

<u>Term</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi Skills	Body Movements (Gymnastics)	Body Movements (Dance) Food Banana Boogie Hot Potato	Multi Skills	Games	Athletics
End of Year Expectations	40-60months -Experiments with different ways of moving. -Jumps off an object and lands appropriately. -Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	40-60months -Travels with confidence and skill around, under, over and through balancing and climbing equipment.	40-60months -Travels with confidence and skill around, under, over and through balancing and climbing equipment.	40-60months Shows increasing control over an object in pushing, patting, throwing, catching or kicking it	ELG: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space	ELG: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space
Year 1 Physical Activity	<u>Multi Skills</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Games</u>	<u>Games</u>	<u>Athletics</u>
End of Year Expectations	Developing Skills Perform fundamental movement skills at a developing level in: ○ Travelling skills.	Application of Skills: Linking Actions and Sequences of Movement Create and link simple	Application of Skills: Linking Actions and Sequences of Movement Choose appropriate	Application of Skills: Attacking and Defending Strategies ▶ Apply a simple tactic in a 1V1 or 2V2 net	Application of Skills: Attacking and Defending Strategies Engage in simple competitive and	Application of Skills: Attacking and Defending Strategies Engage in simple competitive and

	○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, hopping, skipping. ○ Sending skills – rolling, kicking, throwing. ○ Receiving skills - catching. Evaluating Success Describe what they have done or seen others doing.	combinations of 2 or 3 actions in ways that suit the physical activity (<i>for example gymnastic activities</i>). Developing Skills Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance. Evaluating Success Describe what they have done or seen others doing.	movements for different dance ideas and repeat short dance phrases. Developing Skills Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance. Evaluating Success Describe what they have done or seen others doing.	type game. Developing Skills Perform fundamental movement skills at a developing level in: ○ Travelling skills. ○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, hopping, skipping. ○ Sending skills – rolling, kicking, throwing. ○ Receiving skills - catching. Evaluating Success Describe what they have done or seen others doing.	cooperative activities. Developing Skills Perform fundamental movement skills at a developing level in: ○ Travelling skills. ○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, hopping, skipping. ○ Sending skills – rolling, kicking, throwing. ○ Receiving skills - catching. Evaluating Success Describe what they have done or seen others doing.	cooperative activities. Developing Skills Perform fundamental movement skills at a developing level in: ○ Travelling skills. ○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, hopping, skipping. ○ Sending skills – rolling, kicking, throwing. ○ Receiving skills - catching. Evaluating Success Describe what they have done or seen others doing.
Year 2 Physical Activity	<u>Games</u> Invasion games	<u>Gymnastics</u>	<u>Dance</u> <u>Australia</u> The Haka and Aboriginal War Cry	<u>Games</u> Net/Wall	<u>Games</u> Striking/Fielding	<u>Athletics</u>
End of Year Expectations	Application of Skills: Attacking and Defending Strategies ► Apply simple tactics in a 3V1 game. Developing Skills ► Perform fundamental movement skills at a developing level and start to master some basic movements in: ○ Travelling skills.	Application of Skills: Linking Actions and Sequences of Movement Link body actions and remember and repeat dance phrases. Developing Skills ► Perform body actions with control and coordination and perform short	Application of Skills: Linking Actions and Sequences of Movement ► Create and link simple combinations of 3 or 4 actions in ways that suit the physical activity (<i>for example gymnastic activities</i>). Developing Skills	Application of Skills: Attacking and Defending Strategies ► Apply simple tactics in a 3V1 game. Developing Skills ► Perform fundamental movement skills at a developing level and start to master some basic movements in: ○ Travelling skills.	Application of Skills: Attacking and Defending Strategies Engage in simple competitive and cooperative activities. Developing Skills ► Perform fundamental movement skills at a developing level and start to master some basic movements in:	Application of Skills: Attacking and Defending Strategies Engage in simple competitive and cooperative activities. Developing Skills ► Perform fundamental movement skills at a developing level and start to master some basic movements in:

