



**PE Autumn 1a – Multi-Skills/Ball Skills**

**To develop spatial awareness.**

<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 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, searching for spaces, move into spaces away from taggers/catcher.	Can pivot and pass in a different direction.	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, 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 shadower 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 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 change the speed in attack and know what to do to score points in the game	Can plan as a team and organise themselves into different roles, choosing and using skills and tactics that affect the game positively.



**PE Autumn 1a – Multi-Skills**

**To develop throwing techniques.**

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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 investigate the effectiveness of different throwing techniques and decide which is best for distance or for accuracy	Can pass the ball within 4 seconds	Can understand when to pass and when to dribble, so that they keep possession and make progress towards the goal.
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 explore using a bounce pass.	Can catch a ball with two feet landing at the same time.	Can bounce and push throw accurately and with speed. Bounce it push it rally	Can use a variety of tactics to keep the ball
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 investigate the effectiveness of different throwing techniques and decide which is best for distance or for accuracy.	Can pass the ball within 4 seconds	Can understand when to pass and when to dribble, so that they keep possession and make progress towards the goal.	Can throw with greater control, accuracy and efficiency.