

PE

	EYFS	Years 1 & 2	Years 3 & 4	Year 5 & 6
COMMUNICATION		Year 1 <ul style="list-style-type: none"> Discuss own performances. Discuss how to improve in different physical activities. Year 2 <ul style="list-style-type: none"> Evaluate own and others' performances. Identify how to improve in different physical activities 	Year 3 <ul style="list-style-type: none"> Communicate and compete with each other. Begin to show an understanding of how to improve own and others' performances. Year 4 <ul style="list-style-type: none"> Communicate and compete with each other. Understand how to improve own and others' performances 	Year 5 <ul style="list-style-type: none"> Communicate, collaborate, and compete with each other in order to inspire self and others to succeed and excel. Evaluate and recognise own and others' success and identify strategies for improvement. Year 6 <ul style="list-style-type: none"> Communicate, collaborate, and compete with each other in order to inspire self and others to succeed and excel. Evaluate and recognise own and others' success and identify strategies for improvement.
COMPETENCE	<ul style="list-style-type: none"> Show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space 	Year 1 <ul style="list-style-type: none"> Practise basic movements including running, jumping, throwing, and catching. Develop balance and agility. Year 2 <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching. Develop and apply balance, agility, and co-ordination 	Year 3 <ul style="list-style-type: none"> Begin to use running, jumping, throwing, and catching in isolation and in combination. Further develop flexibility, strength, control, and balance Year 4 <ul style="list-style-type: none"> Use running, jumping, throwing, and catching in isolation and in combination. Further develop flexibility, strength, technique, control, and balance 	Year 5 <ul style="list-style-type: none"> Use a broad range of skills in isolation and in combination to become physically confident. Develop mastery of flexibility, strength, technique, control and balance Year 6 <ul style="list-style-type: none"> Use a broad range of skills in isolation and in combination to become physically confident. Master flexibility, strength, technique, control and balance
PARTICIPATION		Year 1 <ul style="list-style-type: none"> Participate in team games. Begin to develop simple tactics for attacking and defending. Year 2 <ul style="list-style-type: none"> Participate in team games following simple rules. Develop simple tactics for attacking and defending 	Year 2 <ul style="list-style-type: none"> Participate in team games understanding the rules. Develop a wider range of tactics for attacking and defending. Participate in outdoor and adventurous activities. Year 4 <ul style="list-style-type: none"> Play competitive games and demonstrate their sense of sportsmanship e.g. fairness and respect. Understand basic principles suitable for attacking and defending. Participate in outdoor and adventurous activities 	Year 5 <ul style="list-style-type: none"> Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship. Apply principles suitable for attacking and defending. Participate in outdoor and adventurous activities. Year 6 <ul style="list-style-type: none"> Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship. Apply range of principles suitable for attacking and defending Participate in outdoor and adventurous activities.
PERFORMANCE	<ul style="list-style-type: none"> Sing songs, make music and dance and experiment with ways of changing them. Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories 	Year 1 <ul style="list-style-type: none"> Perform simple dances. Year 2 <ul style="list-style-type: none"> Perform dances using simple movement patterns 	Year 3 <ul style="list-style-type: none"> Perform dances and gymnastic routines on own and with others using movement patterns. Compare performances with previous ones. Begin to demonstrate improvement to achieve personal best. Year 4 <ul style="list-style-type: none"> Perform dances and gymnastic routines on own and with others using movement patterns. Compare performances with previous ones. Demonstrate improvement to achieve personal best 	Year 5 <ul style="list-style-type: none"> Perform dances and gymnastic routines on own and with others using a range of movement patterns. Evaluate and compare performances with previous ones. Demonstrate improvement to achieve personal best. Year 6 <ul style="list-style-type: none"> Perform dances and gymnastic routines on own and with others using a range of movement patterns. Evaluate and compare performances with previous ones. Demonstrate improvement to achieve personal best.