|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Term | Autumn | Spring | Summer |
| Y1 |  | Games   * Throw underarm * Throw and catch with both hands. * Throw and kick in different ways. * Hit a ball with a bat * Move and stop safely.   Dance   * Move to music. * Copy dance moves. * Perform their own dance moves. * Make up a short dance. * Move safely in a space. | Gymnastics   * Plan and perform a sequence of movements. * Work on their own and with a partner. * Improve their sequence based on feedback. * Think of more than one way to create a sequence which follows some ‘rules’.   Dance   * Move to music. * Copy dance moves. * Perform their own dance moves. * Make up a short dance. * Move safely in a space. | Throwing and catching   * Throw underarm. * Throw and catch with both hands. * Move and stop safely.   Athletics   * Sprint. * Skip without a rope. * Jump for height. * Move in a variety of ways, in and out of cones. |
| Y2 |  | Games   * Use hitting, kicking and/or rolling in a game. * Decide the best space to be in during a game. * Follow rules. * Use one tactic in a game for attacking & defending.   Dance   * Dance with control and coordination. Make a sequence by linking sections together. Change rhythm, speed, level & direction in their dance. * Use dance to show a mood or feeling. | Gymnastics   * Plan and perform a sequence of movements. * Work on their own and with a partner. Improve their sequence * based on feedback. * Think of more than one way to create a sequence which follows * some ‘rules’.   Games   * Use hitting, kicking and/or rolling in a game. * Decide the best space to be in during a game. * Follow rules. * Use one tactic in a game for attacking & defending. | Co-ordination and Agility   * Link two moves together with control and consistency. * Perform a sequence of movements with changes in level, direction and speed. * Select and apply a range of skills with good control and consistency.   Athletics   * Skip with a rope. * Gallop * Side-step * Hopscotch forwards and backwards. * Jump for distance |
| Y3 |  | Gymnastics   * Perform a range of skills with control and consistency. * Link actions and shapes together so that they flow. * Repeat longer sequences with clear shapes and controlled movement.   Dance   * Improvise freely and translate ideas from a stimulus into movement. * Share and create phrases with a partner and small group. * Repeat, remember and perform phrases. | Invasion Games   * Develop and apply dynamic balance. * Take part in healthy competition. * Create personal best challenges.   Rugby   * Grip, carry and move with the ball. * Change direction whilst holding the ball. * Throw and catch the ball in a static stance. * Pass the ball. * Pick up the ball and place it down with two hands to score a try. * Understand when to play the ball. * Tag a player. * Move forward with the ball. | Outdoor and Adventurous   * Develop and apply reaction and response. * Play cooperative games. * Follow a map in a familiar context. * Use clues to follow a route. * Follow a route safely.   Athletics   * Run at fast, medium and slow speeds. * Change speed and direction. * Take part in a relay, remembering when to run and what to do. |
| Y4 |  | Coordination and Balance   * Develop and apply footwork. * Perform one leg balances. * Compete and cooperate in healthy competition and games.   Gymnastics   * Include a range of shapes. * Work in a controlled way. * Work with a partner to create, repeat and improve a sequence with at least 3 phases. | Dance   * Use dance to communicate an idea. * Take the lead when working with a partner or group.   Rugby   * Move with the ball in two hands changing direction and pace. * Grip the ball under pressure whilst moving. * Catch the ball whilst moving. * Catch the ball static off the chest. * Pass the ball both ways with both hands whilst moving. * Play the ball. * Demonstrate playing the ball with balance, co-ordination and control without dropping the ball. * Pick up a ball and place it down with two hands whilst moving and changing speeds. * Move forwards to opponents’ line. | Swimming   * Put face in water and blow bubbles. * Fully submerge under water. * Swim 10m across pool without support. * Swim 10m on front and on back.   Games/Athletics   * Throw and catch accurately. * Catch with one hand. * Hit a ball accurately with control. * Keep possession of the ball. * Vary tactics and adapt skills depending on what is happening in a game. |
| Y5 |  | Swimming   * Swim competently, confidently and proficiently over a distance of at least 25m. * Use a range of strokes effectively, e.g. front crawl, backstroke, breaststroke * Perform safe self-rescue in different water-based situations.   Invasion games   * Use a number of techniques to pass, dribble and shoot. * Gain possession by working as a team. * Field in a team game. * Choose a tactic for defending & attacking. * Use forehand & backhand with a racket. | Outdoor and Adventurous   * Follow a map in an unknown location. * Use compass to follow a route. * Change their route to overcome a problem.   Dance   * Compose own dances in a creative way. * Perform to an accompaniment. * Dance showing clarity, fluency, accuracy and consistency. | Athletics   * Show control when taking off & landing. * Throw with accuracy. * Combine running, jumping and throwing.   Gymnastics   * Combine action balance and shape. * Make complex extended sequences. * Perform consistently to different audiences. |
| Y6 |  | Gymnastics   * Combine their own work with that of others. * Link sequences to specific timings.   Invasion games   * Choose when to pass or dribble, so that they keep possession and make progress towards the goal. * Play to agreed rules & explain rules to others. * Umpire/ referee a game. * Lead others in a game situation. | Net games - Tennis   * Develop and apply their jumping and landing. * One leg balancing through focused skills development sessions. * Be a part of healthy competition.   Dance   * Develop sequences in a specific style. * Choose their own music and style. | Striking and fielding   * Develop and apply sending and receiving. * Ball chasing through focused skills development sessions. * Be a part of healthy competition.   Outdoor and Adventurous   * Plan a route and a series of clues for someone else. * Plan with others taking account of safety and danger.   Athletics   * Demonstrate stamina. * Compare their performances with previous ones and demonstrate improvement to achieve personal bests. |