



PE Year 1 Learning Journey



PE Dance and Movement

Autumn
1



Key learning this half term:

- Run, hop and jump with balance and control.
- demonstrate balance and coordination when changing direction.
- Use pathways, levels, shapes, directions and speed with guidance.
- Show character through action, dynamics and expression.
- Use counts to stay in time with music.

PE Fundamentals ABC

Spring
1

Key learning this half term:

- Link running and jumping movements with some control.
- Show hopping and jumping movements with some control.
- Show some control and balance when moving at different speeds.
- Begin to show balance and coordination when changing direction.
- Use coordination with or without equipment.
- Run, stop and change direction with some control.



PE Athletics

Summer
1

Key learning this half term:

- To move and run at different speeds.
- To run and jump with some control and balance.
- To hop and jump with some control and balance.
- Throw towards a target.
- Use coordination with and without equipment.



PE Gym and Movement

Autumn
2

Key learning this half term:

- Perform balances on different body parts, using some control and balance.
- Take body weight on hands for short periods of time.
- Demonstrate poses and movements that show flexibility
- Remember, repeat and link simple actions together.



PE Balls game skills

Spring
2

Key learning this half term:

- Drop and catch a ball while on the move.
- Move a ball around using parts of the foot.
- Throw, roll and kick towards a target
- Catch a bean bag or soft ball.
- Track and move towards a rolled ball, attempt to stop ball.
- Recognise and move into a space.



PE Fundamentals throwing and striking skills

Summer
2

Key learning this half term:

- Strike a stationary ball using a racket.
- Throw and roll towards a target using some control.
- Throw and catch medium sized balls.
- Begin to use simple tactics in games with guidance and support.





PE Year 2 Learning Journey



PE Autumn 1 Dance and Movement

Key learning this half term:

- Learn to run, jump, leap and hop.
- Begin to show balance and coordination when changing direction.
- Choose different body actions to represent an idea.
- Use pathways, levels, shapes and directions with guidance
- Begin to move to a regular beat, using counts
- Show mirroring in unison when completing actions with a partner.



PE Spring 1 Fundamentals ABC



Key learning this half term:

- Link running and jumping movements with control and balance.
- Show hopping and jumping movements with control and balance.
- Show control and balance when moving at different speeds.
- demonstrate balance and coordination when changing direction.
- Perform actions with increased control with and without equipment.
- Run, stop and change direction with control.

PE Summer 1 Athletics

Key learning this half term:

- Show balance and coordination running at varying speeds.
- link running and jumping with some control and balance.
- Show hopping and jumping techniques with control.
- Change techniques to throw varying distances.
- Perform actions and increase control, coordinating body with equipment



PE Autumn 2 Gym and Movement with balls

Key learning this half term:

- Perform balances on different body parts, with control and balance.
- Take body weight different body parts, with and without apparatus.
- Show increased awareness of extension and flexibility in actions.
- Copy, remember, repeat and plan linking simple actions with some control balls



PE Spring 2 Fundamental ball games and Yoga

Key learning this half term:

- Dribble a ball with two hands on the move
- Dribble a ball with some control, stopping when required.
- Throw, roll and kick with balance and control towards a target.
- Catch an object thrown to them, with and without a bounce.
- Move to track and stop a moving ball.
- Move into space to receive a moving ball.



PE Summer 2 Fundamentals striking and fielding

Key learning this half term:

- Strike a moving ball using a racket.
- Throw and roll towards a target using a variety of techniques and with some consistency.
- Catch any appropriate object thrown towards them, with or without a bounce.
- use simple tactics in games with guidance.





PE Year 3 Learning Journey



PE

Games – netball, basketball

Autumn



1

Key learning this half term:

- Dribble a ball with some control in game situations, stopping when needed.
- Use a variety of throwing techniques in game situations.
- Catch a ball thrown to them with one or two hands, with some control
- Move to receive a ball sent into space.
- Use space appropriately in game situations
- Use simple tactics individually and as a team.

