

PE Summary of Learning and objectives

Nursery	Children to be able to move individually and as a group to music responding with clear body actions. Develop ways of using equipment and apparatus showing body control and co-ordination.
Reception	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively. Work collaboratively with others. Develop children's knowledge and understanding of fitness and health
Year 1	Learn and demonstrate skills used for throwing and catching. Develop basic movements such as running and jumping whilst showing basic balance and co-ordination. Perform dance using simple movement patters, being aware of space and basic timing to music. Develop children's knowledge and understanding of fitness and health
Year 2	Master basic movements such as running, jumping and develop throwing and catching skills. Participate in team games developing simple attacking and defending tactics. Develop balance, agility and co-ordination. Use movement patters in dance, as an individual and as a group in time with music. Develop children's knowledge and understanding of fitness and health.
Year 3	Show a good level of throwing and catching skills. Participate in team games applying simple attacking and defending tactics. Begin to understand and demonstrate the importance of playing as part of a team in competitive games. Demonstrate balance, agility and co-ordination in gymnastics and team games.
Year 4	Be able to play competitive games, modified where appropriate demonstrating teamwork skills, applying basic principles for attacking and defending. Demonstrate throwing, catching and fielding skills. Swim competently, confidently and proficiently over a distance of at least 25m.
Year 5	Use Running, jumping, throwing and catching in isolation and in combination. Play competitive games applying the principles for attacking and defending whilst developing teamwork skills. Begin to understand strengths and weaknesses. Develop flexibility, strength, technique control and balance. Perform dance and gymnastics using a range of movement patters, following guided sequences and creating their own.
Year 6	Children begin to explore different tactics. Develop experience in defending and attacking and be able to identify their strengths and weaknesses. Show an improvement in accuracy when striking, passing, catching or fielding a ball over short distances. Create group sequences in gymnastics and perform group dance following led dance and creating their own. Be able to performances with previous ones. Children are able to embrace leadership, understand team roles demonstrating effective teamwork, and be able umpire games.