



“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united” – Wilhelm von Humboldt

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/Yoga	<p>Create a short sequence of movements.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Travel, jump and stretch in different ways with some control.</p> <p>Begin to balance with control.</p>	<p>Demonstrate effective and safe jumping and landing technique.</p> <p>Show tension in some movements and balances.</p> <p>Turn and spin with some 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 an original 5 part sequence.</p> <p>Introduce a linking movement.</p>	<p>Consistently demonstrate 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>Act on feedback.</p>	<p>Perform ½ turns and full turns on a floor 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 movement with control.</p> <p>Create and perform a sequence with control and fluency.</p> <p>Perform sequence in unison.</p> <p>Adapt sequence using complex movements and balances.</p> <p>Act on feedback.</p> <p>Alter shape in the air.</p>	<p>Perform 3 mirrored balances within given 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 sequences 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>Perform mirrored balances within given parameters.</p> <p>Perform balances using support.</p> <p>Show creativity in paired work.</p> <p>Communicate effectively with a partner.</p> <p>Show control and fluidity in sequence.</p> <p>Perform up to 4 rolls with control.</p> <p>Roll from different starting positions.</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>Consistently show body tension.</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 using gymnastic awareness.</p>



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<p>Dance</p>	<p>Respond to a range of stimuli using basic movements.</p> <p>Represent own ideas, thoughts and feelings through dance.</p> <p>Experiment with different ways of moving through dance.</p>	<p>Move freely to music.</p> <p>Respond to stimuli.</p> <p>Alter speed appropriately.</p> <p>Show originality when moving on different levels.</p> <p>Move with music.</p> <p>Perform a sequence with precision and fluidity.</p> <p>Improve sequences based on feedback.</p> <p>Perform sequence in time with others.</p> <p>Create an original sequence and perform with timing and control.</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 consistently in time with others.</p> <p>Perform sequence in time with music.</p> <p>Give specific feedback on a performance.</p> <p>Use specific feedback to improve performance.</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 a 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>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 a group’s formation.</p> <p>Evaluate a performance and refine accordingly.</p> <p>Adapt own performance to different stimuli.</p> <p>Work collaboratively to adapt a sequence.</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 of 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>Work within and contribute to group decisions.</p> <p>Replicate quickly what they have seen.</p> <p>Adapt performances to incorporate equipment.</p> <p>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>
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<p>Games Sending/Receiving (KS1) Invasion Games (KS2)</p>	<p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p> <p>Catch equipment using two hands.</p> <p>Move a ball in different ways, including bouncing and kicking.</p> <p>Kick an object at a target.</p>	<p>Roll with accuracy.</p> <p>Throw with accuracy.</p> <p>Throw and catch to themselves.</p> <p>Predict where to move to stop a ball.</p> <p>Show awareness of moving into space and receiving on the move.</p> <p>Show element of leadership in a group.</p> <p>Select appropriate throw (underarm/overarm).</p> <p>Select best way to send.</p> <p>Show awareness of purpose when sending an object.</p>	<p>Roll with accuracy and control.</p> <p>Throw with increased accuracy.</p> <p>Throw and catch to themselves consistently.</p> <p>Predict where to move to stop a ball effectively.</p> <p>Show increased awareness of moving into space and receiving on the move.</p> <p>Show element of leadership and decision making in a group.</p> <p>Adapt throwing and catching technique instinctively.</p> <p>Demonstrate good technique when striking.</p> <p>Show awareness of purpose when sending an object.</p>	<p>Execute a variety of passes.</p> <p>Send and control a ball on the move.</p> <p>Recognise and move into space.</p> <p>Show understanding of marking.</p> <p>Use evasion strategies.</p> <p>Know difference between attack and defence.</p> <p>Anticipate opportunities to intercept.</p> <p>Know difference between a pass and a shot.</p> <p>Apply skills and knowledge effectively in a game situation.</p> <p>Select appropriate technique in a given situation.</p>	<p>Execute a variety of passes with increasing confidence.</p> <p>Consistently select appropriate skill for different situations.</p> <p>Know difference between a shot and a pass.</p> <p>Quickly identify space and react accordingly.</p> <p>Understand marking and react to an attack.</p> <p>Evaluate own performance.