

# Physical Education Skills Ladder

## Pathfinders 1

### Games

- Ga1** Use basic underarm, rolling and hitting skills accurately
- Ga2** Hit and kick a ball in a variety of ways
- Ga3** Track, intercept, stop and catch balls and small equipment consistently
- Ga4** Describe some basic rules, simple tactics, including attacking and defending, and the way to score
- Ga5** Show good awareness of space and the actions of others
- Ga6** Compete in team games
- Ga7** Know playing games is good for them and describe what it feels like
- Ga8** Watch, describe and comment on what they have seen

### Athletics

- Aa1** Improve running technique and run for longer distances
- Aa2** Run and jump sequence
- Aa3** Develop an under and over arm throwing action
- Aa4** Take part in a variety of team races using a variety of equipment
- Aa5** Know running, jumping and throwing is good for them and describe what it feels like
- Aa6** Watch, copy, describe and comment on what they have seen

# Physical Education Skills Ladder

## Pathfinders 1

### Gymnastics

- Gy1** Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required
- Gy2** Show good awareness of space, apparatus and the actions of others
- Gy3** Link and repeat basic actions to copy or create and perform a movement phrase with a beginning, middle and end
- Gy4** Know the difference between tension and relaxation in their body
- Gy5** Carry and set up equipment safely with help
- Gy6** Watch, copy and describe a short gymnastic sequence

### Outdoor and Adventure

- Oa1** Follow simple marked trails in familiar environments and identify where they are
- Oa2** Solve simple challenges and problems successfully
- Oa3** Know what they need to be aware of to stay safe
- Oa4** Recognise when they have been energetic
- Oa5** Relay what they did when following a trail and solving a problem

