

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	<p>Catch a large ball or object</p> <p>Run skilfully, and negotiate space successfully, adjusting speed or direction to avoid obstacles</p> <p>Show increasing control over an object in pushing, patting, throwing, catching or kicking it</p> <p>Negotiate space when playing racing and chasing games</p> <p>Develop overall body strength, coordination, balance and agility to engage successfully with sport</p> <p>Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p> <p>Develop overall body strength, balance,</p>	<p>Use hitting skills in a game</p> <p>Practise basic striking, sending and receiving</p> <p>Throw underarm and overarm</p> <p>Catch and bounce a ball</p> <p>Use rolling skills in a game</p> <p>Practise accurate throwing and consistent catching</p> <p>Travel with a ball in different ways</p> <p>Travel with a ball in different directions</p> <p>Pass the ball to another player in a game</p> <p>Use kicking skills in a game</p> <p>Use different ways of travelling</p> <p>Run at different speeds</p> <p>Begin to use space in a game</p> <p>Begin to use attacking and defending</p> <p>Use simple defensive skills</p> <p>Use simple attacking skills</p> <p>Follow simple rules</p> <p>Use some coordination</p>	<p>Strike or hit a ball with increasing accuracy</p> <p>Learn skills for playing striking and fielding games</p> <p>Position the body to strike a ball</p> <p>Throw different types of equipment in different ways</p> <p>Throw, catch and bounce a ball with a partner</p> <p>Use throwing and catching skills in a game</p> <p>Throw a ball for distance</p> <p>Use hand-eye coordination to control a ball</p> <p>Vary types of throw used</p> <p>Bounce and kick a ball whilst moving</p> <p>Use kicking skills in a game</p> <p>Use dribbling skills</p> <p>Pass the ball in different ways</p> <p>Use different ways of travelling at different speeds</p> <p>Change speed and direction whilst running</p> <p>Begin to choose and use the best space in a game</p> <p>Begin to use and understand attacking and defending</p> <p>Use at least one technique to attack or defend to play a game successfully</p>	<p>Begin to use a bat, racquet or stick to hit a ball with some control</p> <p>Demonstrate successful hitting and striking</p> <p>Develop a range of skills in striking and fielding</p> <p>Practise the correct batting technique and use</p> <p>Strike the ball for distance</p> <p>Throw and catch with greater control/ accuracy</p> <p>Practise correct technique for catching a ball and use</p> <p>Perform a range of catching and gathering skills with control</p> <p>Catch with increasing control and accuracy</p> <p>Throw a ball in different ways</p> <p>Develop a safe and effective overarm bowl</p> <p>Move with a ball in varied ways</p> <p>Use two different ways of moving with a ball in a game</p> <p>Pass the ball in two different ways in a game</p> <p>Know how to keep and win back possession in a team game</p> <p>Find a useful space and get into it to support teammates</p> <p>Use simple attacking and defending in a game</p> <p>Use fielding skills to stop a ball from travelling past</p> <p>Apply and follow rules fairly</p> <p>Understand and begin to apply basic principles of invasion games</p>	<p>Use a bat, racquet or stick to hit a ball or shuttlecock with accuracy and control</p> <p>Accurately serve underarm</p> <p>Build a rally with a partner</p> <p>Use at least two different shots in a game situation</p> <p>Use hand-eye coordination to strike a moving and stationary ball</p> <p>Develop different ways of throwing and catching</p> <p>Move with a ball using a range of techniques, showing control and fluency</p> <p>Pass the ball with increasing speed, accuracy and success in a game situation</p> <p>Begin to contribute towards helping a team to keep and win back ball possession</p> <p>Make the best use of space to pass and receive a ball</p> <p>Use a range of attacking and defending skills and techniques in a game</p> <p>Use fielding skills as an individual to prevent a player from scoring</p> <p>Vary the tactics used in a game</p> <p>Adapt rules to alter games</p>	<p>Use different techniques to hit a ball</p> <p>Identify and apply techniques for hitting a tennis ball</p> <p>Explore when different shots are best used</p> <p>Develop a backhand technique and use it in a game</p> <p>Practise techniques for all strokes</p> <p>Play a tennis game using an overhead serve</p> <p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game</p> <p>Use a variety of ways to dribble in a game, with success</p> <p>Use ball skills in various ways, and begin to link together</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation</p> <p>Keep and win back possession of the ball effectively in a team game</p> <p>Demonstrate an increasing awareness of space</p> <p>Choose the best tactics for attacking and defending</p> <p>Shoot in a game</p> <p>Use fielding skills as a team to prevent the opposition from