with a partner. Pupils understand simple principles and tactics and use them in a game activity. Pupils can understand how to play a game over a net. Pupils know and use the rules to keep games going without dispute. Pupils know the ready stance. Pupils know what a forehand shot is. OAA Skills: Pupils can move around a space with control and coordination. Pupils can use maps and diagrams to	Knowledge: Pupils can make judgements about how best to intercept a ball travelling towards them (long barrier). Pupils understand how to direct a ball into spaces in order to score. Pupils can combine the skills to play small sided cricket games. Pupils understand the roles of a bowler, striker, fielder and wicket keeper. Rounders Skills: Pupils can throw accurately and be a reliable bowler or	equipment (beanbag, ball). Pupils can demonstrate accuracy and technique in a range of jumping actions (long jump, high jump). Knowledge: Pupils understand what body parts can increase speed when running. Pupils can identify and explain good athletic performance. Pupils can recognise a change in heart rate, temperature and breathing rate. Pupils can describe the changes in
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	Tag Rugby: Skills: Pupils can demonstrate control when passing a rugby ball with two hands. Pupils can demonstrate passing a rugby ball accurately and receiving with control while working with a partner. Pupils can use a range of techniques to pass and travel with the rugby ball. Pupils can aim a ball towards a target to score points by grounding the ball. Knowledge: Pupils understand passing accurately and receiving with control	order to move the game forward. Knowledge: Pupils can use signalling to retain possession and evade opponents. Pupils begin to understand netball tactics (pass and move). Pupils can work as a team to overturn possession through defence. Pupils understand how space finding can support success. Pupils can play with confidence in a small sided invasion game. Pupils can play within the rules and recognise which areas require improvement.	Pupils understand how to use equipment correctly and safely. Pupils understand how to travel over, under and through equipment as well as jumping from it safely. Pupils can identify a log roll, teddy bear roll and a forward roll. Pupils can identify a star jump, tuck jump and straddle jump. Dance Skills: Pupils can dance on their own or with a partner. Pupils can travel around creatively and can move with rhythm to music.	orientate themselves around a simple course. Pupils can explore school surroundings safely. Knowledge: Pupils can recognise and describe how their body feels during exercise. Pupils can move confidently through familiar and less familiar environments. Pupils can work well as part of a team; recognising when the task changes and how they must adapt. Pupils can recognise a map and where they might be on the map.	feeder of the ball (under arm). Pupils can receive the ball from one direction and throw or strike it away in another direction. Pupils can strike a ball with a rounders bat through the air in different directions with control. Pupils can demonstrate the roles of a bowler, striker, fielder and backstop. Knowledge: Pupils can make judgements about how best to intercept a ball travelling towards them (two handed catch).	their body when running jumping and throwing.
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	while working with a partner. Pupils can work well within a team to both retain possession and overturn possession from an opponent or another team. Pupils understand how to evade an opponent. Pupils can play within the rules and recognise aspects that need improving. Pupils can use a range of tactics to keep possession and get into positions to shoot or score.		Pupils can demonstrate good spatial awareness at different levels. Pupils can demonstrate movement to the beat and timing of music. Pupils can use a stimulus to create original movement. Pupils can begin to link movements to create sequences. Pupils can create actions and moves to music with a partner or as part of a group. Knowledge: Pupils can show an awareness and control of their body when moving and in stillness. Pupils can work in pairs to create contact movements.		Pupils understand how to direct a ball into spaces in order to score. Pupils can combine the skills to play small sided rounders games. Pupils understand the roles of a bowler, striker, fielder and backstop.	
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			Pupils can understand the count of 8. Pupils can begin using and understanding specific dance vocabulary (rhythm, counts, unison). Pupils can recognise changes in their body and give reasons why PE is good for their health. Pupils can work creatively as a team to create a sequence based on a theme. Pupils can demonstrate a good understanding of performance and some choreographic skills (formation, levels). Pupils can begin to start comparing, developing and adapting movements			
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			to create longer sequences. Pupils can recognise a change in music which would require a change in dancing speed and style.			
