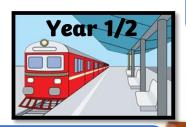
Subject: PE Cycle: A



Personal

Follow instructions, work on simple tasks by myself and practice safely. Footwork and one leg balance

Social

Help, praise and encourage others. Jumping landing. Static and balance, seated.

Physical through basket ball

Link actions together so they flow. Perform varietu movements and skills good body Jumping tension. and landing. Static balance on one leg.

Health and fitness through cricket

Record and monitor how exercise tσ Static

Health and fitness

Aware σf exercise important for good health. chasing and floor work

Creative

Explore and describe different movements. Ball skills. counter balance with a partner.

Cognitive

Name some things I am good at. Understand and follow simple rules. Balance on a line. Static balance, stance.

Personal

safely, Practice follow instructions and work on simple myself. tasks by Footwork and balance on one

MAT



Social

Show patience and support others listening carefully to them about our work. I am happy to show and tell others about my Jumping and landing. Static balance, seated.

Year 3/4

Cognitive

Name some things am at and good follow simple rules. Balance line. αv Static balance. stance.

Physical

Physical

Perform a small range of skills and

Perform a single skill or movement

with some control. Sending and

two movements

receiving. Reaction/ response

Perform a small range of skills and link two movements together. Perform a single skill or movement with some control. Sending and receiving. Reaction/ response

Social

Work sensibly with others, take turns and share. Jumping and landing. Seated static balance

Personal

I know where I am with my learning and I have begun to challenge myself. Footwork and static balance on one leq.

Cognitive

Explain what I am well and doing tσ identifu begin areas improvement.

Balance on a line and ball skills

Creative through football

Change tactics, rules or tasks to make activities more fun challenging. Develop sequences that express my own ideas. Floor work. Static balance, seated

Creative

Explore and describe different movements. Ball skills and counter balance with a partner.

responsibilities

Cooperate well

line.

Social

a

and

Health and fitness

together.

σf whu Aware exercise is important for good health. Ball chasing and floor work

Creative

Respond differently to a variety of tasks. Make up my own rules and versions of activities. Sending and receiving. Counter balance with a partner.

Year 5/6

Physical

Select and apply a range of skills with good control and consistency. Perform and repeat longer sequences with clear shapes and controlled movement. Reaction/ response.

Floors work.

Health and fitness

Explain why we need to warm up and cool down. Explain why and how my body changes during and after exercise. Ball chasing. Static balance, stance.

hard I am working. Explain how often and how long I should healthy. Describe the basic fitness components. balance, stance. Footwork.

Cognitive

Understand ways to judge performance and use awareness of space and others to make good decisions. Ball skills. Reaction/ response

telp organise roles and

through

others

feedback.

balance

partner.

quide a small group task. with give Balance on Counter with

Personal

Persevere with a task and improve performance through practice. Cope well and positively react when things become difficult.

Sending/receiving/. Ball chasina

Subject: PE Cycle: B



Personal

Try several times if at first I don't succeed and ask for help when appropriate. Footwork and one leg balance

Social

Help, praise and encourage others in their learning. Jumping and landing. Static balance, seated.

Physical through basket ball

actions together so they flow. Perform a varietu movements and with good skills body tension. Jumping and

balance on one

landing.

Health and fitness through cricket

Static

Record and monitor how hard I am working. Explain how often and how long I should exercise to be healthy. Describe the basic fitness components. Static balance, stance. Footwork.

Health and fitness

σf Aware whu exercise is important for good health. Ball chasing and floor work

With help recognise

performance. Explain

working or performing

well. Balance on a

line. Static balance,

someone

similarities

differences

whu

stance.

Static

Creative

Explore and describe different movements. Ball skills, counter balance with a partner.

Cognitive

Name some things I am good at. Understand and follow simple rules. Balance on a line. Static balance, stance.

and

Jumping

landing.

static balance

Personal

safely Practice follow instructions and work simple tasks by myself. Footwork and balance on one leg.





Show patience and support others listening carefully to them about our work. I am happy to show and tell others about my ideas. Jumping and landing. Static balance, seated.

Cognitive

Explain what I am doing well and begin to identify areas improvement

Balance on a line and ball skills.

Physical

a range of skills

with good control

and consistency.

response. Floors

Reaction/

work.

Health and fitness

Physical

Perform a small range of skills and link two movements together. Perform a single skill or movement with some control. Sending and receiving. Reaction/ response

Physical

Perform a sequence of movements with some changes in level/direction/ speed. Perform a single skill or movement with control some and consistency. Sending and receivina. Reaction/ response

Creative

Select and link movements together to fit a theme. Begin to compare my movements and skills with those of others.

Ball skills and counter balance with a partner.

share. and Seated

Social

Work sensibly with

others, take turns

I know where I am with my learning and I have begun to challenge myself. Footwork and static balance on one

movements and expression. Make up my own rules and versions of activities. Sending and receiving. Counter balance with a partner.

MARIT

Creative

Year 3/4

Recognise similarities and differences in

Creative through

football

Change tactics, rules or

tasks to make activities

more fun or challenging.

Develop sequences that

express my own ideas.

Floor work.

balance, seated

Cognitive

Understand ways to judge performance and use awareness of space and others to make good Ball skills. decisions. Reaction/ response

Help organise roles and responsibilities and quide a small group through a task. Cooperate well with

others and give feedback Balance on a line. Counter balance with a partner.

Personal

equipment

Health and fitness

appropriately, move and

land safely. Say how my

body feels before, during

and after exercise. Ball

chasing and floor work

Persevere with a task and improve on my performance through practice. Cope well and react positively when things difficult. **Sending/** become receiving/. Ball chasing

Year 5/6

Explain why we need to warm up and cool down. Explain why and how my body changes during and after exercise. Ball chasing. Static balance. stance.