scoring</p> <p>Know when to pass and when to dribble in a game</p> <p>Devise and adapt rules to create a game</p>	<p>Hit a bowled ball over longer distances</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting</p> <p>Understand how to serve in order to start a game</p> <p>Throw and catch accurately and successfully under pressure in a game</p> <p>Show confidence in using ball skills in various ways in a game situation, linking together effectively</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game</p> <p>Demonstrate a good awareness of space</p> <p>Think ahead and create a plan of attack or defence</p> <p>Apply knowledge of skills for attacking and defending</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring</p> <p>Follow and create more complicated rules to play a game successfully</p> <p>Communicate plans to others during a game</p> <p>Lead others during a game</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision</p> <p>Take part in competitive games with a strong understanding of tactics and composition</p>

	<p>coordination and agility Negotiate space and obstacles safely, with consideration for self and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>		<p>Understand the importance of rules in a game Perform sequences of own composition with coordination Perform with increasing control Compete against self and others</p>	<p>Know how to play a striking and fielding game fairly Develop quality of actions in performances Perform learnt skills and techniques with control and confidence Compete against self and others in controlled manner</p>	<p>Perform and apply skills and techniques with control and accuracy Take part in a range of competitive games and activities</p>	<p>Consistently perform and apply skills and techniques with accuracy and control Take part in competitive games with a strong understanding of tactics and composition</p>	
Athletics	<p>Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles Show increasing control over an object in pushing, patting, throwing, catching or kicking it Develop overall body strength, balance, coordination and agility Negotiate space and obstacles safely, with consideration for self and others Demonstrate strength,</p>	<p>Vary pace and speed when running Run with basic technique over different distances Show good posture and balance Jog in a straight line Change direction when jogging Sprint in a straight line Change direction when sprinting Maintain control when changing direction Perform different types of jumps Perform a short jumping sequence</p>	<p>Run at different paces, and describe the paces Use a variety of different stride lengths Travel at different speeds Begin to select suitable pace and speed for distance Complete an obstacle course Vary speed and direction of travel Run with basic techniques following a curved line Maintain and control a run over distances Perform and compare different jumps Combine different jumps with some fluency and control Jump for distance from a standing position with accuracy/ control</p>	<p>Identify and demonstrate how different techniques can affect performance Focus on arm and leg action to improve sprinting techniques Begin to combine running with jumping over hurdles Focus on trail leg and lead leg action when running over hurdles Understand the importance of adjusting running pace to suit the distance being run Use one and two feet to take off and land with Develop an effective take-off for the standing long jump Develop an effective flight phase for the standing long jump Land safely and with control Throw with greater control and accuracy</p>	<p>Confidently demonstrate and improved technique for sprinting Carry out an effective sprint finish Perform a relay, focusing on the baton changeover technique Speed up and slow down smoothly Learn how to combine a hop, step and jump to perform the standing triple jump Land safely and with control Begin to measure the distance jumped Perform a pull throw Measure the distance of throws Continue to develop techniques to throw for increased distance</p>	<p>Accelerate from a variety of starting positions and select preferred position Identify reaction times when performing a sprint start Continue to practise and refine techniques for sprinting, focusing on an effective start Select the most suitable pace for the distance and their fitness level to maintain sustained run Identify and demonstrate stamina, explaining importance for runners Improve techniques for jumping for distance Perform an effective standing long jump Perform the standing triple jump with increased confidence Develop an effective technique for the standing</p>	<p>Recap, practise and refine effective sprinting techniques, including reaction times Build up speed quickly for sprint finish Run over hurdles with fluency, focusing on lead leg and consistent stride Accelerate to pass other competitors Work as a team to competitively perform a relay Confidently select pace for different distances and parts of a run Demonstrate endurance and stamina over longer distances to maintain a sustained run Develop technique for standing vertical jump Maintain control at each stage of triple jump Land safely with control Develop and improve techniques for jumping for</p>