</p> <p>Consistently show awareness of game principles.</p> <p>Pass accurately using correct technique.</p> <p>Work as part of a team.</p> <p>Give and act on effective feedback.</p> <p>Select appropriate technique in a given situation.</p>	<p>Send and receive effectively on the move.</p> <p>Execute a variety of passes confidently.</p> <p>Move into space appropriately.</p> <p>Use evasive strategies.</p> <p>Apply attacking/defensive strategies.</p> <p>Develop own attacking/defensive strategy.</p> <p>Use tactics in a game situation.</p> <p>Demonstrate leadership qualities.</p> <p>Demonstrate elements of flair and creativity in game situations.</p> <p>Consistently show teamwork and fair play.</p> <p>Show accuracy when shooting.</p>	<p>Apply basic skills to game situations.</p> <p>Know High 5 netball positions.</p> <p>Have some creative input into the creation of a game.</p> <p>Evaluate activity and make appropriate changes.</p> <p>Implement attacking and defensive tactics in a game.</p> <p>Develop own attacking and defensive tactics.</p> <p>Show high levels of awareness of game principles.</p> <p>Show high level of control, skill and accuracy.</p> <p>Execute a variety of passes consistently.</p> <p>Recognise and move into space quickly.</p> <p>Apply flair in game situations.</p> <p>Show leadership qualities to support and encourage.</p>
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<p>Games Net/Wall & Object Control (KS1) Net/Wall & Striking/Fielding (KS2)</p>	<p>Hit a ball with a bat or racquet.</p> <p>Use equipment to control a ball.</p> <p>Move safely around the space and equipment.</p> <p>Travel in different ways, including sideways and backwards.</p> <p>Follow simple rules.</p>	<p>Show basic levels of hand/eye coordination.</p> <p>Demonstrate hand/eye coordination while moving.</p> <p>Hold racket effectively.</p> <p>Hit a rolling ball with control.</p> <p>Hit a bouncing ball.</p> <p>Move with an object at speed in a variety of ways.</p> <p>Control an object in a tight space.</p> <p>Control objects in a straight line.</p> <p>Keep control while changing direction.</p> <p>Keep close control using different body parts.</p> <p>Show control with a change of direction at speed whilst holding/carrying.</p> <p>Show control using equipment.</p>	<p>Show increased levels of hand/eye coordination.</p> <p>Demonstrate hand/eye coordination while moving in different directions.</p> <p>Hold racket effectively.</p> <p>Hit a rolling ball with increased control.</p> <p>Hit a bouncing ball with control.</p> <p>Demonstrate correct hitting position.</p> <p>Control an object at speed in a variety of ways.</p> <p>Control a variety of objects in a tight space consistently.</p> <p>Control a variety of objects in a straight line consistently.</p> <p>Keep close control using different body parts.</p> <p>Show control with a change of direction at speed, whilst moving in different ways.</p> <p>Consistently use equipment to send and control accurately.</p>	<p>Return a bouncing ball with some accuracy.</p> <p>Rally with a partner.</p> <p>Show awareness of hitting into space.</p> <p>Hit a bouncing ball consistently with control.</p> <p>Show awareness of space in a game situation.</p> <p>Catch consistently.</p> <p>Hit a volley with control.</p> <p>Hit a stationary ball.</p> <p>Hit a moving ball using correct technique.</p> <p>Choose direction of strike.</p> <p>Show basic fielding principles.</p> <p>React quickly to events in a game situation.</p>	<p>Perform forehand using correct technique.</p> <p>Know difference between forehand and backhand.</p> <p>Use backhand to hit a moving ball.</p> <p>Consistently hit a moving ball with control.</p> <p>Hit a volley with precision and control.</p> <p>React quickly to play the best shot possible.</p> <p>Show competitive edge.</p> <p>Throw accurately using 2 techniques.</p> <p>Catch a small ball.</p> <p>Hit a ball in an intended direction with power.</p> <p>Explain the rules of a game.</p> <p>Demonstrate effective fielding skills consistently.</p>	<p>Hit a moving ball consistently and accurately.</p> <p>Continue a rally.</p> <p>Consistently show accuracy using a backhand.</p> <p>Consistently hit a volley with precision.</p> <p>Coordinate throwing and hitting.</p> <p>Select appropriate shot for a given situation.</p> <p>Use a wide variety of shots with precision.</p> <p>React well to changing situations within a game.</p> <p>Throw overarm/underarm effectively and accurately.</p> <p>Consistently select and apply correct throw.</p> <p>Use correct technique (cricket bowl).</p> <p>Hit a ball consistently with power and controlled direction.</p> <p>Show awareness of match situations.</p>	<p>Keep a rally going over a prolonged period of time.</p> <p>Consistently show accuracy using backhand.</p> <p>Consistently show accuracy using forehand.</p> <p>Consistently show accuracy using volley.</p> <p>React well to changing situations.</p> <p>Consistently select the correct shot in any given situation.</p> <p>Use skills and knowledge to effectively win games.</p> <p>Use correct technique when throwing and stopping a ball.</p> <p>Transfer from stop to throw quickly.</p> <p>Use correct technique when striking a ball.</p> <p>Contribute to group discussions.</p> <p>Lead group and resolve any conflicts.</p>
