



	Games / Athletics	Dance	Gymnastics
Key Stage One Statutory requirements:	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Perform dances using simple movement patterns.</p> <p>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.</p>	<p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
Year 1	<p>I can:</p> <ul style="list-style-type: none"> - show control when rolling a ball. - hit a ball with control. - run with control. - jump with control. - catch a ball/beanbag using cupped hands. - kick with control. 	<p>I can:</p> <ul style="list-style-type: none"> - move with control and coordination. - combine movements in a simple sequence. - show contrasts (high/low movements, crouching/stretched movements etc) 	<p>I can:</p> <ul style="list-style-type: none"> - move under control. - combine movements in a simple sequence. - move with awareness of space. - show contrasts (high/low movements, crouching/stretched movements etc). - use climbing equipment safely. - land safely when jumping. - stretch to develop flexibility.



	Games / Athletics	Dance	Gymnastics
Year 2	<ul style="list-style-type: none"> - understand team roles (opponent/teammate). - develop basic tactics for small team games (pass to free teammate, move into space). - communicate with others in small game situations - begin to combine movements e.g. jumping and catching, moving to one side to position self and catch. 	<ul style="list-style-type: none"> - copy simple moves and sequences. - develop movements and expressions to fit music/mood. 	<ul style="list-style-type: none"> - copy simple moves and sequences. - roll forwards, backwards and sideways. - hold a balance using different parts of the body for support. - jump to increase flexibility, control and balance. - stretch to increase flexibility, control and balance



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Year 3	<ul style="list-style-type: none"> - throw and catch various objects / balls with control and accuracy. - follow rules of games and play fairly. - maintain possession of a ball using hands, feet & hockey sticks. I can pass to teammates when appropriate - begin to anticipate direction of ball and position body to catch or react in a game. 	<ul style="list-style-type: none"> - refine movements into sequences. - vary speed within a performance. - develop flexibility 	<ul style="list-style-type: none"> - refine movements into sequences. - Show changes of speed and direction when combining movements. - Use equipment including ladders and climbing equipment safely 	<ul style="list-style-type: none"> - sprint over a short distance - use different throwing techniques (over/underarm) - improve on personal best performances. - compete with others fairly 	<ul style="list-style-type: none"> - Swim confidently over 25m. - Use at least one stroke effectively (front crawl, breaststroke or backstroke.) - Control leg and arm movements 	<ul style="list-style-type: none"> - support others in team games. - communicate effectively with others. - draw simple maps to use in orienteering work - follow instructions and know when to listen and when to talk to others.



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Year 4	<ul style="list-style-type: none"> - find space in invasion games. - work as part of a team, with increasingly effective communication and tactics. - strike and field with control. - lead a team effectively and listen to other when they are leading. 	<ul style="list-style-type: none"> - create sequences and use movements to convey a mood or emotion. - develop strength through a range of movements. - plan, perform and repeat performances. - analyse and suggest improvements to sequences. 	<ul style="list-style-type: none"> - move with fluency, confidence and expression. - plan, perform and repeat performances. - analyse and suggest improvements to sequences. - understand concept of centre of gravity. 	<ul style="list-style-type: none"> - run over longer distances, conserving energy. - choose throwing method/adapt technique to hit targets or achieve distance. - jump in a variety of ways. - combine running and jumping e.g. in hurdles races. 	<ul style="list-style-type: none"> - Swim up to 50m unaided. - Use breaststroke, front crawl and backstroke effectively. - coordinate breathing with movement. 	<ul style="list-style-type: none"> - use maps and instructions in team games. - Draw more complex maps and instructions to guide others. - work effectively in pairs or small groups to solve a problem or achieve a common goal.



	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activity
Year 5	<ul style="list-style-type: none"> - combine skills (running, throwing, jumping, passing, catching) with effect in game situations - work effectively with a team to maintain or regain possession. -strike a ball with accuracy. -develop tactics for game situations. - demonstrate good anticipation and adjust body position effectively 	<ul style="list-style-type: none"> - compose imaginative sequences. - share ideas and organise others during group work. - begin to use sequencing and canons as well as coordinated movements in groups. 	<ul style="list-style-type: none"> - create increasingly complex sequences using a range of movements e.g. twisting, stretching, balancing, bending. 	<ul style="list-style-type: none"> - throw a range of objects with correct techniques including shot puts, discus and javelin style throws. - reflect on previous performances and adapt technique. - compete fairly with others. - focus on personal targets. - Develop hurdles technique – focus on taking them in stride and correct legwork. 		<ul style="list-style-type: none"> - Develop understanding of when to lead and when to work as part of a group. - Show leadership and organisation in small group situations when confident



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Year 6	<ul style="list-style-type: none"> - anticipate direction of play to attack and defend effectively - lead a team and organise others well - bowl and volley accurately - use forehand and backhand techniques in racket sports. - play competitively whilst maintaining respect for the other team - develop tactics recognising team and individual strengths 	<ul style="list-style-type: none"> - lead others effectively - construct whole dance sequences with increasing complexity - Use coordinated movements, sequencing and canons effectively - demonstrate core strength, balance and precision - use a wide range of movements including improvised ones 	<ul style="list-style-type: none"> - create complex and well executed sequences that include a range of movements: - springing - jumping - vaulting - inversions - twists - show core strength and hold positions. 	<ul style="list-style-type: none"> - Set challenges to beat personal bests and achieve targets - Develop pacing and tactics in running races - Show complete control when jumping and landing 		<ul style="list-style-type: none"> - demonstrate confidence and initiative in group situations. Know when to effectively lead others and when to work in groups. - Show support and empathy particularly when other children are struggling or in the face of a challenging situation - Plan simple orienteering games and activities for other children to take part in.

Children exceeding KS2 expectations:

- can play competitive sports such as football, rugby, netball, basketball, hockey, tennis, badminton, golf, athletics, gymnastics and dance.
- can perform dance routines using advanced patterns and techniques.
- understand tactics and effective techniques apply them to their own games and provide accurate assessment of others' performances.
- pursue interests and develop skills further outside of school through clubs or competitions.
- use a range of strategies and tactics to compete with others effectively.