

Progression of skills through the St Michael's PE curriculum

Physical Education Outcomes EYFS - Year 3

EYFS – Sycamore class	Year 1 – Willow class	Year 2 – Cherry class	Year 3 – Redwood class
<ul style="list-style-type: none"> Mounts stairs, steps or climbing equipment using alternate feet. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles Can stand momentarily on one foot. Can catch a large ball. Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching, or kicking it. Observes the effect of activity on their bodies. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks Initiates new combinations of movement and gesture to express and respond to feelings, ideas and experiences Plays alongside other children who are engaged in the same theme. Plays cooperatively as a part of a group 	<ul style="list-style-type: none"> Throw and catch displaying a degree of competency, in isolation and in varied environments Demonstrate changes of direction, level & speed Show an awareness of how the body functions/changes during exercise Repeat and Perform sequences of movements Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team With guidance participate displaying respect, fair play and working well with others 	<ul style="list-style-type: none"> Throw and catch displaying competency, in isolation and in varied environments Demonstrate changes of direction, speed & level during performances or in competitive environments Show an awareness of how the body changes/functions during exercise Perform and repeat sequences of movements Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) Use FUNdamentals of movement to employ simple tactics in varied environments With guidance participate displaying respect, fair play and working well with others 	<ul style="list-style-type: none"> Throw and catch displaying with accuracy, in isolation and varied environments Demonstrate changes of direction, speed & level in competitive environments or during performances Demonstrates a clear understanding of how the body changes/functions during exercise Moves in a fluent and expressive manner Plan, perform and repeat sequences of movements in a group Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) Use FUNdamentals of movement to employ simple tactics in competitive environments Swim 25m unaided Displays an understanding of fair play, respect and working well with others

Physical Education Outcomes Year 4 – Year 6

Year 4 – Elm class	Year 5 – Beech class	Year 6 – Oak class
<ul style="list-style-type: none"> • Utilise changes of direction, speed & level during performances/competition to succeed • Select and utilise appropriate tactics and techniques to cause problems for opponents • Demonstrates a developed understanding of how the body changes/functions during exercise • Create movements that convey a clear stimulus, refining these movements into sequences • Displays 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, demonstrates proficiency in a range of strokes • 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. 	<ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve various fitness components • Compose 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 anticipating the direction of play. • Utilise new skills in competitive situations, as an individual or part of a team • Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run • Swim 50m fluently with controlled strokes (breaststroke, front and back.) 	<ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve all fitness components • Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely • Create complex, demanding and well executed sequences containing a variety of gymnastic components • Display an understanding of fair play, working well with others and leading a large group • Field, defend and attack tactically by anticipating and reacting to the direction of play. • Utilise new skills in competitive situations, as an individual or part of a team • Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles) • Swim 100m fluently with controlled strokes (breaststroke, front and back.)