

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
← Knowledge →						
Dance						
<p>Copy basic body actions and rhythms</p> <p>Choose and use different travelling actions, shapes and balances</p> <p>Travel using different pathways and space</p> <p>Begin to use expression with guidance</p> <p>Responding in movement to words and music, developing control and grace.</p> <p>Begin to create their own movements</p> <p>To begin to move in sequence</p>	<p>Follow the leaders style copying</p> <p>Respond to a rhythm with a range of motions</p> <p>Copy and explore basic body actions demonstrated by a teacher</p> <p>Copy simple movement patterns from peers</p> <p>Explore movements and start to link motifs to make simple dances with a beginning and end</p> <p>Practise and repeat motifs and perform them controlled</p> <p>Create their own</p>	<p>Link several movements together with control and coordination</p> <p>Talk about different stimuli as the starting point for creating a dance</p> <p>Explore actions in response to a stimulus</p> <p>Explore ideas, moods and feelings by experimenting with actions, directions and levels through improvisation</p> <p>Compose and perform a dance that expresses emotion, mood, ideas and feelings individually and in groups</p> <p>Practise, remember and</p>	<p>Improvise with a partner translating ideas</p> <p>Show an imaginative response to different stimuli</p> <p>Incorporate different actions and dynamics into their movements</p> <p>Explore and develop actions and sequences whilst working in pairs or small groups that show relationships</p> <p>Apply basic compositional ideas to create a dance which conveys feeling</p>	<p>Respond and perform with a partner, demonstrating actions that link with fluency and accuracy</p> <p>Respond to a stimulus through appropriate language, creating their own ideas and motifs, working together</p> <p>Use a range of actions and begin to combine motifs to make patterns</p> <p>Begin to design their own motifs that respond to a stimuli or emotion</p>	<p>Respond to a variety of stimuli showing a range of actions performed with control and fluency, improvising and moving in a reactive way</p> <p>Think about character and narrative ideas created by the stimulus and respond through movement</p> <p>Experiment with a wide range of actions, varying and combining patterns, speed, and continuity whilst working in a small group</p>	<p>Perform with technical control and rhythm in a variety of dance styles with accuracy and consistency</p> <p>Explore, improvise and choose appropriate actions to create new motifs in a selected dance style</p> <p>Create rhythmic patterns using the body</p> <p>Respond to a range of stimuli, improvising freely using controlled movement</p>

	<p>motifs and perform them.</p>	<p>repeat a dance showing greater control, coordination and spatial awareness</p> <p>Create contrasting motifs.</p>	<p>and emotions</p> <p>Perform a short dance with expression, showing awareness of others when moving</p> <p>Describe what is needed to make a motif</p> <p>Develop character dance into a motif</p> <p>Extend sequences and motifs with a partner in character</p>	<p>Develop sequences with a partner in character that show relationships and interlinking dance moves</p> <p>Use a range of movement, choreography and motifs within different styles when working with a partner or small group</p> <p>Create sequences individually and with a partner, that interlink dance moves</p> <p>Remember, perform and evaluate a short dance, showing an understanding of emotion and awareness of others</p>	<p>Extend sequences with a partner using compositional principles</p> <p>Create and perform a dance using a range of motifs in response to a range of stimuli</p> <p>Use different compositional ideas to create motifs (unison, canon, actions and reaction)</p> <p>Remember, practise and combine longer more complex motifs</p> <p>Extend performances, incorporating props and different apparatus</p>	<p>Experience dance from different cultures and use this to inspire motifs and sequences</p> <p>Incorporate a wider range of compositional ideas and develop and adapt motifs to make dance phrases and use these in longer dances</p> <p>Select and use a range of compositional ideas to create motifs that demonstrate their own dance ideas</p> <p>Incorporate choreographical elements, including still imagery in sequences and motifs</p>
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Gymnastics

