

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Dance	<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and</p>	<p>Move freely to music.</p> <p>Respond freely to stimuli.</p> <p>Alter speed appropriately.</p> <p>Show originality when moving on different levels.</p> <p>Perform a sequence with fluidity.</p> <p>Improve sequences based on feedback.</p> <p>Perform sequence in time with others.</p> <p>Improve sequences based on feedback.</p> <p>Perform sequences in time with others.</p> <p>Create an original sequence.</p> <p>Work collaboratively to adapt a sequence.</p>	<p>Move appropriately in response to stimuli.</p> <p>Move appropriately to music.</p> <p>Copy and repeat a simple sequence consistently.</p> <p>Create and perform a dance sequence with expression.</p> <p>Create an original sequence and perform with timing and control.</p> <p>Perform sequence in time with others consistently.</p> <p>Perform sequence in time with music.</p> <p>Give specific feedback on a performance.</p> <p>Can use specific feedback to improve.</p> <p>Change level in a sequence.</p>	<p>Translate stimuli to dance moves.</p> <p>Move appropriately with expression.</p> <p>Move at different speeds, directions and levels.</p> <p>Show control and originality.</p> <p>Create a sequence using different speeds, levels and directions.</p> <p>Work with a partner or group to create sequence.</p> <p>Copy basic moves with precision.</p> <p>Perform moves to a beat with control.</p> <p>Copy an extended sequence.</p> <p>Create original moves.</p> <p>React to different tempo.</p> <p>Describe, evaluate and alter sequence accordingly.</p> <p>Describe, evaluate and alter sequence accordingly.</p>	<p>Perform as a character.</p> <p>Use and perform with distinct and expressive movements.</p> <p>Create original movements to support narrative.</p> <p>Be an active group member.</p> <p>Perform a routine with control, energy and flair.</p> <p>Copy a sequence with control.</p> <p>Suggest appropriate changes to group's formation.</p> <p>Evaluate a performance and refine accordingly.</p> <p>Adapt own performance to different stimuli.</p>	<p>Perform with elements of originality and expression.</p> <p>Work cooperatively with a partner.</p> <p>Perform consistently with precision.</p> <p>Convey a message or expression through dance.</p> <p>Perform narrative with expression.</p> <p>Adapt and change a performance based on self evaluation.</p> <p>Replicate sequence quickly.</p> <p>Perform with purpose and with high energy levels.</p> <p>Create original movements linked in an original sequence.</p> <p>Communicate ideas in a group.</p> <p>Give appropriate feedback</p>	<p>Move imaginatively and appropriately to a range music</p> <p>Perform movements and routines with originality and expression.</p> <p>Link movements to a story.</p> <p>Perform and link dance phrases appropriately and effectively.</p> <p>Adapt and change performance based on self evaluation.</p> <p>Can work within and contribute to group decisions.</p> <p>Replicate quickly what they have seen.</p> <p>Adapt performances to incorporate equipment.</p> <p>Can lead groups and perform with high levels of energy.</p> <p>Create and perform original routine with elements of performance and flair.</p> <p>Give appropriate feedback</p>
Gymnastics		Demonstrate effective and safe	Consistently demonstrate	Perform $\frac{1}{2}$ turns and full turns on a floor	Perform 3 mirrored balances within given	Perform mirrored balances within given	Consistently show body tension.

