



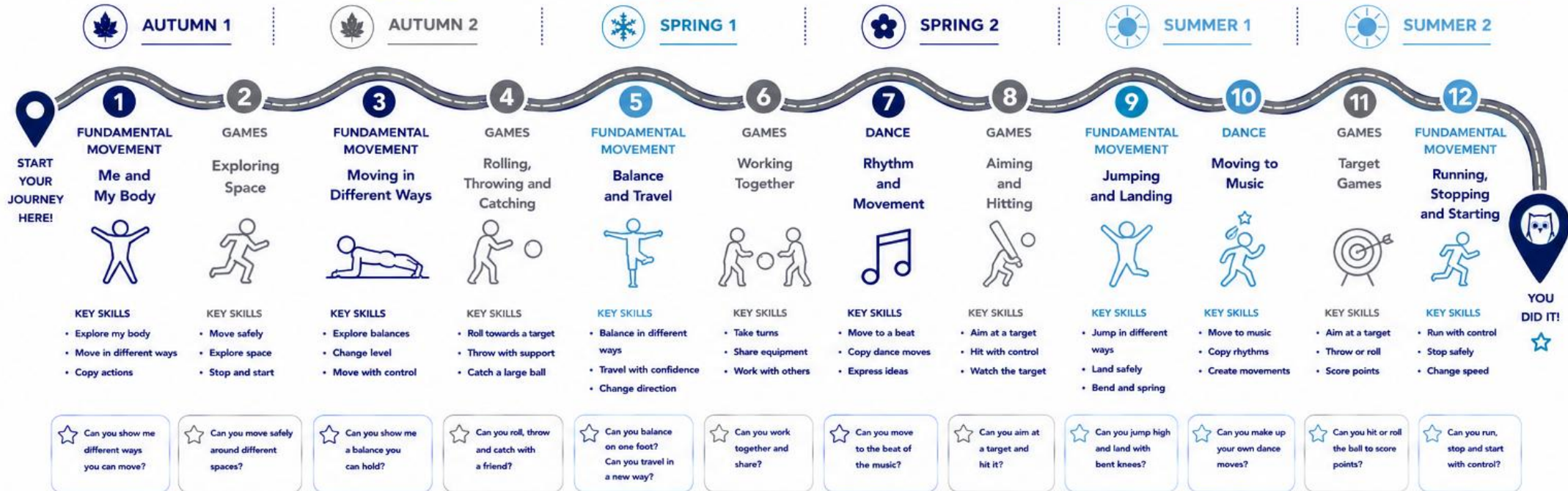
THE COCKINGTON PE JOURNEY EYFS

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

In EYFS we learn through play, exploration and movement. We develop our skills, build confidence and have fun every step of the way!



YOU DID IT!

BY THE END OF EYFS I CAN...



Move with confidence in different ways



Balance and travel with control



Move to music and express myself



Throw, roll and catch with support



Work with others and take turns



Enjoy being active and have fun!

KEY VOCABULARY

Move	Jump	Run	Stop	Start
Balance	Roll	Throw	Catch	Kick
High	Low	Fast	Slow	Turn
Under	Over	Through	Together	Space

HOW YOU CAN HELP AT HOME

- ♥ Play active games together every day.
- ♥ Go for a walk, ride a scooter or play in the park.
- ♥ Encourage climbing, jumping and balancing.
- ♥ Dance and move to music together.
- ♥ Praise effort, perseverance and teamwork.
- ♥ Make being active fun!



At Cockington, we believe every child can...



BELIEVE

Have confidence in yourself



ACHIEVE

Work hard and challenge yourself



SUCCEED

Be proud of your achievements





THE COCKINGTON PE JOURNEY

YEAR 1

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 1 you will develop key skills, knowledge and understanding in PE. You'll build confidence, learn new things and challenge yourself every step of the way!

