St. Oswald's Primary School Whole School PE Objectives Spring term

Year Group	Spring 1		Spring 2
EYFS	**Dance** -I can copy and explore basic body patterns and movements. I can remember simple dance steps and performs in a controlled manner. I can choose actions and link them with sounds and music I can safely perform teacher led warm – ups and can describe and discuss others work.		**Gymnastics** -I can copy and explore basic actions with some control and coordination. I have begun to choose and link basic actions and I can recognise and use space appropriately. I can watch and discuss my own and peers work. I can safely perform teacher led warm – up and I am aware of others.
1	**MATBALL** -Throwing and Catching a variety of objects -Can send a ball in the direction of others - Take part in opposed conditioned games -Pass the ball to someone else **Dance** -Exploring space -Respond to a rage of stimuli including music -Copy movements -Create own movements		**NETBALL /BASKETBALL** -aiming at a target Throwing and Catching a variety of objects -Can send a ball in the direction of others - Take part in opposed conditioned games -Pass the ball to someone else **Gymnastics** -Using apparatus -Perform with control and coordination -Vary different heights
2	**MATBALL** -Throwing and Catching a variety of objects -Can send a ball in the direction of others - Take part in opposed conditioned games -Pass the ball to someone else **Dance** Working in pairs to create a dance Explore actions in response to stimuli of natural elements and story -Use improvisation -Copy movements - Vary levels of speed	Half term	**NETBALL /BASKETBALL** -aiming at a target Throwing and Catching a variety of objects -Can send a ball in the direction of others - Take part in opposed conditioned games -Pass the ball to someone else - Can receive a ball **Gymnastics** Moving on and off apparatus -Using apparatus -Perform with control and coordination -Vary different heights
3	**BENCHBALL** -Rolling with accuracy - throwing with accuracy -Catch a ball with movement -Begin to understand tactics and rules of a game **Swimming** -Water safety -Begin to understand different strokes -Controlling breathing		**FOOTBALL** Begin to understand tactics and rules of a game -Kicking towards a certain direction -Dribbling with control -Shooting with accuracy -Begin to move on and off the ball -Begin to influence a controlled game **Swimming** -Water safety -Begin to understand different strokes -Controlling breathing
4	**TAG RUGBY** Invasion games I can control and catch a ball and accurately pass whilst moving. I can take part in conditioned game with understanding of tactics and rules. I can move with a ball in opposed situations.		**FOOTBALL** Invasion games, attacking and defending I can control and catch a ball and accurately pass whilst moving. I can take part in conditioned game with understanding of tactics and rules. I can move with a ball in opposed situations.

Mr N Mosaid (PE Lead St Oswald's Primary School)

	I understand/use principles of warm up and why exercise is god for health. **Gymnastics-** Receiving Body Weight I can link ideas, skills and techniques with control, precision and fluency when performing basic skills. I understand composition by performing more complex sequences. I can describe how to refine, improve and modify performances. I can demonstrate specific aspects of warm up and describe effects of exercise on the body.		I understand/use principles of warm up and why exercise is god for health. **Dance** These shoes are made for walking / Giraffes can't dance / Incognito I can improvise freely my own and with a partner. I can translate ideas from a variety of stimuli into movement. I can compare, develop and adopt movement and motifs to create longer dances. I can use dance vocabulary to compare and improve my work. I understand working safely, I recognise changes in my body and I can give reasons why PE is good for my health.
5	**FOOTBALL** Kicking – dribbling ,control ,passing and heading Striking – I can control and catch a ball and accurately pass whilst moving. I can take part in conditioned game with understanding of tactics and rules. I can move with a ball in opposed situations. I understand/use principles of warm up and why exercise is god for health. **Gymnastics** Asymmetry/symmetry I can link ideas, skills and techniques with control, precision and fluency when performing basic skills. I understand composition by performing more complex sequences. I can describe how to refine, improve and modify performances. I can demonstrate specific aspects of warm up and describe effects of exercise on the body.		**HOCKEY** – dribbling ,control ,passing and heading Striking – I can control movement with a ball in opposed situation whilst moving. I can combine accurate passing skills/ techniques in a game. I can advise and help others in their techniques in a game. I understand and explain short term effects of exercise, warming and cooling. **Dance** African Dance I can demonstrate precision, control and fluency in response to stimuli. I can vary dynamics and develop actions with a partner or as part of a group. I continually demonstrate rhythm and spatial awareness. I can modify my performance and that of others as a result of observation and basic understanding of the structure of the body.
6	**TAG RUGBY** Ball handling/Invasion I can control movement with a ball in opposed situation whilst moving. I can combine accurate passing skills/ techniques in a game. I can advise and help others in their techniques in a game. I understand and explain short term effects of exercise, warming and cooling. **Dance**- The Rainforest I can perform and create motifs in a variety of dance styles with accuracy and consistency. I can select and use a wide range of compositional skills to demonstrate ideas. I can suggest ways to improve quality of performance showing sound knowledge and understanding I can lead my own warm up and demonstrate all around safe practice.		**HOCKEY/ TENNIS** Striking a ball I can control movement with a ball in opposed situation whilst moving. I can combine accurate passing skills/ techniques in a game. I can advise and help others in their techniques in a game. I understand and explain short term effects of exercise, warming and cooling. **Gymnastics-** Partner work I can perform and create movement sequences with some complex skills and displaying accuracy consistently. I can select and use a wide range of compositional skills in complex sequences alone and in groups. I show an ability to innovate. I can analyse skills and can suggest ways to improve quality of performance, knowledge and understanding. I can lead warm up and demonstrates all round safe practice.