

	Autumn	Spring	Summer
Yr1	<p>Games Activities: Master basic movement techniques including running, jumping, throwing and catching. Develop agility and co-ordination. Apply techniques to a range of activities. Participate in team games using simple tactics for attacking and defending. Become increasingly confident as they move through the key stage. Engage in competitive physical activities (against self and others).</p> <p>Knowledge: Understand the importance of leading healthy and active lives.</p>	<p>Games Activities: Master basic movement techniques including running, jumping, throwing and catching. Develop agility and co-ordination. Apply techniques to a range of activities. Participate in team games using simple tactics for attacking and defending. Become increasingly confident as they move through the key stage. Engage in competitive physical activities (against self and others).</p> <p>Gymnastics: Develop balance and agility. Improve jumps, balances and shapes made over time. Increased precision over course of year group and key stage.</p>	<p>Games Activities: Master basic movement techniques including running, jumping, throwing and catching. Develop agility and co-ordination. Apply techniques to a range of activities. Participate in team games using simple tactics for attacking and defending. Become increasingly confident as they move through the key stage. Engage in competitive physical activities (against self and others).</p> <p>Dance: Develop co-ordination. Perform dances using simple movement patterns to music. Increasing challenge over course of the key stage (see skills progression table).</p>
Yr2	<p>Games Activities: Master basic movement techniques including running, jumping, throwing and catching. Develop agility and co-ordination. Apply techniques to a range of activities. Participate in team games using simple tactics for attacking and defending. Become increasingly confident as they move through the key stage. Engage in competitive physical activities (against self and others).</p>	<p>Gymnastics: Develop balance and agility. Improve jumps, balances and shapes made over time. Increased precision over course of year group and key stage.</p> <p>Athletics: Begin some flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills ready to master these skills in KS2.</p>	<p>Games Activities: Master basic movement techniques including running, jumping, throwing and catching. Develop agility and co-ordination. Apply techniques to a range of activities. Participate in team games using simple tactics for attacking and defending. Become increasingly confident as they move through the key stage. Engage in competitive physical activities (against self and others).</p> <p>Dance: Develop co-ordination. Perform dances using simple movement patterns to music. Increasing challenge over course of the key stage (see skills progression table).</p>
Yr3	<p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p> <p>Knowledge: Communicate and collaborate with one another. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Understand the importance of leading a healthy and active lifestyle.</p>	<p>Dance: Perform a dance using a range of movement patterns. Move to music and work on fluency. Range of dance styles. Improving precision of skills over the course of the year and the key stage. Link skills learned to create actions and sequences of movement.</p> <p>Athletics: Develop flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills and increase challenge level over the course of the year and the key stage.</p> <p>Outdoor: Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Gymnastics: Develop flexibility, strength, technique, control and balance. Improve and widen range of jumps, stretches, balances and techniques.</p> <p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p>
Yr4	<p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p>	<p>Athletics: Develop flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills and increase challenge level over the course of the year and the key stage.</p> <p>Dance: Perform a dance using a range of movement patterns. Move to music and work on fluency. Range of dance styles. Improving precision of skills over the course of the year and the key stage. Link skills learned to create actions and sequences of movement.</p>	<p>Gymnastics: Develop flexibility, strength, technique, control and balance. Improve and widen range of jumps, stretches, balances and techniques.</p> <p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p>

			<p>Outdoor: Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
Yr5	<p>Gymnastics: Develop flexibility, strength, technique, control and balance. Improve and widen range of jumps, stretches, balances and techniques.</p> <p>Dance: Perform a dance using a range of movement patterns. Move to music and work on fluency. Range of dance styles. Improving precision of skills over the course of the year and the key stage. Link skills learned to create actions and sequences of movement.</p>	<p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.</p> <p>Athletics: Develop flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills and increase challenge level over the course of the year and the key stage.</p>	<p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p> <p>Athletics: Develop flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills and increase challenge level over the course of the year and the key stage.</p> <p>Outdoor: Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.</p>
Yr6	<p>Dance: Perform a dance using a range of movement patterns. Move to music and work on fluency. Range of dance styles. Improving precision of skills over the course of the year and the key stage. Link skills learned to create actions and sequences of movement.</p> <p>Gymnastics: Develop flexibility, strength, technique, control and balance. Improve and widen range of jumps, stretches, balances and techniques.</p>	<p>Games Activities: Develop movement techniques including running, jumping, throwing and catching in isolation and in combination. Apply and deepen range of skills used. Play competitive games with increasing challenge as they move through the year group and the key stage. Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending.</p>	<p>Athletics: Develop flexibility, strength, technique, control and balance. Take part in a range of athletic activities such as running, jumping, throwing, team games. Improve skills and increase challenge level over the course of the year and the key stage.</p> <p>Outdoor: Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

IN ALL YEAR GROUPS: Knowledge, skills and understanding

Teaching should ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas, and fitness and health. All year groups are to ensure that the children take part in competitive activities against self and others.

