



**North Clifton Primary School: P.E. Disciplinary Knowledge Progression
EYFS, Key Stage 1 and Key Stage 2**

Statutory Framework for the Early Years:
Physical Development Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

National Curriculum Key stage 1
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities; participate in team games, developing simple tactics for attacking and defending; perform dances using movement patterns.

National Curriculum Key stage 2
Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination; play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ; develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ; perform dances using a range of movement patterns; take part in outdoor and adventurous activity challenges both individually and within a team; compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Multiskills</p> <ul style="list-style-type: none"> -Ball Skills -Throwing and catching -Sending and receiving -Target games -Striking -Fielding 	<p>Competent learner: Perform fundamentals of movement (ABC's) with control and confidence Practice a range of movements with control demonstrating balance & coordination Safely negotiate space both indoors and outdoors Active & healthy learner: Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health Reflective learner: Describe, explain and comment on their own actions and feelings Listen, respond to set tasks and sounds following</p>	<p>Competent learner: Demonstrate some understanding of simple tactics for attacking and defending Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health Reflective learner: Describe, explain and comment on their own and others' actions and</p>	<p>Competent learner: Demonstrate some understanding of simple tactics for attacking and defending Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health Reflective learner: Describe, explain and comment on their own and others' actions and</p>	<p>Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership Active & healthy learner: Describe why physical activity is good for health and well-being Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods</p>	<p>Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership Active & healthy learner: Describe why physical activity is good for health and wellbeing Recognise and</p>	<p>Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Reflective learner: Consistently improve their work Describe and comment on their</p>	<p>Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Reflective learner: Consistently improve their work Describe and comment on their</p>

	<p>expectations and rules</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Play and use a range of skills cooperatively, taking turns and working together</p> <p>Disciplined Learner: Show a positive attitude towards activities and other pupils</p> <p>Work well with others by showing respect</p> <p>Stay on task throughout the session</p>	<p>feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Engaged learner: Show a positive attitude towards activities and other pupils</p> <p>Work well with others by showing respect</p> <p>Dress and undress for PE promptly</p> <p>Stay on task throughout the lesson</p>	<p>feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Engaged learner: Show a positive attitude towards activities and other pupils</p> <p>Work well with others by showing respect</p> <p>Dress and undress for PE promptly</p> <p>Stay on task throughout the lesson</p>	<p>of time</p> <p>Reflective learner: Make judgements to improve their and others' work</p> <p>Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Engaged learner: Demonstrate a positive attitude to all activities and be respectful towards others</p> <p>Follow rules and listen well to all instructions</p> <p>Stay on task and be attentive in all</p>	<p>describe how their body feels during and after activities</p> <p>Understand how to remain active for sustained periods of time</p> <p>Reflective learner: Make judgements to improve their and others' work</p> <p>Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time</p>	<p>own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Engaged learner: Demonstrate self-discipline in all tasks</p> <p>Show a positive attitude throughout the lesson</p> <p>Be kind, respectful and considerate when working with others</p> <p>Show</p>	<p>own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Engaged learner: Demonstrate self-discipline in all tasks</p> <p>Show a positive attitude throughout the lesson</p> <p>Be kind, respectful and considerate when working</p>
--	--	---	---	---	--	--	--

				activities Show kindness and consideration when working with others	without the need for guidance Engaged learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others	support for their peers Take responsibility for their behaviour	with others Show support for their peers Take responsibility for their own behaviour
Gymnastics		Competent learner: Perform fundamentals of movement (ABC's) with control and confidence Practice a range of movements with control demonstrating balance & coordination Safely negotiate space both indoors and outdoors	Competent learner: Perform fundamentals of movement (ABC's) with control and confidence Practice a range of movements with control demonstrating balance & coordination Safely negotiate space both indoors and outdoors	Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities	Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities Understanding of	Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link	Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link

		<p>Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively Cooperate and</p>	<p>Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively Cooperate and</p>	<p>Understanding of effective leadership</p> <p>Active & healthy learner: Describe why physical activity is good for health and well-being Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other</p>	<p>effective leadership</p> <p>Active & healthy learner: Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and</p>	<p>skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Remain active for sustained periods of time</p> <p>Reflective learner: Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules Eagerly participate in every</p>	<p>skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Remain active for sustained periods of time</p> <p>Reflective learner: Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules Eagerly participate in</p>
--	--	--	--	--	--	--	--

