

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
EYFS (PD) Gross motor: Children develop their core strength, stability, balance, spatial awareness, co-ordination and agility. EYFS (PD) Fine motor: children to develop their fine motor skills including hand dominance, hand-eye coordination, crossing the midline, developing the tripod pencil grasp and using tools including scissor development.	KS1 National Curriculum Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • participate in team games, developing simple tactics for attacking and defending. • perform dances using simple movement patterns	KS2 National Curriculum Aims Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best				
Nursery Gross and fine motor experiences developed incrementally throughout the year. Sensory explorations developed through indoor and outdoor games . Reception AUTUMN Children can: Me and Myself R- shows understanding towards the effects of activity on their body	YR 1 and 2 PE National Curriculum AUTUMN Children can: Y1 Sport: Netball 1-Explore different ways to use, move and send the ball. 1-Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. 1-React to situations to make it difficult for opponents – using simple tactics. e.g. Move to defend a goal. 1-Understand how to play in a safe way. 1-Show good awareness of others when playing games. 1-Perform a range of actions with the ball keeping it under control. Control, balance, throw, catch, aim, pass roll, teamwork,	YR 3 and 4 PE National Curriculum AUTUMN Children can: Sport: Netball 3 - Pass the ball using different techniques. 3 - Pass and receive the ball with control. 3 - Shoot and score with increasing accuracy. 3 - Move to support teammates, getting into good positions to pass, receive, and shoot the ball. 4 - Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents. 4 - Develop the understanding of the importance of speed when playing invasion games.		YR 5 and 6 PE National Curriculum AUTUMN Children can: Sport: Tennis 5 - Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or area. 5 - Use good footwork that allows the ball to be hit with good technique. 5 - Identify spaces and understand the tactic of hitting into gaps. 5/6 - Adopt a good ready position and show good position on court. 5/6 - Participate in competitive games, modified where appropriate.		

