

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Invasion Games	<p>I can copy a range of different body shapes, steps and actions with control and co-ordination.</p> <p>I can balance in a range of different ways (static or dynamic - when moving).</p> <p>I can copy simple rolls with control.</p> <p>I can link individual and whole-body movements together.</p> <p>I can handle small and/or low apparatus safely.</p> <p>I can move on/off, under, over, along or through, up/down apparatus with control and accuracy.</p> <p>I can jump in a range of different ways e.g. 5 types of jump: 1 foot to 1 foot hop, 1 foot to 1 foot leap, 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet.</p>	<p><i>I can use my dominant hand to throw accurately under arm.</i></p> <p><i>I can catch a large object with two hands</i></p> <p><i>I can throw and catch a chest pass with two hands</i></p> <p><i>I can kick a stationary ball</i></p> <p><i>I can stop a ball rolling towards me with my feet</i></p> <p><i>I can hit a stationary ball off the floor or a tee with a bat.</i></p> <p><i>I can hit a dropped ball after one/two bounces</i></p> <p><i>I can roll a ball from a seated position</i></p> <p><i>I can run to evade opponents</i></p>	<p><i>I can use my dominant hand to consistently throw accurately under arm with increasing control.</i></p> <p><i>I can catch a small object with two hands</i></p> <p><i>I throw and catch a bounce pass with two hands</i></p> <p><i>I can copy the technique for an overarm one-handed throw with a small object</i></p> <p><i>I can kick a stationary ball towards my partner</i></p> <p><i>I can underarm hit a ball fed to me by my partner</i></p> <p><i>I can roll a ball from a kneeling on one knee</i></p> <p><i>I can use hitting, kicking and/or rolling in a game with increasing accuracy</i></p> <p><i>I can follow rules</i></p> <p><i>I can use one tactic in a game when attacking or defending</i></p>	<p>I can pass and receive a ball with some control</p> <p>I am beginning to understand rules of the game</p> <p>I can move with a ball with increased control</p> <p>I can move into space to help my team</p>	<p>I can dribble, pass, receive and shoot with increasing control</p> <p>I can help my team keep possession in attack</p> <p>I can delay and help prevent opposition when defending</p> <p>I can use simple tactics to help my team</p>	<p>You will develop dribbling, passing and shooting with increasing control under pressure. You will understand and apply the rules of various games and will start to select apply skills and tactics appropriately. You will know how to contribute when attacking and defending and be able to create and use space to help your team. Students will develop these skills in a range of invasion games in order to replicate transferable skills. Sports such as; Netball, Football, Basketball, Tag Rugby, Hockey and Handball will be played.</p>		
Striking & Fielding	<p>I can bend my knees to land safely with control when jumping in different ways.</p> <p>I can step up or down stairs safely.</p>			<p>I can use overarm and underarm throwing and catching skills</p> <p>I am beginning to strike a bowled ball</p> <p>I am able to bowl a ball towards a target</p> <p>I can identify when I was successful</p>	<p>I can use overarm and underarm throwing and catching skills with increased accuracy</p> <p>I can sometimes strike a bowled ball</p> <p>I am able to bowl a ball with some accuracy and consistency</p> <p>I can identify when I was successful and what I need to do to improve.</p>	<p>You will be able to bowl and strike a ball with increasing consistency. You will be able to select the right skill depending on the situation and the position you are playing. You will start to develop and use tactics as a batter, bowler and fielder.</p>		
Net & Wall Games	<p><i>I can start and stop on a given signal and follow instructions.</i></p> <p><i>I can move freely into space and share space with others safely.</i></p> <p><i>I can travel with confidence in a range of different ways.</i></p>			<p>I can return a ball to a partner</p> <p>I can use basic racket skills</p> <p>I understand the aim of the game (modified)</p> <p>I can throw with some accuracy and catch with some consistency.</p>	<p><i>I can sometimes play a continuous game (rally)</i></p> <p><i>I can use a range of basic racket skills</i></p> <p><i>I am learning the rules of the game.</i></p> <p><i>I can throw with some accuracy at a target and catch with increased control</i></p>	<p>Through Badminton, Tennis and Volleyball you will develop your basic racket skills and use a wider range of skills and tactics in game situations against a partner.</p>		
Dance	<p><i>I can change my speed when travelling.</i></p> <p><i>I can copy individual and whole-body movements with some control and co-ordination.</i></p> <p><i>I can recognise my own personal space and others space.</i></p> <p><i>I can concentrate and listen to my teacher.</i></p>	<p>I can move safely in a space</p> <p>I can move in time to music</p> <p>I can copy and remember dance moves</p> <p>I can perform my own dance moves</p>	<p>I can dance with control and coordination</p> <p>I can use dance to show a mood or feeling</p> <p>I can change rhythm, speed, level and direction in my dance</p> <p>I can add motifs to a set dance</p>	<p>I can create dance phases that communicate ideas</p> <p>I can create, remember and repeat dance phrases with a partner / small group using canon and unison</p> <p>I can use dynamic and expressive qualities in relation to an idea</p> <p>I can use counts to keep in time with music</p>	<p>I can respond imaginatively to stimuli related to a theme.</p> <p>I can use simple motifs to structure dance phrases on my own / partner / small group.</p> <p>I can use formation, canon and unison to develop a dance.</p> <p>I can perform dances clearly and fluently</p>	<p>You can work creatively and imaginatively on your own, with a partner or a small group to choreograph a short dance routine with fluency and control. You will be able to adapt the way you use actions, dynamics and relationships in your dance and applying formation, synchronisation, matching, mirroring and cannon.</p>		
Gymnastics	<p><i>I can tell you some changes to my body during exercise.</i></p> <p><i>I can work with others and take turns with equipment.</i></p> <p><i>I can watch others work and talk about it.</i></p> <p><i>I can talk about ways to keep healthy.</i></p> <p><i>I can dress and undress independently.</i></p> <p><i>I show preference for a dominant hand in different contexts.</i></p>	<p>I can make my body curled, tense, stretched and relaxed individually.</p> <p>I can control my body when travelling and balancing on the floor and low level equipment.</p> <p>I can egg roll</p> <p>I can teddy bear roll</p> <p>I can curl, travel and balance in different ways.</p> <p>I can copy simple sequences and repeat them accurately</p> <p>I can straight jump</p> <p>I can star jump</p> <p>I can hold the front support position</p> <p>I can hold the back support position</p> <p>I can hold the half pike position on my back</p>	<p>I can star roll</p> <p>I can rock and roll to standing</p> <p>I can tuck jump</p> <p>I can half turn jump</p> <p>I can transfer my weight from front support to back support</p> <p>I can begin to take my weight on 4 points when travelling</p> <p>I can plan and perform a sequence of movements individually and with a partner</p> <p>I can give and receive feedback on a performance</p>	<p>I can demonstrate a variety of rolls (straight / forward /barrel) and jumps (straight/tuck/star)</p> <p>I can complete actions with increased balance and control and choose actions that flow well together.</p> <p>I can move in unison with a partner.</p> <p>I am beginning to confidently use apparatus in sequences.</p>	<p>I can safely perform balances individually and with a partner.</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can perform a range of rotational movements with increased control (jumps/cartwheel)</p> <p>I understand how body tension can improve the control and quality of movements.</p>	<p>Individually, with a partner and in a small group you will create and perform sequences to include a variety of balances, rolls, jumps and rotations with increasing control and fluency. You will start to understand what body tension is and try to improve the control and quality of movements</p> <p>You will develop your strength and flexibility to improve the quality of your performance including the use of apparatus</p>		

