

# Riston C of E Primary School

## PE Non Negotiables



PE skills should be taught when linked to projects where possible to ensure real world application.

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/ Athletics	Show control and coordination when travelling and balancing.  Roll, jump, throw and balance with some control.	Balance on different points of the body.  Travel at different speeds in a variety of ways.  Jump with accuracy from a standing position.	Control a balance.  Combine techniques for a fluid sequence.  Show control and accuracy within throwing and jumping movements.	Use a range of throwing, jumping and running speeds with control, accuracy and coordination.  Demonstrate strength and flexibility in movements.	Control a take-off and landing.  Combine a range of running, jumping and throwing techniques.  Create a fluid sequence applying learnt skills.	Show accuracy, control, speed, strength and stamina consistently within a range of movements.  Develop and adapt techniques to improve performance.
Team games	Move or stop to catch or collect a ball.  Decide where to stand to make it difficult for the opposing team.	Decide on the best position and move accordingly.  Understand basic tactics of a game.	Develop fielding and possession skills.  Begin to apply tactics and rules in a game.	Apply and explain rules and tactics of a variety of games.  Keep and control the possession of a ball.  Field with control.	Explain rules and tactics in detail.  To work in a team or alone to gain possession of a ball.	Gain possession confidently and apply attacking and defending skills.  Apply understanding of rules and tactics e.g. officiating
Dance and movement	Perform some simple dance moves.  Demonstrate rhythm and control.	Perform dance actions with control and co-ordination.  Link two or more actions together.	Refine movements to create a basic dance sequence to match a purpose.	Refine movements to create a more complex sequence to match a purpose.  Movements are clear and fluent.	When composing it is imaginative, creative and expressive.  Movements show control.	Perform dances using advanced techniques with a range of dance styles and forms.
Outdoor Adventurous activities	Follow a simple course using a basic map.	Developing knowledge of maps and diagrams to	Works collaboratively to move from one	Works collaboratively using a map to solve	Orientate self to solve problems, locating particular places.	Confidently orientate self and others to solve a

	Willingness to work and communicate as part of a team.	travel around a course.  Shows some awareness of safety.	place to another using a map.  Can identify potential risks.	problems with confidence.  Identify risks and advise others.	Adapt actions to changing situations.	problem in a more unfamiliar environment.  Develop skills to solve problems in intellectual and physical challenges.
Swimming and Water Safety (Y4)	N/A	N/A	N//A	Over the year: Immerse body in the water confidently.  Explore different strokes and use at least one basic stroke confidently, breathing properly.  If using floats, swim with a controlled leg kick.  Co-ordination and control in arm and	N/A	Any child not meeting the 25m requirement will receive swimming intervention.

## Key Skills

- ✓ Basic sports skills- kicking, throwing catching etc
- ✓ Team games rules
- ✓ Experience of types of PE
- ✓ In depth knowledge of specific sports