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	Early Years	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Gross and Fine Motor Skills – Basic Skills	<p>Basic Skills - Negotiating Space:</p> <ul style="list-style-type: none"> I can negotiate space successfully. (CyA: Au1; CyA: Su2; CyB: Sp1; CyB: Su2) I can move freely and with pleasure and confidence in a range of ways. (CyA: Au1; CyB: Sp1) I know how to travel with my head up. (CyA: Au2) I can run skilfully. (CyA: Su2; CyB: Su2) I know what spinning is. (CyB: Au1) I can travel close to the ground. (CyB: Au1) I can travel with confidence and skill around, under, over and through. (CyB: Au1) I can move confidently at different levels. (CyB: Au1) I can make up a short sequence with a change in level. (CyB: Au1) I can climb stairs, steps and move across climbing equipment using alternate feet. (CyB: Au1) I can move at different speeds, starting and stopping safely. (CyB: Au2) I can find a space. (CyB: Sp1) I know the difference between a push and a pull. (CyB: Su1) I can show different levels when I travel. (CyB: Su2) I know how to travel by pulling and pushing myself across the floor. (CyB: Su1) I can push down, up, forward, backwards and high. (CyB: Su1) I can pull down, up, forward, backwards, and high. (CyB: Su1) I know to avoid rushing and trying to do things too quickly. (CyB: Su2) I can move in creative ways. (CyB: Au2) I can use space safely. (CyB: Su1) I can move creatively in different ways across a space. (CyB: Su1) I can create movements. (CyB: Su1) I can copy movements. (CyB: Su1) I can move with control and poise. (CyB: Su1) 	<p>Basic Skills - Negotiating Space:</p> <ul style="list-style-type: none"> I know to run with my head up. (CyB: Au1) I can run skilfully. (CyB: Au1) I can negotiate space successfully. (CyB: Au1) I can move through an obstacle course skilfully. (CyB: Au1) I know that focussing my eyes and using my arms helps me to balance better. (CyA: Au1; CyB: Sp1) I know to stay focussed and keep my head up when moving around. (CyA: Au1; CyB: Sp1) I know to be focussed and aware of what is happening around me. (CyA: Au1; CyB: Sp1) I can move carefully, retaining my balance. (CyA: Au1; CyB: Sp1) I can share space considerately. (CyA: Au1; CyB: Sp1) I can move safely with awareness of others. (CyA: Au1; CyB: Sp1) I know how to move around whilst being aware of others. (CyB: Su1) I can move around safely in a limited space. (CyB: Su1) 		
	travel space position position following mirroring	rushing spinning control pathways sequence backwards	forwards focussing push pull poise	obstacle

Gross and Fine Motor Skills – Basic Skills	<p>Basic Skills - Changing Direction:</p> <ul style="list-style-type: none"> I can move in different directions. (CyA:Sp1) I can run quickly in a straight line. (CyA:Sp1) I know what following means. (CyA:Sp2;CyB:Sp1) I know what mirroring means. (CyA:Sp2;CyB:Sp1) I know how to travel backward safely. (CyA:Au1) I know my left from right. (CyA:Au2) I can walk forwards and backwards, stopping when instructed. (CyB:Sp1) I know the differences between ‘back-to-back’, ‘under and over’ and ‘side-to-side’. (CyB:Su1) 	<p>Basic Skills - Changing Direction:</p> <ul style="list-style-type: none"> I know to glance periodically over both shoulders when travelling backwards. (CyA:Au1;CyB:Sp1) I can travel backwards safely. (CyA:Au1;CyB:Sp1) I can change direction confidently and competently. (CyB:Su1) 		
	backward travel back-to-back forward half turn side-to-side right quarter turn under and over left			
	<p>Basic Skills – Footwork:</p> <ul style="list-style-type: none"> I know how to dodge. (CyA:Au1;CyB:Sp1;CyB:Su1) I can dodge off either foot. (CyA:Au2) I can dodge. (CyA:Au1; CyB:Sp1;CyB:Su1) I know what good dodging looks like. (CyA:Au2) I know to shift my weight quickly from one foot to the other to dodge well. (CyB:Su1) I can gallop confidently. (CyA:Au1; CyB:Sp1) I can leap, bend, stretch and gallop. (CyB:Au2) I know how to gallop. (CyB:Sp1) I can manipulate objects whilst galloping. (CyB:Sp1) I can gallop confidently with either leg as the lead leg. (CyB:Sp1) I can perform a side gallop. (CyB:Au2) I know how to slide. (CyA:Au2) I can slide. (CyA:Au2) I can move creatively. (CyA:Su2) I know how to slide and scramble. (CyB:Au1) I know what sliding is. (CyB:Sp1) I can slide to my left and right. (CyB:Sp1) 	<p>Basic Skills – Footwork:</p> <ul style="list-style-type: none"> I can dodge. (CyA:Au1;CyB:Sp1) I know to use my arms to help me to hop. (CyA:Au1;CyB:Sp1) I can hop. (CyA:Au1;CyB:Sp1) 		
	dodge gallop slide right left scramble			

