



St John Bosco RC Primary School

Subject specific skills and age related expectations – Physical Education

	EYFS Curriculum
Nursery	Physical Development – 30-50 months <ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Mounts stairs, steps or climbing equipment using alternate feet. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown • Can catch a large ball
Topic	Ball skills Multi skills Games in hall Climbing frame, Bikes, Obstacle courses
Reception	Physical Development - 40-60mths <ul style="list-style-type: none"> • I can experiment with different ways of moving. • I can jump off an object and land appropriately. • I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • I can travel with confidence and skill around, under, over and through balancing and climbing equipment. • I can show increasing control over an object in pushing, patting, throwing, catching or kicking it. • I can initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences (EAD – BI) Physical Development - ELG <ul style="list-style-type: none"> • I can show good control and co-ordination in large and small movements. • I can move confidently in a range of ways safely negotiating space. • I can represent my own ideas, thoughts and feelings through music and dance (EAD – BI).
Topic	Outdoor Environment City in the Community – Games Dance Gymnastics



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	Gym	Dance	Games	Outdoor and Adventurous
Year 1	I can: <ul style="list-style-type: none"> • Make my body curled, tensed, stretched and relaxed. • Control my body when travelling and relaxing. • Copy sequences and repeat them. • Roll, curl, travel and balance in different ways. 	I can: <ul style="list-style-type: none"> • Move to music • Copy dance moves • Perform my own dance moves • Make up a short dance • Move safely in a space 	I can: <ul style="list-style-type: none"> • Throw underarm • Hit a ball with a bat • Move and stop safely • Throw and catch a ball with both hands. • Throw and kick in different ways. 	
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills Tennis (Summer 2)	
Year 2	I can: <ul style="list-style-type: none"> • Plan and perform a sequence of movement. • Improve my sequence based on feedback. • Think of more than one way to create a sequence that follows some 'rules'. • Work on my own and with a partner. 	I can: <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in a dance. • Dance with control and coordination • Make a sequence by linking sections together, • Use a dance to show a mood or feeling. 	I can: <ul style="list-style-type: none"> • Use hitting, kicking and/ or rolling in a game, • Decide the best space to be in during a game. • Use one tactic in a game and follow rules. 	
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills	
Year 3	I can: <ul style="list-style-type: none"> • Adapt sequences to suit different types of apparatus. • Explain how strength and suppleness affect performance. • Compare and contrast gymnastic sequences. 	I can: <ul style="list-style-type: none"> • Improvise freely and translate ideas from a stimulus to a movement. • Share and create phases with a partner and a small group. • Repeat, remember and perform phases. 	I can: <ul style="list-style-type: none"> • Throw and catch with control. • Am aware of space and use it to support team mates. • Know and use rules fairly 	
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills	



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Year 4	I can: <ul style="list-style-type: none"> • Work in a controlled way • Include changes of speed and direction • Include a range of shapes • Work with a partner to create, repeat and improve a sequence with at least 3 phases. 	I can: <ul style="list-style-type: none"> • Take the lead when working with a group. • Use dance to communicate an idea. 	I can: <ul style="list-style-type: none"> • Throw and catch accurately. • Catch with one hand. • Hit a ball accurately with control. • Keep possession of a ball. • Vary tactics and adapt skills depending on the state of the game. 	
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills	
Year 5	I can: <ul style="list-style-type: none"> • Make complex and extended sequences. • Combine action, balance and shape. • Perform consistently to audiences. 	I can: <ul style="list-style-type: none"> • Compose my own dances in a creative way. • Perform to an accompaniment. • Show clarity, fluency, accuracy and consistency through my own dance. 	I can: <ul style="list-style-type: none"> • Gain possession, working in a team. • Pass in different ways and use a number of different techniques to pass, dribble, shoot. • Use backhand and forehand with a racquet. • Choose a tactic for attacking and defending. 	
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills Tennis	



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	Gym	Dance	Games	Outdoor and Adventurous
Year 6	I can: <ul style="list-style-type: none"> • Combine my own work with that of others. • Link sequences to specific things 	I can: <ul style="list-style-type: none"> • Develop sequences in a specific style, • Choose my own music and style. 	I can: <ul style="list-style-type: none"> • Play to agreed rules • Explain rules, and umpire. • Lead others in a games situation. 	I can: <ul style="list-style-type: none"> • Follow a map in a familiar context • Use clues to follow a route • Follow a route safely and within a time limit. • Follow a map in an unknown location. • Use clues and compass to navigate a route • Change my route to overcome a problem • Use new information to change my route
Topic	Beth Tweddle Gymnastics	Manchester Dance	MCFC Skills	Forest Schools

Manchester City Sports Provisions covers the following games skills:

- Autumn term - Invasion games
- Spring Term -Attacking and defending
- Summer Term – Athletics and striking and fielding games