

	YR/1/2					Year 3/4			Year 5/6	
Games	Fundamental Skills					Attacking and Defending Skills			Attacking and Defending Skills within Specific Sports	
	Running	Jumping	Throwing	S&R using the body	S&R using equipment	Invasion Games	Net and Wall Games	Striking and Fielding Games	Cycle A: netball, football, hockey, golf, badminton, rounders	Cycle B: basketball, volleyball, rugby, tennis, OAA, cricket
PE	Dance, Gymnastics, Athletics									
	Swimming, OAA									

	Running	Jumping	Throwing	S&R using the Body	S&R using Equipment
Reception	<ul style="list-style-type: none"> Look forward to where they are going when running 	<ul style="list-style-type: none"> Push through the balls of their feet to jump 	<ul style="list-style-type: none"> Look at the target they are throwing to 	<ul style="list-style-type: none"> Show connection between an object and the body part being used to send Show the receiving surface of the body part being used to receive 	<ul style="list-style-type: none"> Show connection between an object and the equipment being used to send Show the receiving surface of the object being used to receive
Year 1	<ul style="list-style-type: none"> Look forward to where you are going when running Pump arms forwards and backwards to increase speed when running 	<ul style="list-style-type: none"> Push through the balls of your feet to jump Extend arms to drive upwards or forwards when jumping 	<ul style="list-style-type: none"> Look at the target you are throwing to Let go of the object at the right time when throwing 	<ul style="list-style-type: none"> Show connection between an object and your body part being used to send Move to the correct position for receiving Extend limbs towards the object Show the receiving surface of the body part being used to receive 	<ul style="list-style-type: none"> Hold different equipment correctly Show connection between an object and the equipment being used to send Move to the correct position for receiving Extend equipment towards the object Show the receiving surface of the object being used to receive
Year 2	<ul style="list-style-type: none"> Show appropriate contact with the ground where the ball of the foot pushes against the ground when running Use running skills within a race or small game situation 	<ul style="list-style-type: none"> Lower the centre of gravity before jumping Land a jump with a wide base for balance Use jumping skills within different scenarios 	<ul style="list-style-type: none"> Draw back and push forwards to increase power when throwing Follow through after a throw Use throwing skills within small game situations 	<ul style="list-style-type: none"> Use an appropriate draw-back according to the object being sent Use an appropriate follow through according to the object being sent Soften the impact when receiving Use sending and receiving skills within small game situations 	<ul style="list-style-type: none"> Use an appropriate draw-back according to the object being sent Use an appropriate follow through according to the object being sent Soften the impact when receiving Use sending and receiving skills within small game situations

