



The **RAINBOW** Continuum: PE: *Children can ...*

	<b>GYMNASTICS AND DANCE</b>	<b>PLAYING GAMES</b>	<b>EVALUATING AND IMPROVING</b>	<b>Suggested tasks</b>
	Enjoy movement	Enjoy participation	Enjoy winning!	<div style="border: 1px solid black; padding: 5px;">           Topics in Y1 LTP: athletics, throwing &amp; catching, multi-sports, balls skills &amp; games, dance, gymnastics, boccia.         </div> <ul style="list-style-type: none"> <li>• Growing small to tall.</li> <li>• Rocking side to side.</li> <li>• Move in different ways, fast, slow, loud, quiet etc.</li> <li>• Take part in simple games</li> </ul>
	Copy some movements Jump in different ways Change their body shape in a range of ways Perform simple and random dance moves Show some rhythm in movement and dance	Move a ball using simple throwing techniques Explore different ways of moving a ball Sometimes catch a ball Stop a ball moving in other ways Play simple ball games involving kicking, catching or throwing	Comment on others' actions Suggest simple improvements Talks about how their body feels during activity Understand that physical activity is good for them	<div style="border: 1px solid black; padding: 5px;">           Topics in Y2 LTP: athletics, throwing &amp; catching, multi-sports, balls skills &amp; games, dance, gymnastics, boccia.         </div> <ul style="list-style-type: none"> <li>• Explore travelling on benches.</li> <li>• Kicking, pushing &amp; rolling a ball.</li> <li>• Talk about which is best.</li> <li>• Recreate body shapes based on given objects. <i>E.g. Animals, letters.</i></li> <li>• Jumping on and off objects, e.g. benches, mats. Frog jumps, star jumps.</li> <li>• Move around like a given character, e.g. Mr Tickle, Mr Strong.</li> <li>• Balancing on isolated parts of the body.</li> <li>• Play simple team games.</li> </ul>

Typically Y1, Y2 & Y3		Typically Y3, Y4 & Y5		Typically Y4, Y5 & Y6	
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<p>Explore, copy, and repeat simple skills and actions</p> <p>Remember and repeat simple sequences in dance or gym</p> <p>Copy and remember actions in a sequence</p> <p>Begin to move with increasing control and care</p> <p>Make a short dance sequence by putting some movements together</p> <p>Begin to use rhythm in dance</p> <p>Make simple moves with increasing control and coordination</p>	<p>Kick and throw a ball, not always with accuracy</p> <p>Understand the importance of stopping a ball in different ways</p> <p>Begin to be able to work with a partner</p> <p>Start to link skills and actions within simple games</p> <p>Begin to understand some concepts of game e.g. opponent, team mate</p> <p>Begin to show some understanding of simple tactics</p>	<p>Talk about what they are doing and describe the work of others</p> <p>Suggest ways to improve own and others work</p> <p>See how their work is similar to and different from other children</p> <p>Understand the importance of being active</p> <p>Talk about how to exercise safely and how their bodies feel during an activity</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Topics in Y3 LTP: hockey, boccia, goal ball, golf, sports hall athletics, football, dance, bean bag rounders, athletics.</p> </div> <ul style="list-style-type: none"> <li>• Creating simple sequences of movement</li> <li>• Develop simple tactics and teamwork strategies within bean bag rounders games.</li> <li>• Running, skipping, bouncing around the room with control.</li> <li>• Respond to stimuli, <i>e.g. images, words (show a movement to reflect the word melt, flop).</i></li> <li>• Learn how to throw in a variety of ways, e.g. under arm, over arm. Analyse which is the most accurate way for different situations.</li> <li>• Kick and move with a ball.</li> <li>• Circuits using travelling with a ball, dribbling and stopping.</li> <li>• Develop skills with a hockey stick and ball, e.g. passing, controlling, dribbling.</li> <li>• Analyse the performance of others to see where improvements can be made to their own performance or their partner's (golf).</li> </ul>
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Typically Y1, Y2 &amp; Y3