		<p>work in small teams Dress and undress for PE promptly Listen to others and follow instruction Disciplined Learner: Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>	<p>work in small teams Dress and undress for PE promptly Listen to others and follow instruction Disciplined Learner: Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>	<p>Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance Disciplined Learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>sport Work independently for extended periods of time without the need for guidance Disciplined Learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with other</p>	<p>PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance Disciplined Learner: Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>	<p>every PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance Disciplined Learner: Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>
Dance		<p>Competent learner Beginning to respond to simple stimuli. Can move confidently and creatively with</p>	<p>Competent learner Beginning to respond to simple stimuli. Can move confidently and creatively with</p>	<p>Competent learner Can demonstrate how to respond to a wider range of stimuli. Can perform a range of</p>	<p>Competent learner Can demonstrate how to respond to a wider range of stimuli. Can perform a range of</p>	<p>Competent learner Can improve own and other's performance. Consistently</p>	<p>Competent learner Can improve own and other's performance. Consistently</p>

		<p>control, balance and coordination. Can use a range of movements. Safely negotiating space.</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities. Understand and explain the importance of good health, physical exercise and healthy food. Understand and explain which activities are good for our health.</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and feelings. Listen, respond to set tasks and sounds following expectations and rules. Make judgements to improve their work.</p> <p>Engaged learner Communicate,</p>	<p>control, balance and coordination. Can use a range of movements. Safely negotiating space.</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities. Understand and explain the importance of good health, physical exercise and healthy food. Understand and explain which activities are good for our health.</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and feelings. Listen, respond to set tasks and sounds following expectations and rules. Make judgements to improve their work.</p> <p>Engaged learner Communicate,</p>	<p>travelling, jumping, and turning actions with control. Can use level, direction and pathways, to develop themes and ideas. Consistently demonstrates improvements to their work showing confidence and creativity in dance. Demonstrates leadership qualities in the development of choreography.</p> <p>Active & healthy learner Describe why physical activity is good for health and wellbeing. Recognise and describe how their body feels during and after activities. Understand how to remain active for sustained periods of time.</p> <p>Reflective learner Describe, explain, and comment on their own and others' actions and</p>	<p>of travelling, jumping, and turning actions with control. Can use level, direction and pathways, to develop themes and ideas. Consistently demonstrates improvements to their work showing confidence and creativity in dance. Demonstrates leadership qualities in the development of choreography.</p> <p>Active & healthy learner Describe why physical activity is good for health and wellbeing. Recognise and describe how their body feels during and after activities. Understand how to remain active for sustained periods of time.</p> <p>Reflective learner Describe, explain, and comment on their own and others' actions and</p>	<p>performs a range if travels, turns, jumps, gestures and stillness to a high skill level demonstrating technique, alignment and control. Takes the lead in a range of choreographic situations and activities making suggestions that improve performance. Uses originality, imagination, and creativity in choreography to effectively convey themes, ideas and emotions.</p> <p>Active & healthy learner Clearly understand how personal fitness can improve performance. Demonstrate sustained levels of fitness.</p> <p>Reflective learner Consistently improve their work. Describe and</p>	<p>performs a range if travels, turns, jumps, gestures and stillness to a high skill level demonstrating technique, alignment and control. Takes the lead in a range of choreographic situations and activities making suggestions that improve performance. Uses originality, imagination, and creativity in choreography to effectively convey themes, ideas and emotions.</p> <p>Active & healthy learner Clearly understand how personal fitness can improve performance. Demonstrate sustained levels of fitness.</p> <p>Reflective learner Consistently improve their work. Describe</p>
--	--	--	--	---	--	--	--