# Physical Education Skills Ladder

## Pathfinders 2

### Games

**Ga9** Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still

**Ga10** Perform basic skills of rolling, striking and kicking with control

**Ga11** Use and apply a variety of simple tactics

**Ga12** Show an awareness of opponents and team mates during games

**Ga13** Describe the differences in the way their body works and feels when playing different games

**Ga14** Begin to watch others and focus on specific actions to improve own skills

### Athletics

**Aa7** Run with a good technique at different speeds

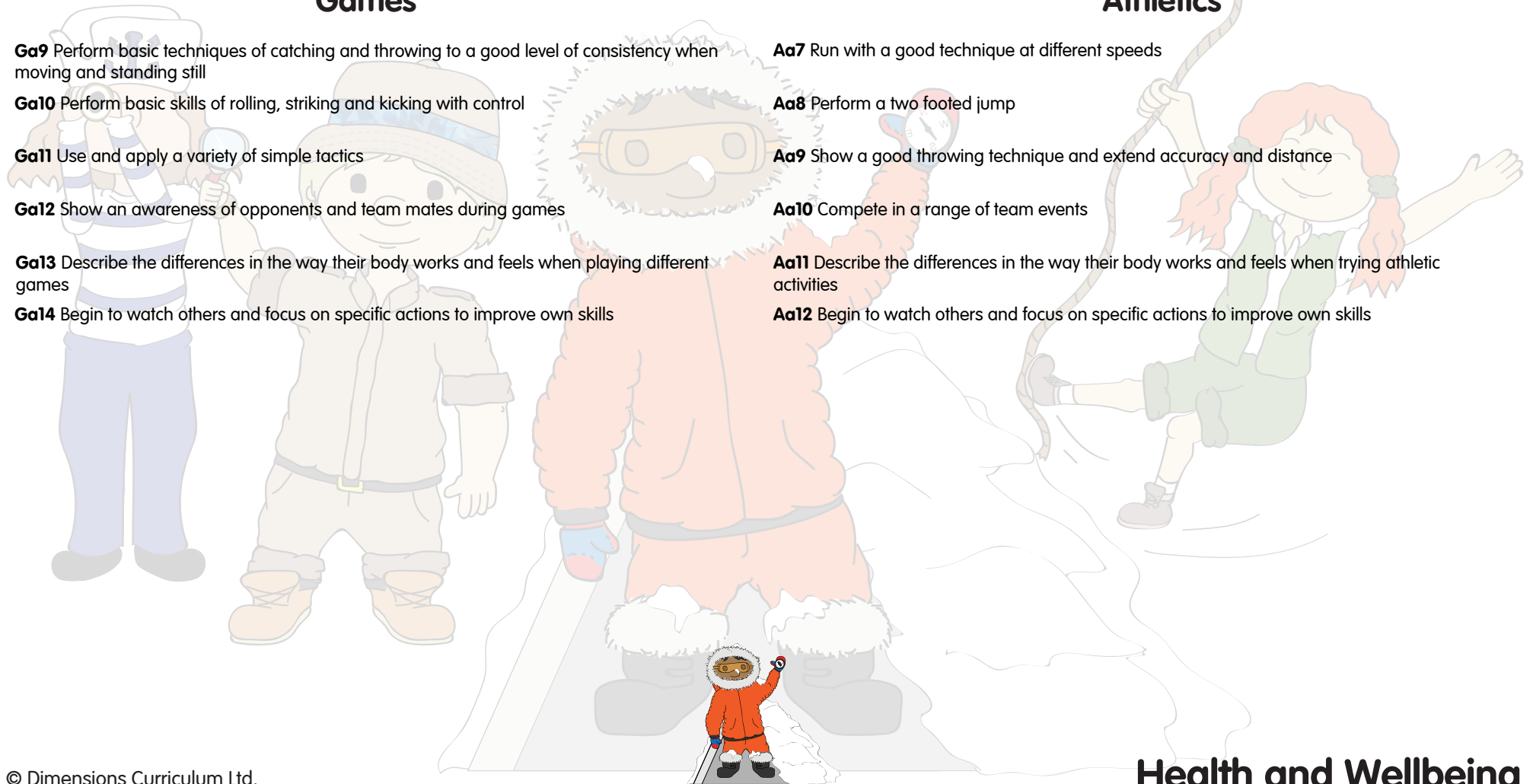
**Aa8** Perform a two footed jump

**Aa9** Show a good throwing technique and extend accuracy and distance

**Aa10** Compete in a range of team events

**Aa11** Describe the differences in the way their body works and feels when trying athletic activities

**Aa12** Begin to watch others and focus on specific actions to improve own skills



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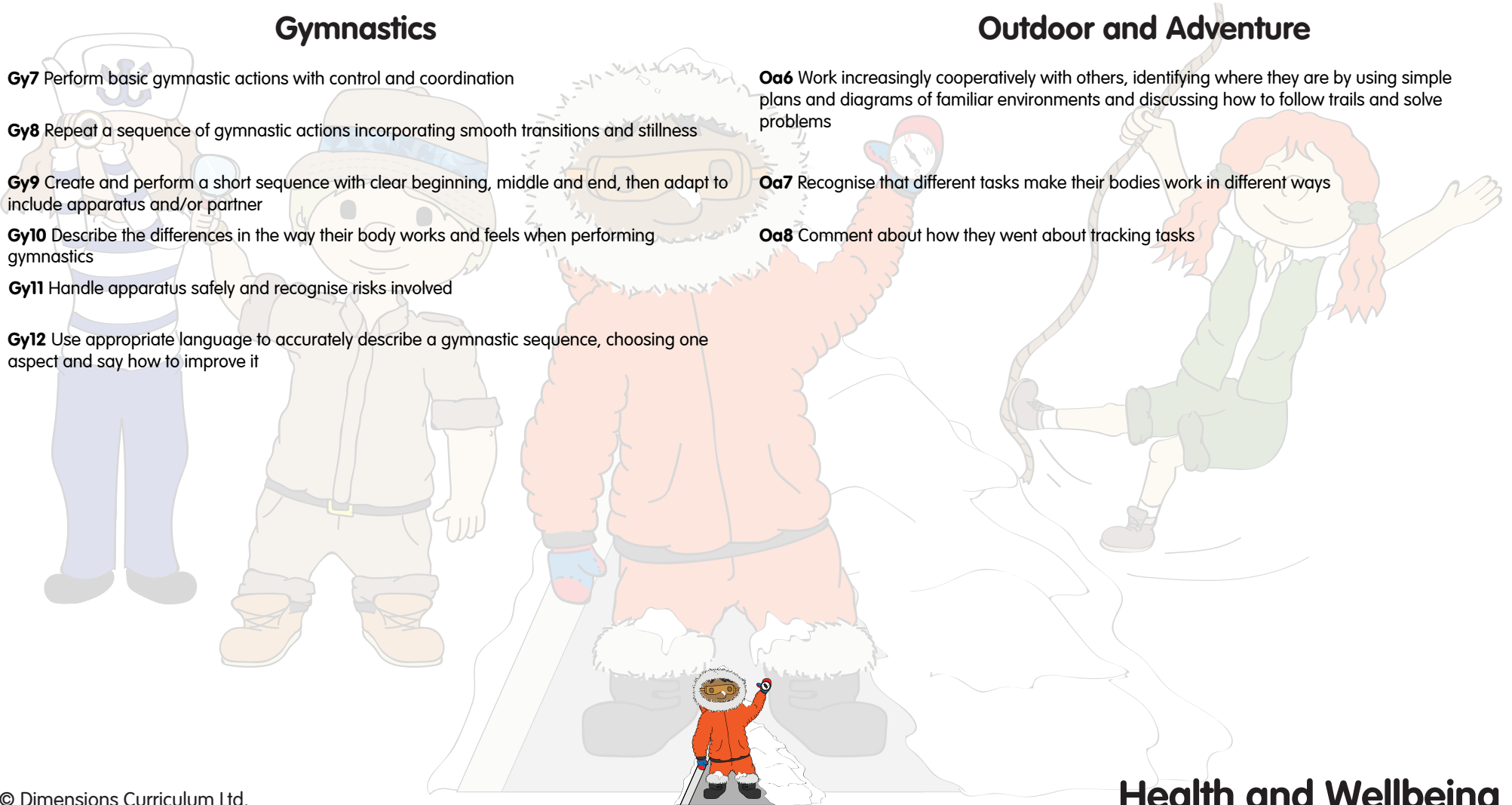
## Pathfinders 2