R- responds to ideas showing understanding, asking appropriate questions of others R- Ability to dress themselves with support if necessary R- moves freely and with pleasure and confidence in a range of skillful ways R- runs skillfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles Uniform,changing, quick,speed,listen,lesson,instruction, body parts, direction, awareness, heart rate <u>SPRING</u> Children can: Throwing and Catching R-able to respond to simple instructions, showing a good understanding of safety when using tools and equipment R- aware of boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions R- showing increased control when catching a ball R- shows increasing control over an object, pushing, passing, throwing, catching or kicking it R- moves freely and with pleasure and confidence in a range of skillful ways R- Can play fairly in a group. Show the ability to accept the needs of others and take turns to share resources, sometimes with support from others Throw, catch,watch,aim ,target,push,roll,kick,hands, bounce, count, ready	space, gather, ready, score, send, shoot,skills, watch, bounce, close, copy, explore, Y1 Sport: Dance 1-Respond imaginatively to a range of stimuli. 1-Move confidently and safely in your own and general space, using changes of speed, level, and direction. 1-Perform movement phrases using a range of different body actions and body parts – with control and accuracy. 1-Create linked movements, combining different ways of travelling, with beginnings, middles and ends. 2-Perform a range of actions and simple movement patterns with control and coordination. 2-Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. 2- Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. 2-Describe phrases and expressive qualities. Canon, smart, neat, performance, movement, express, phrase, teamwork Y1 Football 1-Explore different ways to use, move and send the ball. 1- Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control. 1- Show control of a ball with basic actions. 1- Send/ pass a ball and successfully catch/stop a ball. 1- Recognise space in games and use it to your advantage. 1- Show control of the ball with basic actions – including sending a ball/equipment to a target. 1- Can shoot successfully at a goal or target. 1-Move to defend a goal. 1- Play simple games, understanding the rules of the game. kick, shoot, score, dribble, pass, ball control, space, coordination, direction, rules, partner Y1 Hockey 1- recognise space in games and use it to their advantage	4 - Select passes that keep possession. Control, speed, direction, chest pass, bounce pass, technique, shoot, score Sport: Gymnastics 3 - Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. 3 - Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. 3 - Create, perform, and repeat a combination of actions that include changes of dynamic e.g changes of level, speed and direction, and clarity of shape. 4 - Develop flexibility, strength, control, technique, and balance. 4 - Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement. 4 - Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. Balance, co-ordination, routine, travelling, apparatus, sequence. <u>SPRING</u> Sport: Swimming 3/4 - Swim competently, confidently and proficiently over a distance of at least 25 metres. 3/4 - Use a range of strokes effectively 3/4 - Perform safe self-rescue in different water-based situations Front crawl, breast stroke, back stroke Sport: Handball 3 - Get into good positions to pass and receive the ball. Pass the ball using different techniques. 3 - Keep the ball under control, passing and receiving with increasing accuracy. 3 - Choose space/positions where you can receive a pass or to support a teammate. 4 - Develop set moves that can be used in attacking play. 4 - Showing growing control and consistency during games. 4 - Keep and follow the rules of the game.	6 - Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. 6 - Perform skills such as forehand and backhand shots with control and confidence. 6 - Apply the principles of attacking. Swing, send, rally, racket, free space, bounce, direction, power, accuracy. Sport: Tag Rugby 5 - To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate. 5 - Understand the defensive duties in tag rugby and the process of tagging. 5 - Understand the importance of keeping in line in both attacking and defending plays. 6 - Use tactics in games to achieve success as a team. 6 - Participate in competitive games, understand the rules of the game and participate in full games playing fairly. 6 - Carefully consider the best way to score a try and win the game, remembering to find and use space when running. Tag, pass, share, attack, defend, mark, dummy <u>SPRING</u> Sport: Hockey 5 - Apply basic principles for defending in games – Defend by marking, covering, and tracking opponents as appropriate. 5 - Change speed and direction to get away from a defender. 5 - Apply basic principles for attacking in games – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents. 6 - Perform skills (e.g passing) with accuracy, confidence and control whilst developing technique and performing at speed. 6 - Participate in competitive games, modified where appropriate. 6 - Use different skills to keep possession of a ball as part of a team.
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	<u>Summer</u> Children can: Ball Skills R- shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment R- shows some understanding towards the effects of activity on their body R- Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions R - can play in a group, extending and elaboration play ideas within a group R- Begins to accept the needs of other and can take turns and share, sometimes with the support of others R Shows increasing control when throwing and catching a large ball Collect, ball control, games, bounce, count, hand ,high, explore, safety, height	1- describe what they have done or seen others doing 1- understand why being active and playing games is good 1- explore different ways to move with a ball 1- Show control of a ball with basic actions 1- send/pass a ball and successfully stop a ball 1- Develop fundamental movement skills, become increasingly confident and competent, moving fluently, changing direction and speed 1- use skills in different ways when playing games Y2 Tag Rugby 2- Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low 2- Show good awareness of others when playing games. 2- Participate in team games. 2- Pass a ball with control. 2- Show control when moving, changing speed and direction, both with and without a ball. 2- Develop fundamental movement skills, becoming increasingly confident and competent. 2- Perform a variety of skills keeping the ball under control. 2- Show control when moving, changing speed and direction, both with and without a ball. 2- Can shoot successfully at a goal or target. 2- Move to defend a goal. 2- Throw and catch a ball to themselves and others. 2- Improve movement skills whilst moving with the ball in two hands. 2- Learn how to tag. tag, pass, try, catch, dodge, support, Belts, Target, Space, Attack, Run, Trick, Defend, Try, Target, Dodge, Teamwork Y2 Dodgeball 2- Show control of a ball with basic actions. 2- Develop and practise ball handling skills. 2- Move the ball in different ways, practising throwing using overarm and underarm techniques. 2- Roll a ball with some accuracy.	4 - Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. dribbling, receive, space, intercept, support <u>SUMMER</u> Sport: Athletics 3 - Choose the appropriate running speed to meet the demand of the task. 3 - Apply and develop a broad range of athletic skills in different ways. 3 - Show control, coordination and consistency when running, throwing, and jumping. 4 - Combine basic jump actions to form a jump combination, using a controlled jumping technique. 4 - Perform a throwing technique with control, coordination, and consistency. 4 - Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Co-ordination, movement, measurements, timing, technique, personal best Sport: Cricket 3 - Intercept and stop the ball consistently. 3 - Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. 3 - Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. 3 - Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. 4 - Show control, coordination and consistency when throwing and catching a ball. 4 - Communicate, collaborate, and compete with others, following the rules of the game. 4 - Choose both fielding and striking skills which make it difficult for your opponent. 4 -Explain the tactics you have used in games. Batting, bowling, fielding, striking, runs, overarm, wicket keeper, long barrier.	6 - Choose different formations to suit the needs of the game and choose skills that meet the needs of the situation. Dribbling, Control, turn, possession, slap pass, push pass, attack, defend. Sport: Netball 5 - Increase accuracy and confidence of passing and shooting skills. 5 - Use a variety of skills to keep the ball, thinking about moving towards the goal, different positions and the use of space. 5/6 - Work effectively as a team. 6- Use a variety of tactics to keep possession of the ball, applying the principle of attacking. 6 - Use the defending principles in game situations, including marking, tracking, and covering, to gain possession. Control, speed, direction, chest pass, bounce pass, technique, shoot, score, power, rules. <u>SUMMER</u> Sport: Athletics 5 - Choose the appropriate speed to run at for the distance to be covered. 5 - Run, jump, catch and throw in isolation and combination. Combine and perform skills with control. 5 - Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. 6 - Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height. 6 - Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. 6 - Understand and apply appropriate pace judgement for the running distance to be covered. Co-ordination, movement, measurements, timing, technique, personal best. Sport: Cricket 5 - Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations.
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2- Recognise what is successful.