Travel and stop with	Perform basic	Perform a variety of	Perform a range	Perform a range	Perform a range	Perform a range
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<p>some control</p> <p>To move in different directions</p> <p>Use core muscle strength to achieve good posture when sitting on the floor.</p> <p>Create shapes showing basic levels of stillness using different parts of their bodies</p> <p>Begin to take weight on different parts of the body</p> <p>Show actions that stretch their bodies</p> <p>Copy and link simple actions together</p> <p>Begin to understand high, low, over and under, demonstrating through movements.</p> <p>Explore moving and making shapes, using different body parts</p> <p>Begin to use different apparatus</p> <p>Develop overall body</p>	<p>gymnastic actions like travelling, rolling and jumping</p> <p>Manage the space safely showing good spatial awareness, mats and apparatus</p> <p>Link and repeat basic gymnastic actions and perform with control</p> <p>Begin to understand big and small body parts, moving them in different ways</p> <p>Explore the difference between wide, narrow and curled movements, combining them, linking them and transitioning between them.</p> <p>Begin to create ways of adding (linking) 2 or more movements together.</p>	<p>actions like jumping, rolling and balancing with increasing control on and off apparatus.</p> <p>Repeat accurately sequences of gymnastic actions</p> <p>To explore different pathways such as zig-zag and curved on the floor and on apparatus</p> <p>Move smoothly from a position of stillness to a travelling movement</p> <p>Move smoothly from one balance to another</p> <p>Choose simple balances to perform a sequence to practise and repeat</p> <p>Perform a sequence with has a clear beginning, middle and end on the floor of using apparatus.</p> <p>Create sequences individually, in partners and in groups.</p> <p>Adapt sequences to include a partner,</p>	<p>of rolls and balances understanding symmetry and asymmetry</p> <p>Understand the terms unison and canon</p> <p>Explore apparatus and mats</p> <p>Use different ways to show balance, travelling and shape</p> <p>Practise a sequence and improve the quality by improving control, accuracy and fluency</p> <p>Plan and perform a sequence showing a contrast in speed, level and direction</p> <p>Devise and perform and</p>	<p>of rolls with control and accuracy</p> <p>Explore different combinations of apparatus and know how to utilise this equipment to enhance their movements</p> <p>Practise and refine a sequence showing quality gymnastic actions</p> <p>Begin to develop longer and more varied movement phrases with smooth links between actions</p> <p>Perform a sequence that combine speed, levels, direction and a variety of shapes</p> <p>Work within different groups and contribute a variety of</p>	<p>of rolls including forward and backward rolls consistently</p> <p>Be introduced to counter balances and apply learning of them onto apparatus.</p> <p>Perform a range of actions with consistency, fluency and clarity of movement</p> <p>Understand counter tension and consider this in sequences</p> <p>Make similar and contrasting shapes on the floor and apparatus working individually and with a partner</p> <p>Perform with a partner whilst maintaining the quality of performance</p>	<p>of rolls showing a clear entry and exit</p> <p>Perform combination of actions that show clear differences between levels, speeds and directions, with fluency and accuracy</p> <p>Be introduced to matching and mirroring and apply this learning to the apparatus</p> <p>Perform actions, shapes and balances clearly with excellent control, tension and extension</p> <p>Plan, perform and evaluate a sequence showing a wide range of actions which have been adapted to show varying levels, speed and</p>
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<p>strength, balance, coordination and agility needed to successfully engage with PE</p>		<p>apparatus and different pathways</p>	<p>sequence showing a clear beginning, middle and end</p>	<p>different sequences.</p> <p>Be introduced to bridges and apply bridge learning onto apparatus.</p> <p>Develop sequences that include bridges.</p>	<p>Develop a longer and more varied sequence demonstrating smooth transitions between actions, shapes and balances</p> <p>Show contrasting speed, levels and directions whilst working with a partner or small group</p> <p>Increase length of sequences working with a partner showing consistency, fluency and clarity of movement</p>	<p>direction</p> <p>Repeat a longer sequence with clear emphasis on body extension and control</p> <p>Able to change sequence from individual to group performance</p>
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Swimming

