



	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
Year 1	<ul style="list-style-type: none"> <li>Explore gymnastic actions and shapes</li> <li>Move in different ways, showing changes in speed, direction and level</li> <li>Create and perform sequences/routines by linking actions together</li> <li>Understand how they feel before, during and after exercise</li> <li>Move apparatus safely</li> <li>Copy and describe how others perform</li> <li>To develop technique and control in the barrel, straight and forward roll.</li> </ul>	<ul style="list-style-type: none"> <li>Explore different ways of moving using a range of body parts, and respond imaginatively to a variety of stimuli</li> <li>Move expressively, confidently and safely in space</li> <li>Use speed, level and direction when creating movements</li> <li>Create and repeat short dances with a clear start, middle and end</li> <li>Perform short routines which include a range of actions</li> <li>Recognise simple changes to their body during exercise, specifically breathing and heart beat</li> <li>Copy other children's actions, describe the movements used by others and talk about how they could be more expressive in dance</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a rolling ball</li> <li>I am beginning to send and receive a ball with my hands</li> <li>I can catch a ball after one bounce</li> <li>I am beginning to send and receive a ball with my feet</li> <li>I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>I can throw an object towards a target</li> <li>I can track a ball in a controlled and balanced movement</li> <li>I can coordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet</li> <li>I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>Move more confidently when performing different types of travel</li> <li>Practise fundamental skills in a range of individual and team activities</li> <li>Choose skills that are suited to the practise</li> <li>Describe what others are doing</li> <li>Describe the skill they have been practising</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can listen to others</li> <li>I can work co-operatively with a partner</li> <li>I can communicate simple instructions</li> <li>I can suggest ideas to solve tasks</li> <li>I can show fair play</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a medium-sized ball with some consistency</li> <li>I can sometimes catch a beanbag and a medium-sized ball</li> <li>I can track a ball</li> <li>I know how to score points</li> <li>I can push a ball using my hand and an object</li> <li>I can recognise changes in my when I do exercise</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>Link combinations of different actions and balances together</li> <li>Develop different ways of creating a sequence – similar</li> </ul>	<ul style="list-style-type: none"> <li>Explore and perform a range of actions with control and coordination, responding imaginatively to a</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can track a ball and stop it</li> <li>I can pass a ball to a partner using my</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes</li> </ul>	<ul style="list-style-type: none"> <li>Refine and link fundamental skills consistently.</li> <li>Explore different ways of travelling</li> <li>Choose speed and</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I am developing underarm and overarm throwing skills</li> <li>I can sometimes hit a</li> </ul>

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	<p>actions/shapes or different actions/shapes</p> <ul style="list-style-type: none"> <li>Describe how their bodies feel during different types of exercise – high intensity, low intensity, continuous and stop/start</li> <li>Lift and move equipment safely</li> <li>Improve their performance by listening to advice and watching others</li> <li>To demonstrate different take off and landings when performing jumps</li> </ul>	<p>variety of stimuli</p> <ul style="list-style-type: none"> <li>Remember, repeat and link a variety of actions</li> <li>Create movement phrases which communicate a theme, idea, feeling or mood</li> <li>Select and vary basic compositional ideas</li> <li>Describe how they feel when taking part in dance</li> <li>Give reasons for warming-up and cooling down</li> <li>Describe others dances and actions they have used, and take steps to improve their own work</li> </ul>	<p>hands</p> <ul style="list-style-type: none"> <li>I can pass a ball to a partner using my feet.</li> <li>I can catch a ball passed to me, without a bounce</li> <li>I can describe how my body feels during exercise</li> </ul>	<p>dribble a ball with my hands and feet</p> <ul style="list-style-type: none"> <li>I can send and receive a ball using both kicking and throwing skills</li> <li>I can describe how my body feels during exercise</li> </ul>	<p>distance and vary them depending on the task</p> <ul style="list-style-type: none"> <li>Recognise and describe how their bodies feel before, during and after exercise.