

Year R	<u>Body Management</u> Developing balance, flexibility and body management. Gaining confidence in a variety of gross motor skills. Working with others.	<u>Manipulation and control</u> Manipulating a variety of objects such as hoops, bean bags, balls.	<u>Dance</u> To accurately replicate basic dance movements and enjoy participating in a broad range of activities.	<u>Swimming</u> Develop basic movements in water such as propelling, walking, pushing and pulling.	<u>Gymnastic</u> Develop basic movements such as jumping, changing direction, moving at speed and balancing. Accurately replicate basic movements and enjoy participating in a broad range of activities.	<u>Cooperate & Solve Problems</u> Preparing for cooperative physical activities. Develop cooperation and solve problem skills.	<u>Speed, Agility and Travel</u> Developing speed and agility in travel and movement.
Year 1	<u>Dance</u> Mastering basic movements and developing agility, balance and coordination (ABCs). To extend performance in movement patterns and sequences. Become increasingly confident in simple body actions and shapes. Choose and develop simple actions independently and apply to a movement pattern.	<u>Swimming</u> Develop basic movements in water such as propelling, walking, pushing and pulling.	<u>Gymnastics</u> Mastering basic movements and developing agility, balance and coordination (ABCs). To extend performance in movement patterns and sequences. Mastering basic movements and develop agility, balance and coordination (ABCs). Extending performance in movement patterns and sequences.	<u>Run/Throw/Jump</u> Engage in competitive activities against self and others. Master basic running, jumping and throwing skills.	<u>Attack/Defend/Shoot</u> Develop fundamental movement skills in a variety of games. Engage in competitive situations with some attacking and defending skills. Become increasingly competent and confident with fundamental movement skills. Develop simple tactics in game situations.	<u>Send/Return</u> Extend co-ordination for hitting. Participate in simple sending and receiving games. Score points through sending balls using hitting skills to correct areas.	<u>Hit/Catch/Run</u> Extend agility and coordination through throwing, catching and retrieving. Participate in simple hit, catch and run games. Score points through sending balls and running. Become increasingly competent and confident with fundamental movement skills. Develop simple tactics in game situations.

Year 2	<u>Run, Throw and Jump</u> Develop coordination skills for collecting Develop agility and power Develop core skills to participate in activities Making choices about appropriate skills in different games Developing quick feet for games Practising static and dynamic balances	<u>Gymnastics</u> To be able to perform a simple movement pattern using the floor and apparatus. To understand how our body works to help increase body control To combine a number of shapes and perform with control To work collaboratively with a partner and as part of a bigger group. To be able to use power to jump as far as possible with control. To be able to use rhythm in a <u>performance</u>	<u>Dance</u> To perform a simple movement pattern using visual stimulus To perform movements with control To improve own and others' work. To link more actions into simple movement phrases Work as part of a group to perform a movement phrase.	<u>Attack/Defend/Shoot</u> To develop kicking skills. Receiving the ball with feet To begin controlling the ball to apply to games. Introduce bouncing the balls to players in isolated and in-game scenarios Apply simple basketball skills (bouncing the ball) to a game. Be physically active for a sustained period in a competitive situation.	<u>Athletics</u> Develop coordination skills for collecting Develop agility and power Develop core skills to participate in activities Making choices about appropriate skills in different games Developing quick feet for games Practising static and dynamic balances	<u>Send/Return</u> Participate in modified net/wall games Participate in modified net/wall games collaborating with teammates Participate in modified net/wall games using developed agility skills Apply basic skills to self-feed and participate in net wall games Self-feed and combine other send and return skills to participate in net wall games	