### Gymnastics

- Gy7** Perform basic gymnastic actions with control and coordination
- Gy8** Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness
- Gy9** Create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or partner
- Gy10** Describe the differences in the way their body works and feels when performing gymnastics
- Gy11** Handle apparatus safely and recognise risks involved
- Gy12** Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it

### Outdoor and Adventure

- Oa6** Work increasingly cooperatively with others, identifying where they are by using simple plans and diagrams of familiar environments and discussing how to follow trails and solve problems
- Oa7** Recognise that different tasks make their bodies work in different ways
- Oa8** Comment about how they went about tracking tasks





# Physical Education Skills Ladder

## Adventurers 1

### Games

- Ga15** Throw and catch with control when under limited pressure to keep possession and score goals
- Ga16** Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games
- Ga17** Use simple rules fairly and extend them to devise their own games
- Ga18** Identify that playing extended games improves their stamina
- Ga19** Recognise good performances in themselves and others and use what they have learned to improve their own work
- Ga20** Know and describe the effects of different exercise activities on the body and how to improve stamina
- Ga21** Begin to understand the importance of warming up

### Athletics

- Aa13** Select running speed for appropriate activity
- Aa14** Make up and repeat a short sequence of linked jumps
- Aa15** Throw a variety of objects, changing their action for accuracy and distance
- Aa16** Take part in relay activities remembering when to run and what to do
- Aa17** Recognise when their body is warmer or cooler and when their heart beats faster and slower
- Aa18** Recognise good performances in themselves and others to improve their own