	Invasion Games		Net and Wall Games		Striking and Fielding Games	
Year 3	<ul style="list-style-type: none"> Find space to receive a pass Work with team mates to keep possession Send and receive against opposition Mark goal-side for defence Apply these invasion game skills within a game situation Play small sided games within a competition 		<ul style="list-style-type: none"> Send a ball over the net/wall to a desired area Hit a forehand return successfully Use extra pace to score points Successfully serve in a range of net and wall games Apply these net and wall game skills within a game situation Play with a team or individually within a competition 		<ul style="list-style-type: none"> Send a ball to a desired area Catch an object whilst moving Know how to bowl in a variety of striking and fielding games Know when to run and when to wait Apply these striking and fielding skills within a game Play with a team or individually within a competition 	
Year 4	<ul style="list-style-type: none"> Work with a team mate to travel into space, at pace Deny space for defence Demonstrate defensive supporting (helping a team mate by getting into good positions to block passes) Apply these invasion game skills within a game situation Play small-sided games within a competition 		<ul style="list-style-type: none"> Send a ball over the net/wall to a desired area within a game situation Hit a backhand return successfully Know where to stand to make it more difficult for an opponent Work as a team to defend their side Apply these net/wall game skills within a game situation To play with a team or individually, within a competition 		<ul style="list-style-type: none"> Send a ball to a desired area within a game situation Work as part of a team to limit an opponent's space Demonstrate supportive play when playing as a team Know how to bowl and consider where to 'pitch' it, in a variety of striking and fielding games Demonstrate risk management Apply these skills within a game situation Play with a team within a competition 	
Year 5 and 6	<ul style="list-style-type: none"> Find space in a game Close down defenders to gain possession Intercept passes to set up attacking positions Lead a team and communicate strategies to limit an opponent's space Make decisions about which pass is most effective during a game Apply these skills in a game situation Play games within a competition 		<ul style="list-style-type: none"> Accurately send an object over the net to a desired area Serve in different ways Hit a backhand and forehand shot successfully Hit a return successfully Know the different positions and where to stand to make it more difficult for an opponent Make decisions about which hit is most effective during a game Apply these skills in a game Play games in a competition 		<ul style="list-style-type: none"> Accurately send the ball to a desired area Send the ball with differing pace and power Make decisions based on the direction and how far the ball needs to travel Decide where to send the ball to make it more difficult for opponents Lead a team and communicate strategies Apply these skills within a game Play games in a competition 	
	Netball	Hockey	Volleyball	Tennis	Cricket	Rounders / Baseball
	<ul style="list-style-type: none"> Perform a variety of netball passes Successfully shoot from different positions within the semi-circle Know netball positions and their main roles Play to the rules of High5 	<ul style="list-style-type: none"> Perform a variety of hockey passes Accurately score from differing positions Play to the rules of 'quicksticks' hockey Know hockey positions and their main roles 	<ul style="list-style-type: none"> Perform a variety of volleyball hits Know how to score in Volleyball Play to the rules of volleyball 	<ul style="list-style-type: none"> Perform a variety of tennis shots Know how to score in Tennis Play to the rules of tennis (singles and doubles) 	<ul style="list-style-type: none"> Bowl accurately and pitch it in an area to cause most problems to an opponent Bowl underarm and overarm Know the different fielding positions and their roles Play to the rules of kwik cricket and softball cricket Know how to score 	<ul style="list-style-type: none"> Bowl accurately and pitch it in an area to cause most problems to an opponent Know the different fielding positions and their roles Make effective decisions when running Play to the rules of rounders and baseball
	Football	Basketball	Rugby	Badminton	Golf	
	<ul style="list-style-type: none"> Perform a variety of football passes Accurately score from different positions Play to the rules of football Know football positions and their main roles 	<ul style="list-style-type: none"> Perform a variety of basketball passes Know basketball positions and their main roles Play to the rules of basketball Successfully shoot from a range of distances 	<ul style="list-style-type: none"> Perform a variety of rugby passes Play to tag rugby rules Know attacking and defending positions 	<ul style="list-style-type: none"> Perform a variety of badminton shots Know how to score in Badminton Play to the rules of badminton (singles and doubles) 	<ul style="list-style-type: none"> Successfully use different clubs Know which club to use and when To compete individually 	

