



Early Years Skills

Fundamentals

Early Learning Goal 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 well.
 Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage to change their clothes independently.

⚙️	HRF	Gym <small>Link 2 moves</small>	Dance	Games	Athletics	OAA
Physical	To move continuously for 3 mins.	Straight Jump Star Jump Tuck Jump Land in "chair" Move apparatus safely	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Roll a large ball Throw underarm Throw overarm	Jump 2-2, 2-1, 1-2, 1-1 (foot)	Move safely in large space Follow instructions to get from a to b.
	Develop core fitness through Popcorn, simple plank activities	Rock in tuck Rock back /for to squat/stand Log roll Egg roll	Jump on spot/side to side Side to side Up & down } on Turn & spin } different For & back } body parts	Run fast Change speed and direction with control Dodge	Throw beanbag underarm Throw beanbag overarm	Recognise shapes on simple map
	Perform stretches on each major muscle group	Still Bunny Hops Bunny hops across spots Bunny hops Stork Tuck Arch Link up to 3 actions	Show happy and sad Be able to "act" like a toy, character, stimulus	Strike ball with hands along floor Bounce a ball and catch it with 2 hands (still)	Run fast Run for 1 min Run/jump over small hurdles	
Key skills	LEAD Copy actions Follow a partner Follow safety instructions			Evaluate Follow up to 3 rules/ Make up a rule Say what they like about action Explore actions on own Take turns		
	Health Exercise is good for them & is part of healthy lifestyle Heart beating fast is ok How to change for PE on own Know where heart and muscle are.			SMSC Enjoy PE Keep going until succeed Be confident to try new things Take turns with a partner Share equipment		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time **S**



Year 1 Skills

Fundamentals

KS1 Statement

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

	HRF	Gym Link 3 "like" moves in control	Dance	Games	Athletics	OAA
Activity specific skills	To move continuously for 4 mins.	Straight Jump Star Jump Tuck Jump Land in "chair" Bunny hops across spots	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Throw underarm & overarm Bounce a ball and catch it with 2 hands moving	Jump 2-2, 2-1, 1-2, 1-1 (foot) 5 ways of jumping - 2-2,1-2, 2-1, 1-1, 1-1 Different ways of throwing Move with speed and for distance	Move safely in large space Follow instructions to get from a to b.
	To know which body parts are used for each sport	Rock in tuck Rock back /for to squat/stand Log roll Egg roll Travelling in different ways/body parts	Jump on spot/side to side Side to side Up & down } on Turn & spin } different For & back } body parts	Run fast Change speed and direction with control Dodge Balance, agility, coordination tasks Ball handling, control & movement of bean bags & balls Change direction & speed safely	Throw beanbag underarm Throw beanbag overarm To remember and repeat action such as basic jumping and throwing.	Recognise symbols on simple map Work with a small group to solve problems
	To enjoy variety of FUNs fitness activities	Stork Tuck Arch Move apparatus safely Link & repeat 3 actions	Show happy and sad Be able to perform a sequence based upon dinosaurs/animals clowns or circus.	Strike ball with hands along floor	Run fast Run for 1 min Run/jump over hurdles To be able to understand how to change speed whilst running.	To be able to move safely around large areas following a map/directions
Key skills	LEAD Lead a partner in a simple activity Play games safely and fairly by following rules			Evaluate To say what is good about a partner's actions and how they can improve Understand how to score and describe actions		
	Health Know: we breathe air in, size of heart, what muscles in arms/legs do . Show stretches and say what they like about PE			SMSC Enjoy PE Keep going until succeed Work with a partner (s) to follow instructions Praise a partner for good work		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time **S**



