

# YEAR 6

## Tennis

Demonstrate increased success and **technique** in a variety of shots.

**Serve** accurately and consistently.  
Successfully apply a **variety of shots** to keep a continuous rally.  
Demonstrate a variety of **footwork** patterns relevant to the game I am playing.

## Athletics

Demonstrate a clear understanding of pace and use it to develop own and others sprinting technique.  
Develop power, control and technique in the triple **jump**.  
Develop power, control and technique when **throwing** discuss and shot put.

## Yoga

Link combinations of poses for **balance** with increased control in transition.  
Confidently **transition** from one pose to another showing extension connected to breath.  
Explore poses that challenge my **strength** and work to maintain increased control and strength when in and transitioning between poses.

## Netball

Develop making quick decisions about when, how and who to pass to.  
Explore creating **attacking** tactics with others in response to the game  
Explore creating and applying defending tactics with others in response to the game.  
Move to the correct **space** when transitioning from attack to defence.

## Rounders

**Strike** a bowled ball with increasing accuracy and consistency.  
Consistently select and apply the appropriate **fielding** action.  
Consistently make good decision on who and when to pass in order to get batters out.  
Consistently demonstrate good technique in **catching** skills under pressure.

## Cricket

**Strike** a bowled ball with increasing accuracy and consistency.  
Consistently select and apply the appropriate **fielding** action for the situation.  
Consistently make good decisions on who and when to pass to in order to get batters out.  
Consistently demonstrate good technique in **catching** skills under pressure.

## Dance

See below

## Dance

Show controlled movements which express emotion and feeling.  
Explore, improvise and combine movement **dynamics** to express ideas fluently, effectively on their own.  
Use a variety of basic compositional principles when creating their own dances.  
Demonstrate a clear understanding of timing in relation to the music throughout their **performance**.

## OAA

Pool ideas within a group, selecting and applying the best method to solve a **problem**.  
Orientate a map efficiently to **navigate** around a course.  
Inclusively **communicate** with others, share job roles and lead when necessary.  
With increasing accuracy the **reflect** on when and how they were successful at solving challenges and alter their methods in order to improve.

## Hockey

**S&R** consistently using a range of techniques with increasing control under pressure.  
**Dribble** consistently using a range of techniques with increasing control under pressure.  
Move to the correct **space** when transitioning from attack to defence or defence to attack and create and use space for self and others.  
Confidently change direction to lose an opponent  
Use a variety of **defending** skills (tracking, interception, jockeying) in game situations

## Gymnastics

Combine and perform gymnastic **shapes** more fluently and effectively.  
Develop **control** in progression of a cartwheel and handstand.  
Explore counter **balances** and counter tension balances.  
Develop fluency and consistency in the straddle, forwards and backward **roll**.  
Combine and perform a range of gymnastic **jumps** more fluently and effectively.

## Dodgeball

**Throw** with increasing control under pressure.  
**Catch** with increasing control under pressure.  
Use a variety of **striking** techniques with control and under pressure

## Swimming

See below

## Athletics

Apply fluency and co-ordination when **running** for speed in relay changeovers.  
Effectively apply speed appropriate for the event.  
Develop power, control and consistency in **jumping** for distance.  
Explore technique and rhythm in the triple **jump**.  
Develop technique and power in javelin and shot put.

## Fitness

Demonstrate improved body balance posture when changing direction.  
Change their body position to maintain a controlled centre of gravity.  
Demonstrate increased speed when **coordinating** bodies.  
Identify the best pace for a set distance or time.  
Demonstrate increased technique in body weight exercises.  
Use their breath to increase their ability to move for sustained periods of time.

## Rounders

Explore defensive and driving hitting techniques and directional batting.  
Develop over and underarm bowling technique.  
Demonstrate clear technique when using a variety of **throws** under pressure.  
Explore **catching** skills and apply these with some consistency in game situations.

## Swimming

Identify my personal best in a range of **strokes**.  
Successfully select and apply my fastest stroke over a distance of 25m.  
Demonstrate a smooth and consistent **breathing** technique in a range of strokes over a distance of 25m.  
Perform a variety of **survival** techniques.