</li> <li>Identify skills and tactics that are performed well.</li> <li>Use what they have seen to improve their own performance</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can work with a partner and am beginning to work in a small group</li> <li>I can share my ideas and help to solve tasks</li> <li>I can listen to others</li> <li>I can reflect on when I was successful at solving challenges</li> </ul>	<p>ball using a racket</p> <ul style="list-style-type: none"> <li>I know how to score points and can remember the score</li> <li>I can track a ball and stop it</li> <li>I can apply these skills in a variety of simple games</li> <li>I can use some simple tactics</li> <li>I can describe how my body feels during exercise</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>Improve the range and quality of the actions, shapes and movements they perform</li> <li>Apply their range of skills on the floor and on apparatus</li> <li>Choose appropriate actions that link well together</li> <li>Describe a performance and comment on its quality and effectiveness</li> <li>Discuss how and why they have improved</li> <li>Demonstrate the importance of strength and flexibility in</li> </ul>	<ul style="list-style-type: none"> <li>Explore and perform a range of actions individually or with a partner, showing good body control and fluency</li> <li>Respond imaginatively to a stimulus to create original movements</li> <li>Create short movement phrases which have a simple structure</li> <li>Perform with expression and rhythm on their own and with others</li> <li>Prepare for and recover from dance activity</li> </ul>	<ul style="list-style-type: none"> <li>I understand the aim of the game</li> <li>I am learning the rules of the game and I am beginning to use them</li> <li>I can throw with some accuracy and catch with some consistency</li> <li>I can begin to return to the ready position to defend myself</li> <li>I can use simple tactics</li> <li>I can identify when I was successful</li> </ul>	<p>Handball -</p> <ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it.</li> <li>Describe key movements and</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities as well as developing balance, agility and co-ordination.</li> <li>Use their bodies and a variety of equipment with greater control and co-ordination.</li> <li>Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance.</li> <li>Recognise and describe what their bodies feel like during different types of</li> </ul>	<p>Cricket -</p> <ul style="list-style-type: none"> <li>To develop throwing a ball over arm.</li> <li>To develop a range of throwing and striking skills.</li> <li>To develop bowling a ball.</li> <li>To choose simple tactics when playing a game.</li> <li>To recognize and identify the parts of performance that needs improving.</li> </ul>

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	<p>gymnastics</p> <ul style="list-style-type: none"> <li>• Talk about the effects that exercise has on their bodies</li> <li>• To develop the straight, barrel, and forward roll.</li> <li>• To develop the straight, tuck and star jump</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of descriptive language to describe and evaluate dance</li> <li>• Suggest ways of improving their own performance and movements</li> <li>• To understand and begin to use canon and unison</li> <li>• To understand and use formations</li> </ul>		<p>evaluate how effective performance is</p> <ul style="list-style-type: none"> <li>• Use their ability to evaluate others to improve their own work.</li> </ul>	<p>activities.</p> <ul style="list-style-type: none"> <li>• Choose skills and equipment to help them meet the challenges set.</li> <li>• Use their ability to evaluate others to improve their own work.</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>• I can follow and give instructions</li> <li>• I can communicate ideas and listen to others</li> <li>• I can work with a partner and small group</li> <li>• I can plan and attempt to apply strategies to solve problems</li> <li>• I can reflect on when and why I was successful at solving challenges</li> <li>• I am developing map reading skills</li> </ul>	