EXPLORE

LEARN

GROW



AUTUMN 1



AUTUMN 2



SPRING 1



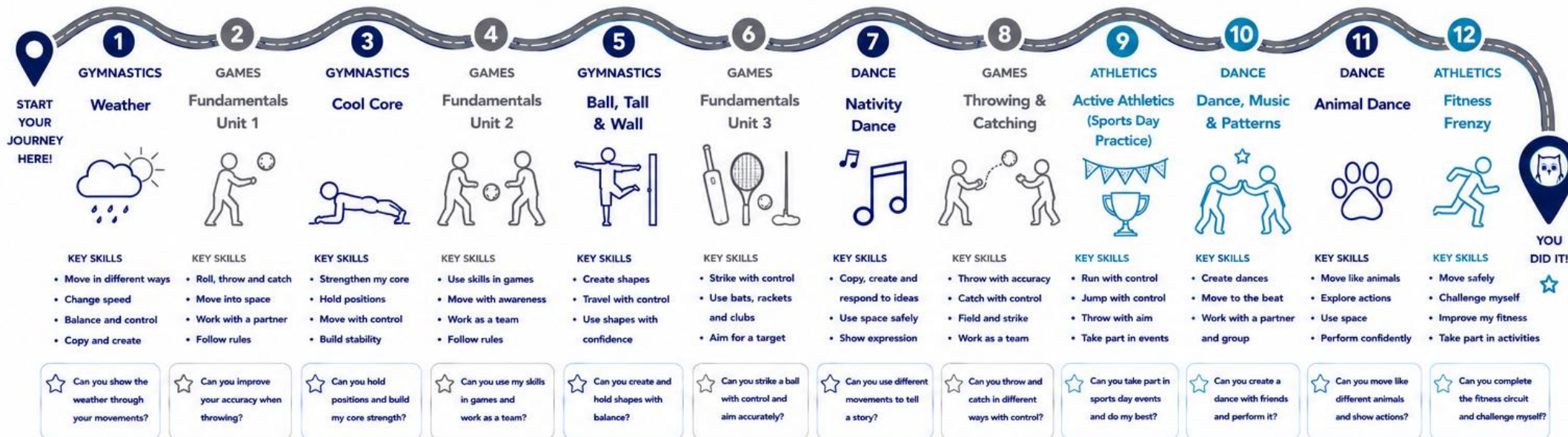
SPRING 2



SUMMER 1



SUMMER 2



BY THE END OF YEAR 1 I CAN...



Balance with greater control



Link gymnastics movements fluently



Create and perform dances confidently



Strike, throw and catch with increasing accuracy



Apply tactics in simple games



Run, jump and throw using improving technique



Work cooperatively and evaluate my own performance

KEY VOCABULARY

Balance	Control	Throw	Catch
Strike	Target	Travel	Cooperate
Shape	Rhythm	Tactics	Teamwork
Direction	Speed	Strength	Accuracy

HOW YOU CAN HELP AT HOME

- ♥ Play active games together as a family.
- ♥ Visit the park or go for a walk or bike ride.
- ♥ Practise throwing and catching different objects.
- ♥ Dance to your favourite songs and create routines.
- ♥ Encourage your child to take part in sports day events.
- ♥ Celebrate effort, improvements and achievements!



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THE COCKINGTON PE JOURNEY

YEAR 2

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 2 you will develop important skills, build confidence and learn to work with others. You'll explore, practise and have fun every step of the way!