Basic Skills - Balance, Coordination and Core Strength	Basic Skills - Balance, Coordination and Core Strength	Basic Skills - Balance, Coordination and Core Strength	Basic Skills - Balance, Coordination and Core Strength
<ul style="list-style-type: none"> I know to keep my arms out to help me to balance. (CyA:Au2;CyB:Sp1;CyB:Sp2;CyB:Su1) I know to focus my eyes to help me to balance. (CyA:Au2;CyB:Au2;CyB:Sp1;CyB:Su1) I know my left from right. (CyA:Au2) I can maintain balance while twisting, bending and reaching. (CyA:Au2) I can balance on different body parts. (CyA:Sp1) I can walk with balance, control and poise. (CyA:Su2) I know what I need to do with my arms and eyes to balance on one leg. (CyA:Su2;CyB:Su2) I can pick something up whilst balanced on one leg. (CyB:Su1) I can pick up, carry and put down with care. (CyA:Su2;CyB:Su2) I can thread with control. (CyA:Su2;CyB:Su2) I can build carefully, using small objects. (CyA:Su2;CyB:Su2) I can show increasing control over an object. (CyA:Su2) I can balance a beanbag on different parts of my body. (CyB:Au2) I can maintain balance whilst moving slowly. (CyB:Sp1;CyB:Su1) I know what a V shape is. (CyB:Sp2) I can perform a butterfly pose. (CyB:Sp2) I can perform a lion pose. (CyB:Sp2) I can pose like creatures that can be found in different parts of the world. (CyB:Sp2) I can stretch high and retain my balance. (CyB:Sp2) I can perform a tree pose. (CyB:Sp2) I can perform a downward dog pose. (CyB:Sp2) I can hold poses which depict different people, places or things. (CyB:Sp2) I can think imaginatively. (CyB:Sp2) I can twist, bend and reach whilst maintaining my balance. (CyB:Su1) I can maintain my balance whilst lifting and carrying. (CyB:Su1) I can use the strength in my hand to manipulate objects. (CyB:Su2) 	<ul style="list-style-type: none"> I know how to start and finish a sequence. (CyB:Au1) I know what symmetrical shapes are. (CyB:Au1) I know what asymmetrical work looks like. (CyB:Au1) I know the difference between symmetrical and asymmetrical shapes. (CyB:Au1) I know what points are. (CyB:Au1) I can perform controlled spins. (CyB:Au1) I can support my body weight in symmetrical balances. (CyB:Au1) I can spin on apparatus. (CyB:Au1) I can perform asymmetrical spins on side, front, back and bottom. (CyB:Au1) I can balance asymmetrically. (CyB:Au1) I can work with a partner to perform routines in different formations. (CyB:Au1) I can perform a combination of symmetrical and asymmetrical spins on patches. (CyB:Au1) I can spin at different levels on points. (CyB:Au1) I can perform a sequence of spins on points, with a mixture of symmetrical and asymmetrical shapes. (CyB:Au1) I can hold balances on different points of the body. (CyB:Au1) I can hold balances at different levels. (CyB:Au1) I can spin out of balances to form a sequence. (CyB:Au1) I know which parts of my body help me with balancing. (CyB:Au1) I can use tools to help me to manipulate objects. (CyB:Au1) I can show increasing control over an object. (CyB:Au1) I can balance on one leg. (CyB:Au1) I can thread objects. (CyB:Au1) I can pick up, carry and put down with care. (CyB:Au1) I know the importance of quiet and focus whilst performing yoga moves. (CyB:Au2,Sp2) I can pose like a variety of jungle creatures. (CyB:Au2,Sp2) I can bend, stretch and reach. (CyB:Au2,Sp2) I can form balanced poses. (CyB:Au2,Sp2) 	<ul style="list-style-type: none"> I can perform a variety of yoga poses. (CyA&B:Su2) I can retain my focus and concentrate on the quality of my own work. (CyA&B:Su2) I can perform a variety of poses. (CyB:Sp2) I can retain my focus. (CyB:Sp2) I can hold positions with good alignment and shape. (CyB:Sp2) I can work with control whilst isolating body parts. (CyB:Sp2) I can work in a group to perform different poses. (CyB:Sp2) 	<ul style="list-style-type: none"> I know what the rest position is. (CyB:Au1) I know a relaxation pose. (CyB:Au1) I know the wider benefits of doing regular yoga. (CyB:Au1) I know some of the benefits of some individual yoga poses. (CyB:Au1) I can adopt the rest position and the relaxation pose. (CyB:Au1) I can hold my poses for 3 slow breaths. (CyB:Au1) I can prepare my body for yoga. (CyB:Au1) I can put myself in the right state of mind to get the most out of my yoga session. (CyB:Au1) I can identify which yoga poses are particularly helpful for me. (CyB:Au1) I can perform a wide range of yoga poses. (CyB:Au1)
<p>twisting bending</p>	<p>reaching balance</p>	<p>pose</p>	<p>sequence symmetrical asymmetrical</p>