2- Develop fundamental movement skills, becoming increasingly confident.

2- Explore different ways of moving, with and without a ball, developing movement and coordination.

2- Show increasing control when pushing, patting, throwing, and catching a ball.

2- Send objects towards a target with increasing accuracy.

throw, catch, bounce, teamwork, react, pass, dodge, roll, target, speeds, dodgeball, reaction time, control, aim

Y2 - Football

2- recognise what is successful.

2- Use actions and ideas you have seen to improve your own skills

2- participate in team games

2- pass ball with control

2- show control when moving changing speed and direction

2- perform a variety of skills keeping the ball under control

Aim, attack, control, turn, teamwork, shooting, passing, speed, space, dribble, defend, movement, rules

Y2 Dance

2- Describe phrases and expressive qualities

2 - begin to understand the importance of warming up

2- watch and describe performance accurately and recognise what is successful

2- perform a range of actions and simple movement patterns with control and coordination

2- compose short dances that express and communicate mood, ideas and feelings

2- explore, remember and repeat short dance phrases, showing greater control

2- work individually and with others

Actions, beat, performance, movement, near, expression, improve, create, character, levels, count, unison

SPRING

5 - Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.

5 - Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds.

6 - Bowl using an overarm technique, beginning to vary speed and length of delivery.

6 - Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence and control. Perform skills at speed.

6 - Work as part of a team that covers the areas to make it hard for the batter to score runs.

Batting, bowling, fielding, striking, runs, overarm, wicket keeper, long barrier, teamwork, aiming, accuracy, score.

Y1/ 2 Gymnastics

1- Perform basic gymnastics actions, including travelling, rolling, jumping, and staying still.

1- Become increasingly confident and competent, moving safely using changes of speed, level and direction.

1-Combine different ways of travelling exploring a range of movements and shapes.

1- Create linked movement phrases with beginning, middle and ends.

1-Perform movement phrases using a range of different body parts/actions.

1-Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.

1- Develop agility, balance, and coordination.

2- Perform a range of actions with control and confidence.

2- Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.

2- Form simple sequences of different actions, using the floor and a variety of apparatus.

2- Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.

2- Continue to develop agility, balance, and coordination.

Key shapes, Teamwork, Smart, Neat, Performance, Movement, Express, Balance, Roll, Straight, Tense

Y1 Sport: Tag Rugby

1-Develop control and accuracy when throwing and catching a rugby ball.

1-Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.

1-Learn how to tag and begin tagging players in game situations.

1-Begin to understand and develop correct technique of passing the ball.

1-Develop understanding of tag rugby and participate in small games.

1-Use simple tactics in game situations, such as deciding when to pass and when to run.

1-Understand who the attackers and who the defenders are.

Belts, target, catch, space, attack, defend, try

Y1/2 Tennis

1- Use different skills and movements, including aiming into space to try win games.