Year 4	<ul style="list-style-type: none"> <li>• Develop a wider range of actions shapes such as inverted movements</li> <li>• Create a sequence that follows guidelines set out by the teacher</li> <li>• Adapt and change a sequence using apparatus, space, speed and direction</li> <li>• Describe how their performance is affected by changes to the body during a lesson</li> <li>• Talk about the performance of others and themselves and suggest how they can</li> </ul>	<ul style="list-style-type: none"> <li>• Explore, create and use a range of actions, responding to a range of stimuli</li> <li>• Use simple compositional ideas to create and develop movement phrases</li> <li>• Perform more complex actions and phrases which convey a theme, mood, feeling or character</li> <li>• Know and describe the importance of warming up and cooling down</li> <li>• Describe key aspects of their own and others</li> </ul>	Swimming	<p>Handball -</p> <ul style="list-style-type: none"> <li>• Develop the range and consistency of skills and techniques</li> <li>• Devise, use and adapt rules when playing and making their own games</li> <li>• Use and adapt tactics in different situations</li> <li>• Know and explain their tactical ideas and plans</li> <li>• Know which parts of their performance need to improve</li> <li>• Recognise which activities develop speed, strength and stamina</li> <li>• Know when speed,</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the range and consistency of skills and techniques required for running, jumping and throwing.</li> <li>• Use and adapt techniques and equipment to develop performance.</li> <li>• Know and explain their ideas.</li> <li>• Know which parts of their performance needs to be improved.</li> <li>• Know when and why speed, strength and stamina are important in athletics.</li> </ul>	<p>Tri Golf -</p> <ul style="list-style-type: none"> <li>• To send a ball toward a target using Tri Golf equipment</li> <li>• To send a ball toward a target using a putter with some consistency and control</li> <li>• To send a ball toward a target using a chipper with some consistency and control</li> <li>• To understand the correct club for the distance to target</li> <li>• To show good game management whilst attempting a task</li> </ul>

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	<p>be improved</p> <ul style="list-style-type: none"> <li>To develop the straight barrel, forward and straddle roll.</li> <li>To develop the shoulder stand</li> </ul>	<p>dances suggesting ways to improve further</p> <ul style="list-style-type: none"> <li>To use canon and unison and use it to represent an idea</li> <li>To use formations and timing to represent the stimuli</li> </ul>		<p>strength and stamina are important in games</p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can accurately follow and give instructions</li> <li>I can reflect on when and why I was successful at solving challenges</li> <li>I can work effectively with a partner and a small group</li> <li>I can identify key symbols on a map and use a key to help navigate around a grid</li> <li>I can plan and apply strategies to solve problems</li> </ul>	
Year 5	<ul style="list-style-type: none"> <li>Perform shapes, actions and movements consistently</li> <li>Link shapes, actions and movements together fluently</li> <li>Use mirroring and matching when working with a partner</li> <li>Adapt a sequence to suit a change in equipment and apparatus</li> <li>Understand the key elements of a warm up and talk about how a warm up has an impact on performance</li> <li>Understand and explain why regular physical activity is good for general health</li> <li>Use knowledge of how to perform to evaluate their own and others' performances</li> <li>To develop the straight, barrel, forward,</li> </ul>	<ul style="list-style-type: none"> <li>Explore, perform and combine actions and ideas in a variety of different dance styles</li> <li>Create dances using compositional ideas on their own and with others</li> <li>Perform confidently and expressively using a variety of performance skills</li> <li>Plan and deliver their own warm-up and cool down activities.</li> <li>Know and explain the importance of preparing for and recovering from activity</li> <li>Describe, analyse and evaluate their own and others routines</li> <li>To use unison and canon when creating and linking poses.</li> <li>To appropriately select the use of formations and timing to represent the stimuli</li> </ul>	<ul style="list-style-type: none"> <li>I am developing a range of skills and I am beginning to use these under some pressure</li> <li>I understand the need for tactics</li> <li>I understand the rules of the game and I can use them to play fairly</li> <li>I understand there are different skills for different situations and I am beginning to use this</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through short warm-up routines</li> </ul>	<p>Handball -</p> <ul style="list-style-type: none"> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and apply skills more consistently in activities</li> <li>Choose and use information to evaluate their own and others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</li> </ul>	<ul style="list-style-type: none"> <li>Develop a broader range of techniques for running, jumping and throwing</li> <li>Know how to apply the correct technique to different pieces of equipment</li> <li>Choose and apply skills more consistently in activities</li> <li>Apply their knowledge to evaluate their own and others work</li> <li>Know and understand the key principles of a warm up and how it can affect the quality of performance</li> <li>Demonstrate that they understand the principles of a warm up by choosing appropriate activities for the events that are going to participate in</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can reflect on when and how I was</li> </ul>	<p>Cricket -</p> <ul style="list-style-type: none"> <li>To bowl a ball with increasing accuracy to a partner</li> <li>To evaluate their own and others performance.