	○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, galloping, dodging. ○ Sending skills - throwing, kicking, bouncing and striking a ball. ○ Receiving skills - trapping and catching an object. Evaluating Success ► Describe what they have done or seen others doing. ► Comment on a skill or combination of skills and say how it could be improved.	dances, showing an understanding of expressive qualities. Evaluating Success ► Describe what they have done or seen others doing. ► Comment on a skill or combination of skills and say how it could be improved.	► Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities. Evaluating Success ► Describe what they have done or seen others doing. ► Comment on a skill or combination of skills and say how it could be improved.	○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, galloping, dodging. ○ Sending skills - throwing, kicking, bouncing and striking a ball. Receiving skills - trapping and catching an object. Evaluating Success ► Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.	○ Travelling skills. ○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, galloping, dodging. ○ Sending skills - throwing, kicking, bouncing and striking a ball. Receiving skills - trapping and catching an object. Evaluating Success ► Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.	○ Travelling skills. ○ Sending skills. ○ Receiving skills. ► Examples of FMS may include: ○ Travelling skills - running, galloping, dodging. ○ Sending skills - throwing, kicking, bouncing and striking a ball. Receiving skills - trapping and catching an object. Evaluating Success ► Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.
Year 3 Physical Activity	<u>Games Invasion</u> Netball	<u>Gymnastics</u>	<u>Dance</u> Match of the Day Choreography	<u>Games Net/wall</u> Tennis	<u>Games Striking/Fielding</u> Rounders	<u>Athletics</u>
End of Year Expectations	Application of Skills: Attacking and Defending Strategies ► Develop simple attacking skills in a 3V1 invasion game. Developing Skills ► Master most fundamental skills and start to develop	Application of Skills: Linking Actions and Sequences of Movement ► Create and perform sequences of actions (4-6) smoothly in a range of activities such as gymnastic activities and dance.	Application of Skills: Linking Actions and Sequences of Movement ► Share and create dance phrases with a partner and in a small group; repeat, remember and perform these	Application of Skills: Attacking and Defending Strategies ► Develop simple attacking skills in a 3V1 invasion game. ► Apply skills and tactics in a range of other games such as net / wall or striking	Application of Skills: Attacking and Defending Strategies Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities. Developing Skills ○ Master most	Developing Skills ► Master most fundamental skills and start to develop sport specific skills. Develop throwing and catching skills using different sports and activities. ► Perform using a

	sport specific skills. Develop throwing and catching skills using different sports and activities. ▶ Perform using a number of sending and receiving skills with some accuracy. ▶ Travelling - change direction easily. ▶ Perform travelling, rolling, jumping and balancing skills. ▶ Begin to work cooperatively with others to solve challenges. Examples of Skills ▶ developing sport specific skills may include: ○ Chest pass, bounce pass, swing pass, catching. ○ Dodging and swerving. Evaluating Success ▶ Identify what they do best and what they find difficult. ▶ Make simple assessments of performance based on simple criteria given by the teacher.	Developing Skills ▶ Perform travelling, rolling, jumping and balancing skills. ▶ Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control. ▶ Plan routes around obstacles (e.g. PE apparatus, table / chairs in classroom). Examples of Skills developing sport specific skills may include: -Travelling on hands and feet, balance on large and small body parts. Evaluating Success ▶ Identify what they do best and what they find difficult. ▶ Make simple assessments of performance based on simple criteria given by the teacher.	phrases in a dance. Developing Skills ▶ Perform travelling, rolling, jumping and balancing skills. ▶ Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control. ▶ Plan routes around obstacles (e.g. PE apparatus, table / chairs in classroom). Examples of Skills developing sport specific skills may include: -Travelling on hands and feet, balance on large and small body parts. Evaluating Success ▶ Identify what they do best and what they find difficult. ▶ Make simple assessments of performance based on simple criteria given by the teacher.	/ fielding type activities. Developing Skills ▶ Master most fundamental skills and start to develop sport specific skills. Develop throwing and catching skills using different sports and activities. ▶ Perform using a number of sending and receiving skills with some accuracy. ▶ Travelling - change direction easily. ▶ Perform travelling, rolling, jumping and balancing skills. ▶ Begin to work cooperatively with others to solve challenges. Examples of Skills developing sport specific skills may include: ○ Dodging and swerving. ○ Underarm bowl. ○ Throwing overarm. ○ Strike a ball with implement. Evaluating Success ▶ Identify what they do best and what they find difficult. ▶ Make simple	fundamental skills and start to develop sport specific skills. Develop throwing and catching skills using different sports and activities. ○ Perform using a number of sending and receiving skills with some accuracy. ○ Travelling - change direction easily. ○ Perform travelling, rolling, jumping and balancing skills. ○ Begin to work cooperatively with others to solve challenges. Examples of Skills developing sport specific skills may include: ○ Dodging and swerving. ○ Underarm bowl. ○ Throwing overarm. ○ Strike a ball with implement Evaluating Success ○ Identify what they do best and what	number of sending and receiving skills with some accuracy. ▶ Travelling - change direction easily. ▶ Perform travelling, rolling, jumping and balancing skills. ▶ Begin to work cooperatively with others to solve challenges. Evaluating Success ▶ Identify what they do best and what they find difficult. ▶ Make simple assessments of performance based on simple criteria given by the teacher.
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Year 4 Physical Activity	<u>Games Invasion</u> Netball and Basketball	<u>Gymnastics</u>	<u>Dance</u> Yoga	<u>Games Net/wall</u> Tennis	<u>Games Striking/Fielding</u> Rounders	<u>Orienteering and Athletics</u>
End of Year Expectations	Application of Skills: Attacking and Defending Strategies - Develop attacking skills in a 4V2 invasion game. Developing Skills - Master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities. - Perform using a number of sending and receiving skills with consistency and accuracy. Travel with an object i.e. running or dribbling a ball with / without equipment. - Work cooperatively with others to solve challenges.	Application of Skills: Linking Actions and Sequences of Movement - Create and perform sequences of actions (6) with control and precision in a range of activities such as gymnastic activities. Developing Skills - Perform movements, shapes and balances that are matched and / or mirrored. - Perform dances clearly and fluently, show sensitivity to the dance idea and the accompaniment. Examples of Skills - developing sport specific skills may include: - Matched and mirrored balances. - Work cooperatively	Application of Skills: Linking Actions and Sequences of Movement Use simple motifs and movement patterns to structure dance phrases on their own and with a partner. Developing Skills - Perform movements, shapes and balances that are matched and / or mirrored. - Perform dances clearly and fluently, show sensitivity to the dance idea and the accompaniment. Examples of Skills - developing sport specific skills may include: - Matched and mirrored balances. - Work cooperatively with others to solve	Application of Skills: Attacking and Defending Strategies Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities. Developing Skills - Master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities. - Perform using a number of sending and receiving skills with consistency and accuracy. Travel with an object i.e. running or dribbling a ball with / without equipment. - Work cooperatively	Application of Skills: Attacking and Defending Strategies Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities. Developing Skills - Master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities. - Perform using a number of sending and receiving skills with consistency and accuracy. Travel with an object i.e. running or dribbling a ball with / without equipment. - Work cooperatively	Developing Skills - Orienteering a map consistently and accurately. Follow a simple star orienteering course and simple point to point orienteering course on school grounds recording controls. - Master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities. - Perform using a number of sending and receiving skills with consistency and accuracy. Travel with an object i.e. running or dribbling a ball with / without

