

Cranford Park C of E primary school

PE Curriculum Roadmap

Onto Key Stage 3

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By the end of year 6 children

- perform fundamental movement skills with consistent control, precision and accuracy
- develop a number of specialised actions across travel, balance and object control skills
- purposefully apply principles of attacking and defending as a strategy in competitive contexts
- be an effective team player, listening to others and contributing to the planning and evaluation of group tasks.
- show a variation of mood, gesture and expression in movement
- understand why exercise is good for fitness, health and wellbeing and make informed decisions that supports their daily and long-term health
- know that there are different ways to be physically active

By the end of year 5 children

- execute movement skills with precision and accuracy
- show determination and commitment to a task/activity
- apply basic principles of attacking and defending confidently.
- work with others and communicate their ideas and feelings positively with growing confidence.
- choose and imaginatively explore different actions in response to a stimulus
- demonstrate water confidence
- work safely and with due consideration to others (including aquatic environments)

By the end of Year 4 children

- know and perform fundamental movement skills with consistent control, accuracy and under pressure
- play a range of modified, made up and structured games that have specific rules and strategies
- work together in small group situations to plan, perform and evaluate their learning
- create and perform original sequences of movement that connect to a theme, story, topic or concept
- recognise what activities help to build speed, strength, stamina and why they are important.

By the end of Year 3 children,

- perform fundamental movement skills with control and accuracy
- link movements together to create interesting and prolonged sequences of movement
- apply skills under increasing pressure responding to the specific rules of the activity (e.g. strike the ball after one bounce or pass within 4 seconds)
- understand and apply terms such as attacking and defending in a game and apply simple tactics to different game situations.
- confidently work towards a goal with others with a partner or in small groups
- suggest ideas for how they can develop their own and others' work.
- know why we warm up and cool down and respond to warm up tasks independently.

By the end of Year 1 children

- demonstrate many travel, balance and object control skills in isolation (e.g. throw, catch, kick, strike)
- Set a target and be able to meet that target with perseverance.
- support and encourage others in their performance
- respond imaginatively in movement to words, images, sounds and objects
- take part in sustained activity

By the end of Year 2 children,

- perform hand-eye, foot-eye and stick-eye co-ordination, travel and balance skills with some control.
- develop simple tactics for attacking and defending.
- cooperate with a partner (2vs2) to be successful
- express an idea through movement
- recognise and describe what their body feels like in different types of activities

By the end of EYFS children

- control large and fine movement skills
- show interest and take part in a range of physical activities
- play co-operatively, taking turns with others
- respond imaginatively to different stimuli
- know that changes happen to their body when they move