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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 SportsPerson | A Year 6 SportsPerson |
| GamesExplore different ways using a ball Explore ways to send a ball or other equipmentRetrieve 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. GymnasticsBe still in different body shapes and balances and combine different ways of travelling. Move between mats and small apparatus and change the speedof movement.Develop balance, agility, co-ordination of travelling, stillness,jumping, timing, changing shape,direction and size.DanceLearn 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 andsimple sequences using simplemovement patterns.Be taught to remember and perform short dance routines to other children (1-8 steps)AthleticsSprint 30m within 9-6secondsJump for height10-14cmJump for distance 60 – 89cmOverarm throw 10-19mChest push3-4mRun for longer distance 200m within 1:45-1:31Health and FitnessTalk about what our bodies doduring exercise e.g breathingPractice skills to make them warmer and cooler before and after exercises.Discuss how the body changes during exercise | GamesDevelop 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.GymnasticsDevelop short sequences.Form simple sequences of different actions using floor andapparatus.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, directionDancePerform dances using simple movement patterns with a clearstart middle and end.On their own can remember andperform short dance routines to other children (1-8 steps)Evaluate and improve a danceperformance by recording andviewing their rehearsals. AthleticsSprint 30m under 6 secsJump for height 15-19cmJump for distance 60 – 89cmOverarm throw 10-19mChest push 3-4mRun for longer distance 200m under 1:30Health and FitnessTalk 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 | GamesPartner 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.GymnasticsPractice and concentrate on qualityof movement.Link different balances moving in and out of positions of stillness.Transfer weight smoothly from onepart of body to another.Use actions on floor and over, though, across and along apparatus. Vary and apply actions on floor andapparatus.DanceImprovise 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, withbetween 8-20steps.Learn how to develop actions andmovements within short dances bychanging the dynamics, space andrelationships.Learn a variety of travels, gestures,turns, jumps and balances with goodcomposure and controlAthleticsSprint 50m within 17-14secs developto 13-10secsJump for height 20-24cmJump for distance90 - 119cmOverarm throw 20- 29mChest push 34-6mRun for longer distance 400m3:30-2:31 develop to 2:30-2:01Health and FitnessKeep up an activity over a period of time and know what they need towarm 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 | GamesPlay 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 dothat makes things difficult for their opponents.GymnasticsDevise, 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 orsmall group.DanceExplore and create characters andnarratives in response to a rangeof stimuli.Compose short dances with clearstart, middle and end on their own,partners and in groups.Developing basic actions and skillsusing: dynamics, space andrelationships, travels, gestures, turns,jumps and balances with goodcomposure and control.Can remember and perform a longerdance routine to others (8-20steps)AthleticsSprint 50m within 13-10secs developto under 10secsJump for height 25-29cmJump for distance120-149cmOverarm throw 20-29m develop to 30-34mChest push 4-6m develop to 6-8mRun for longer distance 400m 2:30-2:01 develop to under 2minsHealth and FitnessLearn some of the main muscles groups during warm up and cool down.Start to take their pulse before, during and after exercise andexplain the effect.Know a warm routineInvolving dynamic stretches , ledby an adult or child. | GamesShow 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. GymnasticsExplore range of symmetric andasymmetric 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 theirperformance to practice and improve.DanceExplore and improvise ideas for dances in different styles, working ontheir own, with a partner and in a group. Explore and experiment imaginatively with a stimulus for a given audience.Composing more complex routineswith clear sections, starting to use unison, canon, repetition. Changingthe dynamics, space and relationships.Can remember and perform a danceroutine to any audience with 20+steps.AthleticsKnow 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 to15-12secsJump for height 30-34cm Jump for distance150 -179cmLeap hurdles 60m within 25Overarm throw 30-34m develop to35+mChest push 6-8m develop to 8+Run for longer distance 600m 5:00-3:31 develop to 3:30-2:31Health and FitnessCan take pulse, and name someMuscles correctly, and they can explain the effects of exercise ontheir body.Can start to lead their own warmup using dynamic stretches in small groups,know what muscles to warm upeffectively for different exercises.Understand why exercise is goodfor their fitness, health and wellbeing | GamesUnderstand 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.GymnasticsMake 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 4Use compositional ideas (contrasts and variation in shape,speed, level, timing and actions) DanceExplore, improvise and combinemovement ideas fluently andeffectively. To evaluate, refine and develop their own and others’ work. Composing more complex routines with clear sections,using unison, canon, repetition. Changing the dynamics, spaceand relationshipsCan remember and perform a dance routine to any audience with 20+ steps.AthleticsSustain pace over longer distances, Throw with greater control,accuracy and efficiency.Perform a range of jumpsshowing power, control andconsistency at both take offand landing. Sprint 75m within 20-16 develop to 15-12secsJump for height 30-34cmJump for distance 150-179cmOverarm throw 30- 34m develop to 35+mChest push 6-8m develop to 8+Run for longer distance 600m 5:00-3:31 develop to 3:30-2:31Health and FitnessKnow some ideas for warm up exercises and routines.Can take pulse, and name someMuscles correctly, andthey can explain the effects of exercise on their body.Value of exercise outside of schoolday.Understand why exercise is good |

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