



Year 1 - Key Skills

Fitness

Physical: run, jump, co-ordination, stamina, agility, balance, throw

Social: communication, support, work safely

Emotional: kindness, perseverance, honesty, determination

Thinking: comprehension, creativity, problem solving, reflection

Gymnastics

Physical: Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll

Social: respect, collaboration, sharing, work safely

Emotional: Confidence, self-regulation, perseverance

Dance

Physical: actions, dynamics, space, relationships, balance, jump

Social: respect, work safely, collaboration, communication

Emotional: empathy, confidence, acceptance, determination, kindness

Thinking: creativity, copy and repeat, comprehension, creativity, select and apply

Net and Wall Games

Physical: throw, catch, balance, jump, track a ball

Social: support others, work safely, communication

Emotional: independence and determination

Thinking: select and apply, reflection, identify areas of strength and areas for development



EYFS - Key Skills

Games

Physical: Actions, dynamics, space, balance and jump.

Social: Work safely, respect, collaboration

Emotional: Independence and confidence

Thinking: select and apply actions, creativity, exploration and recall

Gymnastics

Physical: run, balance, change, direction, throw, jump, catch

Social: work safely, communication and co-operation

Emotional: Confidence, honesty, manage emotions

Dance

Physical: shapes, balances, jumps, rocking, rolling, travel

Social: work safely, collaboration, share and take turns

Emotional: determination and confidence

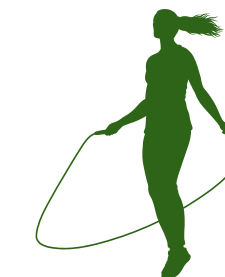
Thinking: comprehension, creativity, select and apply

PE at St. Anne's EYFS and KS1



Autumn 2

Year 2 - Key Skills



Fitness

Physical: run, stamina, skip, co-ordination, agility, balance, jump, skip

Social: encourage others, communication

Emotional: determination and perseverance

Thinking: comprehension, identify strength and areas of improvement

Gymnastics

Physical: Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll

Social: respect, collaboration, sharing, work safely

Emotional: Confidence, self-regulation, perseverance

Net and Wall Games

Physical: throw, catch, hit, track, balance, run

Social: co-operation, respect, support others

Emotional: perseverance and honesty

Thinking: decision making, select and apply, reflection

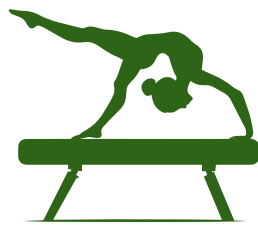
Team Building

Physical: balance, jump, run, co-ordination

Social: support, encourage others communication, inclusion

Emotional: perseverance, accepting, determination, confidence

Thinking: comprehension, identify strengths areas or development, problem solving



Year 4 - Key Skills

Ball Skills

Physical: track, throw, catch, dribble, kick, balance

Social: respect, co-operation, communication

Emotional: perseverance, motivation, self-regulation concentration, independence

Thinking: comprehension, select and apply, feedback, make decisions

Tennis

Physical: forehand, backhand, throwing, catching, rallying, balancing, running

Social: co-operation, collaboration, respect, support, encourage others

Emotional: honesty and perseverance

Thinking: comprehension decision making, select and apply, understand rules, use tactics, reflection

Gymnastics

Physical: solo and partner balances, rotation jumps, straight roll, forward roll, bridge, shoulder stand

Social: work safely, determination, collaboration, communication, respect
Emotional: confidence, perseverance

Thinking: observe and provide feedback, select and apply, creativity, evaluate and improve



Year 3 - Key Skills

Ball Skills

Physical: track, throw, catch, dribble, kick, balance

Social: respect, co-operation, communication

Emotional: perseverance, motivation, self-regulation concentration, independence

Thinking: comprehension, select and apply, feedback, make decisions

Tennis

Physical: forehand, backhand, throwing, catching, rallying, balancing, running

Social: co-operation, collaboration, respect, support, encourage others

Emotional: honesty and perseverance

Thinking: comprehension decision making, select and apply, understand rules, use tactics, reflection

Dance

Physical: actions, dynamics, space, relationships, balance, jump

Social: share ideas, respect, collaboration, inclusion

Emotional: confidence, acceptance, sensitivity, perseverance

Thinking: select and apply, creativity, observe and provide feedback

PE at St. Anne's

KS2



Autumn 2

Year 5 - Key Skills

Netball

Physical: throw, catch, jump, change direction, change speed, shoot balance

Social: communication, support, collaboration, respect

Emotional: honesty, independence, self regulation, resilience

Thinking: select, apply skills, apply tactics, observation, apply rules



Gymnastics

Physical: symmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, bridge, shoulder

Social: work safely, support others, collaboration

Emotional: confidence, perseverance, deamination

Thinking: observe and provide feedback, creativity, reflection, select and apply, evaluate and improve sequences

Dance

Physical: actions, dynamics, space, relationships, balance, jump

Social: collaboration, consideration and awareness of others, inclusion, respect and leadership

Emotional: empathy, confidence, perseverance

Thinking: observe and provide feedback, select and apply skills, use feedback to improve



Year 6 - Key Skills

Netball

Physical: throw, catch, jump, change direction, change speed, shoot balance

Social: communication, support, collaboration, respect

Emotional: honesty, independence, self regulation, fair play, pride, persevere resilience

Thinking: select, apply skills, apply tactics, decision making

Gymnastics

Physical: straddle roll, forward roll, counter, balance, counter tension, bridge, shoulder, stand balance and jump

Social: work safely, collaboration, communication, respect

Emotional: independence, confidence, determination

Thinking: observe and provide feedback, comprehension apply and select actions

Dance

Physical: actions, dynamics, space, relationships, balance, jump

Social: share ideas, collaboration, support, communication, inclusion

Emotional: self regulation, determination, integrity, empathy

Thinking: creativity, observation, provide feedback, select and apply skills