Class 4	Football Skills Pupils can demonstrate control when passing a football with the inside and lace of their foot. Pupils can pass a football with accuracy and receive with control using the two-touch method. Pupils can use a range of techniques when passing and moving with a partner. Pupils can pass and receive a football on the move being able to predict ball location.	Hockey Skills: Pupils can use a range of techniques to pass and travel with the ball using the flat side of a hockey stick. Pupils can demonstrate control when dribbling, passing and receiving with a hockey stick using the two-touch method. Pupils can pass and receive on the move and signal for the ball to retain possession using verbal and non-verbal cues.	Gymnastics Skills: Pupils can travel in a variety of ways, showing stretched and curled shapes exploring different levels. Pupils can use a variety of body parts for a supporting balance both on their own or with a partner or small group. Pupils can identify both flexible and direct pathways and can demonstrate performing these using	Tennis Skills: Pupils can use a racket to hit a ball with accuracy and control. Pupils can bounce a tennis ball on a tennis racquet and bounce a tennis ball on the ground using the racquet. Pupils can hit a ball over a range of high/low/ground level barriers. Pupils can hit a ball with control over a net.	Cricket Skills: Pupils can throw long distance accurately and be a reliable bowler or feeder of the ball (overarm). Pupils can receive the ball from one direction and throw or strike it away in another direction with accuracy and speed. Pupils can strike a ball with the flat side of a cricket bat along the ground or through the air in	Athletics Skills: Pupils can improve and sustain running technique at different speeds. Pupils can run at a speed appropriate to the distance they are running. Pupils can demonstrate accuracy and technique in a range of throwing actions (under arm

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	Pupils can kick a football towards a target using the inside and lace of their foot. Pupils can find space to shoot and can do so with confidence understanding their dominant foot and positioning with the goal. Knowledge: Pupils understand how to retain possession. Pupils can understand the use of space so they can receive the ball and be in a position to shoot and score. Pupils understand how to evade an opponent with the ball under control. Pupils can work well as part of a team to both	Pupils can demonstrate efficient ways to stop a ball with a hockey stick creating long barrier with the stick. Knowledge: Pupils can use signalling to retain possession and evade opponents. Pupils begin to understand netball tactics (pass and move). Pupils can work as a team to overturn possession through defence. Pupils understand how space finding can support success. Pupils can play with confidence in a small sided invasion game.	fluent movements into space. Pupils can perform a range of different types of rolls and can perform them safely in different direction (log, teddy, forward, backward) Pupils can demonstrate star jump, tuck jump, straddle jump and pike jump. Pupils can show and link together a variety of travelling, jumping, rolling and balancing skills covering all levels. Pupils can use equipment correctly and safely, travelling over, under and through it as well as jumping from it safely with a controlled landing.	Pupils can hit a ball with control over a net and towards a target Pupils can demonstrate an accurate forehand shot consistently. Pupils can demonstrate a backhand shot most of the time. Knowledge: Pupils can understand, plan and combine skills to rally with a partner. Pupils understand simple principles and tactics and use them in a game activity. Pupils can understand how to play a game over a net. Pupils know and use the rules to keep games going without dispute.	different directions with control. Pupils can strike a ball with confidence and control and direct it accurately into a target area using a cricket bat with two hands. Pupils can demonstrate the roles of a bowler, striker, fielder and wicket keeper. Knowledge: Pupils can make judgements about how best to intercept a ball travelling towards them (two handed catch, long barrier). Pupils understand how to direct a ball into spaces in order to score.	and overarm, heave throw). Pupils can perform overarm throw using a range of equipment (beanbag, ball, javelin). Pupils can demonstrate accuracy and technique in a range of jumping actions (long jump, high jump, triple jump). Knowledge: Pupils understand what body parts can increase speed when running. Pupils can identify and explain good athletic performance using
