LEARN AND BELIEVE, ASPIRE AND ACHIEVE

LANE END PRIMARY SCHOOL

Lane End PE Curriculum





Nursery 'PE' Curriculum (the skills that build!)

Moving & Handling	Exploring and Using Media and Materials	Being Imaginative
KO: To develop skills Can I move in a range of ways with pleasure and confidence? e.g slithering, sliding, rolling, walking, running, jumping Can I climb stairs or climbing equipment using alternate feet? Can I walk downstairs two feet to a step while carrying a small object? Can I stand momentarily on 1 foot when shown? Can I catch a large ball? Can I move my arms in giant circles?	**KO: To develop skills** Can I enjoy joining in with dancing? Can I enjoy joining in with ring games? Can I start to move rhythmically? Can I copy moves in response to music?	**KO: To develop skills** Can I use movement to show feelings? Can I move in response to music?
KO: To develop skills **KO: To evaluate and improve** **KO: To understand health and fitness**	Can I notice the effect of activity on my body? Can I use equipment safely? Can I dress with help? E.g. puts arms in coat, pulls up zip Can I say when hungry, tired or want to rest?	

Reception 'PE' Curriculum (the skills that build!)

Moving & Handling	Exploring and Using Media and Materials	Exploring and Using Media and Materials
KO: To develop skills Can I experiment with lots of different ways of moving? Can I jump off an object and land appropriately? Can I negotiate space when chasing or running? Can I adjust speed to avoid obstacles? Can I travel with confidence over, under and through balancing and climbing equipment? Can I catch a ball? Can I kick a ball? Can I throw a ball? Can I move my arms in anticlockwise circles? Can I show good co-ordination and control in the above movements?	**KO: To develop skills** Can I build a repertoire of dances? Can I combine different dance moves? Can I dance with a purpose in mind? Can I experiment with changing dances?	**KO: To develop skills** Can I combine movements to show feelings, ideas or experiences?
KO: To develop skills **KO: To evaluate and improve** **KO: To understand health and fitness**	Can I dress and undress myself? (Everything bar buttons and tights!) Can I show an understanding that activity and exercise is good for me? Can I manage some risks? Can I show an understanding of how to use equipment safely? Can I talk about what I have done?	

Year 1 PE Curriculum

Games	Dance	Gymnastics
KO: To develop skills Can I throw underarm? Can I roll a piece of equipment? Can I hit a ball with a bat? Can I move and stop safely? Can I catch with both hands? Can I throw in different ways? Can I kick in different ways?	**KO: To develop skills** Can I move to music? Can I copy dance moves? Can I perform some dance moves? Can I make up a short dance? Can I move around the space safely?	**KO: To develop skills** Can I make my body tense, relaxed, curled and stretched? Can I control my body when travelling? Can I control my body when balancing? Can I copy sequences and repeat them? Can I roll in different ways? Can I travel in different ways? Can I balance in different ways? Can I climb safely? Can I stretch in different ways? Can I curl in different ways?
KO: To develop skills **KO: To evaluate and improve** **KO: To understand health and fitness**	Can I copy actions? Can I repeat actions and skills? Can I move with control and care? Can I talk about what I have done? Can I describe what other people did? Can I describe how my body feels before, during and after an activity?	

Year 2 PE Curriculum

Games	Dance	Gymnastics
KO: To develop skills Can I use hitting, kicking and/or rolling in a game? Can I stay in a 'zone' during a game? Can I decide where the best place to be is during a game? Can I use one tactic in a game? Can I follow rules?	**KO: To develop skills** Can I perform body actions with control and coordination? Can I choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling? Can they link actions? Can I remember and repeat dance phrases? Can I perform short dances, showing an understanding of expressive qualities? Can I describe the mood, feelings and expressive qualities of dance?	**KO: To develop skills** Can I plan and show a sequence of movements? Can I use contrast in their sequences? Are my movements controlled? Can I think of more than one way to create a sequence which follows a set of 'rules'? Can I work on my own and with a partner to create a sequence?
KO: To develop skills **KO: To evaluate** **KO: To improve** **KO: To lead a healthy lifestyles**	Can I copy and remember actions? Can I repeat and explore actions with control and coordination? Can I talk about what is different between what I did and what someone else did? Can I say how I could improve? Can I show how to exercise safely? Can I describe how my body feels during different activities? Can I explain what my body needs to keep healthy?	