		<p>select, prepare and handle appropriate resources effectively. Cooperate and work in small teams. Dress and undress for PE promptly. Listen to others and follow instructions.</p> <p>Disciplined learner</p> <p>Show a positive attitude towards activities and other pupils. Work well with others by showing respect. Stay on task throughout the lesson</p>	<p>select, prepare and handle appropriate resources effectively. Cooperate and work in small teams. Dress and undress for PE promptly. Listen to others and follow instructions.</p> <p>Disciplined learner</p> <p>Show a positive attitude towards activities and other pupils. Work well with others by showing respect. Stay on task throughout the lesson.</p>	<p>feelings. Make judgements to improve their and others' work. Respond to set tasks following rules and expectations.</p> <p>Engaged learner</p> <p>Demonstrate enthusiasm for PE. Effectively communicate and collaborate with each other. Understand the principles and purpose of preparing effectively for PE and sport. Work independently for extended periods of time without the need for guidance.</p> <p>Disciplined learner</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all activities. Show</p>	<p>feelings. Make judgements to improve their and others' work. Respond to set tasks following rules and expectations.</p> <p>Engaged learner</p> <p>Demonstrate enthusiasm for PE. Effectively communicate and collaborate with each other. Understand the principles and purpose of preparing effectively for PE and sport. Work independently for extended periods of time without the need for guidance.</p> <p>Disciplined learner</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others. Follow rules and listen well to all instructions. Stay on task and be attentive in all activities. Show kindness and</p>	<p>comment on their own and others' performance with accuracy of actions. Know what has made their performance effective.</p> <p>Engaged learner</p> <p>Compete respectfully and fairly following rules. Eagerly participate in every PE/Sport lesson displaying excellent attitudes. Effectively communicate and collaborate with each other. Work independently for extended periods of time without the need for guidance.</p> <p>Disciplined learner</p> <p>Demonstrate self-discipline in all tasks. Show a positive attitude throughout the lesson. Be kind, respectful and considerate when working with others. Show</p>	<p>and comment on their own and others' performance with accuracy of actions. Know what has made their performance effective.</p> <p>Engaged learner</p> <p>Compete respectfully and fairly following rules. Eagerly participate in every PE/Sport lesson displaying excellent attitudes. Effectively communicate and collaborate with each other. Work independently for extended periods of time without the need for guidance.</p> <p>Disciplined learner</p> <p>Demonstrate self-discipline in all tasks. Show a positive attitude throughout the lesson. Be kind,</p>
--	--	--	---	--	---	--	--

				kindness and consideration when working with others	consideration when working with others	support for their peers. Take responsibility for their own behaviour.	respectful and considerate when working with others. Show support for their peers. Take responsibility for their own behaviour.
Striking and fielding		<p>Competent learner: Demonstrate some understanding of simple tactics for striking and fielding Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which</p>	<p>Competent learner: Demonstrate some understanding of simple tactics for striking and fielding Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which</p>	<p>Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership</p> <p>Active & healthy learner: Describe why physical activity is good for health and well</p>	<p>Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership</p>	<p>Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner: Clearly understand how personal fitness can improve performance</p>	<p>Competent learner: Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner: Clearly understand how personal fitness can improve performance</p>

		<p>activities are good for our health</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively Cooperate and work in small teams Dress and undress for PE promptly Listen to others and follow instruction</p> <p>Disciplined Learner: Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the</p>	<p>activities are good for our health</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner: Communicate, select, prepare and handle appropriate resources effectively Cooperate and work in small teams Dress and undress for PE promptly Listen to others and follow instruction</p> <p>Disciplined Learner: Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the</p>	<p>being</p> <p>Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for</p>	<p>Active & healthy learner: Describe why physical activity is good for health and well being Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time</p> <p>Reflective learner: Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner: Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for</p>	<p>Demonstrate sustained levels of fitness</p> <p>Reflective learner: Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner: Demonstrate self-</p>	<p>Demonstrate sustained levels of fitness</p> <p>Reflective learner: Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner: Compete respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner:</p>
--	--	--	--	---	--	---	---

		lesson	lesson	<p>extended periods of time without the need for guidance</p> <p>Disciplined Learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>	<p>Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>
--	--	--------	--------	--	--	---	--

Athletics		<p>Competent learner Practice a range of movements with control demonstrating balance & coordination Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and</p>	<p>Competent learner Practice a range of movements with control demonstrating balance & coordination Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and</p>	<p>Competent learner Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities Understanding of effective leadership</p> <p>Active & healthy learner Describe why physical activity is good for health and well-being Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and</p>	<p>Competent learner Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities Understanding of effective leadership</p> <p>Active & healthy learner Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Remain active for sustained periods of time Reflective learner Consistently improve their work</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control Active & healthy learner: Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Remain active for sustained periods of time Reflective learner Consistently improve their</p>
-----------	--	---	---	---	---	---	--

		<p>feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p>	<p>feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner Communicate, select, prepare and handle appropriate resources effectively Cooperate and work in small teams Dress and undress for PE promptly Listen to others and follow instruction</p> <p>Disciplined Learner Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>	<p>feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show</p>	<p>to remain active for sustained periods of time</p> <p>Reflective learner Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time</p>	<p>Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner Compete respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and</p>	<p>work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner Compete respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind,</p>
--	--	--	---	--	--	---	---

