

# Belmont Cheveley Park Primary School



PE

Passport



# Year 1

## PE Passport



### Autumn 1: Movement/ Ball skills

- Can you find a space?
- What happens to your body when you exercise?
- Can you follow simple instructions, run, hop, skip, forwards, backwards, sideways.
- Can you catch a ball with 2 hands?
- Can you pass a ball to a friend?
- Can you catch a ball that has been thrown to you?
- Can you hit a large ball with a bat?

### Autumn 2: Gymnastics

- Can you carry equipment safely?
- Can you do an egg roll?
- Can you do a pencil roll?
- Can you do a teddy bear roll?
- Can you make a wide and thin shape?
- Can you put two actions together with a start and finish?

### Spring 1: Dance

- Can you move in different ways?
- Can you make a shape (with a partner/ group)?
- Can you copy/follows a partners movements?
- Can you move in different ways (slow, heavy movements, fast and slow)?
- Can you perform a simple dance?



# Year 1

## PE Passport



### Spring 2: Ball Skills / Team games

- Can you throw underarm?
- Can you throw and catch with different size balls?
- Can you use your throwing and catching skills in a game?
- Can you throw into a target?
- Can you use a racket to play striking games?
- Can you play a game using striking and fielding skills?

### Summer 1: Invasion Games

- Can you take part in simple team games?
- Can you use simple tactics for attacking and defending?
- Can you use the skills (ball and movement skills) you have learnt in a team game?

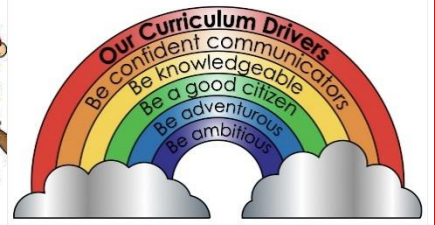
### Summer 2: Athletics

- Can you take part in competitive activities?
- Can you run using the right arm movements?
- Can you complete a standing jump?
- How far can you throw a range of objects (ball, javelin)?



# Year 2

## PE Passport



### Autumn 1: Team building activities

- What can you do to help your team?
- Can you communicate with your team and come up strategies to improve your team?
- Can you solve problems and make decisions?
- Can you listen to everyone in the team?
- Has everyone been included in the game?
- Have you shown respect within your team?

### Autumn 2: Gymnastics

- Can you show me how to sit like a gymnast.
- Can you show me a balance using different parts of your body
- Can you show me a half and full turn.
- Can you show me a pencil, egg and forward roll.
- Can you practice moves using apparatus?
- Can you put all 3 things together in a sequence with a start and finish shape?

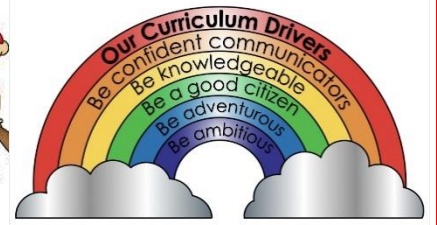
### Spring 1: Ball skills/Team Games

- Can you throw and catch a ball while moving?
- Can you perform some dribbling skills with hands and feet using space?
- Can you pass a ball accurately (hands and feet) over longer distances to a team mate?
- To use throwing and catching in a game situation with increased control



# Year 2

## PE Passport



### Spring 2: Dance

- Can you make a sequence on your own and with a group and perform a dance to others.
- Can you evaluate your dance and others dances and suggest improvements?
- Can you listen to music and use dance movements that go with the music
- Can you change the speed, level and direction within a dance?

### Summer 1: Invasion games

- Can you communicate with others in your team by shouting their names and letting them know you're ready?
- Can you make simple decisions about when and where to move in a game to pass and receive a ball?
- Can you play simple, competitive and cooperative games and understand how to score?
- Can you make it difficult for opponents?

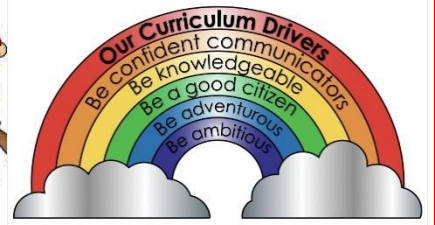
### Summer 2: Athletics

- Can you show me how to start a running race and run with agility and confidence?
- Can you throw different objects in different ways?
- Can you show me a running jump?
- Can you run a longer distance (2/3 laps of field)?
- Can you complete different races using equipment (egg race, hoop race, sack race)?
- Can you take part in a school sports day with confidence?