</li> <li>To hit the ball accurately into space.</li> <li>To use basic principles of batting and fielding when playing a game.</li> <li>To develop fielding skills of retrieving, stopping and throwing a ball.</li> </ul>

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	<p>straddle and backward roll.</p> <ul style="list-style-type: none"> <li>To be able to perform the shoulder stand and show progressions of a handstand</li> </ul>				<p>successful at solving challenges, and alter my methods in order to improve</p> <ul style="list-style-type: none"> <li>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy</li> <li>I can use critical thinking to approach a task</li> <li>I can orientate and map</li> <li>I can navigate around a course using a map</li> </ul>	
Year 6	<ul style="list-style-type: none"> <li>Link actions shapes and movements more fluently</li> <li>Select effectively from a wider range of shapes, actions and movements</li> <li>Use their knowledge of how to develop a sequence to produce a more complex performance</li> <li>Understand the importance of an effective warm up and cool down</li> <li>Develop and lead effective warm up routines</li> <li>Talk about the benefits of leading an active lifestyle</li> <li>Use appropriate and relevant language to describe how others are performing</li> <li>Give advice and make suggestions to help others improve</li> <li>To develop the straddle, forward and</li> </ul>	<ul style="list-style-type: none"> <li>Explore, combine and perform a range of actions with fluency and control</li> <li>Create, link and structure sections and whole dance routines</li> <li>Select and use basic compositional ideas when creating and adapting their dances</li> <li>Leads and takes part in an effective dance specific warm-up</li> <li>Understand how taking part in dance is good for health and well being</li> <li>Evaluate and refine the standard of their own and others work</li> <li>To use canon and unison to improve the impact of a dance</li> <li>To effectively select the use of formations and timing to represent the stimuli</li> </ul>	<ul style="list-style-type: none"> <li>I can use a range of skills in a game situation</li> <li>I can select the appropriate action for the situation</li> <li>I can use the rules of the game consistently</li> <li>I understand the need for tactics and when would be appropriate to apply them</li> <li>I can lead a small group through a short warm up routine</li> <li>I can identify my own and other's strengths and areas for development and can suggest ways to improve</li> </ul>	<p>Handball - Choose, combine and perform skills more fluently and effectively</p> <p>Understand, choose and apply a range of tactics and strategies more consistently</p> <p>Use these tactics and strategies more consistently in similar games</p> <p>Understand why exercise is good for their fitness, health and well-being</p> <p>Understand the need to prepare properly for games</p> <p>Develop their ability to evaluate their own and others work and suggest ways to improve it</p>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently.</li> <li>Understand and apply techniques to different pieces of equipment with more consistency.</li> <li>Understand the need to prepare properly for athletic activities.</li> <li>Understand why exercise is good for health, fitness and well-being.</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can work effectively with a partner and a group</li> <li>I can use critical thinking to form ideas</li> <li>I can pool ideas within a group, selecting and</li> </ul>	<p>Tri Golf-</p> <ul style="list-style-type: none"> <li>To send a ball toward a target using Tri Golf equipment</li> <li>To send a ball toward a target using a putter with increased consistency and control</li> <li>To send a ball toward a target using a chipper with increased consistency and control</li> <li>To be able to understand and select the correct club for the distance to target</li> <li>To show good game management whilst attempting a task</li> </ul>

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	backward roll. <ul style="list-style-type: none"> <li>To be able to perform the progressions of a handstand and a cartwheel.</li> </ul>				applying the best method to solve a problem <ul style="list-style-type: none"> <li>I can reflect on when and how I successful at solving challenges, and alter my methods in order to improve</li> <li>I can orientate and map efficiently to navigate around a course.</li> </ul>	



