



Subject Skills and Knowledge Ladder	PE	CAT: Arts
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Year Group	Phase	Skills	Essential Coverage	Sports
Nursery	Foundation Stage	<p>Take part in developing their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Children are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Use a range of equipment in order to develop their movements.</p>	<ul style="list-style-type: none"> Gymnastic movements – master basic movements including running, jumping and balancing Invasion games – move freely using suitable spaces and speed/direction to avoid obstacles Athletics – mini Sports Day
Reception	Foundation Stage	<p>Make use of space and respond to obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Choose a variety of ways to move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Explore a range of simple indoor and outdoor PE sessions throughout year, including ball games, gymnastics and dance.</p>	<p>Practise control over an object: pushing, patting, throwing, catching, kicking.</p> <p>Show good control and co-ordination in large and small movements</p> <p>Understand and agree on how to keep safe on PE equipment / when using PE equipment</p>	<ul style="list-style-type: none"> Net and wall – throwing and catching large balls Gymnastics – balancing, using equipment such as benches to balance on Dance – complete simple sequences Striking and fielding – throw over and under arm in a general direction Athletics – mini Sports Day
Year 1	Key Stage 1	<p>Throw and catch showing a degree of competency, in isolation and in varied environments</p>	<p>Improve and become competent at running, jumping, balancing, throwing and catching.</p>	<ul style="list-style-type: none"> Invasion games Gymnastics Dance Ball skills



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		<p>Demonstrate and discuss changes of direction, speed & level Recognise how the body changes/functions during exercise Perform and prepare and repeat sequences of movements Carry out development fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) Consider fundamentals of movement to achieve success, individually and as a team With guidance, participate displaying respect, fair play and working well with others Explore invasion games, team games, gymnastics and dance through indoor and outdoor PE sessions.</p>	<p>Perform dances using simple movement patterns. Understands how to keep safe on PE equipment / when using PE equipment Begin regular PE lessons, twice a week; one indoor and one outdoor session.</p>	<ul style="list-style-type: none"> • Striking and fielding • Multi-skills and athletics
Year 2		<p>Begin to throw and catch displaying some control and accuracy, in isolation and varied environments. Identify and link two or more actions to perform a sequence showing control and co-ordination Demonstrate changes of direction, speed & level during performances or in competitive environments Observe how the body changes/functions during exercise Perform and present repeat sequences of movements Develop and become competent in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) Highlight fundamentals of movement to employ simple tactics in varied environments</p>	<p>Master and apply a range of basic movements including running, jumping, throwing and catching. Model effective teamwork when participating in games. Develop simple tactics to use in team games and begin to recommend tactics to team mates.</p>	<ul style="list-style-type: none"> • Invasion games • Basic ball skills games in small groups – football/netball/rugby related • Striking and fielding – participate in team games e.g. Cricket Rounders • Gymnastics • Dance • Multi skills and athletics



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		<p>With guidance participate displaying respect, fair play and working well with others</p> <p>Explore invasion games, team games, gymnastics and dance through indoor and outdoor PE sessions.</p>		
Year 3	Lower Key Stage 2	<p>Throw and catch displaying control and accuracy, in isolation and varied environments</p> <p>Demonstrate changes of direction, speed & level during performances or in competitive environments</p> <p>State an understanding of how the body changes/functions during exercise</p> <p>Move in a clear, fluent and expressive manner</p> <p>Compile, plan, perform and repeat sequences of movements</p> <p>Competent in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Use fundamentals of movement to employ simple tactics in varied environments</p> <p>Swim 25m unaided, Can demonstrate proficiency in a range of strokes</p> <p>Establish an understanding of respect, fair play and working well with others</p> <p>Through sports including: TAG rugby, hockey, dance, football, athletics, rounders, gymnastics, swimming and cricket</p>	<p>Use running, jumping and throwing skills in isolation and combination.</p> <p>Begin to play simple competitive games using basic attacking and defending and begin to comment on effectiveness</p> <p>Produce simple dance routine and develop control and balance (gymnastics).</p> <p>Demonstrate competent swimming strokes.</p>	<ul style="list-style-type: none"> • Football • Netball • Striking and fielding – cricket/rounders • Gymnastics • Dance • Athletics <p>Swimming for one term</p>
Year 4		<p>Illustrate changes of direction, speed & level during performances/competition to succeed</p> <p>Determine and utilise appropriate tactics and techniques to cause problems for opponents</p>	<p>Play competitive games modified where appropriate.</p> <p>Develop flexibility and strength in athletics and gymnastics.</p> <p>Perform dances using range of patterns.</p>	<ul style="list-style-type: none"> • Tag rugby • Basketball • Gymnastics • Dance • Badminton/tennis • Athletics



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		<p>Outline a developed understanding of how the body changes/functions during exercise Create movements that convey a clear stimulus, refining these movements into sequences Administer an understanding of fair play, working well with others and leading a small group Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements Swim 25-50m unaided, reproduce and demonstrate proficiency in a range of strokes at the surface and below. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control) Change running styles according to distance, with the intention of beating personal bests Through sports including: TAG rugby, hockey, dance, football, athletics, rounders, gymnastics, swimming and cricket Residential activities also included</p>	<p>Take part in outdoor adventure challenges. Compare and reflect upon their performances.</p>	<p>Swimming for one term</p>
Year 5	Upper Key Stage 2	<p>Uses knowledge of the relationship between the body and exercise to improve various fitness components Formulate creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely Create complex and well executed sequences containing a variety of gymnastic components Display an understanding of fair play, working well with others and leading a medium sized group Field, defend and attack tactically by hypothesising the direction of play.</p>	<p>Collaborate and develop a sense of sportsmanship when playing competitive games. Apply and modify physical skills depending on sport being played Evaluate in order to improve performance.</p>	<ul style="list-style-type: none"> • Football • Netball • Striking and fielding – cricket/rounders • Gymnastics • Circuit training • Athletics <p>Swimming for one term</p>



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		<p>Execute new skills in competitive situations, as an individual or part of a team</p> <p>Implement knowledge of technique to perform at an optimum level in different types of throw, jump and run</p> <p>Review swimming strokes (breast stroke, front and back) and swim 50m fluently with controlled strokes</p> <p>Through sports including: TAG rugby, hockey, dance, football, athletics, rounders, gymnastics, swimming and cricket</p>		
Year 6		<p>Employ knowledge of the relationship between the body and exercise to improve all fitness components</p> <p>Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</p> <p>Create complex, demanding and well executed sequences containing a variety of gymnastic components</p> <p>Display an understanding of fair play, working well with others and leading a large group</p> <p>Field, defend and attack tactically by anticipating and reacting to the direction of play and begin to validate tactics.</p> <p>Integrate new skills in competitive situations, as an individual or part of a team</p> <p>Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)</p>	<p>Compare performances with previous ones and demonstrate improvement to achieve their best.</p> <p>To be able to work successfully as part of a team/collaboration and recognize team players' attributes.</p> <p>Have a critical understanding of what makes a healthy lifestyle and be aware of how to improve their own.</p> <p>Have an improved level of coordination, control, fluency and technique across a range of sports.</p>	<ul style="list-style-type: none"> • Tag rugby • Basketball • Gymnastics • Circuit training • Badminton/tennis • Athletics <p>Swimming for one term</p>



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		<p>Review swimming strokes (breast stroke, front and back) and swim 100m fluently with controlled strokes</p> <p>Through sports including: TAG rugby, hockey, dance, football, athletics, rounders, gymnastics, swimming and cricket</p> <p>Residential activities also included</p>		
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