	<p>balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Jump as high and far as possible Land safely and with control Work with a partner to develop control of jumps Throw under and overarm Throw towards a target with increasing accuracy Improve distance by using more power</p>	<p>Investigate the best jumps to cover distances Choose the most appropriate jumps Know that leg muscles are used in jumping Throw different equipment in different ways Throw with accuracy at targets of different heights Investigate ways to alter throwing techniques for greater distance</p>	<p>Show increasing control on their overarm throw Continue to develop techniques to throw for increased distance</p>		<p>vertical jump, including take off and flight Land safely and with control Measure the distance and height jumped with accuracy Investigate different jumping techniques Perform a fling throw Throw a variety of implements using a range of techniques Measure and record distance Continue to develop techniques to throw for distance</p>	<p>height and distance, and support others Perform and apply different jumps in context Set up and lead jumping activities including accurately measuring jumps Perform a heave throw Continue to develop techniques for throwing increased distances and support others Develop and refine techniques to throw for accuracy</p>
<p>OAA</p>			<p>Orientate themselves around a short trail in small groups, initially with support Begin to use communication to work as a team Identify basic symbols used on a key Use basic equipment selected for an activity Complete simple steps working to time</p>	<p>Orientated themselves with increasing confidence and accuracy around a short trail Identify and use effective communication to begin to work as a team Identify symbols used on a key Begin to choose equipment this is appropriate for an activity Begin to complete activities in a set period of time</p>	<p>Orientated selves with accuracy around a short trail Create a short trail for others with a physical challenge Communicate clearly with others in a team Have experience of a range of roles within a team Associate the meaning of a key in context Try a range of equipment for creating and completing an activity Make an informed decision on the best equipment for an activity Plan and organise a trail for others to follow Communicate clearly Work as part of a team Begin to use a map to complete an orienteering course</p>	<p>Start to orientate with increasing confidence and accuracy around an orienteering course Design a course to be followed that offers some challenge Begin to use navigation equipment Use clear communication to effectively complete a particular role in a team Complete orienteering activities as a team and independently Identify a key on a map and begin to use the information in activities Choose the best equipment for an outdoor activity Create an outdoor activity that challenges others Create a simple plan of an activity for others to follow Identify the quickest route to navigate an orienteering course Successfully use a map Begin to use a compass</p>	<p>Orientate with confidence and accuracy around the orienteering course when under pressure Design a course that is clear to follow and offers challenge Use navigation equipment to improve the trail Use clear communication to effectively complete a role in a team Compete in orienteering activities as part of a team and independently Use a range of map styles and make an informed decision on the most effective Choose the best equipment Prepare a course for others to follow Identify the quickest route to accurately navigate an orienteering course Manage an orienteering event for others to compete in Communicate clearly and effectively under pressure</p>

<p style="text-align: center;">Dance</p>	<p>Progress towards a more fluent style of moving with developing control and grace Develop the overall body strength, balance, coordination and agility linking to dance Combine difference movements with ease and fluency Develop overall body strength, balance, coordination and agility Negotiate space and obstacles safely, with consideration for self and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Copy and repeat actions Put a sequence together Vary speed of actions Use simple choreographic devices Begin to improvise independently Perform using a range of actions and body parts, with some coordination Begin to perform learnt skill with some control</p>	<p>Copy, remember and repeat actions Create a short motif inspired by a stimulus Change the speed and level of actions Use simple choreographic devices, with greater accuracy Use different transitions Move in time to music