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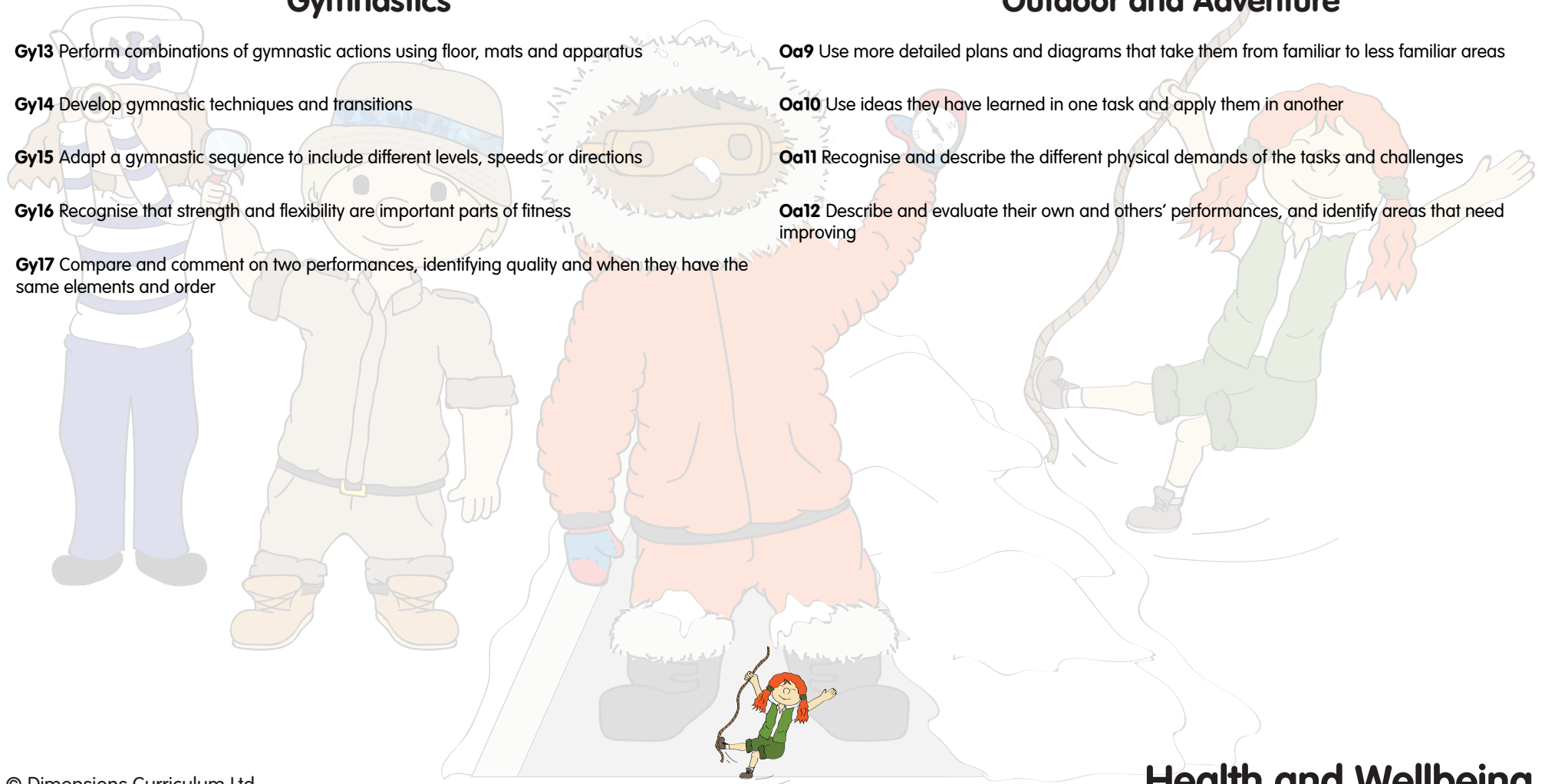
## Adventurers 1

### Gymnastics

- Gy13** Perform combinations of gymnastic actions using floor, mats and apparatus
- Gy14** Develop gymnastic techniques and transitions
- Gy15** Adapt a gymnastic sequence to include different levels, speeds or directions
- Gy16** Recognise that strength and flexibility are important parts of fitness
- Gy17** Compare and comment on two performances, identifying quality and when they have the same elements and order

### Outdoor and Adventure

- Oa9** Use more detailed plans and diagrams that take them from familiar to less familiar areas
- Oa10** Use ideas they have learned in one task and apply them in another
- Oa11** Recognise and describe the different physical demands of the tasks and challenges
- Oa12** Describe and evaluate their own and others' performances, and identify areas that need improving



# Physical Education Skills Ladder

## Adventurers 2

### Games

- Ga22** Change pace, length and direction to outwit their opponent
- Ga23** Choose and use a range of ball skills with a good degree of accuracy
- Ga24** Use a variety of techniques and tactics to attack, keep possession and score
- Ga25** Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others
- Ga26** Understand how strength, stamina and control can be improved by playing games
- Ga27** Identify good performances and suggest ideas for practices that will improve their play

