

## Year 3 - Planning Map

Autumn	Team Games: Handball	Dance: Unit 1
	Swimming	Gym: Unit 1
Spring	Strategy: Football	Team Games: Tag Rugby
	Swimming	Gym: Unit 2
Summer	Strategy: Cricket	Dance: Unit 2
	Swimming	Athletics

## End of Year 3 Expectations

ASPECT	Average age 8years 6 months
Team games	Create their own games, adapting rules and displaying knowledge of warm up and cool downs.
Sending and striking	Keep control of ball-based equipment (eg, a hockey stick) Working effectively as part of a team.
Strategy	Choose tactics/a suitable strategy to cause problems for the opposition.
Dance	Compare, develop and adapt movement and motifs to create movement patterns.
Athletics	Demonstrate a range of throwing techniques using accuracy and power and perform a range of jumps, sometimes with run ups.
Gymnastics	Vary height and speed in a sequence of gymnastic movements.
Outdoor/Adventurous	Work effectively as part of a team to safely navigate to familiar places, solving problems and evaluating their performance.
Performance	Create/perform a sequence of movements showing good balance/body tone. Recognise their strengths in PE, identifying areas for improvement.
Swimming (Depends upon ability not cohort)	Push and glide with arms extended front and back (Swimming charter level 3).

## Year 4 - Planning Map

Autumn	Gymnastics: Unit 1	Dance: Unit1
	Swimming	Team Games: Netball
Spring	Strategy: Hockey	Gymnastics: Unit 2
	Swimming	Outdoor/ Adventurous: O.A.A
Summer	Dance: Unit 2	Athletics
	Swimming	Sending and Striking: Rounders.

## End of Year 4 Expectations

ASPECT	Average age 9 years 6 months
Team games	Follow rules to play more challenging games. Such as rounders, hockey, non-stop cricket and team tag.
Sending and striking	Throw, catch, strike and field a ball with control and accuracy.
Strategy	Work effectively, as part of a team, choosing an appropriate strategy or tactic to cause problems for the opposition.
Dance	Improvise and move with precision, control and fluency in response to a range of stimuli.
Athletics	Run with pace over longer distances and for more extended periods, identifying the difference between this and sprinting.
Gymnastics	Combine movements, actions and balances, individually or collaboratively, to create a fluid routine.
Outdoor/Adventurous	Respond positively to increased challenges and other team members, showing ability to listen to feedback.
Performance	Create/perform fluently a sequence of movements, showing good balance/body tone and practise to improve. Use constructive feedback to make improvements to their performances.
Swimming (Depends upon ability not cohort)	Travel 10 metres unaided with their feet off the floor (Swimming charter level 4).

## Year 5 - Planning Map

Autumn	Gymnastics: Unit 1	Dance: Unit1
	Swimming	Team Games: Handball
Spring	Strategy: Hockey	Gymnastics: Unit 2
	Swimming	Dance: Unit 2
Summer	Strategy: Cricket	Sending and Striking: Tennis
	Swimming	Athletics

## End of Year 5 Expectations

ASPECT	Average age 10 years 6 months
Team games	Explain, evaluate and develop ideas and plans for a game that includes a scoring system.
Sending and striking	Use different techniques and skills to pass, dribble, travel and shoot in ball games.
Strategy	Mark an opponent, player or players, preventing them for gaining possession.
Dance	Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.
Athletics	Explain how power and stamina is developed and how this improves performance.
Gymnastics	Create and perform more complex sequences, including change of direction, travelling, speed and height, showing good stability and core strength.
Outdoor/Adventurous	Plan routes and orientate maps, responding positively to increasing challenges, listening to feedback and evaluating their role.
Performance	Perform individually or with a partner/as a group with increasing confidence and accuracy, using the whole body across different levels/spaces, to a range of audiences. Compare performances with previous ones.
Swimming (Depends upon ability not cohort)	Swim 10 metres unaided, optional stroke. (Swimming charter level 5).

## Year 6 - Planning Map

Autumn	Gymnastics: Unit 1	Team Game: Tag Rugby
	Swimming	Dance: Unit 1
Spring	Gymnastics: Unit 2	Strategy: Football
	Swimming	Team Games: Netball
Summer	Sending and Striking: Rounders	Transition: Quidditch
	Swimming	Athletics

## End of Year 6 Expectations

ASPECT	Average age 11 years 6 months
Team games	Use and adapt tactics, choosing the most effective one for different situations.
Sending and striking	Select and perform combinations of sending and striking skills with confidence, accuracy and consistency.
Strategy	Apply tactical knowledge effectively in attacking and defending situations.
Dance	Move in time to music, creating movements that express the meaning and mood of the piece.
Athletics	Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing and suggest ways to improve their performance.
Gymnastics	Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so that they fit into a sequence.
Outdoor/Adventurous	Lead groups in problem solving, analysing their own effectiveness as a team leader.
Performance	Perform sequences, on multiple levels to an audience with control and grace, using available space expressively. Explain how they need to improve their own performance in order to achieve their personal best.
Swimming (Depends upon ability not cohort)	Swim between 25 metres and 50 metres unaided, performing more than one stroke. Use breathing and survival techniques (Swimming charter level6).