PE

Gym and Team games - football

Spring



1

Key learning this half term:

- Complete balances with increasing control and stability.
- Use strength and control using different body parts for sustained periods of time.
- Demonstrate increased flexibility and extension in actions
- Choose actions that flow one into each other on and off apparatus.
- Dribble a ball with feet with success in game situations.
- Kick a ball towards a partner with success in game situations and use and move into space as a tactic during game situations

PE

Athletics and Games - Rugby

Summer



1

Key learning - children will

- Use a variety of throwing techniques in game situations.
- Catch a ball thrown to them with two hands, with some control
- Move to receive a ball sent into space
- Use simple tactics individually and as a team.
- Link hopping, running and jumping actions, using varying take-off and landing techniques.
- Jump for distance and height with some control
- Throw a variety of objects, with different actions
- Coordinate bodies with increased consistency over a variety of activities

PE

Games - hockey, tennis

Autumn

2

Key learning - children will

- Strike a ball with varying techniques and equipment.
- Strike a ball towards a partner with some success
- Change direction with increased speed in game situations.
- Use tactics individually and as a team.



PE

Dance and Team games - football

Spring

2



Key learning this half term:

Children will;

- Use balance, coordination and technique at different speeds.
- Demonstrate balance throughout a performance.
- Use dynamic and expressive body movement to match an idea
- Use canon, unison and formation to represent an idea
- Use counts to keep in time with a partner or a group.
- Football continue to develop football as Sp1.

PE

Outdoor and Adventure
Athletics

Summer

2

Key learning - children will

- Work collaboratively with a partner or group, listening to and following ideas.
- Plan and attempt to use strategies to solve problems.
- Orientate and follow simple directions on a map.
- Evaluate own and others challenges to help improve problem solving skills.
- Develop athletic skills as Sm1.





PE Year 4 Learning Journey



PE Autumn 1

Games – netball and rugby

Key learning - children will

- Use dribbling g with other actions successfully within games.
- Use a variety of throwing and passing techniques with increased accuracy.
- Catch a ball thrown to them with one or two hands, with increased success.
- Move to create space against an opponent with some success
- Use simple tactics to score or gain possession



PE Spring 1

Gym and Games - football

Key learning this half term: Children will;

- Use body tension to perform balances alone and with partners
- Use strength, control and technique taking own and others weight.
- Demonstrate flexibility and extension in more challenging actions
- Plan and perform sequences showing control and technique alone and with partner.
- Receive a ball with different parts of the foot under pressure from opponent.
- Strike a ball with a variety of techniques
- Make space with movement during a game



PE Summer 1

Athletics, swimming
Develop rounders and cricket

Key learning this half term:

- Demonstrate how to use speed and slow down with increased control
- Link hopping and jumping actions with control
- Jump for distance and height using balance and control.
- Throw with accuracy and power towards a target.
- Coordinate bodies with speed in response to a task.
- Cricket and rounders – see SM2



PE Autumn 2

Games hockey, tennis
Invasion skills - def and att

Key learning - children will

- Strike a ball with varying techniques and equipment with increased accuracy.
- Strike a ball towards a partner with increased accuracy in game situations.
- Change body and ball direction to trick an opponent with some success
- Use tactics individually and as a team to score or gain possession
- Use and create space with success in game situations.



PE Spring 2

Dance, swimming
Football and rugby – att and def

Key learning this half term:

- Children will;
- Demonstrate how to use speed and balance
 - Change dynamics to express changes in mood or ideas
 - Use action and reaction to express ideas.
 - Use counts when choreographing short phases.
 - Use a variety of throwing techniques in game situations.
 - Kick with increased accuracy and success in game situations.
 - Receive a ball using different parts of the body.
 - Develop space and tactics from Au2



PE Summer 2

Athletics
Develop rounders and cricket

Key learning this half term:

- Athletics – develop as SM1
- Use a variety of throwing techniques with success in game situations.
- Catch a passed ball with one or two hands in game situations.
- Strike a ball with a variety of techniques with increased accuracy
- Use simple tactics to gain points or possession within game situations.

