

PE Learning Journey



Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].

Take part in competitive sports and activities outside school through community links or sports clubs.

Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).

Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.

KS3

Develop 3D building and construction skills.

Perform dances using advanced dance techniques within a range of dance styles and forms.

Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].

Take part in competitive sports and activities outside school through community links or sports clubs.

Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).

Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.



Embrace both leadership and team roles and gain the commitment and respect of a team.

Strike a bowled or volleyed ball with accuracy.



Swim at least 25 metres unaided.

Analyse and evaluate others and own gymnastic sequences.



YEAR 6

Identify different equipment that could be used to complete outdoor and adventurous activities.

Control take-off and landings when jumping.

Identify potential risks and how to negate them with the help of expert advice.



Use a variety of stroke with correct breathing patterns.



Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

To identify different body shapes and balances including symmetrical and asymmetrical balances with a partner.

Uphold the spirit of fair play and respect in all competitive situations, encouraging others to follow too.

Experiment how speed and direction can improve gymnastic performances.



Begin to evaluate own practise and give suggestions as to what could be improved.

Develop stamina, running over a longer distance.

Combine sprinting and jumping to hurdle a number of obstacles.

Compete in games fairly and give respect to team mates and opposition players.

Improve the timing of game techniques (hitting, throwing, running etc) to impact the direction of a kick, throw, hit etc.



Travel in a variety of ways, including flight, by transferring weight to generate power in movements.



Create dances and movements that convey a defined idea.

YEAR 5

Experiment with showing line, tone and texture with different hardness of pencils.

Use more than one stroke and coordinate breathing as appropriate for the stroke being used.

Swim at the surface and below the water.

Move in a clear, fluent and expressive manner.

Choose appropriate tactics to cause problems for the opposition.



Compete with others and aim to improve personal best performance.



Run over a longer distance, conserving energy in order to sustain performance.

Show an ability to both lead and form part of a team.



YEAR 4

Start to work as a team to gain an advantage in game play.

Explore different speeds of movements.

Show resilience when plans do not work and initiative to try new ways of working.

To perform in front of others with confidence.

Begin to use jumping with a range of gymnastic movements (travelling, springing, vaulting etc).



Put face in water and blow bubbles.

Sprint and run in different directions.

Perform an individual and paired counter balance and counter tension balance and hold for 5 seconds.

Use a variety of jumps to tackle different obstacles.



Begin to understand how different orientation devices (maps, compasses) work.

Understand how breathing patterns can help to remain calm and help swimming movements.

YEAR 3

Learn different catching techniques and develop confidence to catch different sized balls.

Develop bridging and rolling skills.

Use a variety of jumps to tackle different obstacles.

Begin to understand how different orientation devices (maps, compasses) work.

Fully submerge under water.

Skip without a rope.

Move in a variety of ways in and out of cones and obstacles.

Link a short series of dance sequences together.

Control a ball accurately.

Begin to understand the tactics for attacking and defending.

Play a game with a set of rules and follow them.

KS1