Gross and Fine Motor Skills - Dancing	<p>Dancing</p> <ul style="list-style-type: none"> I can perform in canon with a partner. (CyA: Au1) I know what canon is and how to time its use effectively. (CyA: Au1) I know how to use words in a poem to create shape, movements or feelings. (CyA: Sp2) I know control is important when performing. (CyA: Sp2) I can use my body to create shapes, movements and actions. (CyA: Sp2) I can travel safely and creatively in a space. (CyA: Sp2) I can work with a partner. (CyA: Sp2) I can look at pictures and create shapes, movements and actions. (CyA: Sp2; CyB: Sp2) I can identify what good movements like. (CyA: Sp2) I can remember and perform a basic sequence of movement when led by a teacher. (CyA: Sp2; CyB: Au1; CyB: Sp2; CyB: Su2) I know how to use the words in a poem to create shapes, movements or feelings. (CyB: Au1; CyB: Sp2; CyB: Su2) I know that control is important when performing. (CyB: Au1; CyB: Su2) I can use my body to create simple theme related shapes, movements and actions. (CyB: Au1; CyB: Sp2; CyB: Su2) I can travel creatively in a space. (CyB: Au1) I can show different levels when I travel. (CyB: Au1; CyB: Sp1) I can look at pictures to create shapes, movements and actions. (CyB: Au1; CyB: Su2) I know how to translate ideas into simple theme related shapes, movements and actions. (CyB: Sp2; CyB: Su2) I can use my body to express simple theme related shapes, movements and feelings. (CyB: Su2) 	<p>Dancing</p> <ul style="list-style-type: none"> I know how to translate words and ideas into theme relates shapes, movements and actions. (CyA: Au1, Au2; CyB: Au2, Sp2) I know how to link ideas and movements together so that they start to flow. (CyA: Au1, Au2; CyB: Au2, Sp2) I can use my body to create theme related shapes, movements and actions. (CyA: Au1, Au2; CyB: Au2, Sp2) I can use poems and pictures to create shapes, movements and actions. (CyA: Au1, Au2; CyB: Au2, Sp2) I can travel safely and creatively in a space. (CyA: Au1, Au2; CyB: Au2, Sp2) I can show different levels when I travel. (CyA: Au1, Au2; CyB: Au2, Sp2) I can remember and perform a simple sequence of movement. (CyA: Au1, Au2; CyB: Au2, Sp2) 	<p>Dancing</p> <ul style="list-style-type: none"> I know how to translate words and ideas into actions. (CyA: Au1; CyB: Sp1) I know how to listen to others and share my own ideas. (CyA: Au1; CyB: Sp1) I know how to use canon, direction and level to improve me ideas (CyA: Au1; CyB: Sp1) I know how to recognise good timing, execution and performance skills. (CyA: Au1; CyB: Sp1) I can demonstrate some agility, balance, co-ordination and precision. (CyA: Au1; CyB: Sp1) I can creatively change between static actions and travelling movements. (CyA: Au1; CyB: Sp1) I can show different levels and pathways when I travel. (CyA: Au1; CyB: Sp1) 	<p>Dancing</p> <ul style="list-style-type: none"> I know how to translate words or ideas into actions and combine them together. (CyA&B: Au2, Sp2, Su2) I know how to translate theme related actions into travelling movements. (CyA&B: Au2, Sp2, Su2) I know how to translate images into actions to communicate meaning. (CyA&B: Au2, Sp2, Su2) I know how to use choreography to create a sequence. (CyA&B: Au2, Sp2, Su2) I know how to use canon, formation changes, direction and level to improve my ideas. (CyA&B: Au2, Sp2, Su2) I know how to recognise good timing, execution and performance skills. (CyA&B: Au2, Sp2, Su2) I can demonstrate agility, balance, co-ordination and precision. (CyA&B: Au2, Sp2, Su2) I can creatively change static actions into travelling movements. (CyA&B: Au2, Sp2, Su2) I can show different levels and pathways when I travel. (CyA&B: Au2, Sp2, Su2) I can communicate effectively with a partner and within a group. (CyA&B: Au2, Sp2, Su2) I can evaluate the work of others using accurate technical language. (CyA&B: Au2, Sp2, Su2)
	shape movement feelings mirror perform	shapes movements levels sequence flow	timing execution performance static agility	timing execution agility coordination