Year 3 PE Curriculum

Games	Dance	Gymnastics	Athletics	Outdoor and Adventurous Activities
Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending. **KO: To develop skills** Can I throw and catch with control when under limited pressure? Am I aware of space and use it to support team - mates and cause problems for the opposition? Do I know and use rules fairly to keep games going? Can I keep possession with some success when using equipment that is not used for throwing and catching skills? Focus on: Rugby Netball Football Cricket Tennis	**KO: To develop skills** Do I improvise freely, translating ideas from a stimulus into movement? Can I create dance phrases that communicate ideas and perform them with confidence? Can I develop my dance movements through travel and turn? Can I develop my use of space by changing direction and levels? Can I change the dynamics of my dancing by altering the speed? Do I share and create phrases solo, with a partner and in small groups? Can I mirror a partner in dance? Can I use the choreographic devices of repetition? Can I repeat, remember and perform these phrases in a dance connecting them together? Do I recognise and talk about the movements used and the expressive qualities of dance? Can I suggest improvements to my own and other people's dances?	**KO: To develop skills** **-Sequences** Can I perform a gymnastic sequence with 3 different balances and 3 different ways of travelling? Can I perform gymnastic sequences with changes of speed? Can I perform a sequence with a partner? Can I compare and contrast gymnastic sequences, commenting on similarities and differences? **-Balancing** Can I explore and develop my use of taking weight on hands when balancing in front support and back support position? Can I explore which body parts are the safest to use when balancing on floor and apparatus? Can I explore balancing facing a partner and beside a partner? Can I explore how to move out of a balance fluently? **-Travelling** Can I use a variety of safe rolling actions with control to travel on the floor and along apparatus? Can I combine the phases of earlier rolling actions to perform the full forward roll? Can I explore moving away from and coming towards a partner on the floor and apparatus? Can I travel in a variety of pathways on the floor and using apparatus? Can I explore leaping forward in stag jump on the floor controlling take off and landing? Can I add a quarter turn to a jump before landing?	**KO: To develop skills** Can I run at fast, medium and slow speeds, changing speed and direction? Can I describe what different parts of my body are doing when I run, jump or throw? Can I link running and jumping activities with some fluency, control and consistency? Can I make up and repeat a short sequence of linked jumps? Can I take part in a relay activity, remembering when to run and what to do? Do I throw a variety of objects, changing my action for accuracy and distance?	**KO: To develop skills** Can I follow a map in a familiar context? Can I move from one location to another following map? Can I follow a route safely? Can I co-operate in a team to solve a problem? Can I communicate with a team member kindly?

KO: To develop skills **KO: To evaluate** **KO: To improve** **KO: To lead a healthy lifestyles**	Can I select and use the most appropriate skills, actions or ideas? Can I move and use actions with co -ordination and control? Can I explain how my work is similar and different from that of others? With help, do I recognise how performances could be improved? Can I explain why it is important to warm–up and cool -down? Can I set myself a target with support?

Year 4 PE Curriculum

Games

Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.

KO: To develop skills

Can I hit a ball with accuracy?
Can I position myself appropriately on the field?
Can I dribble a ball with my hands?
Can I catch with growing accuracy?
Am I aware of space and use it to support team - mates and cause problems for the opposition?
Do I know and use rules fairly to keep games going?

Focus on:
Hockey
Rugby
Basketball

Dance

KO: To develop skills

Do I improvise freely, translating ideas from a stimulus into movement and linking to the music?
Can I create dance phrases that communicate ideas and perform them with control?
Can I develop my dance movements through jump and stillness?
Can I develop my use of space by changing formation?
Can I change the dynamics of my dancing by altering the energy level?
Do I share and create phrases in unison or canon?
Can I contrast a partner in dance?
Can I use the choreographic devices of motif?
Can I show a clear beginning, middle and end to my dance?
Do I recognise and talk about the movements used and the expressive qualities of dance?
Can I suggest improvements to my own and other people's dances?

Gymnastics

KO: To develop skills

-Sequences

Can I perform a gymnastic sequence with 3 different balances and 3 different ways of travelling?
Can I adapt sequences to suit different types of apparatus and my partner's ability?
Can I change levels and direction as well as speed in my gymnastic sequences?
Can I perform skills and actions more precisely and consistently?

-Balancing

Can I explore balancing on combinations of 1/2/3/4 points?
Can I explore balancing with a partner where we work on different levels?
Can I explore how to move in and out of a balance fluently?

