

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Rugby	<ul style="list-style-type: none"> -I can throw the ball under arm. -I can catch the ball using a 'W' grip. -I can run at different speeds 	<ul style="list-style-type: none"> -I can throw the ball under arm using the 'up, down, across' motion. -I can catch the ball using a 'W' grip. -I can run at different speeds. 	<ul style="list-style-type: none"> -I can throw the ball under arm using the 'up, down, across' motion. -I know that the ball is passed backwards -I can catch the ball using a 'W' grip. -I can run at different speeds and angles. - I can display a 'grubber' kick and a 'bomb'. - I can tackle a bag using the correct technique. 	<ul style="list-style-type: none"> -I can throw the ball under arm using the '12,9,3/6' motion. -I know that the ball is passed backwards. - I can 'play the ball' as in rugby league -I can catch the ball using a 'W' grip. -I can run at different speeds and angles. - I can display a 'grubber' kick and a 'bomb'. - I can tackle a bag using the correct technique. - I can play in small tag games with guidance on 2 adults. 	<ul style="list-style-type: none"> -I can throw the ball under arm using the '12,9,3/6' motion. -I know that the ball is passed backwards. - I can 'play the ball' as in rugby league -I can catch the ball using a 'W' grip. -I can run at different speeds and angles. - I can display a 'grubber' kick and a 'bomb'. - I can tackle a bag using the correct technique. - I can play in competitive tag games using offside and onside. 	<ul style="list-style-type: none"> -I can throw the ball under arm using the '12,9,3/6' motion. -I know that the ball is passed backwards. - I can 'play the ball' as in rugby league -I can catch the ball using a 'W' grip. -I can run at different speeds and angles. - I can display a 'grubber' kick and a 'bomb'. - I can tackle a bag using the correct technique. - I can play in competitive tag games using offside and onside.
Dance	<ul style="list-style-type: none"> - I can move with control and co-ordination. - I can link two or more actions in a sequence. 	<ul style="list-style-type: none"> -I can copy and remember moves and positions. -I can choose appropriate movements to communicate mood / feelings / ideas. 	<ul style="list-style-type: none"> -I can refine movements into sequences - I can change speed and level within a performance - I can develop suppleness through stretching 	<ul style="list-style-type: none"> -I can plan, perform and repeat sequences -I can move in a clear, fluent and expressive manner -I can create dances and movements that convey a clear idea - I can develop physical strength by practicing moves 	<ul style="list-style-type: none"> -I can compose creative and imaginative dance sequences. - I can express an idea in original and imaginative ways. 	<ul style="list-style-type: none"> - I can perform expressively and hold a precise and strong body posture - I can create and perform complex sequences -I can perform with high energy, slow grace or other themes and maintain this throughout a performance

						- I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands)
Gymnastics	<p>I can move with some control and awareness of space</p> <ul style="list-style-type: none"> - I can link two or more actions to make a sequence - I can show contrasts (e.g.: small / tall, straight / curved, wide / narrow - I can climb safely on low level equipment. - I can stretch and curl to develop flexibility - I can jump in a variety of ways and land with some control and balance 	<p>I can copy and remember actions</p> <ul style="list-style-type: none"> - I can travel by rolling forwards, backwards and sideways - I can hold a position whilst balancing on different points of my body - I can climb safely on large equipment. -I can stretch and curl to develop increasing flexibility -I can jump in a variety of ways and land with increasing control and balance 	<p>-I can refine movements into sequences</p> <ul style="list-style-type: none"> - I can show changes of direction, speed and level during a performance - I can swing and hang from equipment safely using my hands 	<p>-I can plan, perform and repeat sequences</p> <ul style="list-style-type: none"> -I can move in a clear, fluent and expressive manner -I can travel in a variety of ways (e.g: flight by transferring weight to generate power in movement) - I understand centre and gravity and can use this to create interesting body shapes 	<p>I can create complex and well executed sequences that include a range of movements:</p> <ul style="list-style-type: none"> - travelling - balances - swinging - bending - stretching- twisting - gestures - linking shapes - I can link sequences of movements effectively -I can practice and refine gymnastic techniques -I demonstrate good kinaesthetic awareness 	<p>-I can create complex and well executed sequences that include a range of movements:</p> <ul style="list-style-type: none"> - springing - flight - vaults - inversions - rotations- shapes that are strong, fluent and expressive. - I can vary speed, direction, level and body rotation during floor performances - I can practice and refine the gymnastic techniques listed above - I can use equipment to vault and to swing, remaining upright
Circuits	<p>-I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin</p>	<p>-I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin</p>	<p>-I can develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> -I can increase my physical fitness. -I can take my own heart rate 	<p>-I can develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> -I can increase my physical fitness. -I can take my own heart rate 	<p>-I can develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> -I can increase my physical fitness. -I can take my own heart rate 	<p>-I can develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> -I can increase my physical fitness. -I can take my own heart rate