Gross and Fine Motor Skills - Gymnastics	<p>Gymnastics - Pathways</p> <ul style="list-style-type: none"> I know what pathways are. (CyB: Au2) 	<p>Gymnastics - Pathways</p> <ul style="list-style-type: none"> I can jump in different pathways with coordination. (CyB: Sp1) I can perform a sequence in a zig zag pathway. (CyB: Sp1) I can use different pathways within a sequence. (CyB: Sp1) 	<p>Gymnastics - Pathways</p> <ul style="list-style-type: none"> I can link movements seamlessly. (CyA: Au2) I know how to share apparatus space with others. (CyA: Sp1) 	<p>Gymnastics – Pathways</p> <ul style="list-style-type: none"> I can work in different pathways with my group. (CyA: Sp1) I know how to use different pathways in my flight sequences. (CyB: Sp1)
	<p>Gymnastics – Travelling</p> <ul style="list-style-type: none"> I can link two movements together. (CyB: Au1; CyB: Au2) I know how to travel by pushing and pulling myself. (CyB: Au2) I know what stepping is. (CyB: Au2) I know to keep my head up when travelling with weight on my hands. (CyB: Au2) I can travel in different ways along the floor. (CyB: Au2) I can travel in different ways with weight on my hands. (CyB: Au2) 	<p>Gymnastics – Travelling</p> <ul style="list-style-type: none"> I can travel in curled positions. (CyA: Sp1) I can stretch and curl whilst performing a variety of gymnastics movements. (CyA: Sp1) I can demonstrate a variety of travelling into and out of supports. (CyA: Sp1) I know different ways of changing direction. (CyB: Sp1) I know that changes of direction can make my work more aesthetically pleasing. (CyB: Sp1) I can step in controlled, elegant movements. (CyB: Sp1) I can push and pull myself along the ground on different parts of my body. (CyB: Sp1) I can step and turn gracefully. (CyB: Sp1) 	<p>Gymnastics - Travelling</p> <ul style="list-style-type: none"> I can explore a variety of rolls. (CyA: Au2) I know the technique for rolling safely on my shoulders and in a teddy bear roll. (CyA: Sp1) I can perform shoulder and teddy bear rolls. (CyA: Sp1) I can perform a forward roll. (CyA: Sp2) I know to change direction. (CyB: Au2) 	<p>Gymnastics – Travelling</p> <ul style="list-style-type: none"> I can slide, scramble, push and spin. (CyA: Sp1) I can perform in canon to a consistent tempo so that my sequence flows. (CyA: Sp1)
	<p>Gymnastics - Rolling</p> <ul style="list-style-type: none"> I can rock on different body parts. (CyA: Au1) I can perform a log and egg roll with control as part of a sequence. (CyA: Au1) I can roll sideways and forwards with control. (CyA: Au1) I can rock and roll. (CyA: Au1) I can demonstrate 3 different ways of rolling with good control. (CyA: Au1) I can move from one roll to another by rocking. (CyA: Au1) I know how to perform rolls safely. (CyA: Au1) I know to be aware of the position of others before rolling. (CyA: Au1) I know how to rock. (CyB: Au1) I can roll in different ways. (CyB: Au1) 	<p>Gymnastics - Rolling</p> <ul style="list-style-type: none"> I can change my pathway after each roll by spinning. (CyA: Au2) I can perform a twist and then roll. (CyA: Au2) 	<p>Gymnastics – Rolling</p> <ul style="list-style-type: none"> I know how to perform a forward roll safely. (CyB: Au1) I know how to adjust my hands when rolling along or over apparatus. (CyB: Au1) I know the correct technique for rolling backwards. (CyB: Au1) I know how to roll over a partner safely. (CyB: Au1) I can perform a forward roll with good technique and control. (CyB: Au1) I can perform a forward roll as part of a sequence of roll. (CyB: Au1) I can roll along benches, nesting tables, round tables or horses. (CyB: Au1) I can roll backwards and come to standing without knees touching the mat. (CyB: Au1) I can roll backwards into straddle. (CyB: Au1) I can roll over a partner. (CyB: Au1) I can mirror a partner’s rolls with good timing. (CyB: Au1) I can produce a sequence of rolls which show elements of unison, canon and mirroring. (CyB: Au1) 	