Year 3	<u>Netball</u> Play in competitive games developing simple tactics. Master basic movements including running, throwing and catching. Work collaboratively to use basic tactics for attacking play.	<u>Gymnastics</u> Devise simple sequences using compositional ideas Master basic movements including leaping, jumping, balancing and stretching Work collaboratively to adapt, change and improve individual sequence Perform with control and confidence a range of basic actions Develop a broader range of new actions Work individually to improve a sequence	<u>Dance</u> Develop and perform simple routines Perform to an audience	<u>Handball/Dodgeball</u> Play in competitive, modified games Develop control in combining handball skills Work collaboratively to use basic tactics and strategies to attack	<u>Athletics</u> Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, pull, record, pace, approach, combine	<u>Tennis</u> Play in competitive games developing simple tactics Master basic movements including hitting, returning, moving to return Work collaboratively to use basic tactics	
Year 4	<u>Swimming</u> Confident taking part in a range of water-based activity as an individual and	<u>Rounders</u> Developing technique of throwing and catching	<u>Dance</u> Explore freeze frames Show a variety of transitions in my work	<u>Gymnastics</u> To perform using a change of speed and direction Work collaboratively to perform with a	<u>Athletics</u> Master basic movements including jumping, throwing and running	<u>OAA</u> Take part in outdoor and adventurous activity challenges developing	<u>Hockey</u> Working collaboratively to attack a goal.

	collaborating with a group. Be increasingly confident with a variety of stroke technique and use with control and fluency.	Comparing performances and improving Apply basic tactics for fielding to stop batters from scoring as many runs Developing strength, technique and control in running Communicating and collaborating with each other while fielding Using throwing in an isolated and competitive situation Apply basic principles and techniques for attacking and defending Play in a competitive game using tactics to help successfully defend and attack	Explore a variety of formations for a set phrase Perform a set phrase in canon as a group Sequence movements to create a dance Exploring start positions in routines	partner and in a small group To perform actions taking weight on hands To work collaboratively with others to include compositional ideas To be able to refine and improve performance To perform a group sequence To judge a group sequence	Competing against others to develop the basic technique of acceleration To master and develop the basic techniques for jumping from one to two feet Master the basic skills of throwing using wind up and sling techniques To work collaboratively to help improve team performance To compete against self and others and work collaboratively to improve	strength and flexibility	Using and developing hockey skills Play within correct positions and areas Use skills in isolation and games Play in games applying new rules Be physically active for a sustained period of time in a competitive situation
Year 5	<u>Netball</u> Play in competitive	<u>Gymnastics</u> Work collaboratively	<u>Dance</u> Perform routines to audiences	<u>Athletics</u> Master basic movements	<u>Football</u> Play in competitive games developing	<u>Tennis</u> Play competitively	<u>OAA</u> Compare performance

	games developing strength and technique Able to recognise where improvements could be made in their work Select and combine more complex skills in game situations	with a partner to perform Compare performance with previous performances Develop flexibility, balance, strength and control	Perform in a variety of dance styles Work collaboratively in groups	including running, throwing and jumping and identify ways to improve Compete against self and others selecting and applying simple techniques effectively Work collaboratively and individually to help improve self and others	stamina and endurance. Practice and use running, sprinting and dynamic balance in games. Work collaboratively to use basic tactics for defending and attacking.	against others and work together with others Work hard to challenge self to improve the consistency of shots including newly learnt shots Implement basic tactics in gameplay	with previous performances Apply a range of skills to complete a task Practise using problem-solving skills
Year 6	<u>Hockey</u> Play in competitive games developing fluency in skills and techniques Work in collaboration to play in different formations Compare team performance against other team performances <u>Tennis</u> Play competitively against others and work together with	<u>Dance</u> Work collaboratively with a partner and in small groups to perform more complex dances Compare performance with previous performances and demonstrate improvement to achieve personal best Develop flexibility, balance, strength, and control	<u>Gymnastics</u> Work collaboratively with a partner and in small groups to perform Compare performance with previous performances and demonstrate improvement to achieve personal best Develop flexibility, balance, strength, and control	<u>Cricket</u> Play in competitive games developing fluency in skills and techniques Work in collaboration to apply defensive and attacking tactics Compare team performance against other team performances	<u>Athletics</u> Compete developing fluency in skills and techniques individually and as part of a team Work in collaboration to apply strategies for maximising speed and distance Compare and contrast team and individual performances across a range of activities	<u>Rounders</u> Play in competitive games developing fluency in skills and techniques Work in collaboration to play using different tactics Compare the team's performance against others	<u>OAA</u> Make improvements in own performance from feedback Use increasingly sophisticated problem-solving skills

	others in gameplay Work hard to challenge self to improve the consistency of shots including newly learnt shots Implement basic tactics in gameplay and score games using an appropriate scoring system	range of dances					
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