## Dance

See below

# YEAR 5

**OAA**  
Explore tactical **planning** within a team to overcome increasingly challenging tasks. Develop **navigational skills** and map reading in increasingly challenging tasks. Explore a variety of **communication methods** with increasing success.

**Football**  
Develop control when **sending and receiving** under pressure. Select and apply a variety of **dribbling** techniques to game situations. Explore creating tactics with others and applying them to game situations. Develop tracking and marking with a variety of techniques and increase success. Move to create **space** for themselves and others in their team.

**Netball**  
Develop control when **sending and receiving** under pressure. **Dribble** with some control under pressure. Explore moving to create **space** for themselves and others in their team. Use a variety of techniques to lose an opponent e.g. change of direction or speed. Develop **tracking** and **marking** with increased success. Explore intercepting a ball using one and two hands.

Choreograph planned **actions**. **Confidently use** dynamic Use direction and pattern **Confidently use** formation idea. **Perform** dances expressing

**Dodgeball**  
Demonstrate clear technique and accuracy when **throwing** at a target. Demonstrate good technique and consistency in **catching** skills. Develop a wider range of **striking** techniques and begin to use them under pressure.

**Gymnastics**  
Perform **shapes** consistently and fluently to a high standard. Explore progressions of a cartwheel. Explore symmetrical and asymmetrical **balances**. Develop control and fluency in the straight, barrel, forwards, straddle and backward **roll**. Select a range of **jumps** to include in sequence work.

**Tennis**  
To demonstrate increased technique when using **shots** both cooperatively and competitively. Develop technique in **servicing** underarm with increased consistency. Develop **rallying** using both forehand and backhand with increased technique. Begin to use appropriate **footwork** patterns to move around the court.

**Yoga**  
Explore using their breath to maintain **balance** within a pose. Demonstrate increased extension in their poses. Demonstrate increased control and **strength** when in a pose. Can engage with **mindfulness** activities with increased focus.

**Athletics**  
Develop an understanding of speed and pace in relation to distance. Develop power and speed in sprinting technique. Develop technique when **jumping** for distance. Explore power and technique when **throwing** for distance.

**Netball**  
Develop passing to a teammate using a variety of techniques. Develop decision making around when to pass and when to shoot. Develop **defending** one on one and know when to win the ball. Move into **space** to help their team keep possession and score goals.

**Rounders**  
Develop batting technique consistent with the rules of the game. Develop bowling with some consistency, **abiding** by the rules of the game. Use overarm and underarm **throwing** with consistency. Beginning to **catch** with one and two hands with some consistency in game situation.

**Cricket**  
Develop **batting** technique consistent with the rules of the game. Develop **bowling** with some consistency, **abiding** by the rules of the game. Use overarm and underarm **throwing** with increased consistency in game situations. Begin to **catch** with one and two hands with some consistency in game situations,

**Dance**  
See below

**OAA**  
Plan independently and in small groups, implementing a strategy with increased success. Identify key symbols on a map and use a key to help **navigate** around a grid. **Confidently communicate** ideas and listen to others. With increased accuracy critically **reflect** on when and why they were successful at solving challenges.

**Hockey**  
Develop passing to a teammate using a variety of techniques appropriate to the game. Develop control whilst **dribbling** under pressure. Develop decision making around when to pass and when to shoot. Develop **defending** one on one and know when to with the ball. Move into **space** to help their team keep possession and score goals.

**Dance**  
Respond imaginatively to a range of stimuli related to character and narrative. Change **dynamics** confidently within a performance to express changes in character. **Confidently use** changes in level, direction and pathway. Use action and reaction represent an idea. **Perform** complex dances that communicate narrative and character well.

# YEAR 4

**Tennis**  
Explore returning a ball using focus **shots** such as the forehand and backhand. Explore **servicing** from an underarm serve. Explore **rallying** with a forehand. Consistently use and return the ready position in between shots.

**Dodgeball**  
**Throw** with increasing accuracy and success in game situations. **Catch** with increasing consistency in game situations.

**Gymnastics**  
Develop the range of **shapes** they use in their sequences. Develop strength in bridge and shoulder stand. Develop control and fluent in **balances**. Develop the straight, barrel, forward and straddle **roll** and perform with increased control. Develop control in performing and landing rotation **jumps**.