	Ball skills (KS1) Basketball / Netball (KS2)	Sending and receiving (KS1) Hockey (KS2)	Invasion (KS1) Tag Rugby (KS2)	Ball skills (KS1) Football (KS2)	Athletics + OAA	Net and Wall (KS1) Tennis (KS2)
Year 1	<ul style="list-style-type: none"> <li>I can throw an object towards a target</li> <li>I can track a ball in a controlled and balanced movement</li> <li>I can co-ordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a rolling ball</li> <li>I am beginning to send and receive a ball with my hands</li> <li>I can catch a ball after one bounce</li> <li>I am beginning to send and receive a ball with my feet</li> <li>I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>I am beginning to dribble a ball with my hands and feet</li> <li>I know who is on my team</li> <li>I can send and receive a ball</li> <li>I can stay with another player when defending</li> <li>I can dodge</li> <li>I can help my team to score</li> <li>I can find space</li> <li>I know how to score points</li> </ul>	<ul style="list-style-type: none"> <li>I can throw an object towards a target</li> <li>I can track a ball in a controlled and balanced movement</li> <li>I can coordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet</li> <li>I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>Move more confidently when performing different types of travel</li> <li>Practise fundamental skills in a range of individual and team activities</li> <li>Choose skills that are suited to the practise</li> <li>Describe what others are doing</li> <li>Describe the skill they have been practising</li> </ul>	<ul style="list-style-type: none"> <li>I can throw and push a ball in a variety of ways</li> <li>I can sometimes catch a beanbag and a medium – sized ball</li> <li>I can track balls and other equipment send to me</li> <li>I can throw and hit a ball in a variety of ways</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes dribble a ball with my hands and feet</li> <li>I can send and receive a ball using both kicking and throwing skills</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can track a ball and stop it</li> <li>I can pass a ball to a partner using my hands</li> <li>I can pass a ball to a partner using my feet.</li> <li>I can catch a ball passed to me, without a bounce</li> <li>I can describe how my body feels during exercise</li> </ul>	<ul style="list-style-type: none"> <li>I can sometimes dribble a ball with my hands and feet</li> <li>I know who is on my team and I can attempt to send the ball to them</li> <li>I can move with a ball towards goal</li> <li>I can dodge and find space away from the other team</li> <li>I can stay with another player to try and prevent them from getting the ball</li> <li>I know how to score points and can remember the score</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes dribble a ball with my hands and feet</li> <li>I can send and receive a ball using both kicking and throwing skills</li> <li>I can describe how my body feels during exercise</li> </ul>	<ul style="list-style-type: none"> <li>Refine and link fundamental skills consistently.</li> <li>Explore different ways of travelling</li> <li>Choose speed and distance and vary them depending on the task</li> <li>Recognise and describe how their bodies feel before, during and after exercise.</li> <li>Identify skills and tactics that are performed well.</li> <li>Use what they have seen to improve their own performance</li> </ul>	<ul style="list-style-type: none"> <li>I can show awareness if opponents when playing games</li> <li>I can roll and hit a ball</li> <li>I can apply these skills in a variety of simple games</li> <li>I can work with a partner to improve my skill</li> <li>I know how to score points and can remember the score</li> </ul>
Year 3	Basketball - <ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and</li> </ul>	<ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> </ul>	<ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with some control</li> <li>I am learning the rules</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities as well as developing balance,</li> </ul>	<ul style="list-style-type: none"> <li>I can return a ball to a partner</li> <li>I can use basic racket skills</li> </ul>

