



Greasley Beauvale Primary and Nursery School
PE Curriculum



	Knowledge	Skills	Vocabulary
Nursery			Move, stop, space, balance, jump, run, walk, fast, slow, turn, stretch
Reception	<p>Gymnastics Stand on one leg and hold a pose Demonstrate improving balance</p> <p>Basic movements and Team games Negotiate space safely considering others Understand turn taking</p> <p>Dance Move to music in time</p>	<p>know the impact that a movement will have on an object know a variety of ways to move</p>	<p>Balance, pose, turn-taking, space, movement, music, rhythm, safe, travel, hop, skip, jump</p>
Year 1	<p>Gymnastics make body curled, tense, stretched and relaxed control body when travelling and balancing copy sequences and repeat them roll, curl, travel and balance in different ways</p> <p>Basic movements and Team games throw underarm throw and kick in different ways</p> <p>Dance</p> <ul style="list-style-type: none"> • perform own dance moves • copy or make up a short dance • move safely in a space 	<p>begin to demonstrate and explain how to throw and kick the ball in different ways being to compare and contrast fundamental movement skills being to sequence simple movements together begin to compose dance movements made up of taught skills and invented ones begin to evaluate my own performance</p>	<p>Curl, tense, stretch, relax, sequence, roll, underarm, kick, throw, copy, balance, dance, evaluate, compare, compose</p>
Year 2	<p>Gymnastics plan and perform a sequence of movements improve sequence based on feedback think of more than one way to create a sequence which follows some 'rules'</p> <p>Basic movements and Team games</p>	<p>explain the reasons for chosen movement sequences Apply rules to a game situation Compare and contrast dances which show different moods or feelings. Suggest own ideas for improvements in movement in own and others work Reflect how things learnt can be applied in other games Evaluate my own performance and the performance of others.</p>	<p>Sequence, feedback, tactic, rules, rhythm, speed, level, direction, mood, feeling, reflect,</p>



Greasley Beauvale Primary and Nursery School PE Curriculum



	<p>use hitting, kicking and/or rolling in a game decide the best space to be in during a game use a tactic in a game follow rules</p> <p>Dance</p> <ul style="list-style-type: none"> change rhythm, speed, level and direction in dance make a sequence by linking sections together use dance to show a mood or feeling 		<p>suggest, improve, apply</p>
Year 3	<p>Gymnastics adapt sequences to suit different types of apparatus and criteria explain how strength and suppleness affect performance include change of speed and direction in a sequence work with a partner to create, repeat and improve a sequence with at least three phases</p> <p>Swimming</p> <ul style="list-style-type: none"> swim competently and confidently to 25 metres. begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke <p>know and demonstrate how to stay safe in the water.</p> <p>Competitive Games and Athletics</p> <ul style="list-style-type: none"> be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly run at fast, medium and slow speeds; changing speed and direction take part in a relay, remembering when to run and what to do 	<p>Begin to explain rules and use them when playing a game Begin to apply tactics and strategy to a game appropriately begin to justify choices for sequences of movements and dances Begin to compare and contrast different dances and gymnastics routines Begin to predict what might happen in a game Begin to evaluate the performance of myself and others Begin to create a new play/ strategy for a new game</p>	<p>Apparatus, criteria, strength, suppleness, direction, speed, partner, relay, strategy, predict, justify, evaluate, create</p>
Year 4	<p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently to 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke. know, demonstrate and understand the importance of staying safe in the water. <p>Competitive Games and Athletics</p> <ul style="list-style-type: none"> sprint over a short distance and show stamina when running over a long distance jump in different ways throw in different ways and hit a target, when needed throw and catch accurately with one hand hit a ball accurately with control 	<p>Explain rules and use them when playing a game Apply tactics and strategy to a game appropriately Justify choices for sequences of movements and dances Compare and contrast different dances and gymnastics routines Predict what might happen in a game Evaluate the performance of myself and others Create a new play/ strategy for a new game</p>	<p>Stamina, sprint, jump, throw, catch, control, tactics, adapt, compare, contrast, analyse, performance</p>



Greasley Beauvale Primary and Nursery School PE Curriculum



	vary tactics and adapt skills depending on what is happening in a game		
Year 5	<p>Gymnastics make complex extended sequences combine action, balance and shape perform consistently to different audiences combine own work with that of others sequences to specific timings</p> <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke. <p>begin to perform safe self-rescue in different water-based situations.</p> <p>Competitive Games and Athletics controlled when taking off and landing throw with increasing accuracy combine running and jumping gain possession by working a team and pass in different ways choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot</p> <p>Dance</p> <ul style="list-style-type: none"> compose own dances and develop sequences in a creative way – improvise feely perform dance to an accompaniment dance shows clarity, fluency, accuracy and consistency 	<p>Begin to explain why moves/movements will be effective Begin to explain the rules of different games and use them to play fairly Begin to demonstrate and explain strategy and tactics in my play Begin to explain why movements or combinations of movements will be effective Begin to analyse and use own strengths and the strengths of others in team work Begin to create a new play, strategy or game Begin to predict what might happen following a particular strategy or tactic. Begin to reflect on how things that I've learned could be applied elsewhere Begin to evaluate and reflect on my own performance and that of others Begin to refine performances following evaluation</p>	<p>Sequence, timing, possession, dribble, shoot, defend, attack, improvise, fluency, accuracy, consistency, refine, reflect</p>
Year 6	<p>Competitive Games and Athletics agree and explain rules to others work as a team and communicate a plan lead others in a game situation when the need arises demonstrate stamina and increase strength</p> <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke perform safe self-rescue in different water-based situations. 	<p>Explain the rules of different games and use them to play fairly Demonstrate and explain strategy and tactics in my play Explain why movements or combinations of movements will be effective Analyse and use own strengths and the strengths of others in team work Create a new play, strategy or game Predict what might happen following a particular strategy or tactic. Reflect on how things that I've learned could be applied elsewhere Evaluate and reflect on my own performance and that of others Refine performances following evaluation</p>	<p>Communicate, lead, stamina, strength, rescue, strategy, teamwork, evaluate, refine, predict, apply, analyse</p>