

Wylam First School PE Core Tasks 2017-18

National Curriculum Overview Ks1	<ul style="list-style-type: none"> • Participate in team games developing simple tactics for attacking and defending. • Master basic movements including running, jumping, throwing and catching as well as an opportunity to develop agility, balance and coordination in a range of activities. • Perform dance using simple movement patterns. 					
National Curriculum Overview KS2	<ul style="list-style-type: none"> • Play competitive games, modified where appropriate. Apply principles of attacking and defending. • Take part in Outdoor and adventurous activity individually and in a team. • Perform dance using a range of movement patterns. • Develop flexibility, strength, balance and control. • Use running, throwing, jumping and catching together or in isolation. • Develop flexibility, strength, balance and control. • Evaluating and improving performance throughout • Swimming – Cover 25meters using a range of strokes • Perform safe self-rescue techniques in different water based situations. 					
	Term 1		Term 2		Term 3	
Reception	<p>Invasion Games X2 Lessons I can play a 3 v 1 game in a small grid and keep the ball away from a defender.</p> <p>I can work as part of a team to keep possession of a ball.</p> <p>I can play a 3v1 game, running with the ball and touching a cone/ line to score</p>	<p>Fitness X2 Lessons I can complete a series of exercises and explain what has happened to my body during the exercises.</p>	<p>Gymnastics X2 Lessons I can perform a floor sequence of at least 3 balances on different body parts</p> <p>Gymnastics I can create a short sequence including 3 actions and the use of a ribbon.</p>	<p>Dance X2 Lessons I can create and perform a short dance based on a familiar story showing a variety of shapes and actions.</p> <p>Dance I can create and perform a dance about myself and my daily routines.</p>	<p>Striking and Fielding Games X2 Lessons I can play a 3 v 1 game throwing a bean bag and jumping to score.</p>	<p>Athletics X2 Lessons I can work with a partner, running to collect different pieces of equipment and returning to my start point.</p> <p>I can throw different pieces of equipment and explain which one goes the furthest.</p>
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Year 1	I can play a 3v1 game, running with the ball and touching a cone/ line to score		sequence including 3 actions and the use of a ribbon.	I can create and perform a dance about myself and my daily routines.		which one goes the furthest.
Year 2	<p>Invasion Games I can play a 3 v 1 game in a small grid using hockey and football skills and score by hitting a target.</p> <p>I can play a 3v1 game, throwing and catching the ball and touching a cone with the ball to score.</p>	<p>Fitness I can talk about changes in temperature and breathing rate in my body during exercise.</p>	<p>Gymnastics I can perform a sequence with my partner which includes at least 4 elements e.g. balance, jump, turn, roll.</p> <p>I can perform a sequence on small apparatus which includes at least 3 rolls.</p>	<p>Dance I can create and perform a dance based on a topic showing different moods, ideas and feelings.</p> <p>I can create and perform a dance that includes a contrast of music responding to music and pictures.</p>	<p>Striking and Fielding Games I can play a 4 v 1 game, hitting the ball and jumping to score.</p>	<p>Athletics I can throw a variety of equipment to different targets, keeping my own and my partners score.</p> <p>I can jump over obstacles and over lines, explaining what I must do to improve the height/ distance of my jumps.</p>
Year 3	<p>Invasion Games I can play a 3v1 game, throwing/ kicking a ball into a goal to score points. (3= 3 small goals, 1= 1 large goal) I can play a 4v2 game, throwing, catching and dribbling and bouncing the ball into a target circle to score.</p>	<p>Fitness I can perform a range of exercises and activities and aim to beat my own scores.</p>	<p>Gymnastics I can work with a small group to plan and perform a sequence of at least 4 elements working at different levels. I can perform a sequence of at least 6 elements on large apparatus.</p>	<p>Dance I can choreograph and perform a dance based on a topic, introducing the use of speed, level and space. I can choreograph and perform a dance focussing on using props and relationships with a partner and group.</p>	<p>Striking and Fielding Games I can play as part of a team, hitting a ball and running around a circuit of bases to score.</p>	<p>Athletics I can perform the five basic jumps to reach the furthest possible distance.</p> <p>I can measure and record results for throwing, jumping and running events.</p>
Year 4	<p>Invasion Games I can play a game of High 5 netball</p> <p>Invasion Games I can use basketball skills to pass to a nominated player in an end zone to score points. I can score 21 points by using football skills to score goals in small goals. (3 goals, middle goal = 3 points, outer goals = 1 point).</p>	<p>Fitness I can set myself a fitness challenge and develop a training plan to achieve it.</p>	<p>Gymnastics I can work in a group to plan and perform a sequence which includes balance, roll, jump and travel. I can perform a sequence of at least 8 elements on large apparatus, including taking my weight on hands.</p>	<p>Dance I can choreograph and perform a dance based on a topic showing a change in dynamics and transitions. I can choreograph and perform a dance using a range of stimuli and music.</p>	<p>Striking and Fielding Games I can hit the ball towards a target area, running to beat the fielding team to the stumping bases.</p>	<p>Athletics I can throw a range of equipment using three different techniques. I can combine three types of jump to travel as far as possible. I can improve my results from last year's running, jumping and throwing events and record my new personal best scores.</p>

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