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	<ul style="list-style-type: none"> <li>techniques</li> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it.</li> <li>Describe key movements and evaluate how effective performance is</li> <li>Use their ability to evaluate others to improve their own work.</li> <li>To develop the bounce and chest pass and begin to recognise when to use them.</li> <li>To be able to perform a jump stop and pivot.</li> </ul>	<ul style="list-style-type: none"> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it</li> <li>Describe key movements and evaluate the effectiveness of a performance</li> <li>Use their ability to evaluate others to improve their own work</li> </ul>	<ul style="list-style-type: none"> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Know what agility is and suggest ways of improving it</li> <li>Describe key movements and evaluate how effective performance is</li> <li>Use their ability to evaluate others to improve their own work.</li> <li>I can pass and receive the ball with some control</li> <li>I can move with a ball towards goal with increasing control</li> </ul>	<ul style="list-style-type: none"> <li>of the game and I am beginning to use them</li> <li>I can move with a ball towards goal with increasing control</li> <li>I understand my role as an attacker and as a defender</li> <li>I can move into space to help my team</li> <li>I can defend an opponent</li> <li>I understand why it is important to warm up</li> <li>I can identify when I was successful</li> </ul>	<ul style="list-style-type: none"> <li>agility and co-ordination.</li> <li>Use their bodies and a variety of equipment with greater control and co-ordination.</li> <li>Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance.</li> <li>Recognise and describe what their bodies feel like during different types of activities.</li> <li>Choose skills and equipment to help them meet the challenges set.</li> <li>Use their ability to evaluate others to improve their own work.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the aim of the game</li> <li>I am learning the rules of the game and I am beginning to use them</li> <li>I understand why it is important to warm up</li> <li>I can identify when I was successful</li> </ul>
Year 4	<p>Netball -</p> <ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> <li>Know when speed,</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with increasing control</li> <li>I understand the rules of the game and I can use them often</li> <li>I can help my team keep possession and score goals when I play in attack</li> <li>I can delay and help prevent the other team from scoring when I play in defence</li> <li>I can use simple tactics to help my team score or gain possession</li> <li>I can explain what</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques required for running, jumping and throwing.</li> <li>Use and adapt techniques and equipment to develop performance.</li> <li>Know and explain their ideas.</li> <li>Know which parts of their performance needs to be improved.</li> <li>Know when and why speed, strength and stamina are important in athletics.</li> </ul>	<ul style="list-style-type: none"> <li>I can sometimes play a continuous game</li> <li>I can use a range of basic racket skills</li> <li>I can return to the ready position to defend my own court</li> <li>I understand the rules of the game and I can use them often</li> <li>I can explain what happens in my body when I warm up</li> <li>I can identify when I was successful and what I need to do to improve</li> </ul>



	Ball skills (KS1) Basketball / Netball (KS2)	Sending and receiving (KS1) Hockey (KS2)	Invasion (KS1) Tag Rugby (KS2)	Ball skills (KS1) Football (KS2)	Athletics + OAA	Net and Wall (KS1) Tennis (KS2)
	<p>strength and stamina are important in games</p> <ul style="list-style-type: none"> <li>To develop passing and moving and be able to play within the footwork rule.</li> </ul>	<ul style="list-style-type: none"> <li>Know when speed, strength and stamina are important in games</li> </ul>	<ul style="list-style-type: none"> <li>Know when speed, strength and stamina are important in games</li> <li>I can pass and receive the ball with increasing control</li> <li>I can keep possession and score tries</li> <li>I can delay and help prevent the other team from scoring</li> </ul>	<p>happens in my body when I warm up</p> <ul style="list-style-type: none"> <li>I can identify when I was successful and what I need to do to improve</li> </ul>		
Year 5	<p>Basketball -</p> <ul style="list-style-type: none"> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and apply skills more consistently in activities</li> <li>Choose and use information to evaluate their own and others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</li> <li>To be able to perform a set shot and jump shot.</li> </ul>	<p>Develop and consolidate a broader range of techniques and skills for attacking and defending</p> <p>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</p> <p>Choose and apply skills more consistently in activities</p> <p>Choose and use information to evaluate their own and others' work</p> <p>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</p> <p>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</p>	<ul style="list-style-type: none"> <li>Choose and apply skills more consistently in activities</li> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and use information to evaluate their own/others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play.