Year 2 Skills

Fundamentals

KS1 Statement

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

	HRF	Gym Link 4 moves with partner	Dance	Games	Athletics	OAA
Activity specific skills	To move continuously for 5 mins.	Straight Jump Star Jump Tuck Jump Land in "chair"	March on spot Freeze Fall safely	Catch a ball with 2 hands Kick a large ball Throw underarm & overarm Bounce a ball and catch it with 2 hands Dribble a ball with hands & feet on move	Jump 2-2, 2-1, 1-2, 1-1 (foot) Link ways of jumping together e.g. 1-2 -2 feet. Understand basic principles for greater height, distance	Move safely in large space Follow instructions to get from a to b.
	To develop a fitness activity for a sport action	Log roll Egg roll Dish/Arch roll Forward rolls - rock in tuck-to stand Star shape to sit, Star shape, feet together	Jump on spot/side to side Side to side Up & down on Turn & spin different body parts For & back	Run fast Change speed and direction with control Dodge	Different ways of throwing to gain distance and height Underarm & overarm Run continuously for a minute and be able to change pace in running	Recognise shapes on simple map To be able to describe how to complete a task better To be able to recognise & use symbols on simple maps To identify simple hazards
	To give 2 reasons why warming up before an activity is important.	Still Bunny Hops Bunny hops across spots Bunny hops moving Stork Tuck Arch Arabesque V Sit Move apparatus safely	Gesture Talk about moods & feelings and identify what actions express these feelings Use a variety of music to convey feelings e.g. weather - stormy & calm music	Be able to strike a ball with different equipment To make decisions on when and where to run for scoring & safety	Run fast Run for 3 mins Run/jump over small hurdles To be able to choose a speed for running p	Look and recognise symbols on large plans & simple maps To be able to work cooperatively following a map. To work with a small group to solve problems
Key skills	LEAD Devise own rules to play games safely and fairly & reduce risks Lead a partner through sequence/task			Evaluate To say what is good about a partner's actions and how they can improve Make comparisons between actions		
	Health Know what is the job of the heart, lungs and muscles & what flexibility is. Know what makes a healthy lifestyle			SMSC Enjoy PE Cooperate with a partner (s) to complete a task Keep going at tasks that they find difficult. Appreciate fair play in all tasks		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time **S**



Year 3 Skills Fundamentals

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	HRF	Gym Link 5 contrasting moves	Dance	Games	Athletics	OAA
Activity specific skills	To move continuously for 6 mins.	Straight Jump Star Jump Tuck Jump Scissor kick Add $\frac{1}{4}$. $\frac{1}{2}$. $\frac{3}{4}$ turns to jumps	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Roll a large ball Throw underarm Throw overarm	Jump 2-2, 2-1, 1-2, 1-1 (foot)	Move safely in large space Follow instructions to get from a to b.
	To describe what effects exercise has on their bodies and how it is valuable to their fitness and health.	Log roll Egg roll Dish/Arch roll Forward Rolls - Star shape Forward roll - Feet together Bunny hops across, over bench	Jump on spot/side to side Side to side Up & down } on Turn & spin } different } For & back } body parts	Run fast Change speed and direction with control Dodge	Throw beanbag underarm Throw beanbag overarm	Recognise shapes on simple map
	Can develop their own conditioning exercises.	Stork Tuck Arch Arabesque V Sit Shoulder stand Contrasting balances/shapes Squat & straddle onto low box Focus change of speed & flow	Show happy and sad Be able to "act" like a toy, character, stimulus	Strike ball with hands along floor Bounce a ball and catch it with 2 hands (still)	Run fast Run for 1 min Run/jump over small hurdles	
Key skills	LEAD Can keep score in a simple practice.			Evaluate They can see how their work is similar and different to that of others' work, and use this understanding to improve their own performance. They can practice and adapt to improve performance.		
	Health Give different reasons why exercise is good for you. Know what exercises make the heart and lungs stronger & understand why we exercise our muscles.			SMSC Can discuss with others how to solve problems. Know that winning or losing is part of competition. Try their best.		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time



Year 4 Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	HRF	Gym Link 6 twist/turn actions	Dance	Games	Athletics	OAA
Activity specific skills	To move continuously for 7 mins.	Straight Jump Star, tuck Jump Pike, Scissor kick, cat leap Add $\frac{1}{4}$. $\frac{1}{2}$. $\frac{3}{4}$ turns to jumps Bunny hops across, over bench Cartwheel prep.	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Roll a large ball Throw underarm Throw overarm	Jump 2-2, 2-1, 1-2, 1-1 (foot)	Move safely in large space Follow instructions to get from a to b.
	To understand the benefits of exercise and healthy eating and how to make informed choices.	Dish/Arch roll Forward Rolls - Star shape, Feet together Teddy Bear roll Work in unison with partner	Jump on spot/side to side Side to side Up & down } on Turn & spin different } body parts For & back	Run fast Change speed and direction with control Dodge	Throw beanbag underarm Throw beanbag overarm	Recognise shapes on simple map
	To show and tell a whole body warm up and know how to warm up differently for different sports.	Arabesque / Stork V-sit Shoulder stand Side Scale / Y-Balance Headstand Mirrored balances Squat on /through & straddle on low box	Show happy and sad Be able to "act" like a toy, character, stimulus	Strike ball with hands along floor Bounce a ball and catch it with 2 hands (still)	Run fast Run for 1 min Run/jump over small hurdles	
Key skills	LEAD Can keep score in simple games			Evaluate Complete a simple checklist on a performance. Choose information to suggest improvements for self and others.		
	Health Can feel a radial pulse (wrist). Know why regular exercise helps breathing. Understand what flexibility is and which sports it helps and give reasons why it is important to exercise regularly.			SMSC Can communicate & collaborate with peers to complete a task. Can lose or struggle at a task with a positive attitude.		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time



