

# Tregony School – Curriculum Grid

*P.E skills should be taught through Real P.E, Real Gym and sport lessons, with links made to topic where possible.*

*e.g. Wild weather dancing, Space travel*



Key PE skills

- Basic sports skills- kicking, throwing catching etc
- Team games rules
- Experience of types of PE
- In depth knowledge of specific sports
- To have an understanding of health and fitness.

## P.E and Sport

	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<p>Show control when travelling</p> <p>Show coordination on both floor and apparatus.</p> <p>Jumps and lands appropriately.</p>	<p>Show control and coordination when travelling and balancing.</p> <p>Copy a sequence and repeat.</p> <p>Climb safely.</p>	<p>Balance on different points of the body.</p> <p>Plan and show a sequence of movements.</p> <p>To have controlled movement.</p>	<p>Control a balance.</p> <p>Adapt sequences to suit different types of apparatus.</p>	<p>Follow a set of 'rules' to produce a sequence.</p> <p>Demonstrate strength and flexibility in movements.</p>	<p>Have movements which are accurate, clear and consistent.</p> <p>Make complex or extended sequences.</p>	<p>Develop and adapt techniques to improve performance.</p> <p>Link performances to specific timings.</p>
<b>Athletics</b>		<p>Roll, jump, throw and balance with some control.</p>	<p>Travel at different speeds in a variety of ways.</p> <p>Jump with accuracy from a standing position.</p>	<p>Show control and accuracy within throwing and jumping movements including changing speed and direction.</p>	<p>Use a range of throwing, jumping and running speeds with control, accuracy and coordination including hitting targets.</p>	<p>Control a take-off and landing.</p> <p>Combine a range of running, jumping and throwing techniques.</p>	<p>Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p>
<b>Team games</b>	<p>Negotiates space.</p> <p>Successfully play racing and chasing games</p>	<p>Join in with team games.</p> <p>Catch with 2 hands.</p>	<p>Move or stop to catch or collect a ball.</p>	<p>Decide on the best position and move accordingly.</p>	<p>Develop fielding and possession skills.</p> <p>Throw and catch accurately.</p>	<p>Apply and explain rules and tactics of a variety of games.</p>	<p>Explain rules and tactics in detail.</p> <p>To work in a team or alone to</p>

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	with each other, adjusting speed and direction.	Begin to understand what it means to defend / attack in a game.	Use hitting, kicking and rolling. Decide where to stand to make it difficult for the opposing team.  Follow rules of a game.	Understand basic tactics of a game.	Begin to apply tactics and rules in a game.	Keep and control the possession of a ball and pass in different ways.  Field with control.	gain possession of a ball.
<b>Dance and movement</b>	Show control with large and small movements.	Begin to perform simple dance moves.  Show some rhythm and control when moving.	Perform some simple dance moves.  Demonstrate rhythm and control and mood.	Perform dance actions with control and coordination.  Link two or more actions together.	Refine movements to create a basic dance sequence to match a purpose and communicate ideas.  Movements begin to show fluidity.	Refine movements to create a more complex, imaginative sequence to match a purpose.  Movements are controlled.	When composing it is imaginative, creative and expressive.  Dances and Movements show controlled, clear, consistent, accurate and fluent sections.
<b>Outdoor Adventurous activities</b>		Show control on large equipment outdoors.  Work with Friends outdoors.	Follow a simple course using a basic map.  Willingness to work and communicate as part of a team.	Developing knowledge of maps and diagrams to travel around a course.	Works collaboratively to move from one place to another using a map.	Works collaboratively using a map to solve problems with confidence. Identify risks and advise others.	Orientate self to solve problems, Locating particular places.  Adapt actions to changing situations.

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				Shows some awareness of safety.	Can identify potential risks.		
<b>Swimming and Water Safety</b>	Over the year: Immerse body in the water confidently.  If using floats, swim with a controlled leg kick.	Over the year: Immerse body in the water confidently.  Explore different strokes and use at least one basic stroke confidently, breathing properly.  If using floats, swim with a controlled leg kick.	Over the year: Immerse body in the water confidently.  Explore different strokes and use at least one basic stroke confidently, breathing properly.  If using floats, swim with a controlled leg kick.  Co-ordination and control in arm and leg movements.	Over the year: Immerse body in the water confidently.  Explore different strokes and use at least one basic stroke confidently, breathing properly.  If using floats, swim with a controlled leg kick.  Co-ordination and control in arm and leg movements.	Over the year: Immerse body in the water confidently.  Explore different strokes and use at least one basic stroke confidently, breathing properly.  If using floats, swim with a controlled leg kick.  Co-ordination and control in arm and leg movements.	Explore different strokes and use at least one basic stroke confidently, breathing properly.  Swim 25m by the end of Year 6  Any child not meeting the 25m requirement will receive swimming intervention.	Explore personal survival skills safely.  Any child not meeting the 25m requirement will receive swimming intervention.
<b>Basic Skills</b>	Run in a straight line.  Throw a ball in direction	Throw and catch with a partner.  Balance.	Hit a ball with a bat.	Choose Appropriate rolling, kicking and hitting skills within games.	Throw and catch a ball with control.	Throw and strike a ball with control and accuracy.	Strike a ball using backhand and forehand skills.

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	intended	Kick / roll a ball.  Move with control and care.	Throw and kick a ball in different ways.  Show how to exercise safely.	Move and use co-ordination and control.	Strike a ball with control.	Link skills, techniques and ideas and apply them accurately and appropriately.	Use a variety of techniques to pass a ball.  Apply skills, techniques and ideas consistently.
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