AUTUMN 1



AUTUMN 2



SPRING 1



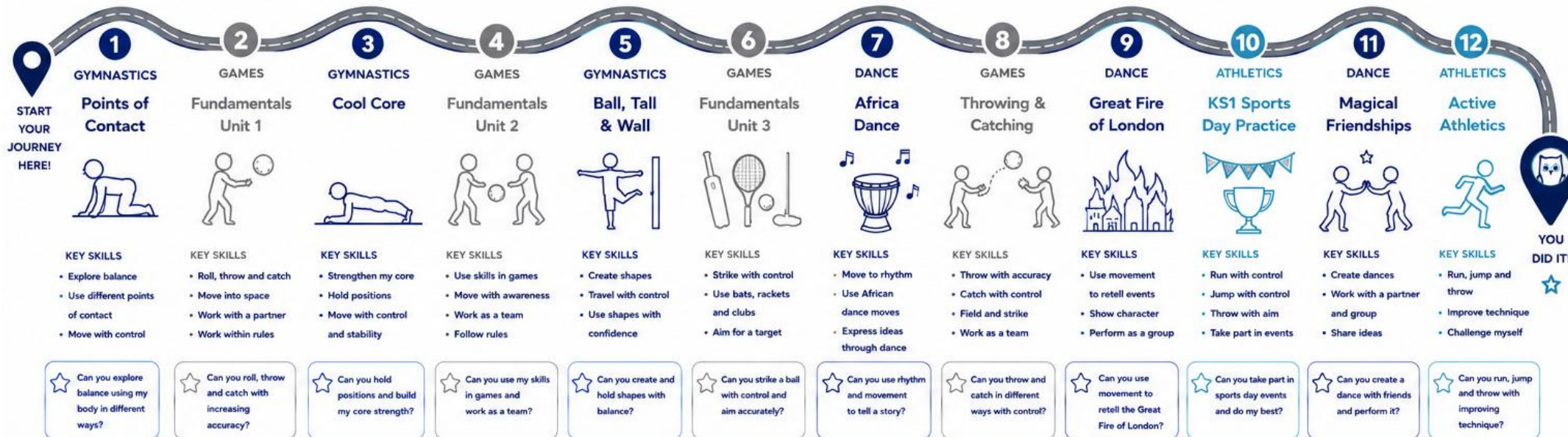
SPRING 2



SUMMER 1



SUMMER 2



BY THE END OF YEAR 2 I CAN...



Balance with greater control



Link gymnastics movements fluently



Create and perform dances confidently



Strike, throw and catch with accuracy



Apply tactics in simple games



Run, jump and throw using improving technique



Work cooperatively and evaluate my own performance

KEY VOCABULARY

Balance	Control	Throw	Catch
Strike	Target	Travel	Cooperate
Shape	Rhythm	Tactics	Teamwork
Direction	Speed	Strength	Accuracy

HOW YOU CAN HELP AT HOME

- Play active games together as a family.
- Visit the park or go for a walk or bike ride.
- Practise throwing and catching different objects.
- Dance to your favourite songs and create routines.
- Encourage your child to take part in sports day events.
- Celebrate effort, improvements and achievements!



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Have confidence in yourself



ACHIEVE
Work hard and challenge yourself



SUCCEED
Be proud of your achievements





THE COCKINGTON PE JOURNEY YEAR 3

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 3 you will develop your skills, build confidence and learn to work independently and with others. You'll challenge yourself, explore new activities and grow every step of the way!

EXPLORE

LEARN

GROW



AUTUMN 1



AUTUMN 2



SPRING 1



SPRING 2



SUMMER 1



SUMMER 2



START
YOUR
JOURNEY
HERE!

1

DANCE

Solar System



KEY SKILLS

- Create and perform dance sequences
- Use space and levels
- Move to the rhythm of music
- Work with others

- ★ Can you create a dance inspired by space?

2

GAMES

Ball Handling Skills



KEY SKILLS

- Dribble with control
- Pass and receive a ball
- Change direction
- Work in a team

- ★ Can you keep control of the ball in different ways?

3

GYMNASTICS

Patterns & Pathways



KEY SKILLS

- Create sequences
- Use matching and contrasting shapes
- Travel with control
- Show balance

- ★ Can you create your own pathway of movements?

4

GAMES

Tennis



KEY SKILLS

- Strike the ball with control
- Rally with a partner
- Move to the ball
- Keep score

- ★ Can you rally with a partner for 10 hits?

5

DANCE

Adaptation



KEY SKILLS

- Adapt movements to a stimulus
- Use dynamics and expression
- Work creatively with others

- ★ Can you adapt your dance to a different place?

6

GAMES

Multi-skills Festival



KEY SKILLS

- Use a range of skills
- Take part in challenges
- Work as a team
- Support others

- ★ Can you work well as part of a team?

7

GYMNASTICS

Hand Apparatus



KEY SKILLS

- Use apparatus with control
- Create sequences
- Show flexibility
- Perform with confidence

- ★ Can you perform a routine with hand apparatus?

8

GAMES

Striking & Fielding



KEY SKILLS

- Strike with accuracy
- Field with control
- Work as a team
- Use tactics

- ★ Can you work together to score runs?

9

DANCE

Machines



KEY SKILLS

- Create robot movements
- Use counts and rhythm
- Work in unison

- ★ Can you create a dance inspired by machines?

