St Botolph's C of E Primary School

P.E. CURRICULUM ROADMAP

'Striving to be the best we can'

YEAR 6

- I can use attacking and defending techniques.
- I can confidently change direction to lose an opponent.
- I can develop control and fluency of the straight, barrel, straddle and forward rolls.
- I can explore balance and counter tension.
- I can use my breath to increase my ability to move.
- I can choreograph and perform a dance with emotion and feeling.
- I can dribble with control, under pressure.
- I can use a variety of defending skills.
- I can develop power, control and technique when throwing and catching.
- I can develop power, control and technique when jumping.
- I can engage in a range of competitive sports.
- I know how to prepare my body for running and can develop my sprinting technique.
- I can swim competently over a distance of 25m.
- I can perform safe self-rescue in wate

YEAR 5

- I can dribble with some control under pressure.
- I can choreograph a dance using different styles of movement.
- I can develop power and technique when throwing and catching.
- I can explore technique and rhythm in the triple jump.
- I know that keeping a steady breath will help me when running long distances.
- I can develop control in the straight, barrel, straddle and forward rolls.
- I can explore symmetrical and asymmetrical balances.
- I can develop attacking and defending in a range of invasion games.
- I can use a variety of techniques to lose an opponent.
- I can explore interception when defending.
- I can strike a bowled ball with increased accuracy and consistency.

YEAR 4

- I can explore attacking and defending in invasion games.
- I can develop batting techniques.
- I can develop rallying using forehand and backhand.
- I can develop the straight, barrel, straddle and forward roll.
- I can develop control and fluency in balances.
- I can explore increased speed when co-ordinating my body.
- I can respond imaginatively to a range of themes.
- I can dribble a ball with increased control and co-ordination.
- I can catch with increased consistency.
- I can develop technique when jumping for distance.
- I can explore power and technique when throwing and catching.
- I can swim competently and proficiently over a distance of 25m.
- I can use a range of swimming strokes effectively.
- I know how to pace myself when running for a long time.

YEAR 3

- I can explore throwing at a moving target.
- I can catch a range of objects with increasing consistency.
- I can dribble a ball with hands or feet with control.
- I can create actions in response to a theme individually or in groups.
- I can show balance when changing direction.
- I can explore point and patch balances.
- I can develop the straight, barrel and forwards roll.
- I can begin to strike a bowled ball after a bounce with different equipment.
- I can develop different throwing techniques.
- I know a range of positions and approaches when jumping.
- I can apply the sprinting technique to events.

YEAR 2

- I can communicate effectively and develop trust.
- I can co-operate and communicate with others to solve challenges.
- I can explore space when attacking and defending.
- I can explore and sequence barrel, straight and forward rolls.
- I can link a combination of gymnastic balances.
- I can perform actions with increased control.
- I can repeat and link actions to express an idea (dance)
- I can roll, throw and hit a ball towards a target.
- I know that swinging my arms will help me jump further.
- I can develop the sprinting action.

YEAR 1

- I can explore throwing for distance and accuracy.
- I can catch with 2 hands and catch after a bounce.
- I can develop balance when jumping and landing.
- I can look ahead to keep my balance.
- I know that if I swing my arms I will run faster.
- I can create my own actions in relation to a theme.
- I can dribble with my hands and feet.
- I can explore co-ordination when using equipment.
- I can perform balances using my body.
- I can explore barrel, straight and forward rolls.
- I can change direction and play tagging games.
- I can communicate and follow simple instructions.
- I can listen to and suggest ideas to solve tasks.

EYFS

- I know there are different roles in games.
- I can explore shapes in stillness using different body parts.
- I can explore moving for extended periods of time.
- I can explore catching to self and with a partner.
- I can explore rocking and rolling.
- I can explore how my body moves.
- I can explore throwing to a target.
- I can explore jumping and hopping safely.
- I can explore running and stopping safely.

Respect · Thankfulness · Perseverance · Truthfulness · Friendship · Compassion