		<p>Engaged learner</p> <p>Communicate, select, prepare and handle appropriate resources effectively Cooperate and work in small teams Dress and undress for PE promptly Listen to others and follow instruction</p> <p>Disciplined Learner</p> <p>Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>		<p>kindness and consideration when working with others</p>	<p>without the need for guidance</p> <p>Disciplined Learner</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>considerate when working with others Show support for their responsibility for their behaviour</p> <p>when with others Take responsibility for their own</p>	<p>respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>
<p>Invasion games</p> <ul style="list-style-type: none"> -Handball -Tag Rugby -Netball -Lacrosse -Quidditch -Unihoc 		<p>Competent learner</p> <p>Demonstrate some understanding of simple tactics for attacking and defending. Perform fundamentals of movement (ABC's) with control and confidence. Safely</p>	<p>Competent learner</p> <p>Demonstrate some understanding of simple tactics for attacking and defending. Perform fundamentals of movement (ABC's) with control and confidence. Safely</p>	<p>Competent learner:</p> <p>Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate</p>	<p>Competent learner:</p> <p>Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate</p>	<p>Competent learner</p> <p>Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality,</p>	<p>Competent learner</p> <p>Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality,</p>

		<p>negotiate space both indoors and outdoors.</p> <p>Active and healthy learner Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise, and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner Describe, explain, and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner Communicate, select, prepare and handle appropriate</p>	<p>negotiate space both indoors and outdoors.</p> <p>Active and healthy learner Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise, and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner Describe, explain, and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner Communicate, select, prepare and handle appropriate</p>	<p>improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership</p> <p>Active & healthy learner: Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how to remain active for sustained</p> <p>Reflective learner: Describe, explain, and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and</p>	<p>improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership</p> <p>Active & healthy learner: Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how to remain active for sustained</p> <p>Reflective learner: Describe, explain, and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks</p>	<p>imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness</p> <p>Reflective learner Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner Compete respectfully and fairly following</p>	<p>imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p> <p>Active & healthy learner Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness</p> <p>Reflective learner Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective</p> <p>Engaged learner Compete respectfully and fairly following</p>
--	--	---	---	--	--	--	--

		<p>resources effectively</p> <p>Cooperate and within small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Disciplined Learner</p> <p>Show a positive attitude towards activities and other pupils</p> <p>Work well with others by showing respect</p> <p>Stay on task throughout lessons</p>	<p>resources effectively</p> <p>Cooperate and within small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Disciplined Learner</p> <p>Show a positive attitude towards activities and other pupils</p> <p>Work well with others by showing respect</p> <p>Stay on task throughout lessons</p>	<p>expectations</p> <p>Engaged learner:</p> <p>Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner:</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others</p> <p>Follow rules and listen well to all instructions</p> <p>Stay on task and be attentive in all activities</p> <p>Show kindness and consideration when working with others</p>	<p>following rules and expectations</p> <p>Engaged learner:</p> <p>Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner:</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others</p> <p>Follow rules and listen well to all instructions</p> <p>Stay on task and be attentive in all activities</p> <p>Show kindness and consideration when working with others</p>	<p>rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Disciplined learner</p> <p>Demonstrate self-discipline in all tasks</p> <p>Show a positive attitude throughout the lesson</p> <p>Be kind, respectful and considerate when working with others</p> <p>Show support for their peers</p> <p>Take responsibility for their own behaviour</p>	<p>rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods of time without the need for guidance</p> <p>Disciplined learner</p> <p>Demonstrate self-discipline in all tasks</p> <p>Show a positive attitude throughout the lesson</p> <p>Be kind, respectful and considerate when working with others</p> <p>Show support for their peers</p> <p>Take responsibility for their own behaviour</p>
--	--	---	---	--	--	--	--

<p>OAA (Outside adventurous activities)</p>				<p>Competent learner Confidently demonstrate creativity in their work Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Understanding of effective leadership Active & healthy learner Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time Reflective learner Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work</p>	<p>Competent learner Confidently demonstrate creativity in their work Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Understanding of effective leadership Active & healthy learner Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities Understand how to remain active for sustained periods of time Reflective learner Describe,</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity Active & healthy learner Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Reflective learner Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective Engaged learner Compete</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity Active & healthy learner Clearly understand how personal fitness can improve performance Demonstrate sustained levels of fitness Reflective learner Consistently improve their work Describe and comment on their own and others' performance with accuracy of actions Know what has made their performance effective Engaged learner Compete</p>
---	--	--	--	--	---	--	---

