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| **YEAR/PE AREA** | **Dance** | **Gymnastics** | **Athletics** | **Swimming** | **Invasion Games** | **Striking and fielding** | **Net and wall games** | **Outdoor adventurous Activity** |
| **Reception** | Copy dance moves. | Make large and small body shapes. |  |  | Move and stop safely. | Aim and throw objects underarm. |  |  |
| **Year 1** | Link movements to sounds and music. | Perform a 2 footed jump. | Can run at different speeds. | To develop basic pool safety skills and confidence in water. | Send and receive a ball from rolling hand and striking with foot. | Use hand to strike a bean bag or ball and move towards a scoring area. |  |  |
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| **Year 2** | Copy and explore basic movements with clear control. | Make body tense, relaxed, curled and stretched, in a range of movements. | Can change the speed and direction whilst running.  \_\_\_\_\_\_\_\_\_\_  Can jump from a standing position with accuracy. | To develop travel in vertical or horizontal position and introduce floats. \_\_\_\_\_\_\_  To develop push and glide, any kick action on front or back with or without support aids. | Confidently send the ball to others in a range of ways. | Send a ball off a tee using a bat or a racket.  . | Tap the ball back and forth to a partner. |  |
| **Year 3** | Begin to improvise both independently and with a partner to create a simple dance routine. | Use turns whilst travelling in a variety of ways.  \_\_\_\_\_\_\_\_\_\_\_  Begin to develop good technique when travelling, balancing, using equipment etc. | Begin to run at speeds appropriate for the distance.  \_\_\_\_\_\_\_\_\_\_\_  Can perform a running jump with some accuracy.  \_\_\_\_\_\_\_\_\_\_  Perform a variety of throws using a selection of equipment. | Introduction to deeper water.  \_\_\_\_\_\_\_\_\_\_  Treading water.  To develop strokes and skills, according to the task and challenge. | Understand simple tactics and composition by starting to vary how they respond. | Play as a fielder and get the ball back to the stop zone. | Begin to tap a ball over a net allowing for a bounce, hit technique. |  |
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| **Year 4** | Confidently improvise with a partner or independently.  \_\_\_\_\_\_\_\_\_\_\_  Begin to create longer dance sequences in a larger group. | Begin to use gymnastics vocabulary to describe how to improve and refine performances.  ­­­\_\_\_\_\_\_\_\_\_\_\_  Create sequences using various body shapes and equipment. | Begin to build a variety of running techniques and use with confidence.  Can perform a running jump with more than one component. E.g. hope skip jump (triple jump). | Swim competently, confidently and proficiently over a distance of 25 meters.  \_\_\_\_\_\_\_\_\_  Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.  \_\_\_\_\_\_\_\_\_\_  Perform safe self-rescue in different water based situations. | Show confidence in using ball skills in various ways, and can link these together e.g. dribbling, bouncing, kicking. | Throw and catch under pressure. | Tap the ball using either a forehand or backhand motion. |  |
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| **Year 5** | Move appropriately and with the required style in relation to the stimulus. E.g. Using various levels, ways of travelling and motifs. | Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.  \_\_\_\_\_\_\_\_\_\_  Link skills with control, technique, coordination and fluency. | Can perform a running jump with more than one component. E.g. hop skip jump (triple jump).  \_\_\_\_\_\_\_\_\_  Demonstrate accuracy and confidence in throwing and catching activities. |  | Use skills with coordination, control and fluency.  ­­­­\_\_\_\_\_\_\_\_\_  Use running, jumping throwing and catching in isolation and combinations. | To begin to use correct technique when catching (make a basket, cross little fingers, bring to chest). | Turn and run to the ball getting into a forehand or backhand position en route. | To follow less simple routes and trails, orienteering themselves with some support.  \_\_\_\_\_\_\_\_  Use and interpret maps.  \_\_\_\_\_\_\_\_\_\_  Choose and apply strategies to solve problems with support. |
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| **Year 6** | Dance with fluency, linking all movements and ensuring they flow. | Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.  \_\_\_\_\_\_\_\_\_\_\_  Analyse and comment on skills and techniques and how these are applied in their own and others’ work.  ­­­­\_\_\_\_\_\_\_\_\_\_  Use more complex gymnastics vocabulary to describe how to improve and refine performances. | Demonstrate good running technique in a competitive situation.  \_\_\_\_\_\_\_\_\_  Can perform a running jump with more than one component. E.g. hop skip jump (triple jump).  \_\_\_\_\_\_\_\_\_  Practise throwing with power and accuracy. |  | Show confidence in using ball skills in various ways, and can link these together effectively e.g. Dribbling, bouncing kicking.  \_\_\_\_\_\_\_\_\_\_  Keep possession of balls during game situations.  \_\_\_\_\_\_\_\_\_\_\_  Take part in competitive games with a strong understanding of tactics and composition. | Batter is able to Position the placement of their batting shot with accuracy. | Use the correct swing technique and control with smooth swings keeping the path of the racket the same | To develop and refine orienteering and problem solving skills when working in groups and on their own.  \_\_\_\_\_\_\_\_\_\_\_  To adapt their skills and understanding as they move from familiar to unfamiliar environments. |