Improve the timing of actions Perform sequences with coordination Perform learnt skills with increasing control Compete against self and others</p>	<p>Begin to improvise with a partner to create a simple dance Create motifs from different stimuli Begin to compare and adapt movements and motifs to create a larger sequence Use simple dance vocabulary to compare and improve work Perform with some awareness of rhythm and expression Develop quality of actions in performances Perform learnt skills and techniques with control and confidence Compete against self and others in a controlled manner</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style Compose a dance that reflects the chosen dance style Confidently improvise with a partner or alone Compose longer dance sequences in a small group Demonstrate precision and some control in response to stimuli Begin to vary dynamics and develop actions and motifs in response to stimuli Demonstrate rhythm and spatial awareness Change parts of dance as part of self-evaluation Use simple dance vocabulary when comparing and improving work Perform and create sequences with fluency and expression Perform and apply skills and techniques with control and accuracy</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style Compose individual, partner and group dances that reflect the chosen dance style Show a change of pace and timing in movements Develop an awareness of their use of space Demonstrate imagination and creativity in movements devised in response to stimuli Use transitions to link motifs smoothly together Improvise with confidence, still demonstrating fluency across the sequence Ensure actions fit the rhythm of the music Modify parts of a sequence as a result of self and peer evaluation Use more complex dance vocabulary to compare and improve work Perform own longer, more complex sequences in time to music Consistently perform and apply skills and techniques with accuracy and control</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style Compose individual, partner and group dances that reflect the chosen dance style Use dramatic expression in dance movements and motifs Perform with confidence, using a range of movement patterns Demonstrate strong and controlled movements throughout a dance sequence Combine flexibility, techniques and movements to create a fluent sequence Move appropriately and with the required style in relation to the stimulus Show a change of pace and timing in movements Move rhythmically and accurately in sequences Improvise with confidence, still demonstrating fluency across a sequence Dance with fluency and control, linking all movements and ensuring that transitions flow Demonstrate consistent precision when performing dance sequences Modify some elements of a sequence as a result of self and peer evaluation Use complex dance vocabulary to compare and improve work Link actions to create a complex sequence using a full range of movement Perform the sequence in time to music Perform and apply a variety of skills and techniques</p>
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Gymnastics	<p>Stand momentarily on one foot when shown</p> <p>Move freely in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p>Travel with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>Combine different movements with ease and fluency</p> <p>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group</p> <p>Develop overall body strength, balance, coordination and agility</p>	<p>Create and perform a movement sequence</p> <p>Copy actions and movement sequences with a beginning, middle and end</p> <p>Link two actions to make a sequence</p> <p>Recognise and copy contrasting actions</p> <p>Travel in different ways, changing direction and speed</p> <p>Hold still shapes and simple balances</p> <p>Carry out simple stretches</p> <p>Carry out a range of simple jumps, landing safely</p> <p>Move around, under, over, and through different objects and equipment</p> <p>Begin to move with control and care</p> <p>Perform using a range of actions and body parts with some coordination</p>	<p>Copy, explore and remember actions and movements to create their own sequence</p> <p>Link actions to make a sequence</p> <p>Travel in a variety of ways, including rolling</p> <p>Hold a still shape whilst balancing on different points of the body</p> <p>Jump in a variety of ways and land with increasing control and balance</p> <p>Climb onto and jump off the equipment safely</p> <p>Move with increasing control and care</p> <p>Perform sequences of own composition with coordination</p> <p>Perform learnt skills with increasing control</p> <p>Specific Coverage: Log roll (controlled) Curled side roll (egg roll - controlled) Teddy bear roll (controlled) Rocking forward roll Crouched forward roll Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle Hurdle step</p>	<p>Choose ideas to compose a movement sequence independently and with others</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level</p> <p>Develop