

Physical Education: Key Stage 2

	Athletics	Competitive Games	Gymnastics	
	Use running, jumping, throwing and catching in isolation and in combination.	Play competitive games, modified where appropriate (for example, Football, Rugby, Cricket, Netball and Rounders) and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance (for example through Athletics and Gymnastics).	
Year.3	- Run at fast, medium and slow speeds; changing speed and direction. - Take part in a relay, remembering when to run and what to do.	- Be aware of space and use it to support team-mates and to cause problems for the opposition. - Know and use the rules fairly and with good sporting values.	- Adapt sequences to suit different types of apparatus and criteria. - Explain how strength and suppleness affect performance.	
Year 4	- Sprint over a short distance and show stamina when running over a longer distance. Consider the most efficient ways of running. - Jump in different ways. - Throw in different ways and hit a target when needed.	- Throw and catch accurately with one hand. - Hit a ball accurately and with control. - Vary tactics and adapt skills depending on what	- Move in a controlled way. - Include change of speed and direction in a sequence. - Work with a partner to create, repeat and improve a	

		is happening in a game.	sequence with at least three phases.	
Year.5	- Controlled when taking off and landing. - Throw with increasing accuracy. - Combine running and jumping.	- Gain possession by working as a team and pass in different ways. - Choose a specific tactic for attacking and defending. - Use a number of techniques to pass, dribble and shoot.	- Make complex extended sequences. - Combine action, balance and shape. - Perform consistently to different audiences.	
Year.6	Demonstrate stamina and increase strength.	- Agree and explain rules to others. - Work as a team and communicate a plan. - Lead others in a game situation when the need arises.	- Combine own work with that of others. - Sequences to specific timings.	