EUXTON PRIMROSE HILL Primary School

"Together we will make a difference."

Year Group	Dance	Gymnastics	Games	Athletics	OAA	Swimming
EYFS	Move to music and explore body actions. Create simple movement sequences and perform expressively. *Vocabulary*: move, travel, jump, balance, rhythm, pathway, space, direction. *Character Traits*: Confidence, Independence, Co-operation, Perseverance.	Develop balance, coordination and agility through climbing, balancing, crawling and rolling. *Vocabulary*: balance, climb, crawl, roll, shape, apparatus, control. *Character Traits*: Confidence, Resilience, Perseverance.	Develop throwing, catching, kicking, passing, batting and aiming skills. *Vocabulary*: throw, catch, kick, pass, aim, target, receive, team. *Character Traits*: Co-operation, Confidence, Resilience.	Run, jump and throw in a variety of challenges. *Vocabulary*: run, jump, hop, skip, speed, race, obstacle, distance. *Character Traits*: Perseverance, Confidence, Independence.	—	—
Year 1	Travel, turn, jump, gesture and create simple dance phrases. *Vocabulary*: travel, turn, jump, gesture, stillness, strength, energy. *Character Traits*: Imagination, Empathy.	Explore shapes, balances, travelling and rolling. Create simple sequences. *Vocabulary*: shape, balance, roll, jump, apparatus, wide, thin. *Character Traits*: Concentration.	Develop throwing, catching, rolling, bouncing and striking skills. Use simple tactics. *Vocabulary*: underarm throw, overarm throw, catch, bounce, roll, tactic. *Character Traits*: Determination.	Develop running, hopping, jumping and throwing. *Vocabulary*: run, hop, jump, distance, speed, challenge. *Character Traits*: Honesty.	—	—

Year 2	Create dances individually and with a partner. Express moods and feelings. *Vocabulary*: emotion, mood, coordination, control, sequence, rhythm. Character Traits: Resilience, Curiosity.	Perform balances, rolls, jumps and travelling with increased control. *Vocabulary*: dish, arch, tuck, forward roll, balance, apparatus. Character Traits: Courage.	Move into space, pass accurately and strike into space. *Vocabulary*: dodge, strike, receive, pass, attack, space. Character Traits: Co-operation, Concentration.	Develop running, jumping and throwing accuracy. *Vocabulary*: push throw, overarm throw, distance, accuracy, target. Character Traits: Honesty.	—	—
Year 3	Perform expressively using rhythm and dynamics. Create motifs, formations and patterns. Vocabulary: motif, formation, rhythm, choreography, narrative, improvisation. Character Traits: Resilience, Co-operation.	Develop balances, travelling, rolling and six-action sequences. Vocabulary: extension, sequence, apparatus, level, precision, control. Character Traits: Trust, Courage, Evaluation.	**Invasion**: chest pass, bounce pass, movement into space. *Vocabulary*: attack, defence, chest pass, intercept, support. **Striking & Fielding**: bowl, strike, retrieve. *Vocabulary*: batter, fielder, base. **Net & Wall**: racket skills and rallying. *Vocabulary*: racket, rally, target area, court. Character Traits: Communication, Evaluation.	Push, pull and sling throws. Relay events and jumping combinations. Vocabulary: sling throw, relay, baton, technique, distance. Character Traits: Resilience, Evaluation.	Orientate maps and navigate routes safely. Vocabulary: map, route, navigate, control card. Character Traits: Trust, Self-Discipline, Communication.	—
Year 4	Create character and narrative through movement. Perform fluently and evaluate performance. Vocabulary: character, narrative,	Develop one-foot balances, rolls and partner work. Vocabulary: arch, dish, mirroring, matching, extension, precision. Character Traits: Trust,	**Invasion**: dribbling, shooting, feinting. Vocabulary: dribble, shoot, possession, feint. **Striking & Fielding**: straight drive, fielding	Develop push, pull and sling throws and relay running. Vocabulary: run-up, baton, measure, officiate.	Complete teamwork and problem-solving challenges. Vocabulary: teamwork, collaboration, strategy, review. Character	Swim 10-20m unaided and develop confidence in water. More able swimmers use three strokes and learn self-rescue. Vocabulary: float, propel, buoyancy,

	accompaniment, choreography, stimulus. Character Traits: Encouragement, Responsibility.	Self-Motivation, Evaluation, Problem-Solving.	and retrieval. Vocabulary: wicket, straight drive, intercept. **Net & Wall**: positioning and racket control. Vocabulary: placement, receive, rally, target. Character Traits: Communication, Evaluation.	Character Traits: Resilience, Evaluation.	Traits: Resilience, Problem-Solving.	stroke, self-rescue, water safety. Character Traits: Confidence, Responsibility.
Year 5	Perform different dance styles fluently. Adapt weight, space and rhythm. Vocabulary: style, props, costume, design, expression, improvisation. Character Traits: Respect, Co-operation.	Develop counterbalances and counter tension with a partner. Vocabulary: counterbalance, counter tension, acrobatic, compositional principles. Character Traits: Communication, Trust, Evaluation.	**Invasion**: attacking and defending principles in 5v3/5v4 games. Vocabulary: support play, shoulder pass, close down, tactics. **Striking & Fielding**: bowler, backstop and tactical fielding. Vocabulary: rounders, overarm throw, positioning. **Net & Wall**: forehand, backhand and volley. Vocabulary: volley, serve, placement, opponent. Character Traits: Encouragement, Decision Making, Evaluation.	Develop push, pull, sling and heave throws. Improve sprinting and endurance. Vocabulary: heave throw, sprint, endurance, record, evaluate. Character Traits: Resilience, Evaluation.	Work collaboratively to solve increasingly complex challenges. Vocabulary: leadership, communication, strategy, planning. Character Traits: Resilience, Problem-Solving.	Continue developing stroke technique, endurance and water safety skills. Vocabulary: front crawl, backstroke, breathing, survival. Character Traits: Resilience, Responsibility.

Year 6	Compose and perform dances using visual stimuli and advanced partner work. Vocabulary: composition, dynamics, accompaniment, lift, choreography, evaluate. Character Traits: Resilience, Empathy.	Apply compositional principles in group sequences using apparatus. Vocabulary: variation, audience, adapt, compositional principles, resourcefulness. Character Traits: Responsibility, Evaluation, Problem-Solving, Resourcefulness.	**Invasion**: apply width, depth and transition in attacking play. Vocabulary: width, depth, transition, intercept, tactics. **Striking & Fielding**: overarm bowling and wicket keeping. Vocabulary: innings, wicket keeper, strategy. **Net & Wall**: underarm serves and tactical shot placement. Vocabulary: court position, height, direction, serve. Character Traits: Encouragement, Decision Making, Evaluation.	Apply advanced running, throwing and jumping techniques and evaluate performance independently. Vocabulary: sprint, endurance, relay, heave throw, measure, record. Character Traits: Resilience, Evaluation.	Use compass skills and participate in competitive orienteering events. Vocabulary: compass, bearing, navigation, orientation, orienteering. Character Traits: Communication.	Swim confidently and fluently using a range of strokes. Demonstrate water safety and self-rescue skills. Vocabulary: fluency, survival, self-rescue, stroke, water safety. Character Traits: Responsibility, Confidence.