

	Athletics	Dance	Gymnastics	Invasion Games	Net & Wall	Striking & Fielding
EYFS Pupils will learn to:	run into space avoiding others. run fast and slow. perform a simple two footed jump step over hurdles begin to throw smaller tactile objects.	move to music copy simple dance moves	demonstrate strength, balance and coordination. jump off apparatus and land safely. perform several different rolls e.g log roll, egg roll or basic forward roll travel/climb over apparatus. put 3 movements together. copy a sequence and perform it.	receive a ball from an adult. evade an opponent. I am beginning to be able to play simple team games. work with a partner.	bounce a balloon/ beachball on hand without it touching the floor. throw and catch a beachball.	throw underarm. demonstrate the correct technique to catch a ball or beanbag.
Sticky Skills	<i>To run at different speeds.</i>	<i>To copy up to 4 simple dance moves.</i>	<i>To climb on and jump off apparatus safely.</i>	<i>To work with a partner to send and receive balls.</i>	<i>To control a balloon with their hand or racquet.</i>	<i>To know the correct technique to catch a ball/ bean bag.</i>

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Year 1 Pupils will learn to:	run at a range of different speeds jump from a standing position. jump over SAQ orange hurdles. throw an object with one hand describe how my body feels after exercise.	copy and explore basic body patterns and movements remember simple dance steps and performs in a controlled manner choose actions and link them with sounds and music	make different shapes with my body. balance in different ways. jump off apparatus and land with control. explore different ways to travel. perform a forward roll. jump over/off a piece of apparatus. copy sequences and begin to develop my own. I have begun to choose and link basic actions, and recognise and use space appropriately copy and explore basic actions with some control and co-ordination	stop a ball with basic control. send a ball in the direction of another person. take part in sending and receiving games. understand the rules to simple games	take my ball for a rolling walk. balance the ball/ object on my racquet. throw a ball over a net have rally with a balloon	throw underarm to a target receive a ball, e.g rolled or bounced. catch a bean bag. strike a stationary ball with a bat or racquet. collect/ field stationary objects.
Sticky Skills	<i>To jump whilst both running and standing still.</i>	<i>To remember simple dance steps and performs in a controlled manner.</i>	<i>To perform a forward roll with the correct technique.</i>	<i>To stop a ball and send it in another direction.</i>	<i>To balance the ball/ object on my racquet.</i>	<i>To catch and throw range of equipment e.g bean bags/ tactile balls.</i>

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Year 2 Pupils will learn to:	<p>change speed and direction whilst running</p> <p>jump accurately from a standing position and can throw with one hand.</p> <p>run and jump over smaller hurdles.</p> <p>explain what technique makes a good runner. E.g pumping arms, light on feet.</p> <p>recognise changes in the body during and after exercise.</p>	<p>perform with control and co-ordination</p> <p>respond imaginatively to a variety of stimuli</p> <p>vary dynamics, levels, speed and direction</p>	<p>balance in a range of different ways using different parts of my body.</p> <p>turn when I jump.</p> <p>perform a range of rolls including a log roll, teddy bear roll and forward roll.</p> <p>. jump on and off a piece of apparatus with control.</p> <p>create a sequence with a partner.</p> <p>plan, remember, explore and repeat simple actions.</p> <p>perform with a partner.</p>	<p>stop / catch a ball with my hands and my feet.</p> <p>pass a ball to someone else. E.g bounce pass/ chest pass.</p> <p>take part in opposed conditioned games.</p> <p>move with a ball and keep it under control.</p> <p>follow rules within a team game.</p>	<p>have rolling rally with a partner.</p> <p>play a forehand stroke.</p> <p>hold a number of different bats/ racquets correctly.</p> <p>catch a bouncing ball.</p>	<p>throw underarm to floor and raised targets over a range of short distances.</p> <p>catch a large ball standing still from a range of distances.</p> <p>strike a rolling ball with a bat or racquet.</p> <p>stop and collect larger moving balls.</p> <p>demonstrate the fundamentals for throwing and catching, e.g showing a target, pointing at where I am throwing.</p>
Sticky Skills	<i>To jump accurately from a standing position and can throw with one hand.</i>	<i>To respond imaginatively to a variety of stimuli.</i>	<i>To perform a range of balances using different parts of my body.</i>	<i>To stop a ball and pass to someone else.</i>	<i>To have rolling rally with a partner.</i>	<i>To throw underarm accurately towards a target.</i>

