

# My P.E Learning Journey

## Year 1

1. Throw and catch showing a degree of competency in isolation
2. Demonstrate changes of direction, speed & level
3. Show an awareness of how the body changes during exercise
4. Perform and repeat sequences of movements
5. Displays development FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) individually and as a team.
6. With guidance participate displaying respect, fair play and working well with others



## Year 2

1. Link two or more actions to perform a sequence showing co-ordination and repeat the sequence of movements
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Show an awareness of how the body changes during exercise
4. Competent in the FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)



## Year 3

1. Throw and catch displaying control and accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Demonstrates an understanding of how the body changes during exercise
4. Plan, perform and repeat sequences of movements and move in a clear, fluent and expressive manner
6. Competent in the FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
7. Use FUNDamentals of movement to employ simple tactics in varied environments
9. Displays an understanding of respect, fair play and working well with others



## Year 4

1. Utilise changes of direction, speed & level during competition to succeed
2. Select and utilise appropriate tactics to cause problems for opponents
3. Demonstrates a developed understanding of how the body changes during exercise
4. Create movements that convey a clear stimulus, using travelling and refining these complex movements into sequences
5. Displays an understanding of fair play, working well with others and leading a small group
6. Swim 25m unaided
7. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)
8. Change running styles according to distance, with the intention of beating personal best's



## Year 2 continued

5. Use FUNDamentals of movement to employ simple tactics in varied environments
6. With guidance participate displaying respect and fair play.



## Year 6

1. Uses knowledge of the relationship between the body and exercise to improve all fitness components
2. Compose and perform creative and imaginative dance and gymnastics sequences with a clear stimulus, performing expressively and precisely
3. Display an understanding of fair play, working well with others and leading a large group
4. Field, defend and attack tactically by anticipating and reacting to the direction of play.
5. Utilise new skills in competitive situations, as an individual or part of a team



## Year 5

1. Uses knowledge of the relationship between the body and exercise to improve various fitness components
2. Compose creative dance and gymnastics sequences with a clear stimulus, performing expressively
3. Display an understanding of fair play, working well with others and leading a medium sized group



## Year 5 continued

4. Field, defend and attack tactically by anticipating the direction of play.
5. Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run

## Year 6 continued

6. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)

