



PE Focus	YR	Y1	Y2
Dance Skills	<ul style="list-style-type: none"> • Work towards control and coordination in large and small movements. • Recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music led by the teacher • Move confidently in a range of ways, safely negotiating space • Work individually as a solo. • Talk about the movements and actions and describe them to other people • Describe how my body feels before, during and after an activity • Start to describe how a piece of music makes them feel and the kind of movements they want to do to that music. • Create actions and movements around a given story or theme • Create actions and movements that travel. • Link 2 movements together to begin a sequence. • Use actions to tell a story. • Use imagination when creating actions. • Generate ideas and actions using music, videos, stories and pictures as stimuli. 	<ul style="list-style-type: none"> • Demonstrate more control in a variety of movements. • Recognise rhythm and beat within the music and be able to move in time to the music led by the teacher. • Work with a partner or small group to copy or create a formation for the movements. • Work individually and with a partner - solo and duet. • Make a suggestion on how to improve my performance. • Demonstrate how to exercise safely. • Describe how a piece of music makes them feel and the kind of movements they want to do. • Create and develop actions and movements around a given story or theme. • Create and develop a variety of actions and movements that travel and change direction and speed. • Link 2 or more movements together to begin a sequence • Create actions to tell a story • Use imagination when creating actions and ideas. • Generate ideas and actions using music, videos, stories and pictures as stimuli. 	<ul style="list-style-type: none"> • Demonstrate control over movements and show good co-ordination • Move in time to the music independently. • Start to count out the phrases of 8 counts within the music on the regular beat correctly. • Work with a partner or small group to copy start and end positions • Work with a partner or small group to copy or create formations for the movements • Make a suggestion on how to improve my performance and performances of others • Describe how my body feels during different activities and explain what my body needs to keep healthy. • Use descriptive words to explain how the music makes them feel and create suitable movements for those feelings. • Copy and repeat some movement skills to include: travelling, turning, jumping, balance and levels. • Explore combining skills such as travelling and jumping, turning on different levels • Link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence. • Create movements to tell a story. • Use creative and expressive ideas • Generate ideas and actions using music, videos, stories and pictures as stimuli.

Pilates Skills

- Copy and repeat some movements.
- Sit on the floor cross-legged with control and ease.
- Sit on the floor and in a chair with correct shoulder and spine alignment with control and ease.
- Work towards control and coordination in large and small movements.
- Start to describe how a piece of music makes them feel and the kind of movements they want to do to that music.
- Talk about the movements and actions and describe them to other people.
- Describe how my body feels before, during and after an activity. This will vary according to children's age, maturity and personality and should be addressed accordingly.

- Copy, repeat and remember some movements and positions.
- Sit on the floor cross-legged with control and ease for increased periods of time.
- Sit on the floor and in a chair with correct shoulder and spine alignment with control and ease for increased periods of time.
- Demonstrate more control in a variety of movements.
- Describe how a piece of music makes them feel and the kind of movements they want to do.
- Make a suggestion on how to improve my performance
- Show how to exercise safely.

- Copy, repeat, remember and perform some movement sequences.
- Develop physical strength by performing Pilates movements for a slightly increased length of time
- Understand what is correct posture and alignment and be able perform everyday tasks such as sitting, standing, walking etc. in this way
- Demonstrate control over movements and show good co-ordination
- Use descriptive words to explain how the music makes them feel and create suitable movements for those feelings
- Make a suggestion on how to improve my performance and performances of others.
- Describe how my body feels during different activities and explain what my body needs to keep healthy.

Gymnastics Skills

- Make my body tense, relaxed, curled and stretched in different ways.
- Roll, travel, balance and jump in different ways.
- Climb on and off the equipment with support from the teacher
- Copy sequences and repeat them.
- Start to describe how a piece of music makes them feel and the kind of movements they want to do to that music
- Copy teacher actions and demonstrations in the first instance.
- Talk about the movements and actions and describe them to other people.

- Make my body tense, relaxed, curled and stretched in different positions including Dish, Arch etc.
- Rolling, travelling, balancing and jumping in different ways with control.
- Climb on the equipment and off it with support in the first instance leading on to being independent.
- Plan and show a sequence of movements.
- Describe how a piece of music makes them feel and the kind of movements they want to do.
- Cooperate with a partner
- Talk about my movements and actions and the movements and actions of others and describe them to other people.

- Show some control of basic movements.
- Rolling, travelling, balancing and jumping in specific movements with control
- Climb on and perform movements on equipment safely.
- Create a sequence of movements which follow a set of rules.
- Use descriptive words to explain how the music makes them feel and create suitable linking movements for those feelings
- Work independently and with a partner to create a sequence.
- Make a suggestion on how to improve my gymnastics sequence and sequences of others

Games Skills

- Move and stop safely.
- Throw a beanbag underarm.
- Catch a beanbag with both hands.
- Kick in different ways, kicking the ball using both feet(not at the same time) left foot, right foot-use different parts of the foot.
- Rolling different types of balls e.g. into spaces, against a wall, against a bench.
- Experimenting using bats (Cricket, table tennis, Rounders, Softball) with bean bags, table tennis balls and soft sponge balls.
- Experimenting standing square on, sideways on, on one foot e.g. when rolling, throwing a ball
- Think of ways to get past a partner e.g. when dribbling.
- Understand safety and need for rules.
- Participate in physical activities using a variety of equipment, taking turns and celebrating other's successes.
- Describe how my body feels before, during and after an activity.
- Talk about the activities and describe them to other people

- Describe how a piece of music makes them feel and the kind of movements they want to do.
- Create and develop actions and movements around a given story or theme.
- Create and develop a variety of actions and movements that travel and change direction and speed.
- Link 2 or more movements together to begin a sequence
- Create actions to tell a story.
- Use imagination when creating actions and ideas.
- Generate ideas and actions using music, videos, stories and pictures as stimuli. Generate ideas and actions using music, videos, stories and pictures as stimuli.
- Know some simple game tactics and ways of dodging an opponent.
- Follow simple rules.
- Participate in activities in small groups, taking turns and experiencing winning and losing.
- Show how to exercise safely.
- Make a suggestion on how to improve my performance.

- Move and stopping with and without a ball e.g. when dribbling a football, bouncing a ball.
- Develop skipping, walking, running, and jumping skills
- Throw and catch with increased control and co-ordination
- Throw and catch with a variety of different sized balls.
- Dribbling the ball along the ground in and out of objects e.g. cones, kicking the ball towards a target.
- Developing passing to a partner using a number of sending and receiving techniques - along the ground, in the air, using different levels.
- Know the grips for using both bats and racquets. Demonstrate control over movements and show good co-ordination.
- Choose, use and vary simple tactics.
- Follow slightly more complex rules
- Participate in team games.
- Describe how my body feels during different activities and explain what my body needs to keep healthy
- Describe what they see and ask to copy others' ideas, skills and tactics.