

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<ul style="list-style-type: none"> Respond imaginatively to a range of stimuli. Move confidently and safely in your own and general space, using changes of speed, level and direction. Perform movement phrases using a range of different body actions and body parts – with control and accuracy. Create linked movements, combining different ways of travelling, with beginnings, middles and ends. 	<ul style="list-style-type: none"> Perform a range of actions and simple movement patterns with control and coordination. Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. Work individually and with others. 	<ul style="list-style-type: none"> Explore and create narratives in response to a stimulus. Show control, accuracy and fluency of movement when performing actions with a partner. Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. Communicate what you want through your dances and perform with control. Combine actions and maintain the quality of performance when performing at the same time as a partner. 	<ul style="list-style-type: none"> Explore and create narratives in response to a range of stimuli. Perform dances using a range of movement patterns – accurately, fluently, consistently and with control. Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. Work well as part of a team. 	<ul style="list-style-type: none"> Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. Use basic compositional principles when creating dances – combining movements fluently and effectively. Perform a range of movements accurately with a sense of rhythm. Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. 	<ul style="list-style-type: none"> Move in a way that reflects the music. Perform dances in both canon and unison, with clarity and confidence. Explore and practice movement ideas inspired by a stimulus. Explore, improvise, and combine movement ideas fluently and effectively. Perform movements to an audience with rhythm and confidence.
Fitness	<ul style="list-style-type: none"> Develop speed, agility and stamina. Develop jumping techniques safely and while moving at speed. Develop coordination, control and balance, and negotiate space. Explore and practice different movements and fitness techniques. 	<ul style="list-style-type: none"> Improve speed, agility and stamina. Develop jumping techniques to gain height and distance. Develop control, balance and coordination when completing a variety of tasks. Explore and practice a variety of movements and fitness techniques. Complete exercise with good technique and focus. 	<ul style="list-style-type: none"> Understand what core strength is and develop it using correct techniques. Begin to use upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique. 	<ul style="list-style-type: none"> Develop upper and lower body, and core strength, fitness, balance and coordination. Use learned fundamental skills. Demonstrate correct techniques of core strength exercises with control. 	<ul style="list-style-type: none"> Gain confidence when using upper and lower body, and core strength, fitness, speed and aerobic endurance. Apply and link learned fundamental movement skills. Demonstrate stamina. 	<ul style="list-style-type: none"> Show confidence in use of upper and lower body strength, speed, aerobic endurance, and fitness. Link actions and combine movements with confidence. Complete circuit training to the best of your ability to show stamina.

<ul style="list-style-type: none"> • To copy, create and explore different ways of travelling and link a range of movements and shapes, safely with flow. • To develop balance and coordination. • Learn and develop the quality of an egg roll and log roll. • Perform basic jumps safely both on the floor and apparatus. • Explore large point balances including the shoulder stand. • Create floor and apparatus sequences on your own and with a partner. 	<ul style="list-style-type: none"> • Demonstrate quality of movement when standing and stepping. • Explore small & large point balances to develop coordination. • Remember and repeat a range of gymnastics actions including rolls with control and precision. • Land safely and with control when creating shape jumps off the floor and apparatus. • Experiment with different pieces of hand apparatus and link with gymnastics travelling. • Demonstrate flowing movement, changing the dynamics of movement with control through different levels and directions while creating sequences. 	<ul style="list-style-type: none"> • Perform a combination of gymnastics skills and sequences with a change in speed, level or direction both on the floor and apparatus more accurately and consistently. • Develop flexibility, strength, agility, balance, coordination and control. • Perform a range of actions including turns, forward rolls and spinning with consistency, fluency and clarity of movement. • To travel fluently with control and purpose. • To work well with a partner, trusting each other, sharing ideas and begin to perform partner balances. 	<ul style="list-style-type: none"> • Combine actions to create sequence of movements thinking about quality and performance both individually and in collaboration. • Experiment with a wide range of actions including shape, travel and direction, varying and combining spatial patterns, speed, tension and continuity when working with a partner and independently. • Show control, accuracy and fluency of movement when performing actions individually and with a partner. • Create, perform and repeat sequences that include changes of dynamics e.g., changes of level, speed or direction. • Perform a broad range of gymnastics actions on the floor and over, through, across and along apparatus. 	<ul style="list-style-type: none"> • Perform more complex balances, including balances that require supporting own body weight, jump combinations and rolls within sequence. • Further develop ways of travelling into and out of a roll. • Link a range of movements with fluency and finesse. • Combine and perform gymnastic actions, shapes and balances more fluently and effectively. • Explore a range of apparatus and incorporate some into a routine. • Perform in front of an audience confidently. • Further develop and apply basic compositional ideas to the sequences they create, on and off apparatus. • Explore, learn and develop more complex counter and weight on partner balances with strength and control. 	<ul style="list-style-type: none"> • Explore, improvise and combine actions and longer sequences of movement fluently and effectively which incorporate a variety of travelling activities. • Work in a group to build sequences using a variety of apparatus. • Perform in front of an audience showing confidence, rhythm and fluency of movement independently and in large groups. • Use combinations of dynamics using the space effectively e.g., different pathways. • Perform key gymnastic skills with a partner, being able to change dynamics and movement concepts showing good tension and control. • Perform combinations of actions and movements that show clear differences between levels, speeds and direction.
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Games	<ul style="list-style-type: none"> • Explore different ways to use, move, control and send the ball. • Demonstrate a basic underarm throwing action with control and accuracy. • Send/ pass a ball and successfully catch/stop a ball. • Develop fundamental movement skills, becoming increasingly confident and competent. • Recognise space in games and use it to your advantage. • Can shoot successfully at a goal or target. • Play simple games understanding the rules of the game. 	<ul style="list-style-type: none"> • Throw, control and catch the ball with increasing control and accuracy, and throw the ball in different ways. • Show good awareness of others when playing games. • Show control when moving, changing speed and direction, both with and without a ball. • Develop fundamental movement skills, becoming increasingly confident and competent. • Know and show how to defend between ball and target. • Choose and use simple tactics to suit different situations in small, sided games. 	<ul style="list-style-type: none"> • Move with a ball keeping it under close control including passing and receiving with accuracy. • Shoot/ score with some success. • Choose space/ positions where you can receive a pass or to support a teammate. • Develop control and technique both in movements and manipulation. • Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). 	<ul style="list-style-type: none"> • Find and use space in game situations and work well as part of a team. • Use and apply different principles of passing, shooting and receiving a ball with increasing accuracy, control and success. • Develop set moves that can be used in attacking and defensive play. • Choose and adapt techniques and tactics to keep possession and give you a chance to shoot or score. • Develop physical characteristics needed for the game, e.g. speed, fitness, agility. 	<ul style="list-style-type: none"> • Perform skills and techniques (e.g. passing) with accuracy, confidence and control, and increasing speed. • Work effectively as part of a team and keep possession when faced with opponents, applying both attacking and defensive principles. • Increase accuracy and confidence of passing and shooting skills. • Increase accuracy and control when passing and catching whilst moving at speed and different levels. • Participate in competitive games, following the rules and playing fair. 	<ul style="list-style-type: none"> • Develop control whilst performing skills at speed. • Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play. • Combine and perform skills with control, adapting them to meet the needs of the situation. • Choose and apply a range of tactics and strategies when both attacking and defending in different formations. • Use different skills to keep possession of a ball as part of a team.
OAA		<ul style="list-style-type: none"> • Participate in team games, working cooperatively, solving problems with others. • Communicate with other people and discuss plans to achieve success. • To make a map with symbols and be able to recognise where you are on a map, using basic techniques. • Move in different ways, developing agility, balance, and co-ordination. 	<ul style="list-style-type: none"> • Develop a basic understanding of map reading/making and apply these skills and techniques in games. • Work cooperatively and successfully as part of a team, improving communication skills. • Recognise where you are on a map. • Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination. 	<ul style="list-style-type: none"> • To orientate themselves and map correctly keeping track of their position with increasing accuracy. • Develop communication skills and use these skills to achieve success. • Make a map with symbols and legend and begin to understand scale. • Compete in orienteering events, problem solving with team members. 	<ul style="list-style-type: none"> • Build confidence during team activities. • Takes part in orienteering events, such as picture orienteering and control orienteering, with success. • Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls. • Develop map reading and map building skills. 	