<p>Gymnastics - Jumping</p> <ul style="list-style-type: none"> • I know what a jump is. (CyA: Au1; CyB: Sp1) • I can jump in different ways, and in control. (CyA: Au1; CyB: Sp1) • I can leap. (CyA: Au1; CyB: Su1) • I know some different jumping shapes. (CyA: Au2) • I can jump in different ways. (CyB: Au2) • I know how to jump and land safely. (CyB: Au1; CyB: Au2) • I can jump off an object and land appropriately. (CyB: Au1) • I know the difference between a leap and a jump. (CyA: Au2) • I know how to gain extra elevation. (CyA: Au2) • I can jump in a variety of ways. (CyA: Au2) • I can jump, showing good technique through take-off and landing. (CyA: Au2) • I can control a star jump and pencil jump. (CyA: Au2) • I can jump and show a tucked body shape in the air. (CyA: Au2) • I can change leg positions whilst I am in the air. (CyA: Au2) • I can execute a variety of jumps and leaps with control. (CyA: Au2) • I can include jumps and leaps in sequence work on the floor and apparatus. (CyA: Au2) • I can perform star jumps. (CyB: Au2) • I can perform tuck jumps. (CyB: Au2) • I know how to jump in different ways. (CyB: Su1) • I know which parts of my body are especially important to help me to jump well. (CyB: Su1) 	<p>Gymnastics – Jumping</p> <ul style="list-style-type: none"> • I know a range of different types of jumps which are stretched and curled. (CyA: Sp1) 	<p>Gymnastics – Jumping</p> <ul style="list-style-type: none"> • I can jump dynamically. (CyA&B: Su2) • I can land safely. (CyA&B: Su2) 	<p>Gymnastics – Jumping</p> <ul style="list-style-type: none"> • I know how to make a variety of shapes in the air. (CyB: Sp1) • I know how to use apparatus as part of my jumping routines. (CyB: Sp1) • I know how to make my jumps aesthetically pleasing. (CyB: Sp1) • I know to spring from two feet into flight. (CyB: Sp1) • I know how to leapfrog safely. (CyB: Sp1) • I can take off from one foot or two feet. (CyB: Sp1) • I can gain elevation from a powerful run and dynamic take off. (CyB: Sp1) • I can create shapes whilst in flight. (CyB: Sp1) • I can land with soft knees and a strong symmetrical position. (CyB: Sp1) • I can leapfrog. (CyB: Sp1) • I can perform jumps gracefully. (CyB: Sp1)
<p>Gymnastics – Changing Level</p> <ul style="list-style-type: none"> • I can travel with confidence and skill around, under, over and through. (CyB: Au2) • I can travel high and low in different pathways. (CyB: Au2) • I can use apparatus. (CyB: Au1) • I can use apparatus imaginatively. (CyB: Au2) • I can jump from low apparatus in different ways. (CyA: Au1) • I know to bend my legs when landing to cushion the impact. (CyA: Au2) • I know how to jump onto and off apparatus safely. (CyA: Au2) 	<p>Gymnastics – Changing Level</p> <ul style="list-style-type: none"> • I can work at all three levels. (CyA: Au2) • I know the importance of working at different levels. (CyA: Sp1) • I know to perform with changes of level, direction and speed. (CyA: Sp1) • I can travel at high levels to trace a pattern on the floor. (CyB: Sp1) • I can travel across the floor like a spider. (CyB: Sp1) • I can mount and dismount apparatus using different pathways. (CyB: Sp1) • I know how to mount and dismount apparatus imaginatively and safely. (CyB: Sp1) 	<p>Gymnastics – Changing Level</p> <ul style="list-style-type: none"> • I can show graceful ways of getting from floor to ground and vice versa. (CyA: Au2) • I can link high and low moves. (CyA: Au2) • I can travel on patches close to the ground. (CyA: Au2) • I can perform when working at contrasting levels. (CyA: Au2) • I can perform a range of gymnastic movements at my own level. (CyA: Au2) 	<p>Gymnastics – Changing Level</p> <ul style="list-style-type: none"> • I can contrast my partner’s moves so that we work at different levels in different ways. (CyA: Au1) • I can create a sequence working at different levels with different dynamics. (CyA: Sp1)