# Year 3

## PE Passport



### Autumn 1: Team Building and Outdoor Adventurous Activities / Swimming

- Can you tell me what makes an effective leader?
- Do you know what your role is in the team?
- Can you clearly communicate by speaking in a clear voice and listen when others are speaking?
- Can you work collaboratively with your team to complete the task/game together?
- Can you think quickly and apply simple tactics to complete challenges quickly?
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length

### Autumn 2: Gymnastics / Swimming

- Can you show me how you can do different types of jumps?
- Can you show me different ways of travelling across the floor at different levels and linking movements?
- Can you show me how to correctly perform a forward roll from standing?
- Can you use actions on the floor and over, through, across and along apparatus?
- Can you show me a sequence of at least 3 moves that you have developed with a partner including a start and finish position?
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length

### Spring 1: Dance

- Can you show me the dance sequence you have created in a group or with a partner?
- Can you show me a jumping and turning movement that you have used?
- Can you show me how you move at different speeds in your dance sequence and use the space effectively?
- Can you show me that you and your partner/group can mirror each other and/or move in time?



# Year 3

## PE Passport



### Spring 2: Ball Skills / Team games

- Can you show me how you control a ball when dribbling?
- Can you show me how you roll, kick or throw a ball accurately at a target?
- Can you show me how to change direction to catch a ball?
- Can you show me how to correctly catch a ball at different heights?
- Can you show me how to correctly throw and catch with a partner, group multiple times?

### Summer 1: Invasion Games

- Can you work with a partner to show different sending and receiving techniques?
- Can you make a series of passes to team mates with some accuracy moving towards the scoring area?
- Can you keep control of the ball while travelling?
- Can you help others in your team by shouting or moving to an available space?
- Can you play games that involve keeping possession and scoring in targets?

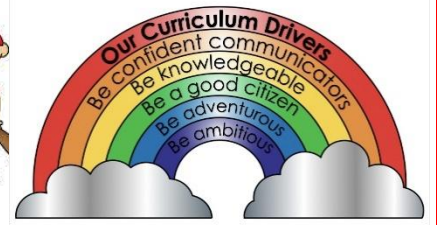
### Summer 2: Athletics

- Can you show me how to turn at different speeds and directions using a good running technique?
- Can you show me the correct way to jump over hurdles of differing heights?
- Can you show me the correct technique to jump as far as you can? (running and standing)
- Can you show me how to correctly use your weight and arms to help you throw further?
- Can you show a determination to win in sports day races?



# Year 4

## PE Passport



### Autumn 1: Team building / OAA

- Can you tell me what makes a good team (communication, cooperation and collaboration)?
- Can you show me how to remain positive with yourself and your team if things don't go right?
- Can you demonstrate effective communication within a team?
- Can you apply tactics and strategies learned in previous years to help tackle problem solving team activities?

### Autumn 2: Gymnastics

- Can you perform 3 different rolls (Shoulder, forward, back)?
- Can you link a roll with travel and balance using floor and apparatus with good body control?
- Can you work with a partner and small group to create sequences including a change of dynamics and apparatus?
- Can you compare and contrast similar performances and suggest improvements?

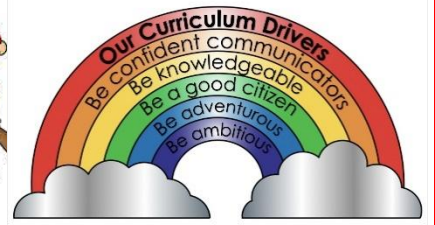
### Spring 1: Dance / Swimming

- Compose longer dances with a clear start, middle and end on their own, with partners and in a group
- Demonstrate expression within a dance
- Dance in unison or canon within a group
- Use dance vocabulary to evaluate performances
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length



# Year 4

## PE Passport



### Spring 2: Ball skills & team games / Swimming

- Can you vary the strength, length and direction of a throw and kick?
- Can you show me how to make it difficult for the opponent to receive the ball?
- Can you show me some attack and defence tactics in a game?
- Can you explain the rules of the game you are playing?
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length

### Summer 1: Invasion Games

- Can you throw and catch a ball at different speeds, directions and heights?
- Can you choose and use a range of simple tactics and strategies?
- Can you identify a space to move into and show a clear target to receive a pass?
- Can you explain where positions are allowed within a game

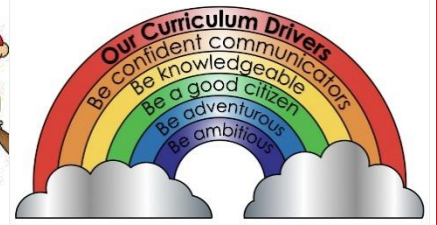
### Summer 2: Athletics

- Can you select and maintain a running pace for different distances?
- Can you show me throwing with power and accuracy some of the time?
- Can you show me a good technique for running in a competitive race?
- Can you show me which technique is most effective when jumping distance?
- Can you use all the skills you have learned in a competitive sports day race?



