



### Early Learning Goals

EYFS	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.	
	Fundamental Movement Skills	Attacking and Defending (Invasion Games)	Net & Wall Skills	Striking & Fielding Skills	Gymnastics	Dance	Athletics
Year 1	Improve running, jumping, throwing and catching in simple games like hit-catch-run and target games. Begin control of direction and speed.	Begin to attack and defend space in simple games.	Send and return balls using hands or bats.	Strike stationary balls and field simple throws.	Perform simple balances and sequences.	Copy simple dance movements and patterns.	Basic running, jumping and throwing.
Year 2	Combine movements (run + throw, jump + land). Begin accuracy in throwing and catching and controlled stopping and starting.	Start to make simple decisions: when to pass, move or shoot.	Send and return balls using hands or bats.	Strike stationary balls and field simple throws.	Link movements together (rolls, jumps, shapes).	Create short movement phrases.	Basic running, jumping and throwing.
Year 3	Apply movements in small games such as handball and cricket. Develop agility, balance and coordination in competitive contexts.	Understand basic tactics such as finding space and marking opponents.	Control rallies in simplified net games.	Begin batting and fielding roles (cricket/rounders).	Develop control and body tension in sequences.	Perform sequences with timing and expression.	Improve technique in sprinting, jumping and throwing.
Year 4	Perform movements with greater control and fluency. Link skills during invasion games and athletics.	Use team strategies (support play, defending space).	Develop consistency in sending and receiving (tennis / badminton basics).	Develop batting direction and fielding teamwork.	Perform partner balances and symmetrical sequences.	Work collaboratively to create dances.	Combine skills in relay and field events.
Year 5	Demonstrate speed, power and control in athletics and invasion games. Adjust movement based on tactics.	Apply structured attacking and defending tactics in games like basketball, football and tag rugby.	Use placement and positioning during rallies.	Understand game strategy (field placement, batting tactics).	Create longer routines with levels and apparatus.	Use dynamics, space and formation.	Refine technique and measure performance.
Year 6	Execute complex movement combinations under pressure (e.g., attacking/defending transitions in games).	Analyse gameplay and adapt tactics to improve team performance.	Apply tactics to outplay opponents in tennis and badminton.	Apply tactical awareness and leadership in games like rounders or cricket.	Demonstrate fluency, control and creativity in group sequences.	Perform choreographed routines confidently with musicality.	Demonstrate advanced technique and evaluate performance.