Athletics	<ul style="list-style-type: none"> • Develop the overarm throw technique, throwing accurately towards a target. • Practice the underarm throw technique, aiming towards a target showing increased control. • Show a basic level of control, coordination and consistency when running. • Explore and practice a variety of movements including running, jumping, and throwing techniques. • Experiment with different jumping techniques, showing control, coordination, and consistency throughout. 	<ul style="list-style-type: none"> • Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. • Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. • Begin to show control, coordination, and consistency when running at speed. • Develop a range of jumping techniques. • Develop the underarm and pull throw technique. 	<ul style="list-style-type: none"> • Apply and develop a broad range of athletic skills in different ways. • Show control, coordination and consistency when running, throwing, and jumping. • Choose the appropriate running speed to meet the demand of the task. • Enjoy competing with others 	<ul style="list-style-type: none"> • Combine basic jump actions to form a jump combination, using a controlled jumping technique. • Perform a throwing technique with control, coordination, and consistency. • Perform competitively with others 	<ul style="list-style-type: none"> • Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. • Communicate, collaborate, and compete with others. Working effectively as part of a team. • Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. 	<ul style="list-style-type: none"> • Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. • Work effectively as part of a team. • Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.
Swimming						<ul style="list-style-type: none"> • Swim competently, confidently, and proficiently over a distance of at least 25 metres. • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations.
Evaluation	<ul style="list-style-type: none"> • Recognise successful and unsuccessful techniques. • Describe what they have done or seen others doing. • Begin to plan how to solve problems. • Watch, copy and describe others play. 	<ul style="list-style-type: none"> • Begin to evaluate and improve own performance. • Watch and describe a performance accurately. • Copy actions and ideas and use the information to improve your skills. • Identify good technique and justify it. 	<ul style="list-style-type: none"> • Recognise what they do well and find difficult. • Evaluate the effectiveness and quality of a dance. • Explain what success you have seen in games, and how individuals and teams achieved it. 	<ul style="list-style-type: none"> • Learn how to evaluate and recognise own success confidently. • Recognise and explain a good performance. • Identify and evaluate how to improve parts of your game and others, providing useful feedback. • Describe skills you need to improve your play. 	<ul style="list-style-type: none"> • Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback. • Explain why a performance is good. • Evaluate and recognise success. • Describe what part of a performance could be improved and why. 	<ul style="list-style-type: none"> • Give feedback to individual, teams and your own performance. • Identify and evaluate parts of your own game and others, providing feedback. • Compare and evaluate other performances. • Watch and evaluate the success of games, your own success, others and suggest improvements.