Year 5 Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	HRF	Gym Link 8 elements	Dance	Games	Athletics	OAA
Activity specific skills	To move continuously for 8 mins.	Straight Jump Star, tuck Jump Pike, Scissor kick, cat leap Add $\frac{1}{4}$. $\frac{1}{2}$. $\frac{3}{4}$ turns to jumps Bunny hops across, over bench Cartwheel prep.	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Roll a large ball Throw underarm Throw overarm	Jump 2-2, 2-1, 1-2, 1-1 (foot)	Move safely in large space Follow instructions to get from a to b.
	To be able to explain how the body reacts during different types of exercise.	Dish/Arch roll Star Forward Rolls - Star shape, Feet together Teddy Bear roll Focus: Symmetry/asymmetry Change direction & level	Jump on spot/side to side Side to side Up & down } on Turn & spin } different For & back } body parts	Run fast Change speed and direction with control Dodge	Throw beanbag underarm Throw beanbag overarm	Recognise shapes on simple map
	To begin to understand how different sports require different types of fitness.	Arabesque / Stork V-sit Shoulder stand Side Scale / Y-Balance Headstand Partner balances Squat on /through & straddle on low box Mirror & Match Floor -apparatus	Show happy and sad Be able to "act" like a toy, character, stimulus	Strike ball with hands along floor Bounce a ball and catch it with 2 hands (still)	Run fast Run for 1 min Run/jump over small hurdles	
Key skills	LEAD Can Lead warm ups (not alone). Can officiate a skills festival and score.			Evaluate They can explain how the body reacts during different types of exercise. To understand the basic principles of warming up, and why it is important. That exercise and rest effect the pulse. They explain why regular, safe exercise is good for their fitness and health.		
	Health Can count a radial pulse (wrist). Understand the role of oxygen for exercise and why it is important to be flexible. Able to demonstrate stretches for major muscles.			SMSC Communicate & collaborate effectively with peers to achieve tasks. Can improve younger chns performance. Can win and lose at tasks with grace.		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time



Year 6 Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
 They should enjoy communicating, collaborating and competing with each other.
 They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	HRF	Gym Link up to 10 moves in small group	Dance	Games	Athletics	OAA
Activity specific skills	Keep going in an activity for 8-10 mins	Straight Jump Star, tuck Jump Pike, Scissor kick, cat leap Add $\frac{1}{4}$. $\frac{1}{2}$. $\frac{3}{4}$ turns to jumps Bunny hops across, over bench Cat springs Cartwheel	March on spot Freeze Fall to floor safely	Catch a large ball with 2 hands Kick a large ball Roll a large ball Throw underarm Throw overarm	Jump 2-2, 2-1, 1-2, 1-1 (foot)	Move safely in large space Follow instructions to get from a to b.
	To plan and officiate own circuit session	Dish/Arch roll Star Forward & Backward rolls Teddy Bear roll Focus: Change direction & level	Jump on spot/side to side Side to side Up & down } on Turn & spin } different For & back } body parts	Run fast Change speed and direction with control Dodge	Throw beanbag underarm Throw beanbag overarm	Recognise shapes on simple map
	To explain what to do to improve a fitness area for a sport.	Arabesque / Stork V-sit Shoulder stand Side Scale / Y-Balance Headstand Partner balances Squat on /through & straddle on low box Mirror & Match Floor -apparatus	Show happy and sad Be able to "act" like a toy, character, stimulus	Strike ball with hands along floor Bounce a ball and catch it with 2 hands (still)	Run fast Run for 1 min Run/jump over small hurdles	
Key skills	LEAD Can Lead a warm up, officiate/coach small group			Evaluate Can analyse and correct own performance to bring about improvement. Set goals to achieve next steps.		
	Health Understand which types of activities increase heart rate. Can describe the journey of oxygen through our bodies, can identify which muscles are used in certain sports and demonstrate flexibility exercises for different joints. Can say why exercise is good for mental health.			SMSC Communicate with peers to solve problems Mentor younger children Show fair play when winning & losing in competitive games		

Agility- change direction at speed **B**alance - hold/land in position without falling over **C**oordination -using 2 or more body part at same time