	Examples of Skills ▶ developing sport specific skills may include: ○ Chest bounce pass, swing pass, catching. ○ Bouncing a ball, running with a ball. ○ Underarm bowl. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.	with others to solve challenges. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.	challenges. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.	with others to solve challenges. Examples of Skills ▶ developing sport specific skills may include: ○ Chest bounce pass, swing pass, catching. ○ Bouncing a ball, running with a ball. ○ Underarm bowl. ○ Throwing overarm. ○ Strike a ball with implement. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.	with others to solve challenges. Examples of Skills ▶ developing sport specific skills may include: ○ Chest bounce pass, swing pass, catching. ○ Bouncing a ball, running with a ball. ○ Underarm bowl. ○ Throwing overarm. ○ Strike a ball with implement. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.	equipment. ▶ Work cooperatively with others to solve challenges. Evaluating Success ▶ Describe what is successful in their own performances. ▶ Identify aspects of their game that needs improving and say how they could go about improving them.
Year 5 Physical Activity	<u>Games Invasion</u> Tag Rugby	<u>Gymnastics</u>	<u>Dance</u>	<u>Games Net/wall</u> Tennis	<u>Games Striking/Fielding</u> Rounders/Cricket	<u>Orienteering and Athletics</u> Personal Challenge
End of Year Expectations	Application of Skills: Attacking and Defending Strategies ▶ Collaborate as a team and develop defending skills through modified	Application of Skills: Linking Actions and Sequences of Movement ▶ Create and perform longer sequences of actions (6-8) with a	Application of Skills: Linking Actions and Sequences of Movement Compose motifs and plan dances creatively and collaboratively in	Application of Skills: Attacking and Defending Strategies ▶ Apply a range of skills and tactics in a range of other games such as net / wall or	Application of Skills: Attacking and Defending Strategies ▶ Apply a range of skills and tactics in a range of other games such as net / wall or	Developing Skills ▶ Follow a simple course using eight points of the compass and mark on a map the position of a ground.