### Athletics

- Aa19** Show some control when using a range of basic running, jumping and throwing actions
- Aa20** Perform a range of jumps showing contrasting techniques and sometimes using a short run up
- Aa21** Throw with some accuracy and power into a target area
- Aa22** Work in cooperative groups to use different techniques, speeds and effort to meet challenges
- Aa23** Relate different athletic activities to changes in heart rate, breathing and temperature
- Aa24** Identify and describe different aspects of athletic styles and use to improve own performance

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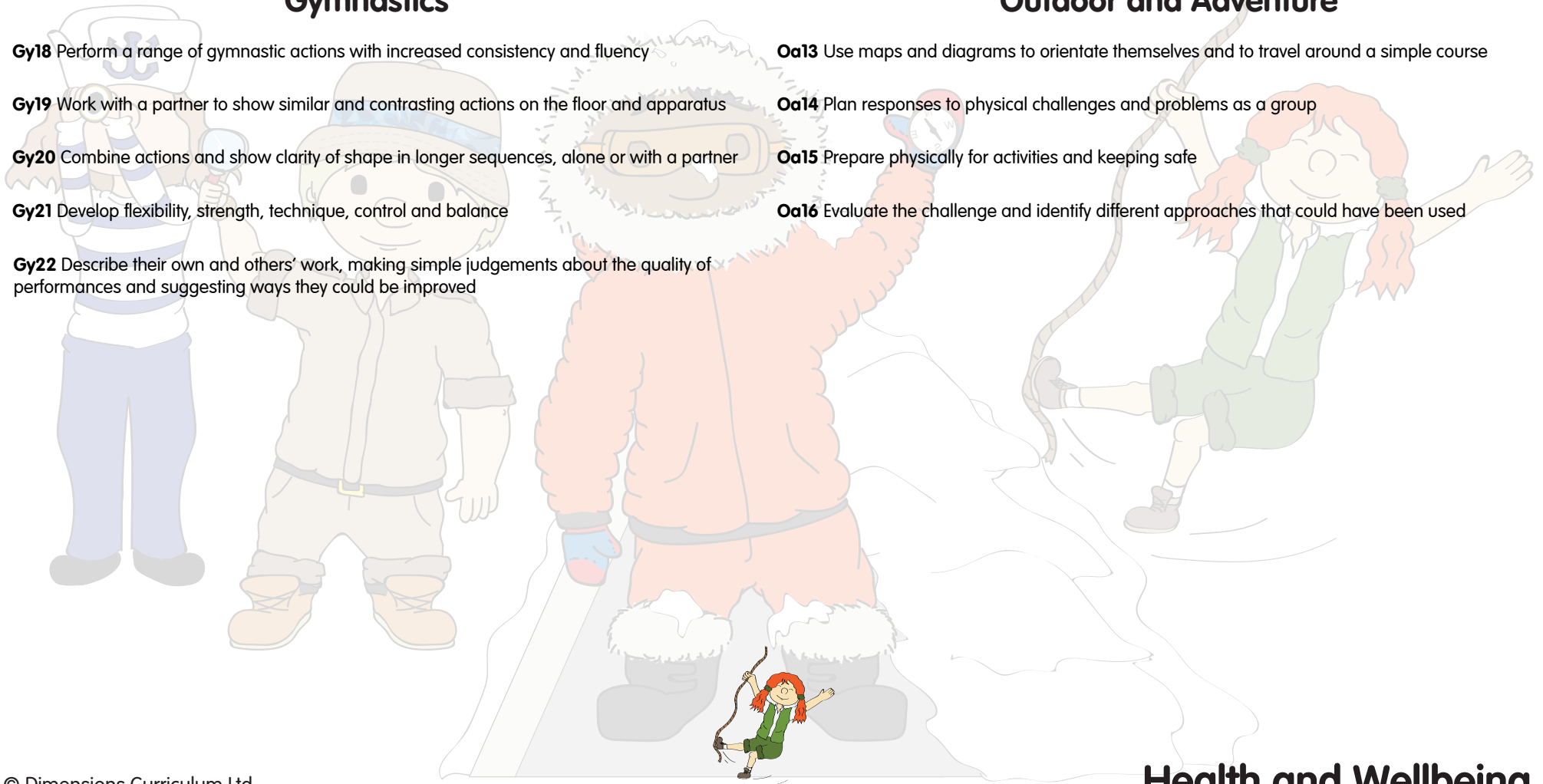
## Adventurers 2