	<p>in a group.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Explore and engage in music making and dance.</p> <p>Listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> <li>• rolling</li> <li>• crawling</li> <li>• walking</li> <li>• jumping</li> <li>• running</li> <li>• hopping</li> <li>• skipping</li> <li>• climbing</li> </ul> <p>Further develop and refine a range of ball skills</p>	<p>jumping and landing technique.</p> <p>Show tension some movements and balances.</p> <p>Turn and spin with control</p> <p>Move in different ways.</p> <p>Know and describe effective gymnastic movements.</p> <p>Consistently roll with control.</p> <p>Balance consistently using different body parts.</p> <p>Copy a 5 part sequence.</p> <p>Create a 5 part sequence.</p> <p>Introduce a linking movement.</p> <p>Perform a sequence.</p>	<p>effective and safe jumping and landing technique.</p> <p>Show tension in a variety of movements and balances.</p> <p>Turn and spin consistently with control.</p> <p>Move in different ways with control.</p> <p>Know, describe and demonstrate effective gymnastic movements.</p> <p>Consistently roll with control from different starting positions.</p> <p>Link jump and roll with control.</p> <p>Balance consistently using different body parts.</p> <p>Copy a 5 part sequence using gymnastic principles.</p> <p>Create an original 5 part sequence using linking movements.</p> <p>Perform sequence as part of a competition with control, tension and balance.</p> <p>Act on feedback.</p>	<p>with control.</p> <p>Show variety in balances.</p> <p>Consistently show tension in all balances.</p> <p>Balance using apparatus</p> <p>Roll with control in at least 2 different ways.</p> <p>Roll forward into sitting position.</p> <p>Use linking movements with control</p> <p>Create and perform a sequence with control and fluency.</p> <p>Perform sequence in unison.</p> <p>Can adapt sequence using complex movements and balances.</p> <p>Can act on feedback.</p> <p>Can act on feedback.</p>	<p>parameters.</p> <p>Consistently show tension and control.</p> <p>Perform a range of supported balances.</p> <p>Change speed, level and direction in a sequence.</p> <p>Perform all rolls with control.</p> <p>Roll from different starting positions.</p> <p>Attempt backward roll (with support)</p> <p>Perform a variety of, complex sequence with a partner (mirror, canon, support)</p> <p>Demonstrate safe landing consistently.</p> <p>Demonstrate effective turns with control.</p> <p>Connect complex jumps and turns.</p> <p>Perform leaps as part of a sequence.</p> <p>Create own sequence</p> <p>Respond to and give appropriate feedback.</p>	<p>parameters.</p> <p>Perform balances using support (apparatus and partner)</p> <p>Show creativity in paired work</p> <p>Communicate effectively with partner.</p> <p>Show control and fluidity in sequence.</p> <p>Perform up to 4 rolls with control.</p> <p>Roll from different starting position.</p> <p>Start and exit roll with control.</p> <p>Perform cartwheel in a straight line.</p> <p>Show safe landing position.</p> <p>Show control when jumping, turning and spinning.</p> <p>Perform leaps as part of an original sequence.</p> <p>Adapt and perform a sequence with control and precision</p> <p>Give appropriate feedback and work collaboratively.</p>	<p>Perform given positions accurately.</p> <p>Perform a range of leaps.</p> <p>Perform a wide range of rolls accurately.</p> <p>Turn and spin with control.</p> <p>Create a complex sequence.</p> <p>Perform original sequence with enthusiasm, precision, fluidity and balance.</p> <p>Demonstrate sound understanding of gymnastic performance.</p> <p>Work effectively in a group.</p> <p>Evaluate own and others performance.</p> <p>Show elements of decision making and leadership.</p> <p>Create original sequence using apparatus.</p> <p>Adapt ideas showing gymnastic awareness.</p>
Athletics	<p>Develop confidence, competence,</p>	<p>Copy and develop a range of movements.</p> <p>Use basic sprinting</p>	<p>Copy and develop a range of movements.</p> <p>Evaluate and</p>	<p>Hop with balance and control.</p> <p>Jump with balance</p>	<p>Perform jumping technique with precision.</p>	<p>Know good technique when jumping.</p> <p>Select preferred</p>	<p>Know and use parts of the jump in isolation.</p>

	<p>precision and accuracy when engaging in activities that involve a ball.</p>	<p>techniques. Shift weight side to side. Use sideways movement. Change direction quickly. Demonstrate a variety of jumps. Self select appropriate speeds. Link 2 movements. Use different techniques to throw an object. Throw with power.</p>	<p>improve sprinting technique. Respond quickly to stimuli. Shift weight side to side. Use sideways movement for a purpose. Change direction quickly whilst moving. Demonstrate good technique when jumping for height and distance. Self-select appropriate speed when moving. Link 2 or more movements with balance and agility. Identify different throws. Use correct technique to throw. Select appropriate technique in a given situation with different objects.</p>	<p>and control. Perform athletic sequence with control. Jump and land safely. Describe and evaluate jumping action. Run effectively at different speeds. Use good sprinting technique. Show good acceleration from a static start. Know basic principles of throwing for distance. Demonstrate basic principles of throwing Use a variety of techniques to throw. Use correct technique to achieve maximum power. Recognise and describe what body feels like after exercise.</p>	<p>Show fluency in running and jumping. Select appropriate speed for a race. Maintain a constant pace. Adapt pace to race conditions. Show acceleration and speed over a distance. Demonstrate quick reactions and evaluate different starting positions. Pass baton without change of pace. Accelerate and maintain pace through a curve. Select appropriate throwing technique for an event. Use correct technique to achieve maximum power. Describe effects of exercise. Explain rates of recovery.</p>	<p>take-off foot when jumping. Combine explosion with control. Run and jump with height. Combine elements of jump to maximise distance. Isolate parts of the jump in order to improve performance. Run with high levels of speed, agility and competitiveness. Adapt pace to race situation. Sustain acceleration and speed over a distance. Develop preferred starting position. Develop and apply baton passing technique. Use good technique with performing a variety of throws Throw with power using a run up.</p>	<p>Understand fully how a skill is broken down. Perform a variety of jumps fluently. Evaluate performance of others and suggest improvements. Show improvement in jumping. Perform triple jump with balance and control. Can sustain an appropriate pace for a race. Adapt pace to race situation. Use knowledge of tactics in a race situation. Consistently show power and effective technique when jumping, throwing and sprinting. Show determination. Demonstrate a strong desire to improve. Maintain a competitive attitude.</p>
<p>KS1 Sending and Receiving  Progressing to:</p>		<p>Roll with accuracy. Throw with accuracy. Can throw to themselves consistently.</p>	<p>Roll with accuracy and control. Throw with increased accuracy. Can throw to themselves</p>	<p>Execute a variety of passes. Send and control a ball on the move. Recognise and move into space.</p>	<p>Execute a variety of passes. Consistently select appropriate skill for different situations. Know difference</p>	<p>Send and receive effectively on the move. Execute a variety of passes confidently. Move into space</p>	<p>Apply basic skills to game situations. Know High5 netball positions. Have some creative input into the</p>