-Travelling

Can I explore travelling at different speeds? e.g. move slowly into a balance, travel quickly before jumping?
Can I explore different entry and exit points on apparatus, beyond the 'classic', safely?
Can I perform a backwards roll?
Can I add a half turn to a jump before landing?
Can I make a twisted shape in the air and control the landing?

-Describing and evaluating

Can I describe my own and other's work, making simple judgements about the quality and suggesting improvements?

Athletics

KO: To develop skills

Can I match my running style to the distance effectively?
Can I pace myself?
Can I recognise how my body changes when running, throwing or jumping in different ways?
Can I work in teams and on my own?
Can I perform the five basic jumps, *eg one foot to same foot (hop), one foot to other foot (step), one foot to two feet, two feet to two feet, two feet to one foot,* as single jumps and then in simple combinations?
Can I show different ways of throwing a range of equipment?
Can I throw using slinging, pushing and pulling actions?

Swimming

KO: To develop skills

Can I swim competently, confidently and proficiently over a distance of at least 25 metres?
Can I use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Can I perform safe self-rescue in different water-based situations.

Outdoor and Adventurous Activities

KO: To develop skills

Can I follow a map in a familiar context?
Can I move from one location to another following map?
Can I mark control points on a map?
Do I know how to encourage people to trust me?
Can I communicate with a team member kindly and effectively?

KO: To develop skills
KO: To evaluate
KO: To improve
KO: To lead a healthy lifestyles

Can I select and use the most appropriate skills, actions or ideas?
Can I move and use actions with co -ordination and control?
Can I explain how my work is similar and different from that of others?
With help, do I recognise how performances could be improved?
Can I explain why it is important to warm–up, stretch and cool -down?
Can I set myself a target with support?

Year 5 PE Curriculum

Games

Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.

KO: To develop skills

Can I pivot in different ways?
Can I move with agility?
Can I move with strength and balance under challenge?
Can I hit a ball with accuracy?
Can I position myself appropriately on the field?
Can I catch with growing accuracy, including when not facing my partner?
Can I think of different tactics in order to be successful in a game situation?
Can I respond to different game situations?
Can I be creative and unpredictable?

Focus on: Tennis, Football, Netball, Hockey

Dance

KO: To develop skills

Can I create longer more challenging dance phrases or dances?
Do I improvise freely, translating ideas from a stimulus into movement and linking to the music?
Can I create dance phrases that communicate ideas and perform them with clarity of action?
Can I show co-ordination and alignment?
Can I create dances to express ideas, thoughts or feelings?
Can I develop my dance movements to include gesture?
Can I develop my use of space by changing direction, levels and pathways?
Do I my dances contain solo sections as well as duo or trio sections?
Can I explore a variety of dynamics from the Year 5 guide on a page list?
Can I develop my use of motif?
Can I perform with a sense of style and musicality?
Can I describe the movements used and the expressive or dynamic qualities of my own dance or others dance?
Can I suggest improvements to my own and other people's dances?)

Gymnastics

KO: To develop skills

-Sequences

Can I create gymnastic sequences including up to 8 varied elements?
(e.g. a combination of asymmetrical shapes and balances and symmetrical rolling and jumping actions; changes of direction and level and show mirroring; and matching shapes and balances)
Can I vary the pathways, levels and speeds of travel in a sequence in at least 4 ways?
Can I perform more complex skills and actions accurately and consistently?

-Balances

Can I develop a range of symmetrical and asymmetrical actions, body shapes and balances and perform them with control?
Can I show good body tension when balancing?
Can I explore and develop control in taking some/all of a partner's weight in a counter balance (pushing against each other)?
Can I match a partner's balance on a different level or in a different place?
Can I perform a group balance and move out of it with fluency and control in a sequence?

-Travelling

Can I travel in time with a partner?
Can I make symmetrical shapes in the air with a partner?
Can I jump over and off apparatus of varying height with control in the air and on landing?
Can I explore different starting and finishing positions when rolling e.g. from a straddle position?

-Describing/Evaluating

Can I identify strengths and weaknesses in my own and other's work and express this with sensitivity and encouragement?

Athletics

KO: To develop skills

Can I keep a sustained pace over a longer distance for 1 minute?
Can I make an effective relay changeover?
Can I explain how warming up affects my athletic performance?
Can I perform a range of jumps showing power and control in landing?
Can I throw with a javelin or weighted ball with increasing accuracy and control?
Can I explain the safety aspects to be aware of when throwing in athletics?