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Year 3 Pupils will learn to:	<p>run at a speed appropriate to the distance I am running</p> <p>take a running jump/ triple jump</p> <p>run and jump over larger infant hurdles – 40cm in height.</p> <p>demonstrate a range of throwing actions using a variety of objects.</p> <p>recognise a change in temperature and heart rate during exercise and explain the importance of a warm up.</p>	<p>improvise freely on my own and with a partner</p> <p>translate ideas from a variety of stimuli into movement.</p> <p>compare, develop and adapt movement and motifs to create longer dances. use dance vocabulary to compare and improve my work</p>	<p>demonstrate a range of balances that perform with control.</p> <p>use a range of leaps and jumps to travel.</p> <p>perform a range of rolls a range of rolls including a backwards roll</p> <p>land with control and move into another component after vaulting</p> <p>I am beginning to select simple actions to construct basic sequences with 5 or more components</p> <p>copy, remember, explore and repeat simple actions, and link and vary ideas with control and co-ordination</p>	<p>control a ball not coming directly to me.</p> <p>catch and control a range of balls being passed to me.</p> <p>accurately pass a range of balls to someone else.</p> <p>dribble a variety ball and change direction.</p> <p>call for the ball from my team mates.</p>	<p>have a multiple bounce rally with a partner.</p> <p>accurately play a forehand to a partner.</p> <p>position myself correctly to hit the ball.</p> <p>serve underarm to an opponent without a net.</p> <p>explain and demonstrate the correct technique to hitting a ball, e.g. side on, knees bent.</p>	<p>throw over and under arm to a range of targets.</p> <p>E.g to a partner/ to a base or hoop</p> <p>catch a small ball standing still with 2 hands.</p> <p>consistently strike balls with larger racquets, e.g. a tennis racquet/ softball bat.</p> <p>field moving balls and throw them to a target.</p> <p>explain and show the correct techniques for throwing and catching.</p>
Sticky Skills	<i>To run and jump over larger infant hurdles – 40cm in height.</i>	<i>To improvise freely on my own and with a partner</i>	<i>To perform a range of different travels.</i> <i>To perform a short sequence.</i>	<i>To accurately receive and pass a ball to a team mate.</i>	<i>To accurately play a forehand to a partner.</i>	<i>To catch a small ball thrown under arm</i>

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Year 4 Pupils will learn to:	<p>improve and sustain running technique at different speeds</p> <p>demonstrate accuracy and technique in a range of throwing and jumping actions</p> <p>hurdle over junior hurdles - 46cm+</p> <p>throw both over and underarm a variety of balls and equipment e.g javelin and shot putt.</p> <p>recognise a change in heart rate, temperature and breathing rate.</p> <p>explain why keeping fit is important.</p>	<p>demonstrate precision, control and fluency in response to stimuli</p> <p>vary dynamics and develop actions with a partner or as part of a group</p> <p>I continually demonstrate rhythm and spatial awareness</p>	<p>perform technical balances e.g an arabesque/ shoulder stand with control.</p> <p>I am beginning to be able to perform cartwheels and a range of jumps.</p> <p>perform a range of rolls and I'm beginning to show control.</p> <p>I am beginning to be able to perform a side vault with control.</p> <p>choreograph a sequence with a partner with a range of components</p> <p>link ideas, skills and techniques with control, precision and fluency when performing basic skills</p>	<p>control and catch a ball and accurately pass whilst moving.</p> <p>take part in conditioned games and understanding basic rules.</p> <p>move with a ball in opposed situations. E.g basketball, unihoc, and football</p> <p>dribble a ball and make a shot or pass to a team mate.</p> <p>communicate with my team mates within structured games.</p>	<p>confidently hold a rally with an opponent lasting 10 or more shots.</p> <p>play a range of strokes, e.g backhand, forehand in tennis or digs in volleyball.</p> <p>play a variety of shots depending on where my opponent is.</p> <p>serve under arm over a net.</p> <p>demonstrate correct technique for playing tennis.</p>	<p>consistently throw accurately over arm to a target.</p> <p>move my body to catch a small ball with two hands.</p> <p>strike a small ball when bowled to with cricket bat/ rounders bat.</p> <p>consistently field small moving balls using appropriate methods e.g the long barrier.</p> <p>explain the correct technique for striking a ball with a range of bats or racquets.</p>
Sticky Skills	<i>To demonstrate accuracy and technique in a range of throwing and jumping actions.</i>	<i>To demonstrate precision, control and fluency in response to stimuli.</i>	<i>To perform a range of balances, rolls and travels and use them in a sequence.</i>	<i>To pass and receive a ball accurately in a game situation.</i>	<i>To play a range of strokes, e.g backhand, forehand in tennis or digs in volleyball.</i>	<i>To throw overarm towards a target.</i>