				<p>Respond to set tasks following rules and expectations</p> <p>Engaged learner</p> <p>Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance</p> <p>Disciplined learner</p> <p>Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>explain and comment on their own and others' actions and feelings</p> <p>Make judgements to improve their and others' work Respond to set tasks following rules and expectations</p> <p>Engaged learner</p> <p>Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other</p> <p>Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance</p> <p>Disciplined learner</p> <p>Demonstrate a</p>	<p>respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner</p> <p>Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>	<p>respectfully and fairly following rules Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other Work independently for extended periods of time without the need for guidance</p> <p>Disciplined Learner</p> <p>Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>
--	--	--	--	--	--	---	---

					positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others		
Net and Wall -Tennis -Badminton		<p>Competent learner Practice a range of movements with control demonstrating balance & coordination Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities</p>	<p>Competent learner Practice a range of movements with control demonstrating balance & coordination Perform fundamentals of movement (ABC's) with control and confidence Safely negotiate space both indoors and outdoors</p> <p>Active & healthy learner Recognise and describe how their body feels during and after activities</p>	<p>Competent learner Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility Understanding of effective leadership</p>	<p>Competent learner Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities demonstrating</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p>	<p>Competent learner Demonstrate effective leadership Demonstrate improvements to their work Demonstrate originality, imagination and creativity in techniques, tactics and choreography Perform and link skills with control and consistency Perform/complete fundamental sports skills with control</p>

		<p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p> <p>Reflective learner</p> <p>Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner</p> <p>Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Disciplined learner</p>	<p>Understand and explain the importance of good health, physical exercise and healthy food</p> <p>Understand and explain which activities are good for our health</p> <p>Reflective learner</p> <p>Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner</p> <p>Communicate, select, prepare and handle appropriate resources effectively</p> <p>Cooperate and work in small teams</p> <p>Dress and undress for PE promptly</p> <p>Listen to others and follow instruction</p> <p>Disciplined learner</p>	<p>Active & healthy learner</p> <p>Describe why physical activity is good for health and wellbeing</p> <p>Recognise and describe how their body feels during and after activities</p> <p>Understand how to remain active for sustained periods of time</p> <p>Reflective learner</p> <p>Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work</p> <p>Respond to set tasks following rules and expectations</p> <p>Engaged learner</p> <p>Demonstrate enthusiasm for PE</p> <p>Effectively communicate and collaborate with each other</p> <p>Understand the principles and</p>	<p>balance, coordination & agility</p> <p>Understanding of effective leadership</p> <p>Active & healthy learner</p> <p>Describe why physical activity is good for health and wellbeing</p> <p>Recognise and describe how their body feels during and after activities</p> <p>Understand how to remain active for sustained periods of time</p> <p>Reflective learner</p> <p>Describe, explain and comment on their own and others' actions and feelings</p> <p>Make judgements to improve their and others' work</p> <p>Respond to set tasks</p>	<p>Active & healthy learner</p> <p>Clearly understand how personal fitness can improve performance</p> <p>Demonstrate sustained levels of fitness</p> <p>Reflective learner</p> <p>Consistently improve their work</p> <p>Describe and comment on their own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p> <p>Engaged learner</p> <p>Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for extended periods</p>	<p>Active & healthy learner</p> <p>Clearly understand how personal fitness can improve performance</p> <p>Demonstrate sustained levels of fitness</p> <p>Reflective learner</p> <p>Consistently improve their work</p> <p>Describe and comment on their own and others' performance with accuracy of actions</p> <p>Know what has made their performance effective</p> <p>Engaged learner</p> <p>Compete respectfully and fairly following rules</p> <p>Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes</p> <p>Effectively communicate and collaborate with each other</p> <p>Work independently for</p>
--	--	---	---	--	--	--	---

		<p>Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>	<p>Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson</p>	<p>purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance Disciplined learner Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others</p>	<p>following rules and expectations Engaged learner Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance Disciplined learner Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show</p>	<p>of time without the need for guidance Disciplined Learner Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>	<p>extended periods of time without the need for guidance Disciplined Learner Demonstrate self-discipline in all tasks Show a positive attitude throughout the lesson Be kind, respectful and considerate when working with others Show support for their peers Take responsibility for their own behaviour</p>
--	--	---	---	--	---	---	--

					kindness and consideration when working with others		
--	--	--	--	--	--	--	--