

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	Throw, catch and kick a ball	Roll, hit, run, jump, catch and kick with some control Throw, send and receive a ball in different of ways	Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	Choose, use and vary simple tactics for attacking and defending (e.g. positioning) Use a variety of skills consistently in a game e.g. rolling, hitting, kicking, throwing, catching	Strike, throw and catch with control and clear sense of direction Follow the formal rules of the game and demonstrate they can play fairly Keep possession of a ball (with e.g. hockey stick, hands, feet) Show awareness and accuracy in passing.	Carefully select and use a variety of techniques to pass Develop consistency in their skills of running, throwing, catching, passing, jumping and kicking through practise and repetition of the skills Develop the skills of forehand or backhand when playing racket games, showing control when hitting Hit a bowled or volleyed ball with accuracy in return	Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking) Work alone and with a team to outwit an opponent / opposing team Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play Act as a good role model within a team, taking a lead role when required

<p>Dance</p>	<p>Learn steps and perform dance to music in a small group</p>	<p>Copy and explore basic body actions and movement patterns</p> <p>Select movements to create their own dance phrases with beginnings, middles and ends</p>	<p>Copy, repeat and remember moves and shapes</p> <p>Movement shows control and coordination</p> <p>Perform a dance phrase with 2 or more joined movements / shapes</p>	<p>Experiment with actions, dynamics, directions and levels</p> <p>Remember and repeat dance phrases</p>	<p>Vary speed and levels within a dance sequence</p> <p>Link movements into dance sequences</p>	<p>Learn different dance styles, explaining the patterns and forms of the dance</p> <p>Actions are controlled and express emotions</p>	<p>Choreograph creative and imaginative dance sequences, independently and in a group</p> <p>Choreograph and perform more complex sequences</p> <p>Demonstrate a consistent theme throughout a dance</p>
<p>Gym</p>	<p>Travel around the space in different ways</p> <p>Awareness of self-movement</p> <p>Introduce simple apparatus</p>	<p>Perform the basic actions of travelling, rolling, jumping and climbing</p> <p>Change speed and direction when travelling</p> <p>Show awareness of body parts, points and position when making still shapes</p>	<p>Move and jump with some control and awareness of space</p> <p>Create a sequence using 2 or more linked actions</p> <p>Show contrasts on use of body and shape (such</p>	<p>Demonstrate control and coordination when performing a range of actions with transitions</p> <p>Devise, repeat and perform a short sequence that shows changes in speed, level and direction</p>	<p>Plan, perform and repeat fluent gymnastic sequences, linking still shapes with travelling</p> <p>Show changes of direction, speed and level during a gymnastic sequence</p>	<p>Perform a range of gymnastic actions with consistency, fluency and clarity of movement</p> <p>Show body tension and extension and good weight transference when performing</p>	<p>Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements</p> <p>Incorporate a range of different speeds, directions, levels, pathways and</p>

		Introduce simple apparatus	as small, tall, straight, curved) Balance on different points of the body, holding a still position Use simple apparatus	Create a sequence using apparatus	Create successful and stable balances and shapes Decide on strategies, skills and equipment needed to complete a challenge based on previous experience	Combine dynamics when making sequences using changes of speed, level and direction	body rotations during gymnastic performances Rehearse, refine and perfect gymnastic skills
Athletics	Preparation for sports (track and field) Throwing Jump on the spot with 2 feet off the ground Running	Preparation for sports (track and field) Throwing Jump and alternate feet (hopping & hopscotch) Running	Preparation for sports (track and field) Throwing Jump from standing with 2 feet as high as possible (vertical jump) Running	Run at a speed appropriate to the distance Jump from a standing position with 2 feet (standing long jump) Able to throw a ball using an under and over arm technique	Sprint over a short distance Pace running over longer distances Develop technique to be able to throw further Jump in a number of ways (1-1, 2-1, 1-2, 2-2), using a run-up where appropriate (star,	Choose the best pace for running over a variety of distances Use a range of throws accurately to hit a target over a range of distances Combine running and jumping in athletic activities (running long jump)	When running over a range of distances, show stamina, speed and control Throw accurately, perfecting techniques by analysing the movement and body shape Demonstrate control, balance and power in take-off and landing when

					pike, tuck, straddle)		<p>jumping (triple jump)</p> <p>Compete with others, recording results, setting targets and endeavouring to improve performance.</p>
Outdoor Adventure Activities				Use basic maps and diagrams to orientate themselves and to move from one place to another		<p>Use maps and compasses to orientate themselves</p> <p>Adjusts plans and actions depending on changing situations</p> <p>Able to work in a group to plan actions to solve a problem</p>	<p>Read a variety of maps and plans of the environment, recognising symbols and features</p> <p>Value the importance of planning and thinking as they work through their challenge</p> <p>Take on both leadership and team roles when solving a problem, demonstrating good</p>

							sportsmanship skills
Evaluating performance		Describe what they and others have done, using appropriate vocabulary with support	Improve their own work through watching and commenting on others work	Describe the similarities and differences, and evaluate the effectiveness and quality of a performance	Describe their own and others' work, making simple judgements about the quality of performances Suggest ways to improve their performance	Compare and contrast the skills and ideas shown in own and others' work Develop own basic criteria to evaluate own and others' work based on previous learning	Analyse and appraise skills and techniques used by others and apply in own work Practice, modify and perfect skills and techniques to improve performance
Health and Fitness				Explain how their body feels during a range of physical activities, making reference to different parts of the body	Recognise changes in heart rate, temperature and breathing rate	Explain and demonstrate why and how people warm up for exercise Explain how physical exercise is important for good health	Understand and explain the short and long term effects of exercise Lead warm up and cool down activities in ways that enhance the forthcoming activity Explain why regular exercise is important to

							general health and well-being
Swimming						<p>Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</p> <p>Perform safe self-rescue in different water-based situations</p>	