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Year 5 Pupils will learn to:	<p>Demonstrate good control, strength, speed and stamina in a variety of athletic events</p> <p>Identify and explain good athletic performance.</p> <p>hurdle over junior hurdles using the correct technique.</p> <p>accurately throw within set parameters a range of equipment.</p> <p>describe the changes in my body when running, jumping and throwing. lead sections of a warm up and explain why exercise is an important part of a healthy lifestyle.</p>	<p>perform and create motifs in a variety of dance styles with accuracy and consistency</p> <p>select and use a wide range of compositional skills to demonstrate ideas</p> <p>suggest ways to improve quality of performance</p> <p>showing sound knowledge and understanding</p>	<p>perform weight bearing balances with a partner.</p> <p>recognise both the pike and straddle position.</p> <p>perform a range of different travels including cartwheels.</p> <p>perform a jump with a half turn</p> <p>perform a range of rolls with control.</p> <p>perform a side vault as part of a sequence.</p> <p>choreograph a sequence with a partner where we work both in tandem and in cannon.</p> <p>perform and create movement sequences with some complex skills and displaying accuracy and consistency</p>	<p>accurately pass and move into space.</p> <p>combine accurate passing skills / techniques in competitive games.</p> <p>advise and help others in their techniques in a game.</p> <p>dribble a ball with active opponents, selecting when to pass.</p> <p>make constructive comments to team mates relating to game play and tactics.</p>	<p>hold a rally with a partner over a net.</p> <p>play a range of strokes within a competitive game e.g drop shots and lobs.</p> <p>play shots whilst moving.</p> <p>serve over arm into a service box.</p> <p>apply good techniques in tennis to play other racquet sports.</p>	<p>field a moving/bouncing ball and throw accurately to a base.</p> <p>catch balls at differing heights and speeds, with 1 or 2 hands.</p> <p>consistently strike and aim a small ball to a range of places with a rounders/ cricket bat.</p> <p>consistently field moving balls and accurately throw them to a range of bases.</p> <p>I consistently maintain correct technique when fielding and batting.</p>
Sticky Skills	<i>To demonstrate good control, strength, speed and stamina in a variety of athletic events</i>	<i>To perform and create motifs in a variety of dance styles with accuracy and consistency</i>	<i>To perform a sequence involving apparatus such as the beam or vault.</i>	<i>To pass to team mates and move into space in a game situation.</i> <i>To apply tactics to a game situation.</i>	<i>To hold a rally with a partner over a net.</i>	<i>To understand the tactics of where to field a ball.</i> <i>To be accurate when throwing and catching.</i>

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Year 6 Pupils will learn to:	<p>Understand how to apply athletic skills and tactics to the competitive situation.</p> <p>Explain how to improve technique in a variety of events</p> <p>maintain my stride pattern while hurdling over large junior hurdles.</p> <p>set challenges for myself to improve my performance.</p> <p>I understand and can explain the short and long-term effects of exercise, and I understand the need for specific warm up and cool down. lead a full warm up for a specific activity.</p>	<p>create sequences and motifs in a variety of dance styles with accuracy and consistency. adapt them to improve.</p> <p>select and use a wide range of compositional skills to perform ideas and analyse and improve them.</p> <p>analyze and comment on how skills, techniques and ideas have been used in my own and others' work and suggest ways to improve.</p>	<p>perform complex balances with control and precision.</p> <p>perform a jump with a half/ full turn.</p> <p>leap in a range of different ways.</p> <p>With support perform rolls with pike and straddle</p> <p>perform a side vault over with control.</p> <p>perform a straddle vault with support.</p> <p>choreograph my own complex sequence and perform with specific timings.</p> <p>perform in front of an audience.</p> <p>analyse my own performance and that of peers and look for ways to improve.</p>	<p>make accurate passes/ shots under pressure.</p> <p>combine skills within competitive games.</p> <p>keep possession in small games.</p> <p>apply tactics to competitive games to either score or maintain possession.</p> <p>choose when to dribble a ball/ pass in a competitive game.</p> <p>help organise my team mates in a competitive game.</p> <p>use a range of ways to communicate.</p>	<p>hold a full court rally either singles or doubles.</p> <p>serve over head to restart the game.</p> <p>apply tactics to win points in a competitive game.</p> <p>position my serve in a competitive game.</p> <p>apply racquet skills to other sports and activities.</p>	<p>vary the speed in which I throw a ball depending on the situation in a competitive game.</p> <p>catch with either right or left hand.</p> <p>select and play appropriate shots dependant of fielding cover.</p> <p>apply tactics when fielding in a competitive game. appropriately decide where's best to stand and field in differing situations.</p> <p>adapt my technique for a range of striking and fielding games.</p>
Sticky Skills	<i>To set myself appropriate goals and know how to work towards them.</i>	<i>To create sequences and motifs in a variety of dance styles with accuracy and consistency. To adapt them to improve.</i>	<i>To choreograph and perform a sequence involving all areas of gymnastics.</i>	<i>To understand the rules/ tactics and be able to play 2 invasion games confidently.</i>	<i>To hold a full court rally either singles or doubles.</i>	<i>To understand the rules/ tactics and be able to play a striking and fielding game.</i>