

By the end of Key Stage One, Children will learn to master basic movement skills and begin to apply these in a range of activities. They will participate in team games, developing simple tactics. They will be able to perform dances using simple movement.

By the end of Key Stage Two, Children can use running, jumping, throwing and catching in isolation and in combination. They can play competitive games and apply basic principles suitable for attacking and defending. Through Athletics and Gymnastics activities they have developed flexibility, strength, technique, control and balance. They will have performed dances using a range of movement patterns and taken part in outdoor and adventurous activity challenges both individually and within a team. They will have learnt to compare their performances with previous ones and demonstrated improvements to achieve their personal best.

		Links to the National Curriculum					
		Master basic movements, running, throwing, catching, kicking. Develop balance, agility and coordination to apply in a range of activities	Master basic movements, running, throwing, catching, kicking. Develop balance, agility and coordination to apply in a range of activities.	Develop sending and receiving skills. Apply skills to games. Play competitive games. Gain an understanding of how to improve and recognise success.	Use running and jumping and apply skills to games. Develop basic principles for attack and defence. Play competitive games. Understand how to improve and recognise success.	Develop passing and dribbling skills. Refine shooting skills and techniques for use in competitive games. Use simple tactics for attacking and defending. Develop control and balance through tackling skills.	Refine basic invasion skills. Apply basic principles for attacking and defending. Communicate and collaborate with others. Apply simple tactics. Compare performances and work to achieve personal best.
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Invasion Games	Multi skills & Fundamental movement skills Vary ways of travel. Move fluently by changing direction and speed easily and avoiding collisions. Sending and receiving skills. Throw and catch a ball with a partner.	Multi skills & Fundamental movement skills Pass a ball accurately to a partner over a variety of distances. Perform a range of throwing, kicking, tracking and catching with control. Show a good awareness of others in running, chasing and avoiding games. Vary skills and show some understanding of simple tactics.	Invasion Games Use a range of skills to help them keep possession and control of the ball. Travel whilst bouncing a ball showing control. Choose good places to stand when receiving and give reasons for their choice.	Invasion Games Describe the need to warm up. Keep a game going using a range of different throws. Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights. Use a range of skills with increasing control. (Dribbling tackling, intercepting and marking)	Invasion Games Travel with a ball showing changes of speed and directions using either foot or hand. Use a range of techniques when passing and shooting e.g., high, low, bounced, fast and slow. Use tackling/intercepting to gain possession. Use of simple tactics in games.	Invasion Games Show precision and accuracy in sending and receiving. Dribble effectively around obstacles. Perform skills with accuracy, confidence and control (marking, supporting, passing and dribbling). Play games showing knowledge of rules, scoring and tactical awareness. Choose and use skills which meet the needs of the situation.
		Links to the National Curriculum					

		Develop balance and co-ordination. Work co-operatively with others.	Master basic movements. Develop technique, control and balance through gymnastics. Engage in co-operative activities.	Develop a broad range of skills using strength, balance and control. Develop techniques working in collaboration with others.	Develop flexibility, control and balance. Learn how to use skills in different ways and link them. Compare performances and show improvements.	Make actions and sequences of movement. Collaborate with others and understand how to improve their performances.	Develop a broader range of skills in gymnastics. Develop flexibility, technique and control. Link actions and sequences of movement.
	Gymnastics Activity	Fundamental movement skills. Move safely and with confidence Travel in different ways. Balance on hands and feet, hands, and knees. Balance in wide and narrow shapes. Link travel and balance. Show stillness and tension. Travel towards and away. Contact under and on equipment.	Fundamental movement skills Explore ways of changing levels while travelling. Balance using various body parts. Watch, copy and describe what others have done. Improve their work using information they have gained by watching and listening. Movement together, leading and following.	Gymnastics Improve the quality of their actions, body shapes and balances. Link balances and travel. Explore balances on apparatus. Explore turning. Use movements towards, away and over. Pin, tuck and star body shapes. Know the importance of Strength.	Gymnastics Develop a range of actions and body shapes and include in a performance. Create gymnastic sequences that meet a theme or set of objectives. Move into balances from different starting positions. Vary dynamics of movements within sequences.	Gymnastics Create sequences and adapt. Combine balances and travelling actions. Link actions and use various pathways/floor patterns. Mirror and match with a partner. Evaluate and improve their own and others work.	Gymnastics Combine and perform gymnastic actions, shapes and balances. Movement out of different balances. Use of symmetrical and asymmetrical shapes. Use cannon and unison. Plan sequences using floor and apparatus. Evaluate own and others work suggesting ways to improve.
		Links to the National Curriculum					
		Master basic movements, experimenting with patterns of travelling. Develop balance and coordination through jumping and throwing in a range of increasingly challenging situations.	Extend agility, balance and coordination to apply in a range of athletics activities. Engage in cooperative and competitive activities.	Use running jumping and throwing in isolation and combination. Develop strength, flexibility, balance and control. Compare performances with previous and demonstrate improvement to achieve personal best.	Refine travelling and jumping skills. Refine basic throwing skills. Develop strength, flexibility, balance and control. Take part in OAA challenges both individually and as part of a team. Compare performances with previous and demonstrate improvement to achieve personal best.	Refine throwing, jumping and running skills. Develop strength, flexibility, balance and control. Take part in OAA challenges both individually and as part of a team. Compare performances with previous & demonstrate improvement to achieve personal best.	Refine types of throws and approach. Link and refine jumps and approaches. Develop flexibility, strength, technique, control and balance. Take part in OAA challenges both individually and as part of a team. Compare performances with previous ones and show improvement to achieve their personal best.
	Athletics	Multi skills & Fundamental movement skills Running at different speeds and directions. Jump with accuracy. Develop take- off and landing. Explore throwing a variety of objects.	Multi skills & Fundamental movement skills Move safely and with confidence. Refine jumping take off and correct landing technique. Link running and jumping activities. Throw a variety of objects.	Athletics Perform travelling skills and develop running styles. Explore different styles of throwing. Develop jumping skills and explore approaches	Athletics Develop a range of travelling actions. Refine running styles. Investigate different types of throws. Use basic jumps and linked jumps. Combine jumps with an approach.	Athletics Throwing using Pull and Push actions. Jumping and approaches. Use of different running styles.	Athletics Throwing – pull, push, sling actions. Jumping for length and height with approach. Running styles and acceleration/pace
		Links to the National Curriculum					
		Master basic movements through improving a variety of sending skills. Develop balance agility and coordination through intercepting.	Master basic movements including throwing and catching. Send accurately with a range of different sending skills. Develop simple tactics for attacking and defending.	Develop a range of skills for net games, learning how to use them. Use a range of basic tactics to play competitive games. Communicate and collaborate using simple rules.	Develop further a range of skills for net games. Use simple tactics and strategies. Play competitive modified games.	Refine skills and learn how to communicate and compete. Evaluate performances and use basic principles of attack and defence.	Develop range and consistency of skills to play in competitive net games. Apply simple tactics effectively.