Swimming*

KO: To develop skills

Can I swim competently, confidently and proficiently over a distance of at least 25 metres?
Can I use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Can I perform safe self-rescue in different water-based situations.

Outdoor and Adventurous Activities

KO: To develop skills

Can I follow a map in a less familiar context?
Can use the 8 points of a compass to orientate?
Can I follow a route safely?
Do I understand that some activities can be dangerous?
Can I follow a suggestion or idea from a team mate well?

KO: To develop skills
KO: To evaluate
KO: To improve
KO: To lead a healthy lifestyles

Can I stay positive and persevere when things become difficult?
Can I co-operate well with others and play an active role in a group task?
Can I support and motivate my peers to help improve their performance?
Can I select and use the most appropriate skills,actions or ideas?
Can I adapt an activity to make it more difficult or exciting or to better solve a problem?
Can I identify my strengths and weaknesses as a means to improve or accept different types of feedback and learn from it?
Can I explain why itis important to warm–up and cool -down?
Can I set myself targets to improve my performance?

Year 6 PE Curriculum

Games	Dance	Gymnastics	Athletics	Outdoor and Adventurous Activities
Focus on: Tennis, Rugby, Basketball, Rounders **KO: To develop skills** Can I pivot in different ways? Can I move with agility? Can I move with strength and balance under challenge? Can I hit a ball with accuracy, including with a backhand? Can I volley a ball with a part of my body? Can I position myself appropriately on the field? Can I catch with growing accuracy, including when not facing my partner or catching 2 objects at a time? Can I adapt a game in response to my opponents tactics? Can I respond to different game situations? Can I perform under pressure?	**KO: To develop skills** Can I create longer more challenging dance phrases or dances? Do I improvise freely, translating ideas from a stimulus into movement and linking to the music? Can I create dance phrases that communicate ideas and perform them with confidence and clarity of action? Can I create dances to express ideas, thoughts or feelings? Can I show flow, co-ordination and alignment? Can I use a wide range of dance movements effectively? Can I confidently vary the way I use space? Do I my dances contain sections where I vary the relationships e.g. solo and duo sections or unison and contrast sections? Can I explore a variety of dynamics from the Year 6 guide on a page list? Can I develop my use of retrograde (performing motifs in reverse)? Can I perform with focus, a sense of style and musicality? Can I describe the movements used and the expressive or dynamic qualities of my own dance or others dance? Can I suggest improvements to my own and other people's dances?	**KO: To develop skills** **-Sequences** Can I develop a range of actions, body shapes and balances that I can include in a performance? Can I create gymnastic sequences of up to 10 elements? Can I vary the pathways, levels and speeds of travel in a sequence in at least 4 ways? Can I perform more complex skills and actions accurately and consistently? **-Balances** Can I explore and develop control in taking some/all of a partner's weight in a counter balance (pushing against each other) and counter tension (pulling away from each other)? Can I perform a group balance at different points in a sequence (e.g. beginning, middle, end) and move out of it with fluency and control? **-Travelling** Can I travel in time with a partner even when moving away from and back to one another? Can I make asymmetrical shapes in the air with a partner? Can I jump along apparatus of varying height with control in the air and on landing? Can I explore different starting and finishing positions when rolling e.g. from a straddle position? **-Describing and Evaluating** Can I identify strengths and weaknesses in my own and other's work and express this with sensitivity and encouragement?	**KO: To develop skills** Can I keep a sustained pace over a longer distance for 2 or more minutes? Do I know how to accept a baton in a relay and when to run to support a faster finishing time for my team? Can I explain how athletics affects stamina and strength? Can I perform a range of jumps showing power and control in take off? Can I throw with a javelin or weighted ball with increasing accuracy and control? Can I organise a small group to throw safely?	**KO: To develop skills** Can I follow a map in a less familiar context? Can use the 8 points of a compass to orientate? Can I follow a route safely? Am I an effective, pleasant and reflective member of the team? Can I take on different roles?

KO: To develop skills
KO: To evaluate
KO: To improve
KO: To lead a healthy lifestyles

Can I show a growth mindset when tasks become difficult?
Can I co-operate well with others and play an active role in a group task?
Can I support and motivate my peers to help improve their performance?
Can I select and use the most appropriate skills, actions or ideas?
Can I adapt an activity to make it more difficult or exciting?
Can I identify my strengths and weaknesses as a means to improve or accept different types of feedback and learn from it?
Can I plan and follow my own basic fitness programme?
Can I set myself targets to improve my performance?
Can I warm up specifically for the activity I am doing?