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| A Year 1 Sports Person | A Year 2 Sports Person | A Year 3 Sports Person | A Year 4 Sports Person | A Year 5 Sports  Person | A Year 6 Sports  Person |
| Games  Explore different ways using a ball  Explore ways to send a ball or other equipment  Retrieve and stop a ball using different parts of the body.  Participate in simple team games (1v1, 2v2)  Develop simple attacking and defending techniques  Pass and receive a ball in different ways with increased control.  Gymnastics  Be still in different body shapes and balances and combine different ways of travelling.  Move between mats and small apparatus and change the speed  of movement.  Develop balance, agility, co-ordination of travelling, stillness,  jumping, timing, changing shape,  direction and size.  Dance  Learn what makes a good start and finish position in a sequence.  Learn how to move their bodies in a variety of ways.  Respond to different music showing a range of emotions and stimulus.  Perform dance movements and  simple sequences using simple  movement patterns.  Be taught to remember and perform short dance routines to other children (1-8 steps)  Athletics  Sprint 30m within 9-6seconds  Jump for height10-14cm  Jump for distance 60 – 89cm  Overarm throw 10-19m  Chest push3-4m  Run for longer distance 200m within 1:45-1:31  Health and Fitness  Talk about what our bodies do  during exercise e.g breathing  Practice skills to make them warmer and cooler before and after exercises.  Discuss how the body changes during exercise | Games  Develop control and accuracy when moving with a ball in a variety of different games.  Pass and receive a ball with more control and accuracy.  Use different rules and tactics.  Keep the ball and find best places to score.  Participate in team games.  Understand and develop tactics for attacking and defending.  Gymnastics  Develop short sequences.  Form simple sequences of different actions using floor and  apparatus.  Have a clear start, middle and end.  Say when a movement or skill is performed well.  Describe what they have done and what they have seen.  Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction  Dance  Perform dances using simple movement patterns with a clear  start middle and end.  On their own can remember and  perform short dance routines to other children (1-8 steps)  Evaluate and improve a dance  performance by recording and  viewing their rehearsals.  Athletics  Sprint 30m under 6 secs  Jump for height 15-19cm  Jump for distance 60 – 89cm  Overarm throw 10-19m  Chest push 3-4m  Run for longer distance 200m under 1:30  Health and Fitness  Talk about what our bodies do during exercise e.g breathing, start to find their pulse  Practice skills to make them warmer and cooler before and after exercises.  Discuss how the body changes during exercise | Games  Partner using a number of sending and receiving techniques.  Improve accuracy of passes and use space to keep possession better.  Remain in control of ball while travelling.  Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.  Know which passes are best, tactics to keep possession.  Find space to receive and support.  Know what to think about when team has and hasn't got the ball.  Gymnastics  Practice and concentrate on quality  of movement.  Link different balances moving in and out of positions of stillness.  Transfer weight smoothly from one  part of body to another.  Use actions on floor and over, though, across and along apparatus.  Vary and apply actions on floor and  apparatus.  Dance  Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement.  Learn a short sequence with a clear, middle and end that they can perform on their own and in a group, with  between 8-20steps.  Learn how to develop actions and  movements within short dances by  changing the dynamics, space and  relationships.  Learn a variety of travels, gestures,  turns, jumps and balances with good  composure and control  Athletics  Sprint 50m within 17-14secs develop  to 13-10secs  Jump for height 20-24cm  Jump for distance90 - 119cm  Overarm throw 20- 29m  Chest push 34-6m  Run for longer distance 400m  3:30-2:31 develop to 2:30-2:01  Health and Fitness  Keep up an activity over a period of time and know what they need to  warm up and cool down.  Recognise and describe what their bodies feel like during different types of activity.  Describe what happens to their heart, breathing and temperature during different types of athletic activity | Games  Play 3vs1 and 4vs1 and how to use the space and help each other.  Choose and adapt their techniques to keep possession.  Plan ideas and tactics similar across invasion games.  Know what rules are needed to make games fair.  Understand simple patterns of play.  Evaluate how successful their tactics have been and identify what they do  that makes things difficult for their opponents.  