# Year 5

## PE Passport



### Autumn 1: Team building / Outdoor Adventurous Activities

- Can you take responsibility for your own actions as well as for others?
- Can you plan and complete an orienteering challenge?
- Can you manage time and complete the tasks within a set time?

### Autumn 2: Gymnastics

- Can you show controlled actions and combine them fluently?
- Can you include a change of speed in your sequence?
- Can you create and demonstrate 'counter balances' and 'counter tension balances' with a partner using a variety of levels and connections points
- Can you demonstrate a number of moves using a variety of equipment?
- Can you explain the importance of stretching and warming up before gymnastics?

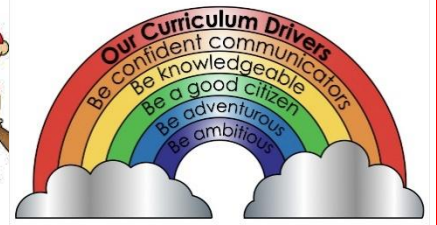
### Spring 1: Dance

- Can you explore and improve ideas in dances in different styles, working on your own, with a partner and in a group?
- Can you compose more complex routines with clear sections using unison, canon and repetition?
- Can you remember and perform a dance routine to any audience with 20+ steps?



# Year 5

## PE Passport



### Spring 2: Ball Skills & Team Games

- Can you hold and swing a racket and know where to stand when hitting the ball?
- Can you use different passes accurately?
- Can you lose a defender to receive a pass?
- Can you play competitive games in teams following all the basic rules?
- Can you tell me the consequences of breaking the rules?

### Summer 1: Invasion Games / Swimming

- Can you show me how to change speed and direction with a ball to get away from a defender?
- Can you shield a ball?
- Can you shoot accurately in a variety of ways?
- Can you watch and evaluate games you have played in?
- Can you suggest what you need to practice to enjoy the game more?
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length

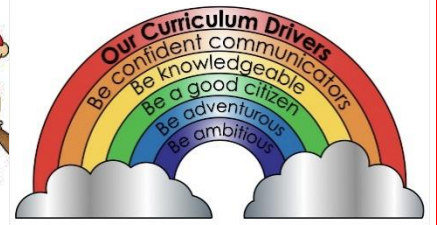
### Summer 2: Athletics / Swimming & Residential

- I can improve running time for short distance using 'Big Daggers'
- I can pass a baton effectively in relay races (4 x 50m)
- I can show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy
- I can demonstrate good stamina and technique when running long distances
- Participate in swimming lesson for a term and practice water skills and learn how to use different strokes and to be able to swim a length
- Can you participate in a range of activities at Moorhouse Adventure centre and sleep over for 1 night?



# Year 6

## PE Passport



### Autumn 1: Indoor Athletics

- Can you practise and refine your individual running technique?
- Can you work as a team to competitively perform various sprint relays?
- Do you show good jumping control and technique for both height and distance?
- Can you develop and practise your throwing technique?

### Autumn 2: Gymnastics

- Can you make up a sequence and adapt it to different apparatus?
- Can you make up longer, more complex sequences independently, with a partner and in a small group using everyone's strengths within the groups?
- Do you know how gymnastics promotes strength, power and suppleness?
- Can you do a risk assessment and set out the apparatus?

### Spring 1: Dance

- How can I use movements to show feeling and emotion?
- Can I use rhythm effectively in my dancing?
- Can you compose more complex routines with clear sections, using unison, canon, repetition and changing the dynamics, space and relationships?
- Am I able to prepare and perform to an audience?  
Can I analyse and comment on skills and techniques and how these are applied in my own and others' work?



# Year 6

## PE Passport



### Spring 2: Ball Skills / Team Games

- Can you throw, hit or kick the ball from an opponent to outwit them using speed, height and direction of the ball?
- Can you develop and adapt your striking, fielding and throwing as well as catching skills to different heights and distances in small and large games?
- Do you know where to stand when attacking and defending?
- Can you explain why they or others are playing well in a game?
- Do you know what you can do to improve yourself?

### Summer 1: Invasion Games

- Do you understand the difference between attacking and defending?
- Can you demonstrate different ways of attacking and how to use positions in the team carefully?
- Can you choose the right formations and tactics for attack and defence?
- Can you demonstrate how to support others in your team?

### Summer 2: Athletics / OAA & Residential

- Can you explain how to improve yours and others' performance?
- How can you apply your skills tactically in competitive situations?
- What athletic technique will help to improve performance in competitive situations?
- Can you throw with power and accuracy?
- Can you perform a range of jumps showing power, control and consistency?
- Can you participate in OAA activities at the residential and sleep for 2 nights away from home?