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<p>Athletics</p>	<p>Run in different ways for a variety of purposes.</p> <p>Jump in a range of ways, landing safely.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p>	<p>Copy and develop a range of movements.</p> <p>Use basic sprinting technique.</p> <p>Shift weight side to side.</p> <p>Use sideways movement for a purpose.</p> <p>Change direction quickly whilst moving.</p> <p>Demonstrate a variety of jumps.</p> <p>Self-select appropriate speed when moving.</p> <p>Link 2 movements with balance.</p> <p>Use different techniques to throw an object.</p> <p>Throw with power.</p> <p>Select appropriate technique in a given situation.</p>	<p>Copy and develop a range of movements.</p> <p>Evaluate and improve sprinting technique.</p> <p>Respond quickly to stimuli.</p> <p>Shift weight side to side.</p> <p>Use sideways movement for a purpose.</p> <p>Change direction quickly whilst moving.</p> <p>Demonstrate good technique when jumping for height and distance.</p> <p>Self-select appropriate speed when moving.</p> <p>Link 2 or more movements with balance and agility.</p> <p>Identify different throws.</p> <p>Use correct techniques to throw an object.</p> <p>Select appropriate technique in a given situation with different objects.</p>	<p>Hop with balance and control.</p> <p>Jump with balance and control.</p> <p>Perform athletic sequence with control.</p> <p>Jump and land safely.</p> <p>Describe and evaluate jumping action.</p> <p>Run effectively at different speeds.</p> <p>Use good sprinting technique.</p> <p>Show good acceleration from a static start.</p> <p>Know basic principles of throwing for distance.</p> <p>Demonstrate basic principles of throwing for distance.</p> <p>Use a variety of techniques to throw.</p> <p>Use correct technique to achieve maximum power.</p> <p>Recognise and describe what the body feels like after exercise.</p>	<p>Perform jumping technique with precision.</p> <p>Show fluency in running and jumping.</p> <p>Select appropriate speed for a race.</p> <p>Maintain a constant pace.</p> <p>Adapt pace to race conditions.</p> <p>Show acceleration and speed over a distance.</p> <p>Demonstrate quick reactions and evaluate different starting positions.</p> <p>Pass baton without change of pace.</p> <p>Accelerate and maintain pace through a curve.</p> <p>Select appropriate throwing technique for an event.</p> <p>Use correct technique to achieve maximum power.</p> <p>Describe effects of exercise.</p> <p>Explain rates of recovery.</p>	<p>Know good technique when jumping.</p> <p>Select preferred take-off foot when jumping.</p> <p>Combine explosion with control.</p> <p>Run and jump with height.</p> <p>Combine elements of jump to maximise distance.</p> <p>Isolate arts of the jump in order to improve performance.</p> <p>Un with high levels of speed, agility and competitiveness.</p> <p>Adapt pace to race situation.</p> <p>Sustain acceleration and speed over a distance.</p> <p>Develop preferred starting position.</p> <p>Develop and apply baton passing technique.</p> <p>Use good technique when performing a variety of throws.</p> <p>Throw with power using a run up.</p>	<p>Know and use parts of the jump in isolation.</p> <p>Understand fully how skill is broken down.</p> <p>Perform a variety of jumps fluently.</p> <p>Evaluate performance of others and suggest improvements.</p> <p>Show improvement in jumping.</p> <p>Perform triple jump with balance and control.</p> <p>Sustain an appropriate pace for a race.</p> <p>Adapt pace to a race situation.</p> <p>Use knowledge of tactics in a race situation.</p> <p>Consistently show power and effective technique when jumping, throwing and sprinting.</p> <p>Show determination.</p> <p>Demonstrate a strong desire to improve.</p> <p>Maintain a competitive attitude.</p>
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OAA				<p>Use simple maps with support.</p> <p>Begin to think activities through and problem solve.</p> <p>Discuss and work collaboratively with others in a group.</p>	<p>Use simple maps with a partner.</p> <p>Begin to think activities through and problem solve using general knowledge.</p> <p>Discuss and work collaboratively with others in a group, choosing strategies to solve problems with support.</p>	<p>Use and interpret simple maps with support.</p> <p>Think activities through and problem solve using general knowledge and prior experience.</p> <p>Discuss and work collaboratively with others in a group, choosing and applying strategies to solve problems with support.</p>	<p>Use and interpret simple maps independently and with a partner.</p> <p>Think activities through and problem solve using general knowledge and experience to improve performance.</p> <p>Discuss and work collaboratively with others in a group, choosing and applying strategies to solve problems.</p>
Swimming					<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>Perform safe self-rescue in different water-based situations.</p>	Revisit if not achieved	Revisit if not achieved
Healthy lifestyles	Describe how the body feels when still and when exercising.	<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>