Athletics		<p>I can move and stop safely  I can find space when on the move  I can move with control and care  I can copy actions  I can use equipment safely.</p>	<p>I can copy and remember actions.  I can lift and carry equipment safely.  I can change direction safely when moving at speed  I can work on my own and with a partner.</p>	<p>I can run at fast, medium and slow speeds  I can use different take-off and landings when jumping for distance and height  I can throw a variety of objects, changing my actions for accuracy and distance  I can take part in a relay activity, remembering when to run.  I understand why it is important to warm-up</p>	<p>I can demonstrate different throwing techniques with some accuracy (push/pull/flip)  I can jump for distance and height with increased control and balance  I can demonstrate increased confidence when running for speed and distance  I can identify when I was successful and ways to beat my personal best.  I can explain what happens to my body when I warm up  I understand how some jumps and throws are measured (and officiated)</p>	<p>Athletics: You will be developing the skills for the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.</p>	
OAA				<p>I can follow and give instructions  I can communicate ideas and listen to others  I can work cooperatively with a partner  I can plan and attempt to apply strategies to solve problems  I can reflect on when and why I was successful at solving challenges  I am developing map reading skills</p>	<p>I can accurately follow and give instructions  I can work effectively with a partner and a small group  I can identify key symbols on a map and use a key to help navigate  I can plan and apply strategies to solve problems</p>	<p>You will work effectively with a partner and a small group, sharing ideas on a team strategy to solve problems. You will be able to orientate a map and navigate around a course. You will begin to implement leadership skills through various team challenges and orienteering courses.</p>	
Swimming						<p>Introduction to swimming building water confidence. Students will be able to swim on front and back. Students will also have the opportunity to learn a variety of aquatic skills.</p>	<p>You will be developing a range of strokes such as; front crawl and back crawl in order to swim 25m+. Students will also have the opportunity to learn a variety of aquatic skills.</p>

Every child deserves to be the best they can be