	versions of 5V3 or 5V4 invasion games. Developing Skills ▶ Continue to develop sport specific skills applying them with coordination and control. Perform a number of skills, i.e. travelling with and without equipment, sending and receiving skills with consistency, accuracy, confidence and control. ▶ Work cooperatively with a partner and small group. Examples of Skills ▶ sport specific skills may include: Chest bounce, shoulder pass, catching, push pass, kicking, shooting Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.	partner in a range of activities such as gymnastic activities. Developing Skills ▶ Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance. ▶ Perform symmetrical and asymmetrical actions and counter balance and counter tension with a partner. Examples of Skills ▶ sport specific skills may include ▶ Counter balance with a partner. Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.	groups. Developing Skills ▶ Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance. ▶ Perform symmetrical and asymmetrical actions and counter balance and counter tension with a partner. Examples of Skills ▶ sport specific skills may include ▶ Counter balance with a partner. Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.	striking / fielding type activities. Developing Skills ▶ Continue to develop sport specific skills applying them with coordination and control. Perform a number of skills, i.e. travelling with and without equipment, sending and receiving skills with consistency, accuracy, confidence and control. ▶ Work cooperatively with a partner and small group. Examples of Skills ▶ sport specific skills may include: ▶ Bowl underarm / overarm. ▶ Strike a ball (rounders / cricket). ▶ Catch a small ball. Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.	striking / fielding type activities. Developing Skills ▶ Continue to develop sport specific skills applying them with coordination and control. Perform a number of skills, i.e. travelling with and without equipment, sending and receiving skills with consistency, accuracy, confidence and control. ▶ Work cooperatively with a partner and small group. Examples of Skills ▶ sport specific skills may include: ▶ Bowl underarm / overarm. ▶ Strike a ball (rounders / cricket). ▶ Catch a small ball. Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.	▶ Continue to develop sport specific skills applying them with coordination and control. Perform a number of skills, i.e. travelling with and without equipment, sending and receiving skills with consistency, accuracy, confidence and control. ▶ Work cooperatively with a partner and small group. Evaluating Success Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.
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Year 6 Physical Activity	<u>Games</u> <u>Invasion</u> Tag Rugby	<u>Gymnastics</u>	<u>Dance</u> <u>Extreme Earth</u> Circle of Life- The Lion King	<u>Games</u> <u>Net/wall</u> Tennis	<u>Games</u> <u>Striking/Fielding</u> Rounders/Cricket	<u>Orienteering and</u> <u>Athletics</u> Personal Challenge
End of Year Expectations	Application of Skills: Attacking and Defending Strategies ▶ Collaborate as a team and apply attacking and defending skills through modified versions of 4V4 or 5V5 invasion games. Developing Skills ▶ Continue to develop sport specific skills, applying them with control and precision. ▶ Perform a number of travelling skills, i.e. with and without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed. ▶ Accept responsibility when working in a team. Examples of Skills ▶ developing sport specific skills may include: ○ Chest bounce, shoulder, swing pass, dribbling a ball, running with a ball.	Application of Skills: Linking Actions and Sequences of Movement ▶ Create and perform longer sequences of actions (8-10) with a partner that show an awareness of their audience in a range of activities such as gymnastic activities. Developing Skills ▶ Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively. ▶ Accept responsibility when working in a team. Examples of Skills ▶ developing sport specific skills may include: ▶ Counter balance and counter tension with a group. Evaluating Success ▶ Identify aspects of their own and others'	Application of Skills: Linking Actions and Sequences of Movement Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances and dance. Developing Skills ▶ Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively. ▶ Accept responsibility when working in a team. Examples of Skills ▶ developing sport specific skills may include: ▶ Counter balance and counter tension with a group. Evaluating Success ▶ Identify aspects of their own and others' performances that need improvement and suggest how to	Application of Skills: Attacking and Defending Strategies Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities. Developing Skills ▶ Continue to develop sport specific skills, applying them with control and precision. ▶ Perform a number of travelling skills, i.e. with and without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed. ▶ Accept responsibility when working in a team. Examples of Skills ▶ developing sport specific skills may include: ▶ Bowl, underarm / overarm. ▶ Catch a small ball. Evaluating Success ▶ Identify aspects of their own and others'	Application of Skills: Attacking and Defending Strategies Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities. Developing Skills ▶ Continue to develop sport specific skills, applying them with control and precision. ▶ Perform a number of travelling skills, i.e. with and without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed. ▶ Accept responsibility when working in a team. Examples of Skills ▶ developing sport specific skills may include: ▶ Bowl, underarm / overarm. ▶ Catch a small ball. Evaluating Success ▶ Identify aspects of their own and others'	Developing Skills ▶ Follow a simple route on an OS map and keep it set and identify different features and successfully complete a timed orienteering course (competition). ▶ Continue to develop sport specific skills, applying them with control and precision. ▶ Perform a number of travelling skills, i.e. with and without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed. ▶ Accept responsibility when working in a team. Evaluating Success ▶ Identify aspects of their own and others' performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently,

	Evaluating Success ▶ Identify aspects of their own and others' performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.	performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.	improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.	performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.	performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.	accurately, fluently and clearly. ▶ Watch performances and games and use criteria to make judgements and suggest improvements.
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