### Gymnastics

- Gy18** Perform a range of gymnastic actions with increased consistency and fluency
- Gy19** Work with a partner to show similar and contrasting actions on the floor and apparatus
- Gy20** Combine actions and show clarity of shape in longer sequences, alone or with a partner
- Gy21** Develop flexibility, strength, technique, control and balance
- Gy22** Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved

### Outdoor and Adventure

- Oa13** Use maps and diagrams to orientate themselves and to travel around a simple course
- Oa14** Plan responses to physical challenges and problems as a group
- Oa15** Prepare physically for activities and keeping safe
- Oa16** Evaluate the challenge and identify different approaches that could have been used



# Physical Education Skills Ladder

## Navigators 1

### Games

- Ga28** Use a small range of sending, receiving and travelling techniques in games, with varied control
- Ga29** Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control
- Ga30** Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations
- Ga31** Understand why exercise is good for their fitness, health and wellbeing
- Ga32** With help, devise warm up and cool down activities and justify their choices

### Athletics

- Aa25** Understand and demonstrate the differences between sprinting and distance running
- Aa26** Show control in take off activities
- Aa27** Demonstrate a range of throwing actions using modified equipment with some accuracy and control
- Aa28** Organise and manage an event well
- Aa29** Predict how different activities will affect heart rate, temperature and performance
- Aa30** Watch partner's performance and identify strengths
- Aa31** Understand the basic principles of warming up
- Aa32** Understand fully why exercise is good for fitness, health and wellbeing

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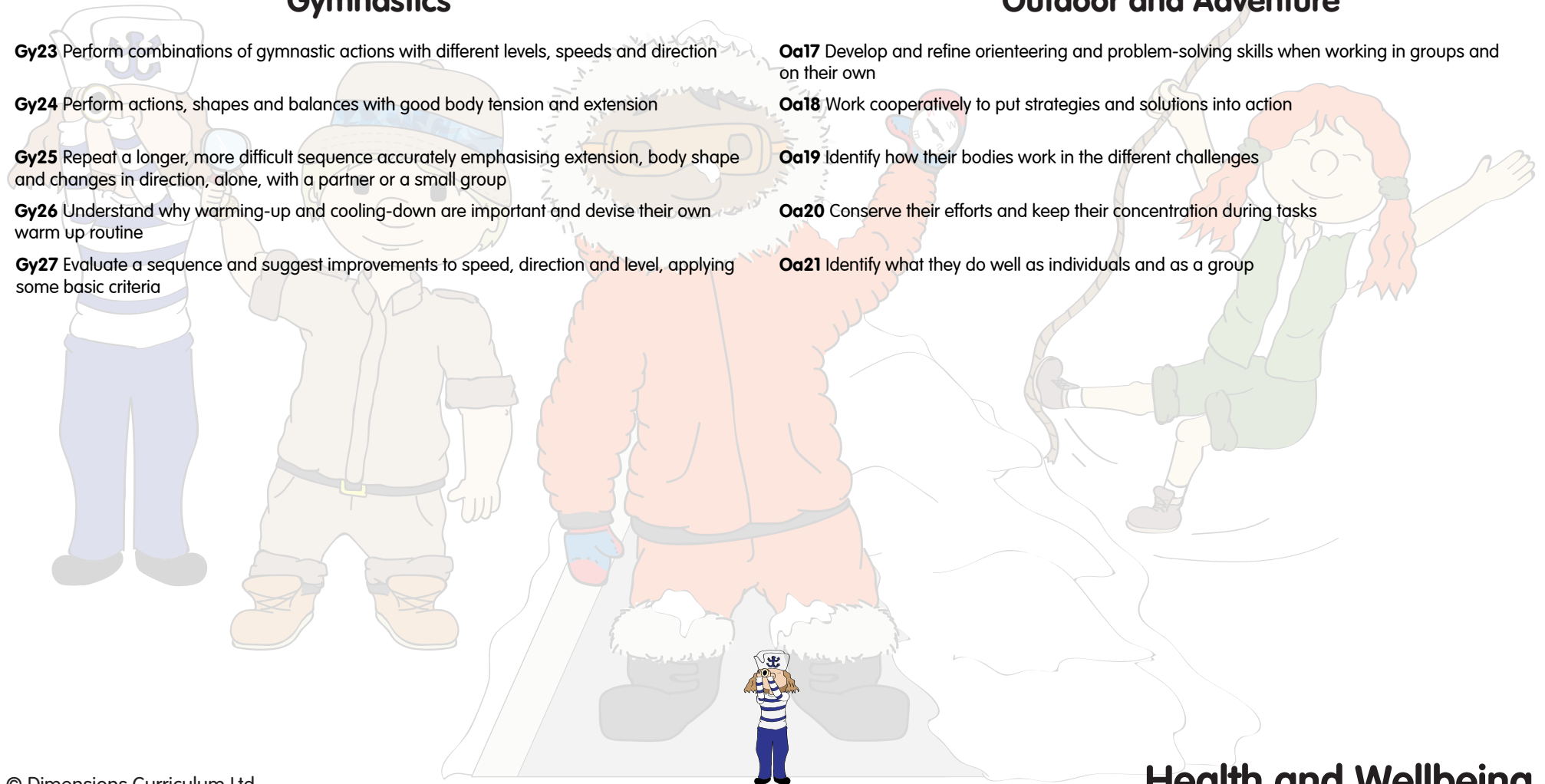
## Navigators 1

