

Reception Summer 2	Multi-ability focus Health and fitness (Theme: squirrel, cat) EXCEEDING: <ul style="list-style-type: none"> - I am aware of why exercise is important for good health EXPECTED <ul style="list-style-type: none"> - I am aware of the changes to the way I feel when I exercise 	REAL PE Movement skill: Sending and receiving, reaction and response		Vocab Hop, step, jump, sprint
Year 1 Summer 2	Multi-ability focus Health and fitness EXCEEDING: <ul style="list-style-type: none"> - I use equipment appropriately and move and land safely - I can say how my body feels before, during and after exercise EXPECTED <ul style="list-style-type: none"> - I am aware of why exercise is important for good health EMERGING <ul style="list-style-type: none"> - I am aware of the changes to the way I feel when I exercise 	First PE lesson REAL PE Movement Skill: Ball chasing, floor work	Second PE lesson NC outcome: Speed, throwing and catching Athletics (sports day prep)	Vocab Prior vocab plus: Javelin, distance, speed, power
Year 2 Summer 2	Multi-ability focus Health and fitness EXCEEDING:	First PE lesson REAL PE Movement skill:	Second PE lesson NC outcome:	Vocab Prior vocab plus:

	<ul style="list-style-type: none"> - I can describe how and why my body changes during and after exercise <p>EXPECTED</p> <ul style="list-style-type: none"> - I use equipment appropriately and move and land safely - I can say how my body feels during and after exercise <p>EMERGING</p> <ul style="list-style-type: none"> - I am aware of why exercise is important for good health 	<p>Ball chasing, floor work</p>	<p>Speed, throwing and catching</p> <p>Athletics (sports day prep)</p>	<p>Shot putt, push, sprint start</p>
<p>Year 3 Summer 2</p>	<p>Multi-ability focus Health and fitness</p> <p>EXCEEDING:</p> <ul style="list-style-type: none"> - I can describe the basic fitness components - I can explain how often and how long I should exercise to be healthy <p>EXPECTED</p> <ul style="list-style-type: none"> - I can explain why we need to warm up and cool down - I can describe how and why my body changes during exercise <p>EMERGING</p>	<p>First PE lesson REAL PE Movement skill: Ball chasing, stance</p>	<p>Second PE lesson NC outcome: Speed, throwing and catching</p> <p>Athletics (sports day prep)</p>	<p>Vocab Prior vocab plus: Power, teamwork, communication</p>

	<ul style="list-style-type: none"> - I can say how my body feels before, during and after exercise - I use equipment appropriately and move and land safely 			
Year 4 Summer 2	Multi-ability focus Health and fitness EXCEEDING: <ul style="list-style-type: none"> - I can describe the basic fitness components - I can record and monitor how hard I am working EXPECTED <ul style="list-style-type: none"> - I can explain why we need to warm up and cool down - I can describe how and why my body changes during and after exercise EMERGING <ul style="list-style-type: none"> - I can say how my body feels before, during and after exercise - I use equipment appropriately and move and land safely 	REAL PE Movement skill: Ball chasing, stance	NC outcome: Swimming Speed, throwing and catching Athletics (sports day prep)	Vocab Prior vocab plus: endurance
Year 5 Summer 2	Multi-ability focus Health and fitness EXCEEDING:	REAL PE Movement skill: Stance, footwork		Vocab Prior vocab plus: Pacing

	<ul style="list-style-type: none"> - I can self-select and perform warm up and cool down activities - I can identify possible dangers when planning an activity <p>EXPECTED</p> <ul style="list-style-type: none"> - I can record and monitor how hard I am working - I can explain how often and how long I should exercise to be healthy - I can describe the basic fitness components <p>EMERGING</p> <ul style="list-style-type: none"> - I can explain why we need to warm up and cool down - I can describe how and why my body changes during and after exercise 	<p>Alongside NC outcome: Speed, throwing and catching</p> <p>Athletics (sports day prep)</p>		
Year 6 Summer 2	<p>Multi-ability focus Health and fitness</p> <p>EXCEEDING</p> <ul style="list-style-type: none"> - I can self-select and perform warm up and cool down activities - I can identify possible dangers when planning an activity <p>EXPECTED</p>	<p>REAL PE Movement skill: Stance, footwork</p>	<p>NC outcome: Speed, throwing and catching</p> <p>Athletics (sports day prep)</p>	<p>Vocab All of the above</p>

	<ul style="list-style-type: none"> - I can record and monitor how hard I am working - I can explain how often and how long I should exercise to be healthy - I can describe the basic fitness components <p>EMERGING</p> <ul style="list-style-type: none"> - I can explain why we need to warm up and cool down <p>I can describe how and why my body changes during and after exercise</p>			
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Athletics progression

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throwing Overarm, underarm (precision and accuracy)	Throwing Introduction to javelin and measurements	Throwing Javelin, shot putt techniques with ball and measurements	Throwing Javelin, shot putt (true technique and introduction to distance)	Throwing Javelin, shot putt with steps	Throwing Javelin, shot putt, introduction to discus	Throwing Javelin, shot putt, discus
Jumping Hopping, stepping and jumping	Jumping Hopping, skipping, jumping variants	Jumping Hopping, stepping, jump variants	Jumping Long distance jumping, standing broad/running long jump	Jumping Long distance jumping, standing broad/running long jump	Jumping Long distance jumping and introduction to triple jump	Jumping Long distance, standing jump, running long jump, triple jump
Running Sprinting Relay	Running Sprinting, relay, hurdles	Running Sprinting (introduction to spring start) relay, hurdles	Running Sprinting/sprint hurdles, relay (introduce baton exchange)	Running Sprinting, sprint hurdles, relay, middle distance	Running Sprinting, sprint hurdles, middle distance (introduction to pacing)	Running Middle distance running (pacing), sprinting, sprint hurdles