



**EWELL GROVE PRIMARY AND NURSERY SCHOOL**  
**PHYSICAL EDUCATION (PE) – AUTUMN 1A**



**Multi-skills**  
**Netball and Basketball**

**To develop spatial awareness.**

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can stand in a space and copy movements.	Can create large and small body shapes to travel over, under and through a variety of objects.	Can run in and out of cones smoothly.	Can choose an appropriate movement for the space they are in (Squeeze game)	Can judge the height and approach to a range of obstacles e.g. stepping stones, hurdles.	Can dodge a ball by moving in different directions.  Can look up, search for spaces, move into spaces away from taggers and catchers.	Can pivot and pass in a different direction.	Can use a variety of tactics to keep the ball.  • Can find ways to send the ball towards their opponents goal  • Can change the speed in attack and know what to do to score points in the game
Can travel without bumping into anyone else.	Can begin to estimate the number of traveling steps (hop, gallop and slide) needed to reach a destination.	Can walk, jog, run placing one foot on the centre of a marker. Stepping Stones.	Can track and follow a partner into a space.	Can give clear and concise instructions to guide a partner through an obstacle course.	Can understand the difference between attacking and defending skills.  Can outwit a marker by dodging to touch a cone.	Can use a variety of tactics to keep the ball e.g. changing speed/direction.	• Can defend effectively, slowing games down and making it hard to find space  • Can plan as a team and organise themselves into different roles, choosing and using skills and tactics that affect the game positively.
Can create large and small body shapes to travel over, under and through a variety of objects.	Can run in and out of cones smoothly.	Can choose an appropriate movement for the space they are in (Squeeze game).	Can judge the height and approach to a range of obstacles e.g. stepping stones, hurdles	Can dodge a ball by moving in different directions.	Can pivot and pass in a different direction.	Can understand when to pass and when to dribble, so that they keep possession and make progress towards the goal.	



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**PHYSICAL EDUCATION (PE) – AUTUMN 1A**



**Multi-Skills**

**Netball and Basketball**

**To develop throwing techniques.**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Can point opposite arm towards a target with eyes and toes in the direction they are throwing.	Can catch a large ball with two hands.	Can throw a ball, quoit, beanbag accurately into a target.	Can use a two handed and one handed push and pull throw e.g. shot put/javelin and large ball.	Can bounce a ball whilst moving. Can change hands whilst bouncing a ball.	Can use pull, push and fling throws accurately and applying force for distance.	Can develop a three stride approach with the one handed pull throw.	Can develop the correct technique for a backward heave throw.
Can lean body back and step forward as they bring the throwing arm forward to release the ball.	Can use a simple overarm and underarm throw, positioning the body correctly.	Can use a two handed and one handed pull throw e.g. Javelin and large ball.	Can show control when bouncing a ball.	Can use a fling throw, holding the discus/rugby ball correctly.	Can investigate the effectiveness of different throwing techniques and decide which is best for distance or for accuracy.	Can bounce and push throw accurately and with speed.	Can develop the correct technique for an over the shoulder heave throw.
Can catch a large ball with two hands.	Can throw a ball, quoit, beanbag accurately into a target.	Can use a two handed and one handed push throw e.g. shot put and large ball.	Can bounce a ball whilst moving.  Can change hands whilst bouncing a ball.	Can use pull, push and fling throws accurately and applying force for distance.	Can develop a three stride approach with the one handed pull throw.	Can develop the correct technique for a backward heave throw.	Can throw with greater control, accuracy and efficiency.



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**Multi-skills**

**To develop jumping techniques.**

<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Can crouch before jumping horizontally and vertically.	Can jump from one foot to two and two feet to one, joining moves together.	Can show control when speed bouncing (jump from one side to another as many times as possible in 30 secs).	Can leap, following a running action and to use a prolonged period of flight. Can use arms to support leap.	<b>Skipping</b> -Can bend knees, land on the balls of your feet Can hold the rope ensuring the movement comes from your wrists and forearms.	Can combine a variety of jumps. Standing triple jump (hop, step and jump).	<b>Skipping on the move</b> Can skip and travel forwards at the same time.	Can take off and land in a fluent and coordinated way when jumping for height and distance.
Can jump forwards along spot mats.	Can jump from one foot to one foot leading with either leg.	Can jump sideways over a small height. How many can you do? Can you keep trying to improve balance and increase your number of jumps?	Can develop leaping to achieve different heights and distances.  Can take off and land safely.	<b>Skipping</b> Can keep the jumping height low and land on both feet. <b>Alternate foot jump</b> Can alternate your feet, as if you are running on the spot	<b>Recap Skipping</b> - Can bend knees, land on the balls of your feet Can hold the rope ensuring the movement comes from your wrists and forearms <b>Two foot jump</b>	Can run down a track and take off from a special board trying to get the furthest distance possible by performing a long jump, hop, step and jump.	Can make up your own combination jumping sequence using steps, leaps, hops and jumps.
Can jump from one foot to two and two feet to one.	Can show control when speed bouncing (jump from one side to another as many times as possible in 30 sec).	Can leap, following a running action and to use a prolonged period of flight. Can use arms to support leap.	<b>Skipping</b> Can bend knees, land on the balls of your feet. Can hold the rope ensuring the movement comes from your wrists and forearms.	Can combine a variety of jumps. Standing triple jump (hop, step and jump).	<b>Skipping on the move</b> Can skip and travel forwards at the same time.	Can take off and land in a fluent and coordinated way when jumping for height and distance.	Can coach others to perform a long jump/triple jump, encouraging them take off and land safely.