



	P.E. : Key Stage 1	
		Vocabulary
	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. • Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	run, jump, throw, catch, clockwise, anti-clockwise, balance, attack, defend.
Year 1	<p>Be able to run and jump correctly in straight lines, changing direction and for a sustained period of one minute. Throw and catch a beanbag and ball accurately.</p> <p>Balance in different ways on a levelled surface.</p> <p>Apply taught skills to compete in small-sided games and activities.</p> <p>Put together a routine of three steps in a sequence, following simple movements. Challenge yourself to achieve your personal best.</p>	
Year 2	<p>Build upon basic movements moving safely in a larger environment. Move around with greater control and awareness of obstacles and space. Throw and catch items of various sizes consistently.</p> <p>Balance using one or two feet on a range of surfaces for 10 seconds.</p> <p>Apply taught skills to compete in small-sided activities and games.</p> <p>Lead a team with encouragement and support, giving out simple tactics.</p> <p>Perform with increased style and flair a simple dance routine. Challenge yourself to achieve your personal best.</p>	



	P.E. : Key Stage 2	
		Vocabulary
National Curriculum	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	run, jump, throw, catch, clockwise, anti-clockwise, pivot, strike, field, shoot, routine, flair, attack, defend, balance, movement, flexibility, tactics
Year 3	<p>Be able to run and jump correctly in straight lines, changing direction and starting to become aware of the space around them. Throw and catch objects accurately over greater distances. Balance on one leg for period of 1 minute on a range of surfaces, with increased control and strength.</p> <p>Use taught skills in a range of simple team games, understanding the need to attack and defend. Lead a team with encouragement and support, giving out simple tactics. Practice and perform dance routines in small groups, incorporating a series of simple steps. Challenge yourself to achieve your personal best.</p>	
Year 4	<p>Move in a variety of ways correctly, changing direction and starting to become aware of the space around them. Throw and catch objects accurately over greater distances for a series of 30 competitions. Balance on one leg for period of 1 minute on a range of surfaces, with increased technique, control and strength.</p> <p>Use taught skills in a range of simple team games, understanding the need to attack and defend. Begin to discuss successes and how to improve.</p> <p>Practice and perform dance routines, incorporating a series of simple steps with greater flair, control and flexibility. Challenge yourself to achieve your personal best.</p>	
Year 5	<p>Move in a variety of ways, changing direction, and be aware of the space around them. Throw and catch apparatus in a range of situations, focussing on accuracy and speed. Use these skills to play team games, moving into space to help with attacking and defending. Begin to evaluate your performance and the performance of others and give constructive feedback.</p>	



	Balance in a range of positions, on a range of surfaces, with increased technique, control and strength. Practice and perform dance routines, incorporating more complex steps with greater flair, control and flexibility. Tactically think about how to overcome a problem and discuss it with others. Challenge yourself to achieve your personal best.	
Year 6	Move in a variety of ways, changing direction, and be aware of the space around them. Throw and catch apparatus in a range of situations, focussing on accuracy and speed. Use these skills to play team games, moving into space to help with attacking and defending. Evaluate your performance and the performance of others and give constructive feedback. Use this to improve the performance of your team. Balance in a range of positions, on a range of surfaces, with increased technique, control and strength. Practice and perform dance routines, incorporating more complex steps with greater flair, control and flexibility. Tactically think about how to overcome a problem and discuss it with others. Critically analyse your performance and compare it to previous ones. Challenge yourself to achieve your personal best.	



Toner Avenue School
Tradition Achievement Success

	Swimming Key Stage 2	
		Vocabulary
	<ul style="list-style-type: none">• swim competently, confidently and proficiently over a distance of at least 25 metres• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]• perform safe self-rescue in different water-based situations.	swim, frontcrawl, backstroke, butterfly, breaststroke, safely, rescue, emergency
	Be able to enter and exit the pool in a safe manner. Understand the need to be careful in a water environment. Confidently and proficiently , swim 25 metres using a variety of strokes. Know how to keep yourself safe in the event of an emergency.	