				<p>Swim 25-30 metres unaided</p> <p>Use a variety of leg and arm actions</p>	<p>Swim 25-30 metres unaided</p> <p>Swim for 30-45 seconds</p> <p>Swim using a</p>	<p>Swim 25-50 metres</p> <p>Swim for 45-60 seconds</p> <p>Swim using a</p>
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					selected stroke	variety of strokes
Athletics						
<p>Run and stop with some control</p> <p>Start to show balance and coordination when changing direction</p> <p>Jump, leap and hop with some control</p> <p>Use underarm and overarm throws towards a target</p> <p>Sustain walking for a given period of time</p>	<p>Run at different speeds, understanding acceleration.</p> <p>Explore running in a team</p> <p>Develop jump and do so with accuracy.</p> <p>Explore how jumping affects our bodies.</p> <p>Use different techniques when throwing</p>	<p>Change speed and direction, link running and jumping and throw accurately.</p> <p>Choose when to run and when to jump.</p> <p>Jump with increased control and be able to apply jumping into a game.</p> <p>Develop jumping combinations.</p> <p>Select which throwing technique is used for accuracy and distance</p>	<p>Throw with accuracy and power towards a target</p> <p>Explore running for speed and acceleration</p> <p>Understand and show the difference between sprinting, running and jogging</p> <p>Be introduced to relays and running in a team.</p> <p>Can jump for distance and height</p> <p>Perform a standing long jump</p> <p>To understand different techniques for</p>	<p>Increase running and jogging distance with correct techniques</p> <p>Develop running at speed, exploring stride pattern</p> <p>Explore running at pace</p> <p>Understand and apply tactics when running for distance</p> <p>Talk through the differences in techniques between short, middle and long distance, throwing for distance and jumping for height and distance.</p> <p>Be introduced to</p>	<p>Sustain and maintain running speed, throwing distance and jumping distance</p> <p>Finish races and evaluate their own performance</p> <p>Use knowledge of running techniques to improve their personal best times</p> <p>Choose pace for running and continue that throughout event</p> <p>Develop and refine change overs in relays</p> <p>Be introduced to the shotput and hurdles.</p>	<p>To develop strength, stamina and speed when running, jumping and throwing</p> <p>To consolidate running techniques to run for speed in a competition</p> <p>To consolidate running techniques to run for distance in competition</p> <p>Understand rules and are able to judge an event</p> <p>Confidence to adapt what they know to complete different challenges</p> <p>To consolidate throwing techniques and skills for</p>

			throwing with accuracy vs distance	the javelin. Perform a standing triple jump		competition
Games - striking and fielding, net and wall and invasion						
Explore send and receive actions and hitting a ball with hands and feet using variety of equipment	Multi skills Send and receive with hands and feet, bouncing with control	Multi skills Send and receive with hands and feet accurately over a variety of distances	Football Send and receive with hands and feet showing confidence over a variety of distances and objects	Football Travel with the ball showing increasing control using both hands and feet	Football Travel with the ball showing changes of direction and speed with both hands and feet.	Football Dribble effectively around obstacles showing precision and accuracy when sending and receiving
Explore bouncing a ball and doing so into a space	Move whilst changing direction and speed	Develop dribbling skills and passing and receiving the ball	Develop dribbling, keeping control of the ball	Refine dribbling skills, passing and receiving	Recap and refine dribbling and passing to create attacking opportunities	Perform skills with accuracy, confidence and control and adapting them to meet the needs of the situation
Combine pushing and rolling	Develop moving the ball, using their feet with power and speed	Combine dribbling, passing and receiving, keeping possession to score a point	Combine dribbling and passing to create space	Introduce the idea of marking an opponent	Use a range of techniques when sending and receiving	Play shots from both sides of the body in game situations
Recognise their own space	Show control and accuracy with basic actions for rolling, throwing, striking and kicking	Apply dribbling, passing and receiving as a team to score a point	Use a range of skills and techniques to keep possession and control of the ball	Use a range of skills that allow them to keep hold of the ball before passing	Rounders and cricket Strike a ball with intent and throw more accurately when bowling and fielding	Play using skills which meet the needs of the situation, choose
Explore changing directions and tagging games	To aim with increased accuracy	Perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control				
Make simple decisions in response to a task	Choose and use a technique for	Show awareness of	Rounders and	Rounders and cricket Perform a range of skills with accuracy and		
Explore tracking and stopping a rolling ball						
Explore and develop						