</li> <li>I can pass and receive the ball with increasing control under pressure</li> <li>I know what position I am playing in and how to contribute when attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with some control under pressure</li> <li>I understand the rules of the game and I can use them most of the time</li> <li>I understand there are different skills for different situations and I am beginning to use this</li> <li>I can move into space to help my team</li> <li>I know what position I am playing and how to contribute when attacking and defending</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through a short warm up routines</li> </ul>	<ul style="list-style-type: none"> <li>Develop a broader range of techniques for running, jumping and throwing</li> <li>Know how to apply the correct technique to different pieces of equipment</li> <li>Choose and apply skills more consistently in activities</li> <li>Apply their knowledge to evaluate their own and others work</li> <li>Know and understand the key principles of a warm up and how it can affect the quality of performance</li> <li>Demonstrate that they understand the principles of a warm up by choosing appropriate activities for the events that are going to participate in</li> </ul>	<ul style="list-style-type: none"> <li>I am developing a wider range of skills and I am beginning to use these under some pressure</li> <li>I can use the skills I prefer with increasing consistency</li> <li>I understand the need for tactics and can sometimes apply them</li> <li>I can play cooperatively with a partner</li> <li>I understand the rules of the game and I can use them to play fairly</li> <li>I understand there are different skills for different situations and I am beginning to use this</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through short warm up routines</li> </ul>

	Ball skills (KS1) Basketball / Netball (KS2)	Sending and receiving (KS1) Hockey (KS2)	Invasion (KS1) Tag Rugby (KS2)	Ball skills (KS1) Football (KS2)	Athletics + OAA	Net and Wall (KS1) Tennis (KS2)
Year 6	<p>Netball -</p> <ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively</li> <li>Understand, choose and apply a range of tactics and strategies more consistently</li> <li>Use these tactics and strategies more consistently in similar games</li> <li>Understand why exercise is good for their fitness, health and well-being</li> <li>Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it</li> <li>To consistently demonstrate passing and moving and be able to play within the footwork rule.</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively</li> <li>Understand, choose and apply a range of tactics and strategies more consistently</li> <li>Use these tactics and strategies more consistently in similar games</li> <li>Understand why exercise is good for their fitness, health and well-being</li> <li>Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively</li> <li>Understand, choose and apply a range of tactics and strategies more consistently</li> <li>Use these tactics and strategies more consistently in similar games</li> <li>Understand why exercise is good for fitness, health and well-being</li> <li>Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> <li>I can pass and receive the ball with increasing control under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with increasing control under pressure</li> <li>I can select appropriate action for the situation</li> <li>I can use the rules of the game consistently</li> <li>I can create and use a variety of tactics to help my team</li> <li>I can create and use space to help my team</li> <li>I can select and apply different movement skills to lose a defender</li> <li>I can lead a small group through a short warm up routine</li> <li>I can identify my own and others' strengths and areas for development and can suggest ways to improve</li> <li>I can use marking, tackling and/or interception to improve my defence</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently.</li> <li>Understand and apply techniques to different pieces of equipment with more consistency.</li> <li>Understand the need to prepare properly for athletic activities.</li> <li>Understand why exercise is good for health, fitness and well-being.</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul>	<ul style="list-style-type: none"> <li>I can use a wider range of skills in game situations</li> <li>I can play cooperatively with a partner</li> <li>I can select the appropriate action for situation</li> <li>I can use the rules of the game consistently</li> <li>I can create and sometimes use a variety of tactics</li> <li>I can lead a small group through a short warm up routine</li> <li>I can identify my own and others strengths and areas for development and can suggest ways to improve</li> </ul>