**Rounders**  
Begin to **strike** a bowled ball using different equipment. Explore bowling and **fielding** skills to include a two-handed pick up and long and short barriers. Use overarm **throwing** in game situations. **Catch** with some consistency in game situations.

**Athletics**  
Develop the sprinting technique and apply it to relay events. Develop technique when **jumping** for distance in a range of approaches and take off positions. Explore the technique for a pull throw.

**Fitness**  
Show balance when changing direction at speed. Explore more complex activities with challenge **balance**. Can **coordinate** their bodies with increased consistency. Explore sprinting technique. Explore building **strength** in different muscle groups. Explore using their breath to increase their ability to work for longer periods of time.

**Netball**  
Explore **sending and receiving** abiding by the rules of the game. Develop movement skills to lose a defender. Track opponents to limit their scoring opportunities. Develop moving with a ball towards a goal with some control.

**Cricket**

**Dance**  
See below

**Fundamentals**  
Change direction quickly. Demonstrate **balance** when performing other fundamental skills. Link **jumping** and hopping actions. Jump and turn a **skipping** rope.

**Dance**  
Create **actions** in response to a stimulus individually and in groups. Use **dynamics** effectively to express and idea. Use directions to transition between formations. Develop an understanding of formations. **Perform** short, self-choreographed phrases showing and awareness of timing.

**Football**  
Explore **sending and receiving** abiding by the rules of the game. Explore **dribbling** the ball abiding by the rules of the game under some pressure. Develop movement skills to lose a defender. Track opponents to limit their scoring opportunities. Develop moving with a ball towards goal with some control.

# YEAR 3

**Ball Skills**  
**Send** a ball with accuracy and increasing consistency to a target. **catch** a range of objects with increasing consistency. **Track** a ball not sent directly. **Dribble** a ball with hands and feet with control.

**Gymnastics**  
Explore matching and contrasting **shapes**. Explore point and patch **balances** and transition smoothly in and out of them. Develop the straight, barrel and forward **roll**. Develop stepping into shape **jumps** with control.

# YEAR 2

## Net and Wall

Develop **hitting** a dropped ball over a net.  
Accurately **underarm throw** over a net to a partner. Explore **underarm rallying** with a partner catching after one bounce.  
Consistently use the **ready position** to move towards a ball.

## Striking and fielding

Develop **striking** a ball with their hand and equipment with some consistency.  
Understand that there are different roles within a **fielding** team.  
Develop coordination and technique when **throwing** over and underarm.  
**Catch** with two hands with some coordination and technique.

## Dance

See below

## Athletics

Develop the sprinting action.  
develop **jumping**, hopping and skipping actions.  
Explore safely **jumping** for distance and height.  
Develop overarm **throwing** for distance.

## Fitness

Demonstrate improved technique when changing direction on the move.  
Demonstrate increased **balance** whilst travelling along and over equipment.  
Perform actions with increased **control** when co-ordinating my body with and without equipment.  
Demonstrate **running** at different speeds.  
Demonstrate increased control in body weight exercises.  
Show an ability to work for longer periods of time.

## Invasion

Develop **sending and receiving** with increased control.  
Explore **dribbling** with hands and feet with increasing control on the move.  
Developing moving into space away from defenders.  
Explore staying close to other players to try and stop them getting the ball.  
Explore moving with a ball towards a goal.

## Fundamentals

Demonstrate **balance** when changing direction.  
Demonstrate **balance** when performing movements.  
Demonstrate **jumping** for distance, height and in different directions.  
Demonstrate **hopping** for distance, height and in different directions.  
Explore **single and double bounce** when jumping in a rope.

## Sending and receiving

Develop rolling and throwing a ball towards a target.  
Develop receiving a rolling ball and tracking skills.  
Explore sending and receiving a ball with your feet.  
Develop throwing and catching skills over a short and long distance.

## Dance

Accurately remember, repeat and link **actions** to express an idea.  
Develop an understanding of **dynamics**.  
Develop the use of pathways and travelling actions to include levels.  
Explore working with a partner using unison, matching and mirroring.

