



# MOUNTFIELDS LODGE CORE LEARNING

## PHYSICAL EDUCATION

EXPLORE PERSEVERE INDEPENDENT COMMUNICATE



Year 1/2	Year 3/4	Year 5/6
<b>Games</b> Use rolling, hitting, running and jumping, catching and kicking skills in combination. Use terms 'opponent' and 'team mate'	<b>Games</b> Throw, catch and strike with control and accuracy. Follow the rules of a game and play fairly acting as a respectable team member.	<b>Games</b> Combine techniques in game situations (running, throwing, catching, passing, jumping and kicking). Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.
<b>Athletics</b> co-operate with others working in partners or as part of a small team.	<b>Athletics</b> Compete with others and aim to improve personal best performances.	<b>Athletics</b> Compete with others and keep track of personal best performances, setting targets for improvement
<b>Dance</b> Copy and remember moves and positions. Link two or more actions to perform a sequence.	<b>Dance</b> Plan, perform and repeat sequences. Create dances and movements that convey a definite idea.	<b>Dance</b> Compose creative and imaginative dance sequences. Perform and create complex sequences.
<b>Gymnastics</b> Move with some control and awareness of space. Hold a position whilst balancing on different points of the body. Stretch and curl to develop flexibility with increasing control	<b>Gymnastics</b> Plan, perform and repeat sequences. Show changes of direction, speed and level during a performance. Travel in a variety of ways, including flight, by transferring weight to generate power in movements	<b>Gymnastics</b> Create complex and well-executed sequences that include a full range of movements Hold shapes that are strong, fluent and expressive. Vary speed, direction, level and body rotation during floor performances.
	<b>Swimming</b> See end of KS2 N.C.expectations	