10

ATHLETICS

Challenges



KEY SKILLS

- Run at speed
- Jump for distance
- Throw with accuracy
- Beat your personal best

- ★ Can you beat your personal best in a challenge?

11

GYMNASTICS

Gymfit Circuits



KEY SKILLS

- Improve strength and stamina
- Complete circuits with control
- Keep going!

- ★ Can you complete the circuit with great effort?

12

ATHLETICS

Active Athletics



KEY SKILLS

- Run, jump and throw
- Compete fairly
- Support others
- Aim high

- ★ Can you take part in an athletics event?



YOU
DID IT!



BY THE END OF YEAR 3 I CAN...



Create longer dance sequences and perform them with expression.



Link gymnastics movements with increasing control and precision.



Strike, field and rally with greater confidence.



Apply tactics in small-sided games.



Improve my running, jumping and throwing technique.



Evaluate and improve my own performance.

KEY VOCABULARY

Travel

Sequence

Balance

Apparatus

Strike

Rally

Field

Accuracy

Rhythm

Space

Agility

Tactics

Coordination

Control

Power

Performance

HOW YOU CAN HELP AT HOME

- ♥ Encourage active play every day.
- ♥ Practise skills like throwing, catching and striking.
- ♥ Watch sport together and talk about tactics.
- ♥ Celebrate effort and improvement.
- ♥ Support your child to be active, confident and resilient.



At Cockington, we believe every child can...



BELIEVE

Have confidence in yourself



ACHIEVE

Work hard and challenge yourself



SUCCEED

Be proud of your achievements





THE COCKINGTON PE JOURNEY

YEAR 4

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 4 you will develop your skills, build confidence and learn to work independently and with others. You'll challenge yourself, explore new activities and grow every step of the way!

EXPLORE

LEARN

GROW



AUTUMN 1



AUTUMN 2



SPRING 1



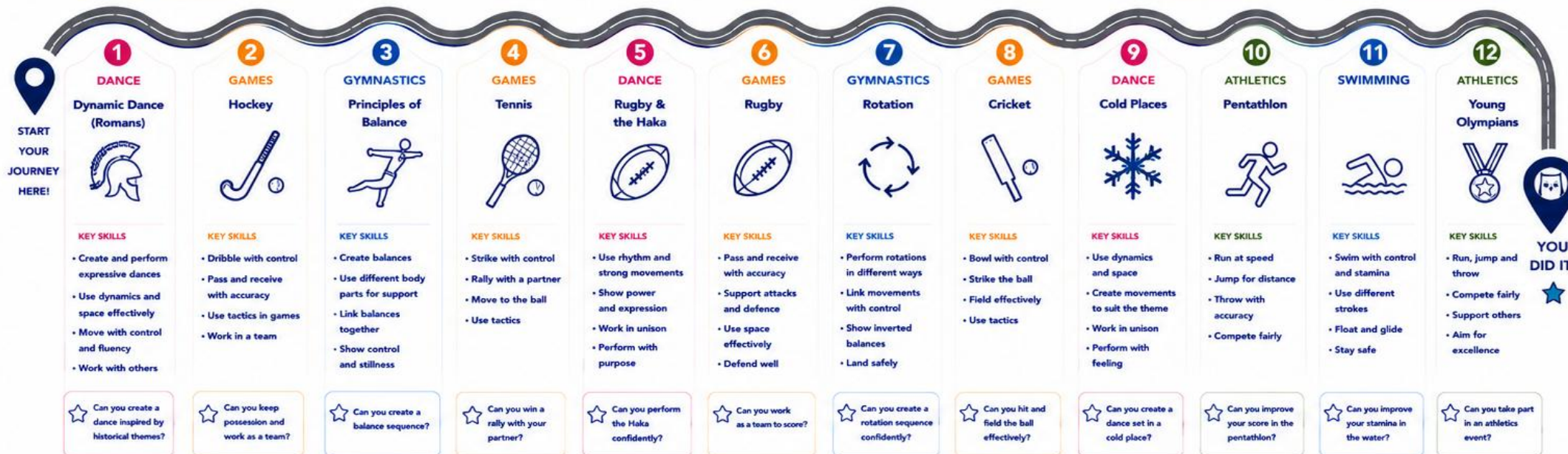
SPRING 2



SUMMER 1



SUMMER 2



YOU DID IT!