Typically Y3, Y4 &amp; Y5

Typically Y4, Y5 &amp; Y6

	GYMNASTICS AND DANCE	PLAYING GAMES	EVALUATING AND IMPROVING	Suggested tasks
	<p>Move across a room in different ways and with an awareness of space</p> <p>Make increasingly clear and fluent movements</p> <p>Show contrast in shape and movement</p> <p>Understand different uses of tense, relax, stretch, curl in movement</p> <p>Improvise with ideas and movements</p> <p>Copy, remember, repeat, explore simple actions and movements with control and coordination</p> <p>Begin to sequence moves and link actions</p> <p>Begin to choose movement to show ideas</p>	<p>Move a ball with control and accuracy</p> <p>Show increasing confidence when rolling, hitting, kicking a ball</p> <p>Understand the importance of rules and fairness</p> <p>Follow rules in games</p> <p>Understand the concept of both team and opponent</p> <p>Develop and use simple tactics in team games</p>	<p>Talk about differences between their own and others' actions</p> <p>Comment on the skills and techniques used in their own and others' work</p> <p>Refine movement after evaluation from others</p> <p>Understand the importance of practice</p> <p>Describe what effects exercise has on their bodies</p> <p>Understand the importance of warming up and cooling down</p>	<p>Topics in Y4 LTP: football, golf, rugby, boccia, dance, hockey, orienteering.</p> <ul style="list-style-type: none"> <li>• Throwing/sending a range of different balls. Evaluating techniques.</li> <li>• Dribbling a football/ hockey ball with a stick using greater accuracy.</li> <li>• Creating their own sequence of movements to a stimuli, <i>e.g. scene, movie clip</i></li> <li>• To develop different techniques to strike a ball for distance or to hit particular targets accurately.</li> <li>• To practise the correct technique for catching a ball and use it in a game.</li> <li>• Target practise, <i>e.g. throwing into different sized containers.</i></li> <li>• Choose and use simple tactics to suit different situations.</li> <li>• Develop basic map reading skills <i>e.g. importance of orienting the map to the correct position.</i></li> <li>• Use video recordings to compare own performance with others and make improvements (golf).</li> <li>• Develop simple tactics to use in team games, <i>e.g. positions, marking.</i></li> </ul>