<p>Gymnastics – Sequences</p> <ul style="list-style-type: none"> • I know that a good sequence involves using the floor imaginatively, as well as the apparatus. (CyA: Au2) • I can make up a short sequence. (CyB: Au1; CyB: Au2) • I can make up a short sequence with a change in direction. (CyB: Au1) • I can construct a simple jumping sequence with a partner. (CyA: Au2) • I know that a good sequence involves using the floor imaginatively, as well as the apparatus. (CyA: Au2) • I can jump as part of a sequence of other movements. (CyA: Au2) 	<p>Gymnastics – Sequences</p> <ul style="list-style-type: none"> • I know how to use transitional movements to link ideas. (CyA: Au2) • I can devise a sequence of balances and spins on patches. (CyA: Au2) • I can create a sequence of work with a clear start and controlled twists, spins and turns. • I can create a sequence which flows and involves arching and stretching. (CyA: Sp1) • I can create a sequence with seamless transitions between stretches and curls. (CyA: Sp1) • I know that my sequence needs to flow from one move to the next. (CyB: Sp1) • I can create a sequence involving sideways, forwards and backwards stepping. (CyB: Sp1) • I can for a sequence travelling along specified pathways. (CyB: Sp1) • I can create a sequence in curved pathways on the floor and on the apparatus. 	<p>Gymnastics – Sequences</p> <ul style="list-style-type: none"> • I can create a sequence of rolls and balances. (CyA: Au2) • I can take weight on my hands as part of a sequence of moves. (CyA: Sp1) • I know how to use feedback to improve my sequencing work. (CyA: Sp2) • I can create a sequence using different spins on patches. (CyA: Sp2) • I can create a sequence at different levels. (CyA: Sp2) • I can create sequences involving different controlled rolls and front and back supports. (CyB: Au2) • I can create sequences moving seamlessly between balances. (CyB: Au2) 	<p>Gymnastics – Sequences</p> <ul style="list-style-type: none"> • I know how to communicate to negotiate in order to agree a sequence as a group. (CyA: Au1) • I can perform matching moves with a partner within a sequence. (CyA: Au1) • I can perform a sequence mirroring a partner’s symmetrical and asymmetrical shapes. (CyA: Au1) • I can perform a sequence with a partner which moves between matching and contrasting movements. (CyA: Au1) • I can work with a partner to create a sequence. (CyA: Sp1)
<p>Gymnastics – Turns</p> <ul style="list-style-type: none"> • I know what a half turn and quarter turn are. (CyA: Au2) • I can twist and turn. (CyA: Sp2) • I can jump through turns with control. (CyA: Au2) • I know what a half turn and quarter turn are. (CyA: Au2) 	<p>Gymnastics – Turns</p> <ul style="list-style-type: none"> • I know what a twist is. (CyA: Au2) • I can twist whilst in inversion. (CyA: Au2) • (CyA: Au2) • I know ways of twisting with different parts of the body. (CyA: Au2) • I know what the difference between a turn and a twist is. (CyA: Au2) • I can twist in flight. (CyA: Au2) • I can change the point of contact in balances by leading into the next balance by twisting. (CyA: Au2) • I can twist my body whilst in motion. (CyA: Au2) • I can twist my body when balancing. (CyA: Au2) 	<p>Gymnastics – Turns</p> <ul style="list-style-type: none"> • I know how to spin with control. (CyA: Au2) • I can spin symmetrically and asymmetrically. (CyA: Sp2) • I can turn through 90, 180, 270 and 360 degrees. (CyA: Au2) • I can spin on points and patches. (CyA: Au2) • I can spin from one means of support to another. (CyB: Au2) 	<p style="background-color: #cccccc;"> </p>

Gymnastics – Making Shapes

- I know to start my work with an interesting shape and finish it with style. (CyA: Au2)
- I can reach and bend. (CyA: Sp2)
- I can leap. (CyA: Au1)
- I know what symmetric and asymmetric look like. (CyB: Au1)
- I can balance on patches. (CyB: Au1)
- I can create a variety of shapes using my body. (CyB: Au1)
- I know how to mirror. (CyB: Au2)
- I can mirror a friend’s movements. (CyB: Au2)
- I can travel, stop and balance with control in curled or stretched shapes. (CyB: Au2)
- I can perform a sequence of asymmetric balances and movements on floor and apparatus. (CyB: Au1)
- I can balance on different body parts. (CyB: Au2)
- I can perform a stable balance. (CyB: Su1)
- I know to start my work with an interesting shape and finish it with style. (CyA: Au2)

Gymnastics – Making Shapes

- I know what patches are. (CyA: Au2)
- I know the difference between symmetry and asymmetry. (CyA: Au2)
- I know how to counter balance using apparatus. (CyA: Au2)
- I know what the difference is between counter balance and counter tension. (CyA: Au2)
- I can perform counter balances against apparatus. (CyA: Au2)
- I know what a curled shape looks like. (CyA: Sp1)
- I know what points are. (CyA: Sp1)
- I know how to form arches with my body. (CyA: Sp1)
- I know the difference between stretching and curling. (CyA: Sp1)
- I can support my own body weight in curled positions. (CyA: Sp1)
- I can stretch whilst in balance. (CyA: Sp1)
- I can arch my body. (CyA: Sp1)
- I can show inversion and counter balance using apparatus.
- I can form front and back supports. (CyA: Sp1)
- I know how to for symmetrical and asymmetrical arm positions. (CyB: Sp1)
- I know how to start my sequences in clearly defined shapes. (CyB: Sp1)
- I know how to turn to my right and left elegantly. (CyB: Sp1)

