

EYFS						
Physical development statements	Through forest school sessions, carefully planned activities and in the continuous areas of provisions, children at the expected level of development for gross-motor skills will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
YEAR 1						
Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	Perform dances using simple movements. Develop co-ordination.	Develop balance, agility and co-ordination.	Develop agility and coordination Participate in team games.	Master basic movements including running, jumping, throwing and catching. Develop balance and agility	Develop agility and coordination Participate in team games.
Knowledge and Understanding	Throw a ball accurately to a partner in the form of a chest pass. Catch a ball or object. Travel in a variety of ways and use this to effectively attack and defend. Dribble and kick a ball to a partner. Know rules of a game.	Remember a count of eight. Move bodies in response to music. Use space effectively when performing. Describe others performances and suggest appropriate feedback	Use space effectively in a variety of ways. Demonstrate the shapes: pencil, star, tuck when jumping, landing them safely. Use equipment safely. Remember a sequence and perform to others.	Hold a tennis racket correctly and safely. Throw a tennis ball over a net to the court area. Hit the ball over a bench to an intended space. Demonstrate the 'ready position'.	Run over different distances at different speeds. Jump at different heights and distances, landing safely. Perform an overarm and underarm throw and power for increased distance. Demonstrate learned skills in a competition and begin suggesting improvements.	Position body to return a ball. Receive a ball in different ways. Throw a ball accurately underarm to a target. Participate in competitive games safely and confidently.
YEAR 2						
Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Master basic movements including running, jumping, throwing and catching.	Perform dances using simple movements. Develop co-Ordination.	Develop balance, agility and co-ordination.	Develop agility and coordination. Participate in team games.	Master basic movements including running, jumping, throwing and catching.	Develop agility and coordination. Participate in team games.



	Participate in team games, developing simple tactics for attacking and defending.				Develop balance and agility.	
Knowledge and Understanding	Demonstrate a chest pass to a partner, beginning to pass over increased distances. Demonstrate a bounce pass to a partner, beginning to pass over increased distances. Catch a ball with basic technique. Use space effectively when attacking and dribbling. Follow simple rules of a game.	Remembers and repeats two counts of eight. Move in time with music most of the time. Demonstrates some spatial and peer awareness. Describe others performances. Suggest appropriate improvements for others' performances.	Demonstrates simple shapes (pencil, tuck, star, and pike) as a balance and within a jump, landing safely. Travel across given space in a variety of ways, including rolls. Recall how to get on and off equipment safely and is beginning to show this. Creates and performs a simple sequence with some control and awareness of peers. Describe what they like about others' performances using some gymnastics vocabulary.	Consistently hold the racket safely and correctly. Throw a ball underarm over the net to a partner. Hit a ball over different heights. Move in towards a ball from the 'ready position'.	Select the most suitable pace and speed for a distance set. Run a short distance, jumping over most the hurdles accurately. Perform a sequence of jumps with some fluency. Decide on the most effective jump for a given distance. Throw a variety of objects and suggest ways of improving distance.	Co-ordinate body to roll or kick a moving ball into a target space. Perform an underarm throw to a partner with increased distance. Catch a ball with some accuracy and control. Use space effectively to support peers when fielding. Compete in games with controlled manner.

YEAR 3

Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Use running, jumping throwing and catching in isolation and in combination. Play competitive games, modified where appropriate.	Perform dances using a range of movement patterns. Compare their performances with previous ones.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Play competitive games, modified where appropriate.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Use running, jumping throwing and catching in isolation and in combination. Compare their performances with previous ones.
Knowledge and Understanding	Perform a chest, bounce and shoulder pass with some accuracy. Consistently receive a ball. Demonstrate	Remember at least two counts of eight of a chosen dance style. Create a motif as a small group. Demonstrates a	Demonstrate with control pencil, star, tuck, and pike and straddle shapes when balancing and jumping. Roll in a	Perform a safe bounce serve, Demonstrate some accuracy hitting a ball over a net. Perform a forehand and	Explain how running technique affects performance. Take off jumps on one foot and land with two feet.	Strike a ball with basic batting technique. Catch a ball with increased consistency. Throw an overarm ball safely.



	control when dribbling within a small space. Demonstrates basic technique to shoot a ball in a net. Mark a player effectively to support team when defending. Follow the rules of a game and play at different positions.	range of dynamics and use of space within a short sequence. Demonstrates some rhythm when performing. Use some dance vocabulary to describe and evaluate performances.	variety of ways when travelling, including, teddy bear, pencil, and egg roll. Vault on to equipment safely with some control. Includes a range of actions, directions and levels within own sequence. Use gymnastics vocabulary to suggest improvements for performances.	backhand shots. Perform a rally with a partner.	Perform a push throw over increased distance with control and accuracy. Apply learned skills in competition with others. Evaluate their performance and describe progress	Support their team fielding with some control and coordination. Work as a team effectively to develop tactics.
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YEAR 4

Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Use running, jumping throwing and catching in isolation and in combination. Play competitive games, modified where appropriate.	Perform dances using a range of movement patterns. Compare their performances with previous ones.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Play competitive games, modified where appropriate.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Use running, jumping throwing and catching in isolation and in combination. Compare their performances with previous ones.
Knowledge and Understanding	Perform a chest, bounce and shoulder pass over increased distances. Shoot on target most of the time. Demonstrates control when travelling with a ball. Intercept some passes. Work effectively within a team.	Remember and repeat a dance of a chosen style. Reflect a chosen dance style within own choreographed motif. Include unison, non and repetition within own choreographed piece. Demonstrates confidence, fluency and some expression when performing. Improve routines based on peer and self-reflection.	Hold balances on equipment for desired time with some control. Demonstrate a half and full turn jump, landing safely on two feet. Perform a hurdle step on to a springboard. Compose a sequence of taught skills including a range of height and shape. Demonstrates confidence and fluency when performing sequence to others.	Consistently perform a bounce serve. Return a ball with an overhead shot. Demonstrate a short rally of varied shots. Move around the court with some footwork patterns.	Demonstrates an effective spring finish. Perform a standing triple jump and measure the distance achieved. Perform a pull throw. Apply learned skills with control when competing against peers. Improve performance following reflection and feedback.	Strike a moving ball over increased distances. Catch a ball consistently of increased distances. Perform an overarm bowl within a game. Decide on effective positions for fielding. Use a range of simple tactics for a game.

YEAR 5



Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Use running, jumping throwing and catching in isolation and in combination. Play competitive games, modified where appropriate.	Perform dances using a range of movement patterns. Compare their performances with previous ones.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Play competitive games, modified where appropriate.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Use running, jumping throwing and catching in isolation and in combination. Compare their performances with previous ones.
Knowledge and Understanding	Chooses the most effective pass during a game. Travel with a ball at different speeds to support in scoring. Lose a defender by using different movements and speeds. Intercept passes with body position. Develop tactics as a team during a game.	Identify the patterns and actions of a chosen style and repeat the dance. Reflect a chosen dance style within own choreographed dance. Include previous choreographing devices taught as well as mirroring within own piece. Perform with some emotion and body language to reflect the mood or story of a dance. Offer improvements to own and other's dance using specific dance vocabulary.	Demonstrates control when transition from one shape or balance to the next. Demonstrate a range of ways to travel, including with flight. Use a springboard to mount the vault, and land safely. Demonstrate an improvement of strength, technique and flexibility throughout performance.	Consistently perform a bounce serve, demonstrating improved positioning. Use speed and height to outsmart opponents. Perform a longer tennis rally with improved reaction and direction. Move around the court with effective footwork.	Knows the importance of stamina and demonstrates this when running. Perform a triple jump with increased control. Perform a fling throw and measure the distance thrown. Demonstrates some understanding of composition when competing. Evaluate the impact of techniques chosen.	Choose the most appropriate body position to strike a ball. Demonstrate control and co-ordination when applying an overarm throw in a game. Catch a ball consistently of increased distances and speeds. Support teammates during a game by choosing the most appropriate space to field. Support teammates in a game by demonstrating a good understanding of tactics, composition, tactics and fair play.

YEAR 6

Focus	Invasion games	Dance	Gymnastics	Net and wall	Athletics	Striking and fielding
National Curriculum links	Use running, jumping throwing and catching in isolation and in combination . Play competitive games, modified where appropriate.	Perform dances using a range of movement patterns. Compare their performances with previous ones	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Play competitive games, modified where appropriate.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones.	Use running, jumping throwing and catching in isolation and in combination. Compare their performances with previous ones.



<p>Knowledge and Understanding</p>	<p>Chooses a variety of passes including straight and square during a game. Shoot a ball accurately under pressures of a competitive game. Use space effectively to maintain possession of a ball. Support team by intercepting passes and marking a player. communicate effectively with team to control the game.</p>	<p>Remember and perform a dance of chosen style to a larger audience. Demonstrates fluency when improvising and combining movements. Reflect a mood and tell a story through dance with appropriate emotions and body language. Evaluate work using complex dance vocabulary. Adapt parts of dance following self or peer evaluation.</p>	<p>Identify the patterns and actions of a chosen style and repeat the dance. Reflect a chosen dance style within own choreographed dance. Include previous choreographing devices taught as well as mirroring within own piece. Perform with some emotion and body language to reflect the mood or story of a dance. Offer improvements to own and other's dance using specific dance vocabulary.</p>	<p>Choose the most effective serve and shots within a game. Identify appropriate times to change position within a game. Demonstrate a variety of shots with accuracy during a game. Choose and demonstrate a variety of footwork patterns in a game.</p>	<p>Perform effectively with others in a relay. Demonstrates control at each stage of the triple jump. Suggest improvement to others for achieving an increased distance/height jumping. Perform a heave throw. Provide a detailed evaluation of performances, offering appropriate suggestions for improvement.</p>	<p>Use space effectively when batting and fielding. Choose the most effective throw within a game. Catch a ball of different speeds, direction and height during a game. Evaluate fielding positions during a game and adapt to improve the outcome. Communicate well with peers to control a game.</p>
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