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|  | Term | Autumn | Spring | Summer |
| Y1 |   | Games * Throw underarm
* Throw and catch with both hands.
* Throw and kick in different ways.
* Hit a ball with a bat
* Move and stop safely.

Dance * Move to music.
* Copy dance moves.
* Perform their own dance moves.
* Make up a short dance.
* Move safely in a space.
 | Gymnastics * Plan and perform a sequence of movements.
* Work on their own and with a partner.
* Improve their sequence based on feedback.
* Think of more than one way to create a sequence which follows some ‘rules’.

Dance * Move to music.
* Copy dance moves.
* Perform their own dance moves.
* Make up a short dance.
* Move safely in a space.
 | Throwing and catching* Throw underarm.
* Throw and catch with both hands.
* Move and stop safely.

Athletics * Sprint.
* Skip without a rope.
* Jump for height.
* Move in a variety of ways, in and out of cones.
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| Y2 |  | Games * Use hitting, kicking and/or rolling in a game.
* Decide the best space to be in during a game.
* Follow rules.
* Use one tactic in a game for attacking & defending.

Dance* Dance with control and coordination. Make a sequence by linking sections together. Change rhythm, speed, level & direction in their dance.
* Use dance to show a mood or feeling.
 | Gymnastics* Plan and perform a sequence of movements.
* Work on their own and with a partner. Improve their sequence
* based on feedback.
* Think of more than one way to create a sequence which follows
* some ‘rules’.

Games* Use hitting, kicking and/or rolling in a game.
* Decide the best space to be in during a game.
* Follow rules.
* Use one tactic in a game for attacking & defending.
 | Co-ordination and Agility* Link two moves together with control and consistency.
* Perform a sequence of movements with changes in level, direction and speed.
* Select and apply a range of skills with good control and consistency.

Athletics * Skip with a rope.
* Gallop
* Side-step
* Hopscotch forwards and backwards.
* Jump for distance
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| Y3 |   | Gymnastics* Perform a range of skills with control and consistency.
* Link actions and shapes together so that they flow.
* Repeat longer sequences with clear shapes and controlled movement.

Dance* Improvise freely and translate ideas from a stimulus into movement.
* Share and create phrases with a partner and small group.
* Repeat, remember and perform phrases.
 | Invasion Games* Develop and apply dynamic balance.
* Take part in healthy competition.
* Create personal best challenges.

Rugby * Grip, carry and move with the ball.
* Change direction whilst holding the ball.
* Throw and catch the ball in a static stance.
* Pass the ball.
* Pick up the ball and place it down with two hands to score a try.
* Understand when to play the ball.
* Tag a player.
* Move forward with the ball.
 | Outdoor and Adventurous* Develop and apply reaction and response.
* Play cooperative games.
* Follow a map in a familiar context.
* Use clues to follow a route.
* Follow a route safely.

Athletics* Run at fast, medium and slow speeds.
* Change speed and direction.
* Take part in a relay, remembering when to run and what to do.
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| Y4 |   | Coordination and Balance* Develop and apply footwork.
* Perform one leg balances.
* Compete and cooperate in healthy competition and games.

Gymnastics* Include a range of shapes.
* Work in a controlled way.
* Work with a partner to create, repeat and improve a sequence with at least 3 phases.
 | Dance* Use dance to communicate an idea.
* Take the lead when working with a partner or group.

Rugby* Move with the ball in two hands changing direction and pace.
* Grip the ball under pressure whilst moving.
* Catch the ball whilst moving.
* Catch the ball static off the chest.
* Pass the ball both ways with both hands whilst moving.
* Play the ball.
* Demonstrate playing the ball with balance, co-ordination and control without dropping the ball.
* Pick up a ball and place it down with two hands whilst moving and changing speeds.
* Move forwards to opponents’ line.
 | Swimming* Put face in water and blow bubbles.
* Fully submerge under water.
* Swim 10m across pool without support.
* Swim 10m on front and on back.

Games/Athletics * Throw and catch accurately.
* Catch with one hand.
* Hit a ball accurately with control.
* Keep possession of the ball.
* Vary tactics and adapt skills depending on what is happening in a game.

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| Y5 |  | Swimming * Swim competently, confidently and proficiently over a distance of at least 25m.
* Use a range of strokes effectively, e.g. front crawl, backstroke, breaststroke
* Perform safe self-rescue in different water-based situations.

Invasion games* Use a number of techniques to pass, dribble and shoot.
* Gain possession by working as a team.
* Field in a team game.
* Choose a tactic for defending & attacking.
* Use forehand & backhand with a racket.
 | Outdoor and Adventurous* Follow a map in an unknown location.
* Use compass to follow a route.
* Change their route to overcome a problem.

Dance* Compose own dances in a creative way.
* Perform to an accompaniment.
* Dance showing clarity, fluency, accuracy and consistency.
 | Athletics* Show control when taking off & landing.
* Throw with accuracy.
* Combine running, jumping and throwing.

Gymnastics* Combine action balance and shape.
* Make complex extended sequences.
* Perform consistently to different audiences.
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| Y6 |  | Gymnastics* Combine their own work with that of others.
* Link sequences to specific timings.

Invasion games* Choose when to pass or dribble, so that they keep possession and make progress towards the goal.
* Play to agreed rules & explain rules to others.
* Umpire/ referee a game.
* Lead others in a game situation.
 | Net games - Tennis* Develop and apply their jumping and landing.
* One leg balancing through focused skills development sessions.
* Be a part of healthy competition.

Dance* Develop sequences in a specific style.
* Choose their own music and style.
 | Striking and fielding * Develop and apply sending and receiving.
* Ball chasing through focused skills development sessions.
* Be a part of healthy competition.

Outdoor and Adventurous* Plan a route and a series of clues for someone else.
* Plan with others taking account of safety and danger.

Athletics* Demonstrate stamina.
* Compare their performances with previous ones and demonstrate improvement to achieve personal bests.
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