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	retain and overturn possession. Pupils can begin to use tactics in order to gain success. Pupils can understand rules and tactics and how to use them effectively. Pupils can recognise aspects of performance that need improving. Tag Rugby Skills: Pupils can demonstrate control when passing a rugby ball with two hands. Pupils can demonstrate passing a rugby ball backwards accurately and receiving with control while working with a partner.	Pupils can play within the rules and recognise which areas require improvement. Netball: Skills: Pupils can demonstrate control when passing and receiving a netball. Pupils can demonstrate a range of passing techniques (chest, bounce, shoulder, overhead). Pupils can aim a ball towards a netball net in order to score points. Pupils can demonstrate strong space finding in order to move the game forward. Pupils can land two-footed when receiving	Knowledge: Pupils can identify both flexible and direct pathways and can demonstrate performing these using fluent movements into space. Pupils understand how to use equipment correctly and safely. Pupils understand how to travel over, under and through equipment as well as jumping from it safely. Pupils can identify a log roll, teddy bear roll, forward roll and backward roll. Pupils can identify a star jump, tuck jump, straddle jump and pike jump.	Pupils know the ready stance. Pupils know the difference and purpose of a forehand and backhand shot. OAA Skills: Pupils can move around a space with control and coordination. Pupils can use maps and diagrams to orientate themselves around a simple course. Pupils can explore school surroundings safely. Pupils are able to locate features of a map to navigate around a given task. Knowledge:	Pupils can combine the skills to play small sided cricket games. Pupils understand the roles of a bowler, striker, fielder and wicket keeper. Rounders Skills: Pupils can throw accurately and be a reliable bowler or feeder of the ball (under arm, a drop ball, spin on the ball). Pupils can receive the ball from one direction and throw or strike it away in another direction with accuracy and speed. Pupils can strike a ball with a rounders bat using one hand through the air in	terminology (pace, distance). Pupils can recognise a change in heart rate, temperature and breathing rate. Pupils can describe the changes in their body when running jumping and throwing.
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	Pupils can use a range of techniques to pass and travel with the rugby ball. Pupils can travel with the rugby ball either in two hands or under one arm. Pupils can aim a ball towards a target to score points by grounding the ball or kicking the ball. Knowledge: Pupils understand how to retain possession. Pupils can understand the use of space so they can receive the ball and be in a position to shoot and score. Pupils understand how to evade an opponent	the ball in order to chose direction to move the game forward. Knowledge: Pupils can use signalling to retain possession and evade opponents. Pupils understand the footwork rule. Pupils begin to understand netball tactics (pass and move). Pupils can work as a team to overturn possession through defence. Pupils understand how space finding can support success. Pupils can play with confidence in a small sided invasion game.	Dance Skills: Pupils can dance on their own or with a partner. Pupils can travel around creatively and can move with rhythm to music. Pupils can demonstrate good spatial awareness at different levels. Pupils can demonstrate movement to the beat and timing of music. Pupils can use a stimulus to create original movement. Pupils can begin to link movements to create sequences. Pupils can use choreographic methods to develop their sequences.	Pupils can recognise and describe how their body feels during exercise. Pupils can move confidently through familiar and less familiar environments. Pupils can work well as part of a team; recognising when the task changes and how they must adapt. Pupils can recognise a map and where they are be on the map in comparison to other objects or people. Pupils understand North, South, East and West.	different directions with control. Pupils can strike a ball using a rounders bat with confidence and control and direct it accurately into a target area. Pupils can demonstrate the roles of a bowler, striker, fielder and backstop. Knowledge: Pupils can make judgements about how best to intercept a ball travelling towards them (two handed catch) Pupils understand how to direct a ball into spaces in order to score.	
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	with the ball under control. Pupils can work well as part of a team to both retain and overturn possession. Pupils can begin to use tactics in order to gain success. Pupils can understand rules and tactics and how to use them effectively. Pupils can recognise aspects of performance that need improving.	Pupils can play within the rules and recognise which areas require improvement.	Pupils can create actions and moves to music with a partner or as part of a group. Knowledge: Pupils can show an awareness and control of their body when moving and in stillness. Pupils can work in pairs to create contact movements. Pupils can understand the count of 8. Pupils can begin using and understanding specific dance vocabulary (rhythm, counts, unison, musicality). Pupils can recognise changes in their body and give reasons why PE is good for their health. Pupils can work creatively as a team to		Pupils can combine the skills to play small sided rounders games. Pupils understand the roles of a bowler, striker, fielder and backstop. Pupils understand the tactic relationship between backstop and first base fielders.	
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			create a sequence based on a theme. Pupils can demonstrate a good understanding of performance and some choreographic skills (formation, levels, accumulation, repetition). Pupils can begin to start comparing, developing and adapting movements to create longer sequences. Pupils an recognise a change in music which would require a change in dancing speed and style (musicality vs count of 8)			
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