### Gymnastics

- Gy23** Perform combinations of gymnastic actions with different levels, speeds and direction
- Gy24** Perform actions, shapes and balances with good body tension and extension
- Gy25** Repeat a longer, more difficult sequence accurately emphasising extension, body shape and changes in direction, alone, with a partner or a small group
- Gy26** Understand why warming-up and cooling-down are important and devise their own warm up routine
- Gy27** Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria

### Outdoor and Adventure

- Oa17** Develop and refine orienteering and problem-solving skills when working in groups and on their own
- Oa18** Work cooperatively to put strategies and solutions into action
- Oa19** Identify how their bodies work in the different challenges
- Oa20** Conserve their efforts and keep their concentration during tasks
- Oa21** Identify what they do well as individuals and as a group





# Physical Education Skills Ladder

## Navigators 2

### Games

- Ga33** Perform skills with greater speed, fluency and accuracy in invasion, striking and net games
- Ga34** Understand, choose and apply a range of tactics and strategies for defence and attack
- Ga35** Know the importance and types of fitness and how playing games contributes to a healthy lifestyle
- Ga36** Develop their ability to evaluate their own and others' work, and to suggest ways to improve it

### Athletics

- Aa33** Choose the best pace for a running event, in order to sustain running and improve their personal target
- Aa34** Show control and power in take-off and landing activities
- Aa35** Show accuracy and good technique when throwing for distance
- Aa36** Choose appropriate techniques for specific events
- Aa37** Organise and judge events and challenges well
- Aa38** Identify activities that help develop stamina or power and suggest how some can be used in other types of activities
- Aa39** Identify parts of a partner's performance that need to be practised and refined and suggest improvements

# Physical Education Skills Ladder

## Navigators 2

### Gymnastics

**Gy28** Combine and perform actions, shapes and balances with fluency increasingly difficult combinations

**Gy29** Work with a partner or small group to practise and refine a sequence

**Gy30** Create and perform a longer, fluent sequence using planned variation and contrasts in actions and speed

**Gy31** Understand how to improve their own health and fitness through exercise

**Gy32** Evaluate their own and others performance, explaining how the sequence is formed using appropriate terminology

### Outdoor and Adventure

**Oa22** Find appropriate solutions to problems and challenges

**Oa23** Prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environments

**Oa24** Identify and respond to events as they happen and improve their performance by changing or adapting their approaches as needed

**Oa25** Evaluate effective responses and solutions

