

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 motifs and perform</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 repeat a dance showing</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 and emotions</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>Develop</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>Extend</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>Experience dance</p>

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

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

<p>coordination and agility needed to successfully engage with PE</p>		<p>apparatus and different pathways</p>	<p>showing a clear beginning, middle and end</p>	<p>sequences. Be introduced to bridges and apply bridge learning onto apparatus. Develop sequences that include bridges.</p>	<p>Develop a longer and more varied sequence demonstrating smooth transitions between actions, shapes and balances Show contrasting speed, levels and directions whilst working with a partner or small group Increase length of sequences working with a partner showing consistency, fluency and clarity of movement</p>	<p>Repeat a longer sequence with clear emphasis on body extension and control Able to change sequence from individual to group performance</p>
<p>Swimming</p>						
				<p>Swim 25-30 metres unaided Use a variety of leg and arm actions</p>	<p>Swim 25-30 metres unaided Swim for 30-45 seconds Swim using a selected stroke</p>	<p>Swim 25-50 metres Swim for 45-60 seconds Swim using a variety of strokes</p>

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 throwing with accuracy vs</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 the javelin.</p> <p>Perform a</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 competition</p>
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			distance	standing triple jump		
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 when to dribble or pass to keep possession and make progress
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		Rounders and cricket Perform a range of skills with accuracy and control repeatedly for a range of situations	Effectively play a competitive net and wall game	
Make simple decisions in response to a task	Choose and use a technique for aiming and hitting into space with accuracy	Show awareness of others in running, chasing and avoiding games making simple decisions of when and	Rounders and cricket Perform basic skills needed for games using		Use techniques to	
Explore tracking and stopping a rolling ball						
Explore and develop moving with a ball, using their feet						
Begin to understand						

<p>dribbling</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>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>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>Develop passing and moving.</p> <p>Combine passing</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>Combine passing and moving to create an attack and score.</p>	<p>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>Consolidate catching, being able to catch accurately.</p>	<p>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 defending in mini games.</p> <p>Netball</p>
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			<p>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>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>Understand where we throw and why we need to throw with accuracy and power.</p> <p>Introduce defending and blocking.</p> <p>Explore the function of other passing styles.</p> <p>Explore basic attacking and defending techniques.</p>	<p>Play a net game showing tactical awareness and knowledge of rules and scoring</p> <p>Consolidate, keep possession, develop officiating.</p> <p>Consolidate defending.</p> <p>Transition between attack and defence.</p> <p>Create, understand and apply attacking and defending tactics to game situations.</p> <p>Manage tactics in a thoughtful way.</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</p>	<p>To begin to explore agility.</p> <p>Introduce and explore balance.</p> <p>Introduce and</p>	<p>To consolidate agility and balance.</p> <p>Introduce and explore dribbling kicking and dribbling.</p>	<p>Explore relaxation techniques.</p> <p>Perform and utilise mediative balances.</p>	<p>Create and interpret movements to help express ourselves and our emotions.</p>	<p>Introduce cardiovascular fitness.</p> <p>Introduce flexibility fitness.</p>	<p>Consolidate cardiovascular fitness</p> <p>consolidate flexibility fitness.</p>
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instructions	explore coordination, bouncing, rolling and throwing.	To complete physical activities for longer periods of time.	<p>Begin to apply relaxation techniques, using them effectively.</p> <p>To use core muscle strength to sustain physical activity and hold balances etc for longer periods.</p>	<p>Begin to use mime to manage positive and negative emotions.</p> <p>Use mediative balances to help control and manage emotions.</p> <p>To begin to challenge and push themselves physically, controlling breathing and controlling the body.</p>	Introduce strength fitness.	consolidate strength fitness.
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