

Year One

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can demonstrate different shapes.	Can show an awareness of personal and general space.	Can throw a ball/beanbag with accuracy.	Can aim and strike an object towards a set target.	Can work collaboratively with a partner.	Can consolidate appropriate running technique.
Can demonstrate different actions.	Can move with some confidence, imagination and safety.	Can show an awareness of space.	Can balance a ball on a racket with control.	Can use a range of small equipment.	Can jump with control and balance on landing.
Can use sudden and explosive dynamics.	Can travel using 'caterpillar', 'monkey', and 'crab' walk.	Can catch a ball/beanbag with some control.	Can recognise and begin to use space in games.	Can throw to a partner with developing accuracy.	Can jump whilst travelling.
Can use different floor patterns in a space.	Can travel in 'crawling soldier' position.	Can observe, describe and copy what others are doing.	Can attempt to strike a ball over and beyond a target.	Can 'mirror' a partner's movements.	Can throw towards a stationary target.
Can develop movement with a partner.	Can discuss safety when using apparatus.	Can work collaboratively with a partner.		Can listen and observe.	Know what the term 'healthy eating' means.

Year Two

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can demonstrate different shapes.	Can control my body whilst balancing and travelling.	Can begin to aim towards a given target.	Can aim, strike and follow through towards a target.	Can work effectively within a small group.	Can run in a coordinated and fluent way over obstacles.
Can demonstrate different actions.	Can turn whilst jumping.	Can accurately pass and receive a range of balls.	Can hit an object with varying power using a racket.	Can attempt to create a group game using small equipment.	Can develop awareness of distance and weight.
Can use sudden and explosive dynamics.	Can consolidate the positions front, back & side support.	Can further increase my understanding of space.	Can hit a ball or object towards a partner.	Can develop agility and co-ordination.	Can throw a range of different throwing implements.
Can demonstrate different levels (low, medium, high).	Can think of more than one way to create a sequence which follows a set of 'rules'.	Can pass a ball using different parts of the body.	Can explore a badminton racket and shuttlecock.	Can negotiate space effectively in group games.	Am developing awareness of distance and height.
Can develop relationships through dance.	Can climb safely.			Can develop co-ordination when running.	Can hit a ball off a tee.

Year Three

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can express happy dynamics.	Can perform some basic jumps.	Can pass a ball accurately and with speed.	Can identify and describe some rules of tennis and badminton.	Can strike a ball with some accuracy.	Can attempt to throw a shot putt using the rotation technique.
Can demonstrate physical skill.	Can demonstrate shapes whilst in the air.	Can catch a ball consistently.	Can consolidate the underarm serve technique.	Can vary the speed and direction of a ball.	Can consolidate different throwing techniques.
Can demonstrate different techniques.	Can develop knowledge of 'take off'.	Can pass with control and technique.	Can explore forehand hitting.	Can perform the basic skills needed for the games with control and consistency.	Can attempt a javelin throw with correct techniques.
Can demonstrate unison and canon.	Can develop knowledge of 'landing'.	Can further increase my understanding of space.	Can move towards a ball or object before striking it.	Can describe what is successful in my own and other's play.	Can attempt a javelin throw with correct technique.
	Can change direction whilst jumping.	Can work collaboratively within a small group.		Can develop understanding of distance and power when striking.	Can pass and receive a relay baton.
					Is continually developing awareness of distance.

Year Four

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can demonstrate over the top and cheeky dynamics.	Can accelerate and decelerate whilst travelling.	Can play games competitively.	Can develop reaction time and agility.	Can throw an object with varying speed and accuracy.	Can jump for height and distance.
Can demonstrate physical skill.	Can develop some knowledge of Rhythmic Gymnastics.	Can develop teamwork and team play.	Can explore backhand hitting.	Can throw an object or ball overarm.	Can explore different body positions in fight.
Can demonstrate different techniques.	Can perform a roll using control, body tensions and flow.	Can develop attacking and defending skills.	Can attempt an over-hand serve in tennis.	Can choose appropriate positioning when fielding.	Can jump hurdles with developing technique.
Can demonstrate mirroring.	Can use equipment within a sequence.	Can consolidate dribbling using a football and/or a hockey stick.	Can develop knowledge of returning and rallying.	Can intercept an object or ball.	Can communicate clearly with partners and team mates.
Can demonstrate contrasting levels in still positions.	Can identify well performed skills when watching other groups.	Can develop skills in finding and using space.		Can work collaboratively in small teams.	Can locate some of the major muscles in the body.

Year Five

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can demonstrate energetic dynamics.	Can show clear differences between levels, speeds and directions.	Can develop knowledge of attacking and defending.	Can develop acceleration and speed.	Can explore the use of space during games.	Can develop knowledge of the triple jump technique.
Can demonstrate physical skill.	Can perform actions, shapes and balances clearly, consistently and fluently.	Knows how to 'mark' an opponent.	Can consolidate backhand and forehand strokes.	Can choose appropriate positioning when fielding.	Is beginning a spring in the crouching position.
Can demonstrate a range of techniques.	Can demonstrate body tension and extension.	Can further develop their understanding of space.	Can explore the 'smash' in badminton.	Can strike a ball/object using both hands and feet.	Can throw a discus with developing technique.
Can use contact work in my dance.	Can adapt sequences to include a partner or a small group.	Can recognise the importance of rules withing games.	Can explore the 'lobbing' technique in tennis.	Can retrieve, intercept and stop a ball when fielding.	Can develop the basic skills for acceleration.
Can execute lifts safely and competently.	Can vary direction, levels and pathways.	Understands the need to warm up and cool down.	Can explore 'overarm serve' in volleyball.	Can develop the range and consistency of their skills.	Can develop knowledge of how to gain and maintain interest.

Year Six

Dance	Gymnastics	Invasion Games	Net Games	Strike and Field	Athletics
Can demonstrate a wide range of strong dynamics.	Can move supporting body parts further away from each other.	Can develop teamwork.	Can develop aerobic fitness.	Can field as a collaborative team unit.	Can develop the technique in order to race walk.
Can develop physical skill.	Can hold and receive body weight.	Can further develop knowledge of defending.	Can develop overall badminton skills: serve and smash.	Can strike a ball or object 'cleanly' using different equipment.	Can learn to measure and record performance.
Can demonstrate a wide range of techniques.	Can stretch, extend and elevate unused body parts.	Can dribble a ball with control and fluency using foot or hockey stick.	Can develop overall tennis skills: fore/backhand, service and lob.	Can retrieve, intercept and stop a ball when fielding.	Can train the body to run for a longer duration.
Can demonstrate confrontation within dance.	Can develop the use of counter balance.	Can further develop knowledge of attacking.	Can play competitively and evaluate performance.	Can strike a ball or object using both sides of the body.	Can sustain pace over longer distances.
Can explore space, direction and formation.	Can use small points to create a spin.	Can strike a ball or object towards a target or goal with power and accuracy.		Can recognise my own and other's strengths.	Can choose appropriate techniques for specific events.