<p>KS2 Invasion</p>		<p>Can predict where to move to stop a ball          Show awareness of moving into space and receiving on the move.          Show elements of leadership in a group.          Select appropriate throw (underarm/overarm).          Select the best way to send.          Show awareness of purpose when sending an object.</p>	<p>consistently.          Can predict where to move to stop a ball and stop it effectively.          Show increased awareness of moving into space and receiving on the move.          Show element of leadership and decision making in a group.          Can adapt throwing and catching techniques instinctively.          Demonstrate good technique when striking.          Show awareness of purpose when sending an object.</p>	<p>Show understanding of marking.          Use evasion strategies.          Know difference between attack and defence.          Anticipate opportunities to intercept.          Know difference between a pass and a shot          Apply skills and knowledge effectively in a game situation..          Select appropriate technique in a given situation.</p>	<p>between a shot and a pass.          Quickly identify space and react accordingly,          Understand marking and react to an attack.          Evaluate own performance          Consistently show awareness of game principles.          Pass accurately using correct technique.          Work as part of a team.          Give and act on effective feedback</p>	<p>appropriately.          Use evasive strategies.          Apply attacking/defensive strategies.          Develop own attacking/defensive strategy.          Use tactics in a game situation          Demonstrate leadership qualities.          Demonstrate elements of flair and creativity in game situations.          Consistently show teamwork and fair play          Show accuracy when shooting</p>	<p>creation of a game.          Evaluate activity and make appropriate changes.          Implement attacking and defensive tactics in a game.          Develop own attacking and defensive tactics.          Show high levels of awareness of game principles.          Show high level of control, skill and accuracy.          Execute a variety of passes consistently.          Recognise and move into space quickly.          Apply flair in game situations.          Show leadership qualities to support and encourage</p>
<p>KS1 Object control</p> <p>Progressing to:</p> <p>KS2 Striking and Fielding</p>		<p>Show basic hand eye coordination.          Demonstrate hand eye coordination whilst moving.          Hold racket effectively.          Hit a rolling ball with control.          Hit a bouncing ball.          Move with an object at speed.          Control an object in a tight space.          Control an object in</p>	<p>Show increased levels of hand/eye coordination.          Demonstrate hand/eye coordination while moving in different directions.          Hold racket effectively.          Hit a rolling ball with increased control.          Hit a bouncing ball with control.</p>	<p>Return a bouncing ball with some accuracy.          Rally with a partner (10 shots)          Show awareness of hitting into space.          Hit a bouncing ball consistently with control.          Show awareness of space in a game situation.          Catch consistently.          Hit a volley with</p>	<p>Perform forehand using correct technique.          Know difference between forehand and backhand.          Use backhand to hit moving ball.          Consistently hit a moving ball with control.          Hit a volley with precision and control          React quickly to play the best shot</p>	<p>Hit a moving ball consistently.          Continue a rally.          Consistently show accuracy using a backhand.          Consistently hit a volley with precision.          Coordinate throwing and hitting.          Select appropriate shot for a given situation.          Use a wide variety of shots with</p>	<p>Keep a rally going over a prolonged period of time.          Consistently show accuracy using backhand          Consistently show accuracy using forehand          Consistently show accuracy using volley.          React well to changing situations.          Consistently select</p>

		<p>a straight line.  Keep control whilst changing direction.  Keep close control using different body parts.  Show control using equipment.</p>	<p>Demonstrate correct hitting position.  Control an object at speed in a variety of ways.  Can control a variety of objects in a tight space consistently.  Control a variety of objects in a straight line.  Keep close control using different body parts.  Show control with a change of direction at speed.  Consistently use equipment to send and control accurately</p>	<p>control  Hit a stationary ball.  Hit a moving ball using correct technique.  Choose direction of strike.  Show basic fielding principles.  React quickly to events in a game situation.</p>	<p>possible.  Show competitive edge.  Throw accurately using 2 techniques.  Catch a small ball.  Hit a ball in an intended direction with power.  Explain the rules of a game.  Demonstrate effective fielding skills consistently</p>	<p>precision.  React well to changing situations within a game.  Throw overarm/underarm effectively and accurately.  Consistently select and apply correct throw.  Use correct technique (cricket bowl)  Hit a ball consistently with power and controlled direction.  Show awareness of match situations</p>	<p>the correct shot in any given situation.  Use skills and knowledge to effectively win games.  Use correct technique when throwing and stopping a ball.  Transfer from stop to throw quickly.  Use correct technique when striking a ball.  Contribute to group discussions.  Lead group and resolve any conflicts.</p>
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