



Kingskerswell Church of England Primary School

PE AGE RELATED EXPECTATIONS

PE EYFS
<p>3 & 4 year olds will be learning to:</p> <ul style="list-style-type: none"> ➤ Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. ➤ Go up steps and stairs, or climb up apparatus, using alternate feet.
<p>Early Learning Goals</p> <p>Physical Development- Gross Motor Skills</p> <ul style="list-style-type: none"> ➤ Negotiate space and obstacles safely, with consideration for themselves and others. ➤ Demonstrate strength, balance and coordination when playing. ➤ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Physical Development- Fine Motor Skills</p> <ul style="list-style-type: none"> ➤ Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. ➤ Use a range of small tools, including scissors, paintbrushes and cutlery. ➤ Begin to show accuracy and care when drawing

PE YEAR 1
<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> ➤ I can balance, land, rotate and put weight on my hands. ➤ I can throw and catch a ball. ➤ I can strike with my hands. ➤ I can strike and trap with my feet. ➤ I can strike with an implement. ➤ I can run using varied stride lengths. ➤ I can jump, hop and skip. <p>Rules, strategies and tactics</p> <ul style="list-style-type: none"> ➤ I can co-operate with a partner to complete challenges. ➤ I can use talking, listening and sharing skills to complete challenges. <p>Healthy Participation</p> <ul style="list-style-type: none"> ➤ I can develop my understanding of the importance of daily exercise.

**PE
YEAR 2**

Fundamental Movement Skills

- I can balance, land, rotate and put weight on my hands.
- I can throw and catch a ball.
- I can strike with my hands.
- I can strike and trap with my feet.
- I can strike with an implement.
- I can run using varied stride lengths.
- I can jump, hop and skip.

Rules, strategies and tactics

- I can select and apply the appropriate skill to the target game.
- I can understand the rules of the game and use these to play fairly.

Healthy Participation

- I can develop my understanding of the importance of daily exercise.
- I can develop my understanding of how exercise helps my muscles and brain.

**PE
YEAR 3**

Fundamental Movement Skills

- I can develop balance and apply it to other fundamental movement skills.
- I can begin to throw and catch a ball while on the move.
- I can develop dribbling skills with hands and feet.
- I can develop sending and receiving the ball with accuracy and control.
- I can develop the sprinting technique.
- I can develop technique and control when jumping, hopping and landing.
- I can develop swimming techniques and basic skills in water safety.

Rules, strategies and tactics

- I can apply sending and receiving skills in games.
- I can develop an understanding of tactics and begin to use them in game situations.

Healthy Participation

- I can understand that there are different areas of fitness and they can help us in everyday life.

**PE
YEAR 4**

Fundamental Movement Skills

- I can develop balance and apply it to other fundamental movement skills.
- I can begin to throw and catch a ball while on the move.
- I can develop dribbling skills with hands and feet.
- I can develop sending and receiving the ball with accuracy and control.
- I can develop the sprinting technique.
- I can develop technique and control when jumping, hopping and landing.

Rules, strategies and tactics

- I can develop observational skills, listening to others and following instructions.
- I can develop co-operation and team skills in game situations.

Healthy Participation

- I can start to seek local opportunities for sports and activities that I enjoy.

PE YEAR 5
<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> ➤ I can perform symmetrical and asymmetrical balances using apparatus. ➤ I can develop passing and moving to maintain possession. ➤ I can use a variety of attacking skills to lose a defender. ➤ I can develop dribbling to beat a defender. ➤ I can send and receive the ball with control under pressure. ➤ I can develop fluency and co-ordination when running for speed. ➤ I can build momentum and power when jumping, hopping and landing. <p>Rules, strategies and tactics</p> <ul style="list-style-type: none"> ➤ I can share ideas and work as a team to solve problems. ➤ I can develop my understanding of rules for specific sports. <p>Healthy Participation</p> <ul style="list-style-type: none"> ➤ I can select and apply skills and tactics to play competitively. ➤ I can explain the impact of different activities on my health, fitness and well-being.
PE YEAR 6
<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> ➤ I can perform shapes, balances and rolls and create a group sequence using apparatus. ➤ I can develop passing and moving to maintain possession. ➤ I can use a variety of attacking skills to lose a defender. ➤ I can develop dribbling to beat a defender. ➤ I can send and receive the ball with control under pressure. ➤ I can develop my own and others sprinting technique. ➤ I can develop power, control and technique when jumping, hopping and landing. ➤ I can swim 25 metres and develop a variety of swimming techniques. ➤ I can develop water safety skills and an understanding of personal survival. <p>Rules, strategies and tactics</p> <ul style="list-style-type: none"> ➤ I can work as a team and use critical thinking to determine the best approach. ➤ I can understand many rules for a variety of specific sports. <p>Healthy Participation</p> <ul style="list-style-type: none"> ➤ I can apply rules, skills and tactics to play in a tournament. ➤ I can understand and explain the impact of different activities on my health, fitness and well-being.

