

Whole School P.E. Curriculum 2023-2024 – Year 1

Autumn 1 FMS	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can run within a space. - I can jump within a space. - I can hop into open space. - I can gallop/ skip into open space. - I can balance on a spot.	- I can dribble a football. - I can pass a football. - I can control a football. - I can shoot a football. - I can participate in football games.	- I can move within an area. - I know how to hold a variety of basic shapes. - I can learn a variety of jumps. - I can perform two shapes to make a sequence.	- I can count the number of beats in a song. - I can perform actions using my upper body. - I can perform actions with my lower body. - I can perform actions to form a dance sequence.	- I know how to hold a bat to strike a ball. - I know how to field a ball. - I know how to bowl a ball. - I know how to ball a ball at a target. - I can participate in cricket games.	- I can sprint 30m. - I can sprint in a relay race. - I can throw a bean bag a far distance. - I can perform a standing jump. - I can participate in a balance race.

Whole School P.E. Curriculum 2023-2024 – Year 2

Autumn 1 FMS	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can move into an open space. - I can jump within a space. - I can hop into an open space. - I can gallop/skip into open space. - I can balance within a space. - I can balance while in motion.	- I can dribble a football within an area using my laces. - I can pass a football to a team mate. - I can control a football using the inside part of my foot. - I can shoot a football using my laces. - I can play football competitively one on one.	- I can move within an area. - I know how to perform a variety of basic shapes. - I can learn a variety of jumps. - I can perform three shapes to make a sequence. - I know how to perform a balance in a stationary position.	- I can count the number of beats in a song. - I can perform actions using my upper body. - I can perform actions using my lower body. - I can create a dance sequence. - I can create my own dance sequence. - I can move in time with others.	- I know how to hold a bat to strike a ball into a space. - I can bowl a ball at a target. - I can throw a ball at a target. - I can field a ball to stop it getting past. - I can participate in cricket games.	- I can sprint 30m. - I can sprint in a relay race. - I can throw a bean bag a far distance. - I can perform a standing long jump. - I can participate in a balance race.

Whole School P.E. Curriculum 2023-2024 – Year 3

Autumn 1 Tag Rugby	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can carry a ball into open space. - I can dodge an opponent. - I can pass a rugby ball. - I can pass a rugby ball within a space. - I can catch a rugby ball within a space. - I can play tag rugby as part of a small team.	- I can dribble a football within an area using my laces. - I can pass a football accurately. - I can control a football using the inside part of my foot. - I can shoot a football using the inside part of my foot and my laces. - I can play football competitively as part of a small team.	- I can move with control within an area. - I know how to perform a variety of basic shapes. - I can perform a variety of jumps. - I can perform four shapes to make a sequence. - I can perform a balance while stationary and in motion.	- I can count the number of beats in a song. - I can perform actions using my upper body to a rhythm. - I can perform actions using my lower body to a rhythm. - I can perform three actions to form a dance sequence. - I can create my own dance sequence - I can move in time with others.	- I know how to hold a bat to strike a ball into a space. - I can bowl a ball at a target. - I can throw a ball at a target. - I can field a ball to stop it getting past. - I can participate in cricket games.	- I can sprint 50m at a fast speed. - I can sprint in a relay race. - I can throw a javelin into a space. - I can perform a standing long jump. - I can throw a shotput into a space. - I can participate in a balance race.

Whole School P.E. Curriculum 2023-2024 – Year 4

Autumn 1 Tag Rugby	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can carry a ball into open space. - I can dodge an opponent. - I can pass a rugby ball within a space. - I can catch a rugby ball within a space. - I can play tag rugby as part of a small team.	- I can dribble a football and change direction within a space. - I can pass a football accurately. - I can control a football that is passed to me. - I can shoot a football accurately. - I can play football competitively as part of a small team.	- I can move with control within an area. - I know how to perform a variety of basic shapes. - I can perform a variety of jumps. - I can perform a variety of jumps in motion. - I can perform four shapes to make a sequence. - I can perform a balance while stationary and in motion.	- I can count the number of beats in a song. - I can perform actions using my upper body to a rhythm. - I can perform actions using my lower body to a rhythm. - I can perform four actions to form a dance sequence. - I can create my own dance sequence - I can move in time with others.	- I know how to hold a bat to strike a ball into space. - I can bowl a ball at a target. - I can throw a ball at a target. - I can field a ball to stop it getting past. - I can participate in cricket games.	- I can sprint 50m at a fast speed. - I can sprint in a relay race. - I can throw a javelin into a space. - I can perform a standing long jump. - I can throw a shotput into a space. - I can participate in a balance race.

Whole School P.E. Curriculum 2023-2024 – Year 5

Autumn 1 Tag Rugby	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can carry a ball into emerging open spaces at speed. - I can dodge multiple opponents. - I can pass a rugby ball backwards within a space. - I can catch a rugby ball within a space. - I can play tag rugby as part of a team.	- I can dribble a football into emerging open spaces. - I can change direction with a football at increasing speeds. - I can pass a football accurately. - I can control a football using different parts of my foot. - I can shoot a football accurately using different parts of my foot. - I can play football competitively as part of a team.	- I can move with increasing control within an area. - I know how to perform a variety of basic shapes. - I can perform a variety of jumps. - I can perform a variety of jumps whilst in motion. - I can perform four shapes to make a sequence. - I can perform a balance whilst in motion.	- I can count the number of beats in a song. - I can perform actions to a rhythm. - I can plan actions to make a dance sequence. - I can perform five actions to form a dance sequence. - I can create my own dance sequence. - I can move in time with others.	- I know how to hold a bat to strike a ball into open space. - I can bowl a ball accurately at a target. - I can throw a ball accurately at a target. - I can effectively field a ball to stop it getting past. - I can participate in cricket games as part of a small team.	- I can sprint 50m at a fast speed. - I can sprint in a relay race. - I can throw a javelin into a space. - I can perform a standing long jump. - I can throw a shotput into a space. - I can participate in a balance race.

Whole School P.E. Curriculum 2023-2024 – Year 6

Autumn 1 Tag Rugby	Autumn 2 Football	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Cricket	Summer 2 Athletics
- I can carry a ball into emerging open spaces at speed. - I can dodge multiple opponents. - I can pass a rugby ball backwards within a space. - I can catch a rugby ball within a space. - I can play a tag rugby as part of a team.	- I can dribble a football into emerging open spaces. - I can change direction with a football at increasing speeds. - I can pass a football accurately. - I can control a football using different parts of my foot. - I can shoot a ball accurately using different parts of my foot. - I can play football as part of a team.	- I can move with increasing control within an area. - I know how to perform a variety of basic shapes. - I can perform a variety of jumps - I can perform a variety of jumps whilst in motion. - I can perform five shapes to make a sequence. - I can perform a balance whilst in motion.	- I can count the number of beats in a song. - I can perform actions to a rhythm. - I can plan actions to make a dance sequence. - I can perform five actions to form a dance sequence. - I can create my own dance sequence. - I can move in time with others.	- I know how to hold a bat to strike a ball into open space. - I can bowl a ball accurately at a target. - I can throw a ball accurately at a target. - I can effectively field a ball to stop it getting past. - I can participate in cricket games as part of a small team.	- I can sprint 50m at a fast speed. - I can sprint in a relay race. - I can throw a javelin into a space. - I can perform a standing long jump. - I can throw a shotput into a space. - I can participate in a balance race.