1- Move fluently, changing direction and speed.

1- Engage in cooperative physical activities.

1- Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking an object.

1- Understand the concept of moving to get in line with a ball to receive it.

1- Successfully receive (catch/stop) a ball.

1-Understand, follow, and apply skills and tactics in simple games.

2-Understand what a rally is and how to continue one in pairs.

2-Develop simple tactics for attacking.

2-Gain an understanding that hitting the ball into space helps them score points.

2-Use actions and ideas they have seen to improve their own skills.

2-Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/

hit a ball in different ways e.g. high, low, fast, slow.

aim, aiming, balance, ball control, bounce, move, control, experiment, racket, receive, roll, score, send, swing, throw, underarm.

Y1/2 - Orienteering

1- Move in different directions and a variety of different ways.

1- Work independently, as well as cooperatively in small groups.

1- Participate in games following rules and playing fairly.

1- Begin to plan how to solve problems.

	1- Participate in competition with others, completing a simple orienteering event. 2-Begin to problem solve with others. 2- Understand what a compass is used for and be able to use the direction points. 2- Has knowledge of safety rules and procedures for taking part in orienteering events. 2-Introduction to map reading. Be able to use some basic features on a map to select and plan a route. 2-Begin to understand the competitive side of orienteering and take part in a picture orienteering event. 2-Work well in big groups, sharing, taking turns, and cooperating with others. Teamwork, Together, Compass, Map, Route, Directions, Safety, Orienteering, Problem solving, Challenge Y2 - Netball 2-Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique). 2- Show good awareness of others when playing games. 2- Participate in team games. 2- Pass a ball with control. 2- Show control when moving, changing speed and direction, both with and without a ball. 2- Develop fundamental movement skills, becoming increasingly confident and competent. 2- Perform a variety of skills keeping the ball under control. 2- Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low). 2- Know and show how to defend between the ball and target. 2- Decide when and where to run, showing good awareness of surroundings. 2- Pass a ball with control and increasing accuracy and consistency. 2- Move fluently, changing direction and speed – with and without a ball.		
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2- Choose and use simple tactics to suit different situations in small sided games.

2- React to situations in ways that make it difficult for opponents.

2- Develop control and accuracy when throwing and catching a ball.

2- Successfully beat a defender.

ball,control, balance, throw, catch, aim, accuracy, pass, roll ,team, teamwork, get in line, space

SUMMER

Y1/2 Sport: Athletics

1-Explore and practice a variety of athletic movements and apply athletic skills and technique to a variety of activities.

1-Show understanding and a basic level of control, coordination and consistency when running.

1-Experiment with different jumping techniques, showing control, coordination, and consistency throughout.

1-Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.

2-Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.

2-Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.

Running, Jumping, Throwing, Personal Best, Competition, distance, speed, race, measuring

Y1/2 Sport: Cricket

1-Move fluently, changing direction and speed,

1-Show basic control of the ball, including when striking a ball.

1-Understand and follow simple rules for games and compete in physical activities both against self and against others.

1-Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.

1-Apply skills and tactics in simple games, including recognizing space and using it to your advantage.

2-Develop fundamental movement skills, becoming

increasingly confident and competent, moving fluently, changing direction and speed.

2-Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.

2-React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.

2-Show good awareness of others when playing games.

Throwing, batting, fielding, catching, underarm, wickets, striking, long barrier, communicate, tracking the ball, feeder, Fielder, wicket keeper, get in line, teamwork, experiment

Y1/2 Sport: Fitness

1 /2-Improve speed, agility, and stamina.

1-Develop the jumping technique safely and while moving at speed.

1-Improve and develop coordination, control, and balance, and negotiate space.

1-Take turns in teams.

1-Explore and practice a variety of different movements and fitness techniques.

2-Develop the safe jumping technique to gain height and distance.

2-Develop control, balance and coordination when completing a variety of tasks.

2-Work well as a team.

2-Explore and practice a variety of movements and fitness techniques.

2-Complete exercise with good technique and focus, and with good energy.

Jump, Land, Space, Coordination, Height, Hurdle, Control, Balance, Posture, Distance, Energy, Forfeit, Movement, Stretch, Technique, Control, Stamina, Speed, Stamina, Balance, Agility, Relay, Fitness