BY THE END OF YEAR 4 I CAN...



Create and perform dances with confidence.



Link balances and rotations using good body control.



Apply tactics in invasion, net and striking games.



Throw, catch and strike with increasing accuracy.



Improve speed, endurance and athletic technique.



Evaluate my own performance and support others.

KEY VOCABULARY

Balance

Rotation

Dynamics

Control

Tactics

Possession

Accuracy

Power

Rhythm

Space

Agility

Performance

Technique

Teamwork

Stamina

Determination

HOW YOU CAN HELP AT HOME



Encourage active play every day.



Practise skills like throwing, catching and striking.



Watch sport together and talk about tactics.



Celebrate effort and improvement.



Support your child to be active, confident and resilient.



At Cockington, we believe every child can...



BELIEVE

Have confidence in yourself



ACHIEVE

Work hard and challenge yourself



SUCCEED

Be proud of your achievements





THE COCKINGTON PE JOURNEY YEAR 5

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 5 you will develop important skills, build confidence and learn to work independently and with others. You'll challenge yourself, explore new activities and grow every step of the way!

EXPLORE

LEARN

GROW



AUTUMN 1



AUTUMN 2



SPRING 1



SPRING 2



SUMMER 1



SUMMER 2

START YOUR JOURNEY HERE!

1

DANCE

On the Beach (Storytelling)



KEY SKILLS

- Create and perform expressive dances
- Use dynamics and space effectively
- Move with control and fluency
- Work with others

★ Can you create a dance that tells a story?

2

GAMES

Football



KEY SKILLS

- Pass and receive with accuracy
- Dribble with control
- Use tactics in games
- Work in a team

★ Can you keep possession and create chances?

3

GYMNASTICS

Pair Composition



KEY SKILLS

- Create paired sequences
- Use different body parts for support
- Link balances together
- Show control and extension

★ Can you create a balanced sequence with a partner?

4

GAMES

Netball



KEY SKILLS

- Pass and move with purpose
- Shoot with control
- Use space effectively
- Play fairly

★ Can you work together to score as a team?

5

DANCE

Dance Styles (Street)



KEY SKILLS

- Explore different street dance styles
- Use rhythm and timing
- Perform with confidence
- Show creativity

★ Can you perform a routine in a street dance style?

6

GAMES

Basketball



KEY SKILLS

- Dribble with control
- Pass and move quickly
- Shoot accurately
- Defend effectively
- Work as a team

★ Can you use attacking and defending tactics?

7

GYMNASTICS

Press and Go



KEY SKILLS

- Perform partner balances
- Use counter balance
- Link movements smoothly
- Show strength and control

★ Can you create a press and counter balance sequence?

8

GAMES

Rounders



KEY SKILLS

- Strike with control
- Field effectively
- Bowl accurately
- Make good decisions
- Work as a team

★ Can you contribute in all areas of the game?

9

ATHLETICS

Heptathlon



KEY SKILLS

- Run for speed
- Jump for distance
- Throw with accuracy
- Develop stamina
- Compete confidently

★ Can you improve your performance across events?

10

ATHLETICS

KS2 Sports Day Practice



KEY SKILLS

- Apply skills in a range of events
- Work together as a team
- Show resilience
- Support others

★ Can you work as part of a team to achieve success?

11

GYMNASTICS

Gymfit Circuits



KEY SKILLS

- Improve strength and stamina
- Complete circuits with control
- Keep going!
- Challenge yourself

★ Can you complete the circuit with great effort?

12

ATHLETICS

Active Athletics



KEY SKILLS

- Run, jump and throw
- Compete fairly
- Support others
- Aim for excellence

★ Can you take part in an athletics event?

YOU DID IT!

BY THE END OF YEAR 5 I CAN...



Create and perform expressive dances with control and creativity.



Apply skills and tactics in invasion and net games.



Work with others to create balanced gymnastic sequences.



Compete with resilience and show good sportsmanship.



Improve stamina, strength and athletic performance.