	Dance	Gymnastics	Athletics	OAA	Swimming
Reception	<ul style="list-style-type: none"> Show creative interpretation for different themes and music 	<ul style="list-style-type: none"> Hold a static balance Coordinate large movements using the whole body 	<p>See running, jumping and throwing fundamental skills</p>		
Year 1	<ul style="list-style-type: none"> Use space when dancing Show creative interpretation for different themes and music 	<ul style="list-style-type: none"> Hold a static balance Consider number of points of the body in contact with the ground Coordinate large movements using the whole body Demonstrate spacial recognition 	<p>See running, jumping and throwing fundamental skills</p>		
Year 2	<ul style="list-style-type: none"> Perform movements to a rhythm Remember short combinations of movements / sequences 	<ul style="list-style-type: none"> Extend lines as far as possible and hold balance Create aesthetically pleasing balances Coordinate refined movements using fingers and toes 	<p>See running, jumping and throwing fundamental skills</p>		
Year 3	<ul style="list-style-type: none"> Successfully repeat movements and sequences Communicate ideas, feelings and emotions Improvise routines based on a given stimulus 	<ul style="list-style-type: none"> Roll in different ways Use own ideas for movements Create a variety of shapes Travel with control 	<ul style="list-style-type: none"> Successfully run and jump one hurdle Successfully throw a foam javelin Perform a standing long jump Receive a relay baton from behind 	<ul style="list-style-type: none"> Keep a map orientated whilst travelling Follow a route accurately and safely 	<ul style="list-style-type: none"> Jump in from poolside and submerge Sink, push away from wall and maintain position Push and glide on the front with arms extended and log roll onto the back and vice versa Travel 5m on the front Fully submerge to pick up an object Identify 3 out of 4 key water safety messages Push and glide and travel 10m on the back Push and glide 10m on the front Exit water without using steps
Year 4	<ul style="list-style-type: none"> Give feedback about a performance Create sequences with a partner/group, in time with each other Create sequences of movements to a rhythm 	<ul style="list-style-type: none"> Roll and get up with momentum Seamlessly move into an out of rolls Adapt shapes when using equipment Work with a partner to create, repeat and improve a sequence with 3 phases 	<ul style="list-style-type: none"> Show correct technique when throwing a foam javelin an increased distance Successfully run and jump a sequence of hurdles Perform a standing triple jump Use effective positioning to receive a relay baton 	<ul style="list-style-type: none"> 'Thumb' a map Follow a route accurately and safely, within a time limit 	<ul style="list-style-type: none"> Perform a flat stationary scull on the back Tread water for 30 seconds Perform three different shaped jumps into deep water Push and glide and swim 10m backstroke Push and glide and swim 10m front crawl Push and glide and swim 10m breaststroke Perform a handstand and hold for 3 seconds Perform a forward somersault Demonstrate an action for getting help
Year 5	<ul style="list-style-type: none"> Identify and repeat the movement patterns and actions of a chosen dance style. Show a change of pace and timing in their movements. Develop an awareness of their use of space 	<ul style="list-style-type: none"> Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Combine equipment with movement to create sequences. 	<ul style="list-style-type: none"> Accelerate from a variety of starting positions and select their preferred position. Run over hurdles with fluency Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Perform the standing and running triple jump with increased confidence. 	<ul style="list-style-type: none"> Start to orientate themselves with increasing accuracy around an orienteering course. Design an orienteering course that can be followed Begin to use navigation equipment to orientate around a trail. 	<ul style="list-style-type: none"> Push and glide and swim 25m backstroke Push and glide and swim 25m front crawl Push and glide and swim 25m breaststroke Perform a movement sequence of 1-minute duration Perform a sitting dive or dive Perform a 'shout and signal' rescue

			♦ Throw a variety of implements using a range of throwing techniques.		
Year 6	<ul style="list-style-type: none"> ♦ Create sequences that show a certain dance style ♦ Compose individual, partner and group dances ♦ Use dramatic expression in dance movements and motifs. ♦ Perform with confidence, using a range of movement patterns. 	<ul style="list-style-type: none"> ♦ Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. ♦ Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. ♦ Develop strength, technique and flexibility throughout performances. 	<ul style="list-style-type: none"> ♦ Build up speed quickly for a sprint finish. ♦ Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. ♦ Work as a team to competitively perform a relay. ♦ Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. ♦ Maintain control at each of the different stages of the triple jump. ♦ Continue to develop techniques to throw for increased distance and support others in improving their personal best 	<ul style="list-style-type: none"> ♦ Orientate themselves with confidence and accuracy around an orienteering course when under pressure. ♦ Design an orienteering course that is clear to follow and offers challenge to others. ♦ Use navigation equipment (maps, compasses) to improve the trail. 	<ul style="list-style-type: none"> ♦ Push and glide and swim 25m backstroke ♦ Push and glide and swim 25m front crawl ♦ Push and glide and swim 25m breaststroke ♦ Perform a movement sequence of 1-minute duration ♦ Perform a sitting dive or dive ♦ Perform a 'shout and signal' rescue