Gymnastics – Making Shapes

- I know the difference between a point and a patch. (CyA: Au2)
- I know how to move from one shape to another smoothly. (CyA: Au2)
- I know the difference between symmetrical and asymmetrical work. (CyA: Sp1)
- I can create symmetrical and asymmetrical shapes and balances on patches. (CyA: Sp1)
- I can hold balances with good control. (CyA: Au2)
- I can find ways of moving out of one balance and into another. (CyA: Au2)
- I know the importance of clarity in my shapes. (CyA: Sp1)
- I know what inversion is. (CyA: Sp1)
- I can go into inversion. (CyA: Sp1)
- I know how to perform a cartwheel. (CyA: Sp1)
- I can take weight on patches. (CyA: Sp1)
- I know a variety of moves where I can take weight on my hands. (CyA: Sp1)
- I can take body weight on my back and shoulders both in balance and in motion. (CyA: Sp1)
- I can take my weight on my back, bottom and shoulders both in balance and in motion. (CyA: Sp1)
- I know how to support myself in a shoulder balance. (CyB: Au2)
- I can support my body weight on my hands and feet only. (CyB: Au2)
- I know the importance of clear starting and finishing positions. (CyA: Au2&Sp2)

Gymnastics – Making Shapes

- I know some interesting ways of transitioning from one move to another. (CyA: Au1)
- I know how to perform Arabesque. (CyA: Au1)
- I can control an Arabesque. (CyA: Au1)
- I know how to mirror in unison with my partner. (CyA: Au1)
- I can hold balances on different numbers of point of contact.
- I know what counter tension balances are. (CyA: Sp1)
- I know how to work in symmetry and asymmetrically. (CyA: Sp1)
- I can work symmetrically and asymmetrically. (CyA: Sp1)
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<p>Gymnastics – Performing</p> <ul style="list-style-type: none"> • I know how to start to link my moves more effectively. (CyA: Au1) • I know what canon is and how to time its use effectively. (CyA: Au1) • I can perform in canon with a partner. (CyA: Au1) • I know to show tension in my movements by using pointed toes. (CyB: Au1) • I can start and finish my work in interesting ways. (CyB: Au1; CyB: Au2) • I know to create tension by pointing my toes when moving with control and poise. (CyB: Su1) 	<p>Gymnastics – Performing</p> <ul style="list-style-type: none"> • I know how to perform a fluent routine that is controlled. (CyA: Au2) • I know how to coordinate movements in time with my partner. (CyA: Au2) • I can work in synchronisation with a partner. (CyA: Au2) • I can perform a sequence with clear starting and finishing points. (CyA: Sp1) • I know how to link skills to perform actions. (CyB: Sp1) • I know that I can imitate the ideas of others. (CyA: Sp1) • I know that timing is important in a routine. (CyA: Sp1) 	<p>Gymnastics – Performing</p> <ul style="list-style-type: none"> • I know how to perform symmetrically and asymmetrically. (CyA: Au2) • I know the importance of being in control of everything I do. (CyA: Au2) • I know how to use the space available to me. (CyA: Au2) • I can step gracefully with control. (CyA: Au2) • I know the importance of working with control and good transitions between movements. (CyA: Sp2) • I can perform with smooth transitions. (CyA: Sp2) • I know how to present myself when performing for others. (CyB: Au1) • I know the importance of control in my movements. (CyB: Au2) • I know to use the floor space imaginatively. (CyB: Au2) • I know to use the apparatus imaginatively. (CyB: Au2) • I know to use feedback to level up my work. (CyB: Au2) • I know the importance of uplevelling my work and acting upon feedback. (CyA: Au2) • I can perform in unison with others. (CyA: Sp2) • I know how to mirror a partner on the apparatus. (CyB: Au1) • I know how to work in tandem with a partner. (CyB: Au2) • I can perform in unison to a set count. (CyB: Au2) • I know the importance of good timing and control in my movements. (CyA: Sp1) • I can work in a pair. (CyB: Au2) 	<p>Gymnastics – Performing</p> <ul style="list-style-type: none"> • I know the importance of timing and how to ensure I work in synchrony with my partner. (CyA: Au1) • I know how to perform effectively in canon. (CyA: Au1) • I can work within a group to demonstrate fluent routines involving mirroring and contrasts. (CyA: Au1) • I can perform elements of unison and canon in a group routine. (CyA: Au1) • I know how to coordinate my moves in time with my partner. (CyA: Sp1) • I know how to perform to an audience. (CyA: Sp1) • I can perform balances on patches and in unison and rolls in canon. (CyA: Sp1) • I can perform a routine in a group, displaying canon and unison. (CyA: Sp1)
<p>canon balance reaching twisting bending bend shape sequence shape position</p> <p>control poise patches symmetrical asymmetrical mirroring stretch jump land leap</p> <p>half turn quarter turn bend star jumps tuck jumps rolls rock log roll egg roll</p>	<p>patches counter balance counter tension transitional twist flight</p> <p>inversion arches curls stretches positions aesthetically pleasing</p> <p>mount dismount elegant pathway</p>	<p>uplevelling point patch contrasting levels clarity</p> <p>inversion cartwheel motion unison set count</p> <p>forward roll backward roll apparatus straddle</p>	<p>Arabesque contrasting synchrony</p> <p>consistent tempo leapfrog scramble</p> <p>dismount mount</p>