the quality of actions, shapes and balances</p> <p>Move with coordination, control and care</p> <p>Use turns whilst traveling in a variety of ways</p> <p>Use a range of jumps in sequences</p> <p>Begin to use equipment to vault</p> <p>Create interesting body shapes while holding balances with control and confidence</p> <p>Begin to show flexibility in movements</p> <p>Develop the quality of the actions in their performances</p> <p>Perform learnt skills and techniques with control and confidence</p> <p>Compete against self and others in a controlled manner</p> <p>Specific Coverage: Crouched forward roll Forward roll from standing Tucked backward roll Straight jump</p>	<p>Create a sequence of actions that fit a theme</p> <p>Use an increasing range of actions, directions and levels in sequences</p> <p>Move with clarity, fluency and expression</p> <p>Show changes of direction, speed and level during a performance</p> <p>Travel in different ways, including using flight</p> <p>Improve the placement and alignment of body parts in balances</p> <p>Use equipment to vault in a variety of ways</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance</p> <p>Begin to develop good technique when travelling, balancing and using equipment</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>Perform and create sequences with fluency and expression</p> <p>Perform and apply skills and techniques with control and accuracy</p> <p>Specific Coverage: Forward roll from standing</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances</p> <p>Adapt sequences to fit new criteria or suggestions</p> <p>Perform jumps, shapes and balances fluently and with control</p> <p>Confidently develop the placement of body parts in balances, recognising the position of the centre of gravity and where it should be in relation to the base of the balance</p> <p>Confidently use equipment to vault in a variety of ways</p> <p>Apply skills and techniques consistently</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>Combine equipment with movement to create sequences</p> <p>Perform own longer, more complex sequences in time to music</p> <p>Consistently perform and apply skills and techniques with accuracy and control</p> <p>Specific Coverage: Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle Pike backward roll Straight jump Tuck jump</p>	<p>Create own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances</p> <p>Apply skills and techniques consistently, showing precision and control</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision</p> <p>Begin to record peers' performances and evaluate</p> <p>Specific Coverage: Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll Straight jump Tuck jump Jumping jack</p>

<p>Negotiate space and obstacles safely, with consideration for self and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Begin to perform learnt skills with some control</p> <p>Specific Coverage: Log roll (controlled) Curled side roll (egg roll - controlled) Teddy bear roll (controlled) Straight jump Tuck jump Jumping jack Half turn jump Cat spring Straight jump Bunny hop Front support wheelbarrow with partner Tiptoe, step, jump and hop Hopscotch Skipping Galloping Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p>	<p>Straight jump Tuck jump Bunny hop Front support wheelbarrow with partner T-lever Scissor kick Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half turn Standing balances Kneeling balances Large body part balances Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap Hurdle step Squat Star jump off Tuck jump off Straddle jump off Pike jump off Handstand Lunge into handstand Cartwheel Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Straddle forward roll Tucked backward roll Backward roll to straddle Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap Hurdle step Squat Star jump off Tuck jump off Straddle jump off Pike jump off Handstand Lunge into handstand Cartwheel Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap Hurdle step Squat Straddle Star jump off Tuck jump off Straddle jump off Pike jump off Squat Lunge into handstand Lunge into cartwheel Lunge into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot 1,2,3,4 point balances Balances on apparatus Part-weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap Hurdle step Squat Straddle Star jump off Tuck jump off Straddle jump off Pike jump off Squat Lunge into handstand Lunge into cartwheel Lunge into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot 1,2,3,4 point balances Balances on apparatus Part-weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap Hurdle step Squat Straddle Star jump off Tuck jump off Straddle jump off Pike jump off Squat Straddle Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot 1,2,3,4 point balances Balances on apparatus Part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support</p>
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