KEY VOCABULARY

Balance

Counter balance

Dynamics

Extension

Tactics

Possession

Accuracy

Control

Speed

Stamina

Power

Strength

Coordination

Agility

Rhythm

Performance

HOW YOU CAN HELP AT HOME

- ♥ Encourage active play every day.
- ♥ Practise skills like passing, throwing and striking.
- ♥ Watch sport together and talk about tactics.
- ♥ Celebrate effort and improvement.
- ♥ Support your child to be active, confident and resilient.



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Have confidence in yourself



ACHIEVE

Work hard and challenge yourself



SUCCEED

Be proud of your achievements





THE COCKINGTON PE JOURNEY YEAR 6

BELIEVE • ACHIEVE • SUCCEED



OUR JOURNEY

Throughout Year 6 you will develop important skills, build confidence and learn to work independently and with others. You'll challenge yourself, explore new activities and grow every step of the way!

EXPLORE

LEARN

GROW



AUTUMN 1



AUTUMN 2



SPRING 1



SPRING 2



SUMMER 1



SUMMER 2

START YOUR JOURNEY HERE!

1

DANCE

Football Fan



KEY SKILLS

- Create a motif and develop a dance
- Use dynamics and space effectively
- Move with control and fluency
- Work with others

★ Can you create a motif to tell a story?

2

GAMES

Hockey



KEY SKILLS

- Pass and receive with accuracy
- Dribble with control
- Use tactics in games
- Work in a team

★ Can you use tactics to help your team be successful?

3

GYMNASICS

Body Symmetry



KEY SKILLS

- Create symmetrical sequences
- Use different body parts for support
- Link balances together
- Show control and extension

★ Can you create a symmetrical sequence?

4

GAMES

Tag Rugby



KEY SKILLS

- Pass and move with purpose
- Tag with control
- Use space effectively
- Play fairly

★ Can you support your team in attack and defence?

5

DANCE

Why Bully Me?



KEY SKILLS

- Explore a sensitive theme through dance
- Use dynamics and timing
- Perform with confidence
- Show empathy

★ Can you use dance to express a powerful message?

6

GAMES

Tennis



KEY SKILLS

- Serve and return with control
- Use tactics
- Move into space quickly
- Work as a team

★ Can you use tactics to outwit your opponent?

7

GYMNASICS

Group Work



KEY SKILLS

- Work cooperatively to create balances
- Use matching and contrasting shapes
- Show control and trust
- Support others safely

★ Can you create a balance with your group?

8

GAMES

Cricket



KEY SKILLS

- Bowl with accuracy
- Strike with control
- Field effectively
- Make good decisions
- Work as a team

★ Can you contribute in all areas of the game?

9

ATHLETICS

Decathlon



KEY SKILLS

- Compete in a range of events
- Develop strength and endurance
- Apply techniques accurately
- Show resilience

★ Can you improve across a range of events?

10

ATHLETICS

KS2 Sports Day Practice



KEY SKILLS

- Apply skills in a range of events
- Work together as a team
- Show resilience
- Support others

★ Can you help your team achieve success?

11

GYMNASICS

Gymfit Circuits



KEY SKILLS

- Improve strength and stamina
- Complete circuits with control
- Keep going!
- Challenge yourself

★ Can you complete the circuit with great effort?

12

ATHLETICS

Active Athletics



KEY SKILLS

- Run, jump and throw
- Compete fairly
- Support others
- Aim for excellence

★ Can you take part in an athletics event?



YOU DID IT!



BY THE END OF YEAR 6 I CAN...



Create and perform expressive dances with control and creativity.



Apply skills and tactics in invasion and net games.



Work with others to create balanced gymnastic sequences.



Compete with resilience and show good sportsmanship.



Improve stamina, strength and athletic performance.

KEY VOCABULARY

Balance

Symmetry

Dynamics

Extension

Tactics

Possession

Accuracy

Control

Speed

Stamina

Power

Strength

Coordination

Agility

Rhythm

Performance

HOW YOU CAN HELP AT HOME

- ♥ Encourage active play every day.
- ♥ Practise skills like passing, throwing and striking.
- ♥ Watch sport together and talk about tactics.
- ♥ Celebrate effort and improvement.
- ♥ Support your child to be active, confident and resilient.



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