

P.E.

Y3

- Use running, jumping, throwing & catching in isolation and combination (multiskills and athletics)
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (multiskills, striking & fielding, hockey, tri-golf)
- Develop flexibility, strength, technique, control and balance (gymnastics and dance)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team (orienteeing)
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Y4

- Use running, jumping, throwing & catching in isolation and combination (multiskills and athletics)
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (table tennis, multiskills linked with invasion games, tennis and striking & fielding)
- Develop flexibility, strength, technique, control and balance (gymnastics and dance)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team (orienteeing)
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Swim competently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- Perform safe self-rescue in different water based situations

Y5

- Use running, jumping, throwing & catching in isolation and combination (multiskills and athletics)
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (multiskills, netball, tennis, ultimate frisbee and striking & fielding activities)
- Develop flexibility, strength, technique, control and balance (gymnastics and dance)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team (orienteeing)
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Y6

- Use running, jumping, throwing & catching in isolation and combination (multiskills and athletics)
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (tennis, squash, basketball, ultimate frisbee and striking & fielding activities)
- Develop flexibility, strength, technique, control and balance (gymnastics and dance)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team (Calshot week)
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best