



	Games / Athletics	Dance	Gymnastics
<p>Key Stage One Statutory requirements:</p>	<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>
<p>Year 1 games: invasion games Tennis/Racket skills</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. 	<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) 	<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
<p>Year 2</p> <p>games: invasion games Tennis/Racket skills</p>	<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). - lead 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

	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activity
<p>Year 3</p> <p>Games: Tennis Netball/Basketball Hockey Cricket</p>	<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 	<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.



	- begin to anticipate direction of ball and position body to catch or react in a game.					
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Year 4 Games: Tennis Netball/Basketball Hockey Cricket	- 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.	- 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.	-move with fluency, confidence and expression. - plan, perform and repeat performances. - analyse and suggest improvements to sequences. - understand concept of centre of gravity.	- 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.	- Swim up to 50m unaided. - Use breaststroke, front crawl and backstroke effectively. - coordinate breathing with movement.	- 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 Games:	- combine skills (running, throwing, jumping, passing, catching) with effect in game	- compose imaginative sequences. - share ideas and organise others	- create increasingly complex sequences using a range of	- throw a range of objects with correct techniques including shot puts, discus and javelin		- Develop understanding of when to lead and when to work as part of a group.



<p>Tennis Netball Hockey Cricket Basketball Tag Rugby</p>	<p>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.</p>	<p>during group work. - begin to use sequencing and canons as well as coordinated movements in groups.</p>	<p>movements e.g. twisting, stretching, balancing, bending.</p>	<p>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.</p>		<p>- Show leadership and organisation in small group situations when confident</p>
	<p>Games</p>	<p>Dance</p>	<p>Gymnastics</p>	<p>Athletics</p>	<p>Swimming</p>	<p>Outdoor and adventurous activity</p>
<p>Year 6 Games: Tennis Netball Hockey Cricket Basketball Tag Rugby</p>	<p>- 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</p>	<p>- 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</p>	<p>- create complex and well executed sequences that include a range of movements: - springing - jumping - vaulting - inversions - twists - show core strength and hold positions.</p>	<p>- Set challenges to beat personal bests and achieve targets. - Develop pacing and tactics in running races. - Show complete control when jumping and landing. -</p>		<p>- 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.</p>



	<p>whilst maintaining respect for the other team.</p> <ul style="list-style-type: none"> - develop tactics recognising team and individual strengths. 	<p>of movements including improvised ones.</p>				<ul style="list-style-type: none"> - Plan simple orienteering games and activities for other children to take part in.
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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.