	<p>to apply these in a range of activities.</p> <ul style="list-style-type: none"> -I can try and beat my personal best. -I know what it means to be healthy and active. 	<p>to apply these in a range of activities.</p> <ul style="list-style-type: none"> -I can try and beat my personal best. -I know what it means to be healthy and active. -I can take my own heart rate 	<p>-I understand how the health benefits of a healthy active lifestyle.</p>	<p>-I understand how the health benefits of a healthy active lifestyle.</p> <ul style="list-style-type: none"> -I can learn specific muscle groups. - I can about different types of training such as continuous, interval and fartlek and I know the benefits. 	<p>-I understand how the health benefits of a healthy active lifestyle.</p> <ul style="list-style-type: none"> -I can learn specific muscle groups. - I can about different types of training such as continuous, interval and fartlek and I know the benefits. - I understand the difference between aerobic and anaerobic exercise 	<p>-I understand how the health benefits of a healthy active lifestyle.</p> <ul style="list-style-type: none"> -I can learn specific muscle groups. - I can about different types of training such as continuous, interval and fartlek and I know the benefits. - I understand the difference between aerobic and anaerobic exercise
Football	<ul style="list-style-type: none"> -I can kick a football with the inside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. I can participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> -I can kick a football with the inside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. -I can pass and move with the ball I can participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> - I can participate in team games, developing simple tactics for attacking and defending -I can play competitive games -I can kick a football with the inside and outside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. -I can pass and move with the ball 	<ul style="list-style-type: none"> - I can participate in team games, developing simple tactics for attacking and defending -I can play competitive games -I can kick a football with the inside and outside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. -I can pass and move with the ball - I can play 3v2 and 5v3 	<ul style="list-style-type: none"> - I can participate in team games, developing simple tactics for attacking and defending -I can play competitive games -I can cross the ball -I can shoot -I can tackle -I can kick a football with the inside and outside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. -I can pass and move with the ball 	<ul style="list-style-type: none"> - I can participate in team games, developing simple tactics for attacking and defending -I can play competitive games -I can cross the ball -I can shoot -I can tackle -I can kick a football with the inside and outside of my foot. -I can receive the ball with the inside of my foot -I can dribble around a cone. -I can pass and move with the ball - I can play 3v2 and 5v3

					- I can play 3v2 and 5v3	
Tennis	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. -I can balance the ball on the racket -I can move with the ball balanced on the racket. -I can perform a forehand serve 	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. -I can balance the ball on the racket -I can move with the ball balanced on the racket. -I can perform a forehand serve -I can perform a back hand serve 	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. - I can use good hand/eye co-ordination to be able to contact the ball with the face of the racket. -I can perform a forehand serve -I can perform a back hand serve 	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. - I can use good hand/eye co-ordination to be able to contact the ball with the face of the racket. - I can recognise the difference between the low serve and the high serve. -I understand how to use different shots to outwit an opponent in a game 	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. - I can use good hand/eye co-ordination to be able to contact the ball with the face of the racket. - I can recognise the difference between the low serve and the high serve. -I can perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play. -I understand that the drop shot is an attacking shot, and why. - I know where the drop should be aimed for, for it to be most productive, and why. -I understand how to use different shots to 	<ul style="list-style-type: none"> -I can demonstrate and use the correct grip of the racket and understand how to get into the ready position. - I can use good hand/eye co-ordination to be able to contact the ball with the face of the racket. - I can recognise the difference between the low serve and the high serve. -I can perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play. -I understand that the drop shot is an attacking shot, and why. - I know where the drop should be aimed for, for it to be most productive, and why. -I understand how to use different shots to outwit an opponent in a game

					outwit an opponent in a game	
Unihoc & Hockey	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending. - I can hit a unihoc puck -I can push a unihoc puck -I can open side dribble a unichoc puck 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can hit a unihoc puck -I can push a unihoc puck -I can open side dribble a unichoc puck -I can indian dribble a hockey puck. 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can hit a hockey ball -I can push a hockey ball - I can receive a hockey ball - I can open stick dribble -I can indian dribble - I can pass and move 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can hit a hockey ball -I can push a hockey ball - I can receive a hockey ball - I can open stick dribble -I can indian dribble - I can pass and move - I can feint dodge - I can chip 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can hit a hockey ball -I can push a hockey ball - I can receive a hockey ball - I can open stick dribble -I can indian dribble - I can pass and move - I can feint dodge - I can chip -I can play 3v2 and 5v3 overlaps. 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can hit a hockey ball -I can push a hockey ball - I can receive a hockey ball - I can open stick dribble -I can indian dribble - I can pass and move - I can feint dodge - I can chip -I can play 3v2 and 5v3 overlaps.
Netball/ Basketball	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can chest pass -I can bounce the ball (basketball) I can throw and catch 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can chest pass -I can bounce the ball (basketball) I can throw and catch 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending - I can chest pass -I can throw and catch -I can work as a team - I can pivot 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending. - I can chest pass -I can throw and catch -I can work as a team -I can pivot - I can play netball positions 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending -I can pivot - I can play netball positions - I can shoot 	<ul style="list-style-type: none"> -I can participate in team games, developing simple tactics for attacking and defending -I can pivot - I can play netball positions - I can shoot
Athletics	<ul style="list-style-type: none"> -I can run at different speeds. - I can jump from a standing position 	<ul style="list-style-type: none"> -I can change speed and direction whilst running. - I can jump from a standing position with accuracy. 	<ul style="list-style-type: none"> -I can sprint over a short distance up to 60m -I can use a range of throwing techniques (underarm / overarm) 	<ul style="list-style-type: none"> -I can run over a longer distance, conserving energy to sustain performance 	<ul style="list-style-type: none"> I can combine sprinting with low hurdles over 60m -I can throw accurately and refine performance 	<ul style="list-style-type: none"> I can choose the best place for running over a variety of distances -I show control in take-off and landing when jumping

	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket 	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket -I understand some of the rules of striking games. 	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket -I understand some of the rules of striking games. 	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket -I understand most of the rules of striking games. 	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket angling it to an advantageous position -I understand all of the rules of striking games. 	<ul style="list-style-type: none"> -I can catch a tennis ball - I can hit a ball with a racket angling it to an advantageous position -I understand all of the rules of striking games.
Swimming				<ul style="list-style-type: none"> -I can swim competently, confidently and proficiently over a distance of at least 25 metres -I can use a range of strokes effectively -I can perform safe self-rescue in different water-based situations. 		