

Gymnastics and Dance at Howard Park

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	PE Skills to be covered					
A g e R e l a t e d	<p>* Talk about their performance and others. * Copy, explore and move with control and care.</p>	<p>* Talk about their own and others performances and say how it can be improved. * Copy and remember actions and move with careful co-ordination. * Plan a sequence of movements which are controlled and balanced on different points of their body. * Choose movements to communicate a mood or feeling.</p>	<p>* Talk about how their work is similar to and different from other performances. * Create a dance routine to communicate an idea and improvise.</p>	<p>* Talk about how their work is similar to and different from other performances and say how it can be improved. * Create a gymnastic routine with co-ordination, in a controlled way, and choose dynamics to improve my strength. * Create a dance routine which communicates a mood.</p>	<p>* Create a complex gymnastic sequence of movements combining direction, level and speed which are accurate and consistent. * Compose their own dance routine which express emotion or feeling for an audience.</p>	<p>* Link and adapt actions together into a well-timed gymnastic sequence including balance, shapes, levels and actions.</p>
C h a l l e n g e	<p>Compare their performances with others Move freely with control and care</p>	<p>* Talk about their own and others performances but also model how to improve it * Plan a sequence of movements which are controlled and balanced in ways which are challenging * Move in a way that links appropriately to the music</p>	<ul style="list-style-type: none"> • Talk about their work and understand why theirs is a strong performance • Create a dance routine and improvise in a way which isn't obvious 	<p>Model how to improve performances to others Have the strength to perform dynamic movement Create a dance routine which clearly communicates a mood.</p>	<p>* Create a complex gymnastic sequence of movements combining direction, level and speed which are accurate and consistent seamlessly * Compose their own dance routine which express emotion or feeling for an audience and be able to adapt this</p>	<p>* Link and adapt actions together into a well-timed gymnastic sequence including balance, shapes, levels and actions both independently and as a group</p>

Invasion Games at Howard Park

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	PE Skills to be covered					
	<p>- Use a ball to roll, hit, catch and kick.</p>	<p>* Talk about tactics for games using the correct vocabulary.</p> <p>* Use a variety of balls to roll, hit, catch and kick.</p>	<p>- Play as part of a team and use the equipment accurately.</p>	<p>* Play as part of a team, develop tactics and use equipment correctly.</p>	<p>* Talk about the skills, techniques and ideas in their own work in others' and how to use it to improve their own performance.</p> <p>* Talk about and explain skills, techniques and ideas and apply them appropriately.</p> <p>* Talk about the skills, techniques and ideas in their own work in others' and how to use it to improve their own performance.</p> <p>* Talk about and explain skills, techniques and ideas and apply them appropriately.</p>	<p>-Select, combine and apply skills, techniques and ideas appropriately and Consistency.</p> <p>* Use tactics and follow rules, plan an approach to attacking and defending and use a range of shots, strokes and strikes to a ball.</p>
C h a l l e n g e	<p>Apply appropriate force to the roll, hit, catch or kick.</p>	<ul style="list-style-type: none"> - Begin to think about how to adapt to other people's tactics - Know which ball is the most appropriate 	<ul style="list-style-type: none"> - Play to the strengths of others in your team 	<ul style="list-style-type: none"> - Play as a part of a team, develop and adapt the tactics by use of positive communication whilst using the equipment correctly. 	<ul style="list-style-type: none"> - Helps other children to improve their performance via clear and confident coaching - Finds 'marginal gains' when assessing their own techniques 	<ul style="list-style-type: none"> - Consistently standing out in team sport whilst maintaining the appropriate use of the techniques - Adapting tactically mid game and communicating this to team mates and almost always making the right pass, shot or decision

Net and Wall at Howard Park

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	PE Skills to be covered					
	<p>Use a ball/shuttlecock to hit</p> <p>Try hitting a ball/shuttlecock over a net or over another similar piece of equipment.</p>	<p>Talk about Different sports that may use a racket or use a net to hit over, using the correct vocabulary.</p> <p>Use a variety of balls/ Equipment to hit</p>	<p>Discuss which skills are appropriate for each discipline.</p> <p>Play as part of a team and use the equipment accurately</p>	<p>Play as part of a team as well as working individually in certain games, develop tactics and use equipment correctly.</p> <p>Use underarm, over arm shots and practice serves.</p>	<p>Use fore and backhand shots and serves.</p> <p>Talk about and explain skills, techniques and ideas and apply them appropriately.</p>	<p>Analyse and comment on skills and techniques and how they are applied in my own and others' work and use them to refine and improve my own performance.</p> <p>Select, combine and apply skills, techniques and ideas appropriately and consistency.</p> <p>Use a range of shots and tactics</p>
C h a l l e n g e	<p>Hit the ball in a controlled manor</p>	<p>Explain why some tactics are better than others</p> <p>Apply appropriate force to different types of balls</p>	<p>Understand why different shot types are used in different racket sports</p> <p>Communicate well with a partner when playing tennis and badminton and move around the court in a way that begins to challenge opponents</p>	<p>Communicate well with a partner when playing tennis and badminton and move around the court in a way that begins to challenge opponents</p> <p>Select the correct shot type the vast majority of the time</p>	<p>Use fore and backhand adjusting the pace of the ball to work the opponent.</p> <p>Understand why changing the pace of the ball is an important skill and be able to demonstrate to others how to do so.</p>	<p>Critically analyse their own shots and tactics and identify 'marginal gains'.</p>

Net and Wall at Howard Park

Striking and Fielding at Howard Park

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	PE Skills to be covered					
	<p>Use a ball to roll and hit</p> <p>Play as a team and work individually</p>	<p>Talk about games using the correct vocabulary.</p> <p>Use a variety of balls to roll, hit, catch and kick.</p> <p>Play as a team and individually</p>	<p>Play as part of a team and use the equipment accurately.</p> <p>Use underarm, over arm to hit a target.</p>	<p>Use underarm, overarm, putting and hurling, to hit a target.</p> <p>Play as part of a team, develop tactics and use equipment correctly.</p>	<p>Strike a bowled ball</p> <p>Talk about and explain skills, techniques and ideas and apply them appropriately.</p>	<p>Analyse and comment on skills and techniques and how they are applied in my own and others' work and use them to refine and improve my own performance.</p> <p>Select, combine and apply skills, techniques and ideas appropriately and consistency.</p> <p>Use a range of strokes and tactics</p>
C h a l l e n g e	<p>Know which ball is best suited</p>	<p>Explain why some tactics are better than others</p> <p>Apply appropriate force to different types of balls</p>	<p>Understand why different shot types are used in cricket</p> <p>Communicate well with a partner when batting and fielding.</p> <p>Adjust shot selection to counter the bowling and fielding</p>	<p>Selects the appropriate type of throw at all times</p> <p>Deep thought about shot selection, when to run and fielding positions</p>	<p>Strike a bowled ball with a clean strike</p> <p>Explain why they selected the shot type and why other shot types wouldn't be appropriate</p>	<p>Look at peers batting and fielding techniques and offer and model improvements</p> <p>Show a clear understanding between defensive and offensive shot styles</p> <p>Show a clear understanding of defensive and offensive fielding positions</p>

Striking and Fielding at Howard Park