Gymnastics  Devise, perform and repeat sequences that include travel, body shapes and balances.  Include changes of dynamics.  Work with a partner and small groups to create sequences.  Adapt their sequences to include apparatus and to suit partner or  small group.  Dance  Explore and create characters and  narratives in response to a range  of stimuli.  Compose short dances with clear  start, middle and end on their own,  partners and in groups.  Developing basic actions and skills  using: dynamics, space and  relationships, travels, gestures, turns,  jumps and balances with good  composure and control.  Can remember and perform a longer  dance routine to others (8-20steps)  Athletics  Sprint 50m within 13-10secs develop  to under 10secs  Jump for height 25-29cm  Jump for distance120-149cm  Overarm throw 20-29m develop to 30-34m  Chest push 4-6m develop to 6-8m  Run for longer distance 400m 2:30-2:01 develop to under 2mins  Health and Fitness  Learn some of the main muscles groups during warm up and cool down.  Start to take their pulse before, during and after exercise and  explain the effect.  Know a warm routine  Involving dynamic stretches , led  by an adult or child. | Games  Show ways to keep ball away from defenders.  How to shield the ball.  Change speed, direction with ball to get away from defender.  Shoot accurately in a variety of ways.  Mark an opponent.  Watch and evaluate the success of the games they play in.  Change pitch size to make games better.  Gymnastics  Explore range of symmetric and  asymmetric actions, shapes and balances.  Control actions and combine them fluently.  Be aware of extension, body tension and control.  Move from floor to apparatus, change levels and move safely.  Combine movements with other in a group (matching and mirroring).  Identify one or two aspects of their  performance to practice and improve.  Dance  Explore and improvise ideas for dances in different styles, working on  their own, with a partner and in a group.  Explore and experiment imaginatively with a stimulus for a given audience.  Composing more complex routines  with clear sections, starting to use unison, canon, repetition. Changing  the dynamics, space and relationships.  Can remember and perform a dance  routine to any audience with 20+  steps.  Athletics  Know how to plan a run so they pace themselves.  Set themselves and others targets in different events.  Identify parts of the performance that need to be practised and refined, and suggest improvements.  Sprint 75m within 20-16 develop to  15-12secs  Jump for height 30-34cm Jump for distance150 -179cm  Leap hurdles 60m within 25  Overarm throw 30-34m develop to  35+m  Chest push 6-8m develop to 8+  Run for longer distance 600m 5:00-3:31 develop to 3:30-2:31  Health and Fitness  Can take pulse, and name some  Muscles correctly, and they can explain the effects of exercise on  their body.  Can start to lead their own warm  up using dynamic stretches in small groups,  know what muscles to warm up  effectively for different exercises.  Understand why exercise is good  for their fitness, health and wellbeing | Games  Understand different ways of attacking and defending.  Encourage them to use positions for their team carefully.  Understand different ways to attack and defend.  Choose right formations and tactics for attack and defence.  Know how they support other players in attack and defence.  Gymnastics  Make up a sequence and adapt it to different apparatus layouts.  Use combinations of dynamics (pathways) to use space effectively.  Make up own rule for longer, more complex sequences.  Plan a sequence and adapt it to limited equipment.  Work with a partner or group of 4  Use compositional ideas (contrasts and variation in shape,  speed, level, timing and actions)  Dance  Explore, improvise and combine  movement ideas fluently and  effectively.  To evaluate, refine and develop their own and others’ work.  Composing more complex routines with clear sections,  using unison, canon, repetition. Changing the dynamics, space  and relationships  Can remember and perform a dance routine to any audience with 20+ steps.  Athletics  Sustain pace over longer distances,  Throw with greater control,  accuracy and efficiency.  Perform a range of jumps  showing power, control and  consistency at both take off  and landing.  Sprint 75m within 20-16 develop to 15-12secs  Jump for height 30-34cm  Jump for distance 150-179cm  Overarm throw 30- 34m develop to 35+m  Chest push 6-8m develop to 8+  Run for longer distance 600m 5:00-3:31 develop to 3:30-2:31  Health and Fitness  Know some ideas for warm up exercises and routines.  Can take pulse, and name some  Muscles correctly, and  they can explain the effects of exercise on their body.  Value of exercise outside of school  day.  Understand why exercise is good |

** Being a Sports Person at Hambleton Primary Academy**