<p>moving with a ball, using their feet</p> <p>Begin to understand dribbling</p>	<p>aiming and hitting into space with accuracy</p> <p>Explore kicking (passing) and apply this to score a point</p> <p>Use skill decisions in different ways to try and win by responding to their opponent</p> <p>Introduce sending with control.</p> <p>Introduce aiming with accuracy.</p> <p>Introduce power and speed when sending a ball.</p> <p>Introduce and develop stopping, combining sending skills.</p> <p>Combine sending and receiving skills.</p>	<p>others in running, chasing and avoiding games making simple decisions of when and where to run</p> <p>Show some understanding of simple tactics</p> <p>Choose and use simple tactics to suit the situation</p> <p>Develop passing and receiving.</p> <p>Combine passing, receiving and keeping possession.</p> <p>Combine passing and receiving to score a point.</p>	<p>cricket Perform basic skills needed for games using increasing control</p> <p>In pairs begin to develop the skills for a simple rally</p> <p>Choose a good place stand to receive and give reasons</p> <p>Select and use batting and throwing skills to make it challenging for the opposition</p> <p>Rugby Introduce shooting the ball.</p> <p>Introduce moving with the ball, passing and receiving.</p> <p>Introduce tagging, create space when attacking.</p>	<p>control repeatedly for a range of situations</p> <p>Use the rallying skills to increase the distance between both players and show the ability to score</p> <p>Rugby Choose correct positions to be an attacker and defender and articulate why and how.</p> <p>Choose the correct skills needed for different types of games and why they will be successful.</p> <p>Develop passing and moving and creating space.</p> <p>Apply learning to 3 vs 3 mini games.</p>	<p>Effectively play a competitive net and wall game</p> <p>Use techniques to make things difficult for opponents by directing the ball into space at different speeds and heights</p> <p>Rugby Explore different passes that can be used to outwit defenders.</p> <p>Refine defending as a team.</p> <p>Create and apply defending tactics, and develop officiating.</p> <p>Netball Refine passing and receiving.</p> <p>Apply passing, footwork and shooting into mini games, introduce officiating.</p>	<p>when to dribble or pass to keep possession and make progress towards the goal</p> <p>Rounders and cricket Using a variety of bowling skills</p> <p>Can bowl and pass the ball with increased range and skill</p> <p>Hit the ball with purpose and varying speed, height and direction from both sides of the body</p> <p>Rugby Consolidate passing, moving and attacking.</p> <p>Create, understand and apply attacking/defending tactics to game situations. Consolidate attacking and</p>
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			<p>Develop passing and moving.</p> <p>Combine passing and moving to create attacking opportunities.</p> <p>Netball Introduce passing, receiving and creating space.</p> <p>Develop and combine passing and moving.</p> <p>Combine and develop passing and shooting.</p>	<p>Combine passing and moving to create an attack and score. Develop defending in game situations.</p> <p>Netball Refine passing and receiving.</p> <p>Develop passing and dribbling, creating space.</p> <p>Develop passing, moving and shooting.</p> <p>Refine passing and shooting.</p> <p>Develop footwork.</p>	<p>Introduce defending.</p> <p>Explore the function of other passing styles.</p>	<p>defending in mini games.</p> <p>Netball Play a net game showing tactical awareness and knowledge of rules and scoring</p> <p>Consolidate, keeping possession, develop officiating.</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking and defending tactics to game situations.</p>
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Health and wellbeing

<p>To understand how to take turns and begin to keep score.</p> <p>To begin to understand how to play by simple rules and follow instructions</p>	<p>To begin to explore agility.</p> <p>Introduce and explore balance.</p> <p>Introduce and explore coordination,</p>	<p>To consolidate agility and balance.</p> <p>Introduce and explore dribbling kicking and dribbling.</p> <p>To complete physical activities for longer</p>	<p>Explore relaxation techniques.</p> <p>Perform and utilise mediative balances.</p> <p>Begin to apply relaxation</p>	<p>Create and interpret movements to help express ourselves and our emotions.</p> <p>Begin to use mime to manage</p>	<p>Introduce cardiovascular fitness.</p> <p>Introduce flexibility fitness.</p> <p>Introduce strength fitness.</p>	<p>Consolidate cardiovascular fitness</p> <p>consolidate flexibility fitness.</p> <p>consolidate strength fitness.</p>
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	bouncing, rolling and throwing.	periods of time.	techniques, using them effectively. To use core muscle strength to sustain physical activity and hold balances etc for longer periods.	positive and negative emotions. Use meditative balances to help control and manage emotions. To begin to challenge and push themselves physically, controlling breathing and controlling the body.		
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