# YEAR 1

## Ball Skills

**Roll, throw and kick** a ball to hit a target.  
Develop **catching** a range of objects with two hands.  
Consistently track and collect a ball.  
Explore **dribbling** with hands and feet with increasing control.

## Gymnastics

Explore using **shape** in different gymnastic balances.  
Remember, repeat and link combinations of gymnastic **balances**.  
Explore barrel, straight and forward **roll** and put into sequence work.  
Explore shape **jumps** and take off combinations.

## Net and Wall

Explore **hitting** a dropped ball over a net.  
Accurately **underarm throw** over a net to a partner.  
Explore **sending** a ball with hands and a racket.  
Use the **ready position** to move towards a ball.

## Fitness

Change **direction** whilst running.  
Explore **balance** in more challenging activities with some success.  
Explore **co-ordination** when using equipment.  
Explore **running** at different speeds.  
Explore exercises using my own body weight.  
Explore **moving** for longer periods of time and identify how it makes me feel.

## Athletics

Explore **running** at different speeds.  
Develop balance when **jumping** and landing.  
Explore hopping, **jumping** and leaping for distance.  
Explore **throwing** for distance and accuracy

## Invasion

Explore **sending and receiving** with hands and feet.  
Explore **dribbling** with hands and feet.  
Explore changing direction to move away from a partner.  
Explore tracking move to stay with a partner.  
Recognise good **space** when playing games.

## Team Building

Suggest ideas in response to a task.  
**Follow** a path and **lead** others.  
**Communicate** simple instructions and **listen** to others.

## Striking and fielding

Explore **striking** a ball with hands or equipment.  
Develop tracking and retrieving a ball from their team.  
Explore technique when **throwing** over and underarm.  
Develop coordination and technique when **catching**.

## Dance

See below  
**Gymnastics**

Explore barrel, straight and forward **roll** progressions.  
Explore shape **jumps** including jumping off low apparatus.  
Perform **balances** making their body tense, stretch and curled.  
Explore basic and still **shapes** straight, tuck, straddle and pike.

## Fundamentals

Demonstrate control in take off and landing when **jumping**.  
Begin to explore **hopping** in different directions.  
Show co-ordination when turning a rope.  
Move with some **control** and **balance**.  
Explore changing direction and dodging.  
Discover how the body moves at different speeds.

## Dance

Explore pathways within their performances.  
Begin to explore actions and pathways with a partner.  
Begin to use counts within their **performance**.  
Copy, remember and repeat **actions** to represent a theme.  
Explore varying speeds to represent an idea.

# YEAR 1

## Ball Skills

**Roll and throw** with some accuracy towards a target.  
Begin to **catch** with two hands. Catch after a bounce.  
**Track** a ball being sent directly.  
Explore **dribbling** with hands and feet.

## Sending and receiving

Develop rolling and throwing a ball towards a target.  
Develop receiving a rolling ball and tracking skills.  
Explore sending and receiving a ball with your feet.  
Develop throwing and catching skills over a short and long distance.

## Games

Develop aim when throwing.  
Follow instructions and move safely.  
Understand how to play against a partner.  
Develop **coordination**.  
Explore **striking**.

## Dance

Explore moving your body in different ways to create interesting actions.  
Understand that you can change your action to show an idea.  
Know if you move into a space it will help you to keep safe.  
Know when watching others to sit quietly and clap.  
Explore **space**.

## Gymnastics

Make different **shapes** with your body.  
Stay still when holding a balance.  
Change your body shape to help roll.  
Know bending your knees will help you land safely

## Fundamentals

Use big steps to run and small steps to stop.  
Hold your arms out to help bounce.  
**Bend** your knees to land safely.  
Use one foot to hop.  
Hop then stop to help skip.

## Ball skills

Look for a **target** when sending a ball.  
Have your hands out ready to **catch**.  
Know to watch the ball as it comes towards you and **scoop** it with two hands.  
Know that keeping the ball close will help with **control**.

## Into into PE

Move safely around in **space**.  
Understand how to follow instructions.  
Stop safely and develop **control** when using equipment.  
Take **turns**

# EYFS