Typically Y1, Y2 & Y3		Typically Y3, Y4 & Y5		Typically Y4, Y5 & Y6	
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<p>Move in an increasingly coordinated way</p> <p>Control take-off and landing when jumping</p> <p>Show increasing control in balance and agility</p> <p>Uses movements to communicate an idea, using expression and conveying emotion</p> <p>Refine movements into increasingly complex sequences</p> <p>Cooperate with others to form sequences</p> <p>Use different parts of the body for different effects</p>	<p>Throw, catch, strike, field, stop a ball with increasing control and accuracy</p> <p>Be increasingly accurate in throwing for distance</p> <p>Decide the best way to move a ball for different purposes and needs</p> <p>Choose an appropriate speed to move a ball</p> <p>Decide on the best position in team games</p> <p>Begin to make use of space</p> <p>Vary skills, actions and ideas within simple games</p>	<p>Analyse and comment on skills and techniques</p> <p>Understand how performances can be improved, through practice and reflection</p> <p>Explain and apply basic safety principles in preparing for exercise</p> <p>Explain how the body reacts during different types of exercise</p> <p>Warm up and cool down appropriately</p>	<p>Topics in Y5 LTP: rugby, football, netball, orienteering, goal ball, parkour, cricket.</p> <ul style="list-style-type: none"> <li>• Throwing drills- best way to throw for speed, distance etc.</li> <li>• Master throwing and catching.</li> <li>• Parkour, exploring ways to mount and dismount equipment.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• Select and maintain a running speed.</li> <li>• Maintain possession of a ball.</li> <li>• To use hand-eye coordination to strike a moving and a stationary ball.</li> <li>• To use ABC (agility, balance, co-ordination) to field a ball well.</li> <li>• To use ABC (agility, balance, co-ordination) to move into good positions for catching.</li> </ul>
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<b>GYMNASTICS AND DANCE</b>	<b>PLAYING GAMES</b>	<b>EVALUATING AND IMPROVING</b>	<b>Suggested Tasks</b>
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Typically Y1, Y2 & Y3		Typically Y3, Y4 & Y5		Typically Y4, Y5 & Y6	
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<p>Show control / coordination in travel and balance</p> <p>Perform a range of jumps, showing control</p> <p>Show increasing clarity and fluency in movements</p> <p>Make good use of creativity and imagination when composing sequences in dance or gym</p> <p>Use movement expressively, to convey an idea, mood or feeling</p> <p>Combine changes of shape, speed and level in sequence</p> <p>Apply skills, and actions and ideas with increasing coordination and control</p>	<p>Use a range of throwing techniques, with increasing power and accuracy</p> <p>Apply a broad range of skills to different situations Use a range of fielding skills and throw with accuracy to hit a target</p> <p>Plan different approaches to attacking and defending</p> <p>Choose the best pace to use in athletics or games</p> <p>Show growing awareness of space in team games</p> <p>Work to keep or gain possession</p>	<p>Modify and refine skills and techniques to improve any performance</p> <p>Show a willingness to practise to develop and improve</p> <p>Conserve energy over longer distances</p> <p>Independently prepare for exercise, and use cooling down techniques</p>	<p>Topics in Y6 LTP: rugby, sports hall athletics, dance, netball, orienteering, cricket, parkour.</p> <ul style="list-style-type: none"> <li>• To use and incorporate counterbalances in dance/gymnastics.</li> <li>• Identify and practise patterns and actions of a chosen dance style.</li> <li>• Developing skills for movement including rolling, bridging and dynamic movement.</li> <li>• Working as a team using ball-handling skills.</li> <li>• Compose own dance sequence Passing and carrying a ball with balance and co-ordination.</li> <li>• To use fielding skills to stop a ball effectively.</li> <li>• Investigate running styles and changes of speed.</li> <li>• To understand how to use different shots to outwit an opponent in a game.</li> <li>• Use accurate passing and dribbling in a game.</li> <li>• 'Getting Free' games, e.g. dodging, moving away, coming back.</li> </ul>

Typically Y1, Y2 & Y3		Typically Y3, Y4 & Y5		Typically Y4, Y5 & Y6	
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<p>Demonstrate precision, control and fluency</p> <p>Sustain movements over a longer period of time</p> <p>Convey expression and emotion in performance Use changes in and combinations of direction, level and speed within increasingly complex sequences</p> <p>Begin to improvise, based on previous skills Plan, perform and repeat sequences, including changes in speed and level</p>	<p>Throw with accuracy and power</p> <p>Combine, vary and choose appropriate strategies and tactics</p> <p>Choose and use the most appropriate skills, tactics and actions to cause problems</p> <p>Know how to keep possession</p> <p>Work within a team, with less focus on self.</p> <p>Understand that a winning team has not always been the best one</p>	<p>Use a range of criteria to judge own and others' work</p> <p>Monitor their own heart rate and breathing Understand how heart rate and breathing slows after exercise</p> <p>Know and use the relationship between power and stamina</p>	<ul style="list-style-type: none"> <li>• Explore different footwork patterns. Explain and justify which is best.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• Create a dance that represents a given style.</li> <li>• To perform movements in canon (started by 1 person then repeated) and in unison.</li> <li>• Work as team, using tactics in order to beat another team.</li> <li>• Apply gymnastic shapes and balances to whole routines.</li> </ul>
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Typically Y1, Y2 & Y3			Typically Y3, Y4 & Y5			Typically Y4, Y5 & Y6		