	Net Games/ Dance	<p>Multi skills & Fundamental movement skills Use skills in different ways in different games. Show control using basic actions of hitting, striking, tracking and intercepting. Move fluently by changing direction and speed easily and avoiding collisions. ^(GB)</p> <p>Dance - Perform a short movement phrase led by the teacher with some attention to detail. Recognise how the body feels after exercise.</p>	<p>Multi skills & Fundamental movement skills Use hands, bat or racket to send. Send in different directions. Throw and catch with control. Throw with accuracy and power.</p> <p>Dance - Describe how different dance movements make you feel. Explore, remember and repeat dance actions with attention to detail.</p>	<p>Net Games Sending accurately to target. In pairs, make up a game and play a simple rallying game applying rules.</p> <p>Dance- Improvise movement independently on their own or with a partner. Perform a dance phrase with an awareness of rhythm and performance qualities.</p>	<p>Net Games Positioning on court. "Ready position" Send from both sides of the body. Create a net game and use simple tactics. Keep and use rules they are given. ^(GB)</p> <p>Dance - Explore and create characters and narratives through a range of stimuli. Evaluate their own performance and their peers performance.</p>	<p>Net Games Hit with purpose, varying the speed, height, length and direction. Hit the ball from both sides of the body. Make decisions on which shot to play.</p> <p>Dance - Explore dance through a range of dance genres. Incorporate performance skills to enhance movements.</p>	<p>Net games Refine a range of shots on both sides of the body developing consistency and accuracy. Play games cooperatively and competitively showing knowledge of rules, scoring and tactical awareness. Choose and use skills which meet the needs of the situation. Dance - Create motifs with the ability to vary the use of dynamics, space and components of movement. Offer constructive feedback when working in a group to improve performance.</p>
		Links to the National Curriculum					
		Master basic movements that can be applied to a range of activities and used to play simple team games	Throw and strike a ball with control. Improve sending skills. Master basic running, throwing and catching. Developing co-ordination and agility.	Refine variety of sending skills. Refine fielding, catching and sending skills. Select tactics and compare performances.	Develop fielding skills. Select and use simple tactics. Use running, throwing and catching. Communicate, collaborate and compete with each other.	Refine basic striking, fielding and bowling skills. Use running, throwing and catching in isolation and combination. Communicate, collaborate and compete with each other. Develop technique and control.	Refine striking and fielding skills. Use running, throwing and catching in isolation and combination. Communicate, collaborate and compete with each other. Develop technique & control.
	Strike & Field	<p>Multi skills & Fundamental movement skills Movement in isolation and with a ball. Choose and use skills effectively for games (rolling, tracking, stopping and striking) Understand the concepts of aiming and hitting into space.</p>	<p>Multi skills & Fundamental movement skills Releasing, Striking and rolling a ball, varying directions. Sending using hand or bat. Gathering skills with movement at speed and changing direction. Choose and use tactics to suit different situations</p>	<p>Strike and Field Games Fielding and catching skills. Choose and use batting or throwing skills to make the game hard for their opponents. Make up and apply rules to games.</p>	<p>Strike and Field Games Strike a ball with intent. Throw with accuracy when fielding and bowling. Try to make things difficult for their opponent. Know how to use simple tactics.</p> <hr/> <p>Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform Self Rescue skills.</p>	<p>Strike and Field Games Hit the ball with purpose, varying the speed, height and direction. Use bowling and fielding skills. Judge how far they can run to score points. Use simple tactics to score.</p> <hr/> <p>Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform Self Rescue skills.</p>	<p>Strike and Field Games Perform skills with accuracy and control. Use bowling and striking skills. Show precision and accuracy when using fielding skills. Play games showing knowledge of rules, scoring and tactical awareness. Choose and use skills which meet the needs of the situation.</p>