

# OLA Statement of Impact:

# Physical Education

Throughout each topic teachers should check that content has been learned and remembered, including content from previous years, to prevent it from being forgotten. Retrieval practice is built into each lesson to interrupt the forgetting curve and secure construct in long term memory.

At the end of each unit, teachers will assess work against the relevant Mastery Key for that unit to decide whether the child is working at Age Related Expectations by the end of each academic year.

By the time pupils leave **Key Stage 2**, they will:

- ✓ Be **physically confident and competent**, ready for further physical education in secondary school.
- ✓ Understand how to **maintain an active and healthy lifestyle**.
- ✓ Have developed **resilience, teamwork, and leadership** skills through sport.
- ✓ Appreciate the importance of **fair play, respect, and sportsmanship**.

Our goal is to **inspire a generation of active, healthy, and confident individuals** who enjoy physical activity and carry these positive habits into adulthood.

# Mastery Skills

	Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Balance</b>	Can balance whilst stationary and on the move.	Can show some control and balance when travelling at different speeds.	Can show control and balance when travelling at different speeds.	Can demonstrate balance when performing other functional movement skills.	Can demonstrate good balance when performing other functional movement skills.	Can demonstrate good balance and control when performing other functional movement skills	Can show fluency and control when travelling, landing, stopping and changing direction.
<b>Running</b>	Can run and stop with some control.	Can attempt to run at different speeds showing an awareness of technique.	Can show balance and coordination when running at different speeds.	Can show balance, coordination and technique when running at different speeds, stopping with control.	Can demonstrate how and when to speed up and slow down when running.	Can run at the appropriate speed over longer distances for longer periods of time.	Can demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
<b>Catching</b>	Can stop a beanbag or large ball sent to them using hands.	Can catch a beanbag and a medium-sized ball.	Can catch an object passed to them, with and without a bounce.	Can catch a ball passed to them using one and two hands	Can catch a ball passed to them using one and two hands with increasing success.	Can catch and intercept a ball using one and two hands with some success in game situations.	Can catch and intercept a ball using one and two hands with increasing success in game situations.
<b>Throwing</b>	Can throw and roll a variety of beanbags and larger balls to space.	Can throw and roll an object towards a target with some varying techniques.	Can throw and roll an object towards a target using varying techniques with some success.	Can use a variety of throwing techniques in game situations.	Can use a variety of throwing techniques in game situations with some success.	Can use a variety of throwing techniques with some control under increasing pressure.	Can use a variety of throwing techniques including fake passes to outwit an opponent.
<b>Jumping</b>	Can jump and hop with bent knees.	Can jump, leap and hop and choose which allows them to jump the furthest.	Can show hopping and jumping movements with some balance and control.	Can jump for distance and height with an awareness of technique.	Can jump for distance and height showing balance and control.	Can perform a range of more complex jumps showing some techniques.	Can perform jumps for height and distance using good technique.
<b>Dance</b>	Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.	Copy, remember and perform a dance phrase.	Copy, remember and adapt set choreography.	Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.	Perform dances confidently and fluently with accuracy and good timing.
<b>Tactics</b>	Can make simple decisions in response to a task.	Use tactics when playing games.	Apply simple tactics.	Know and apply simple tactics to help my team to achieve an outcome e.g. we will spread out to deny space.	Know and apply attacking and defending tactics to gain and maintain possession, score goals and stop the opponent from scoring.	Understand the need for tactics and identify when to use them in different situations.	Understand, apply and use rules and tactics consistently in a variety of games whilst playing.
<b>Emotional</b>	Can try again if they do not succeed.	Can show determination to continue working over a longer period of time.	Can show determination to continue working over a longer period of time.	Can persevere when finding a challenge difficult.	Can persevere when finding a challenge difficult.	Can understand what maximum effort looks and feels like and show determination to achieve it.	Can understand what maximum effort looks and feels like and show determination to achieve it.

Swimming							<p>Confidently demonstrate a good technique in at least one stroke over at least 25 metres.</p> <p>Can perform safe self-rescue in water-based situations.</p>
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