<p>Invasion Games – Throwing:</p> <ul style="list-style-type: none"> • I know what the T position is and how it can help me. (CyA:Sp1) • I can throw a ball to hit a target. (CyA:Sp1) • I can send a ball with some degree of accuracy. (CyA:Sp1;CyB:Sp1) • I know how to stand when throwing underarm. (CyA:Sp2;CyB:Sp1) • I can throw underarm accurately for my friend to catch. (CyA:Sp2) • I can bowl a ball overarm at a target. (CyA:Su1) • I know how to throw gently. (CyB:Su2;CyB:Su1) • I can throw a ball to a partner’s hands. (CyB:Su2) • I know why it is important to stand with one leg forward when I am throwing. (CyB:Sp1) • I know which is my dominant hand. (CyB:Sp1) • I can throw a ball underarm with some accuracy at a target. (CyB:Sp1) • I throw underarm accurately. (CyB:Sp1) • I can work with others and take turns. (CyB:Sp1) • I can move a ball with control and in different directions. (CyB:Sp1) • I can gently throw a ball to a partner. (CyB:Su1) 	<p>Invasion Games - Throwing</p> <ul style="list-style-type: none"> • I know how I should stand when I am throwing overarm. (CyA:Sp2) • I know when to throw underarm and when to throw overarm. (CyA:Sp2) • I can choose correctly when it is best to throw overarm or underarm. (CyA:Sp2) • I know how far to throw the ball. (CyA:Su1) • I can throw overarm for my partner to catch after one bounce. (CyA:Su1) • I know the correct technique for throwing overarm. (CyA:Su2) • I can bowl overarm with a straight arm. (CyA:Su2) • I can pick up a ball one handed and return it underarm. (CyA:Su2) • I can return the ball quickly. (CyA:Su2) • I can chase a ball and throw it back accurately. (CyA:Su2) • I know how to throw for accuracy and power. (CyB:Su2) • I can send a large ball with some degree of accuracy. (CyB:Su2) • I can throw with accuracy and power. (CyB:Su2) • I know to try keep my arm straight when I bowl. • I can bowl a ball overarm at a target. (CyB:Su2) • I can pick up a ball with one hand and throw it underarm. (CyB:Su2) • I can bowl either under or overarm with some accuracy. (CyB:Su2) 	<p>Invasion Games - Throwing</p> <ul style="list-style-type: none"> • I can throw overarm powerfully and accurately. (CyA:Su2;CyB:Su2) • I know how to grip a ball so that it comes out of my fingers smoothly when bowling. (CyA&B:Su2) • I can send a ball using a good throwing technique. (CyA&B:Su2) • I can develop basic bowling skills. (CyA&B:Su2) 	<p>Invasion Games - Throwing</p> <ul style="list-style-type: none"> • I can send a netball in a variety of ways. (CyA:Su2) • I can throw accurately into space. (CyA:Sp2;CyB:Su2) • I can send the ball accurately using a javelin pass. (CyB:Su1) • I can throw overarm with accuracy. (CyB:Su1;Sp2) • I can serve over distance. (CyB:Su2) • I know how to bowl. (CyB:Sp2) • I can bowl accurately at a consistent height. (CyA:Sp2;CyB:Su2) • I can bowl with a short run up. (CyB:Sp2)
<p>under over crease dominant throw underarm bowl</p>	<p>return bowl</p>		

<p>Invasion Games - Catching</p> <ul style="list-style-type: none"> • I know what a ready position looks like. (CyA:Sp1) • I know not to turn my back on the ball. (CyA:Sp1) • I can receive a ball. (CyA:Sp1) • I can keep my eye on the ball at all times. (CyA:Sp1) • I know what good positions are. (CyA:Sp2) • I know how to make a target with my hands to receive a throw. (CyA:Sp2) • I can catch an object. (CyA:Sp2) • I can bounce and catch a ball. (CyA:Sp2) • I can use both hands while fielding. (CyA:Su1) • I can stop a ball with two hands. (CyA:Su1) • I know that I need to watch the ball when throwing and catching. (CyB:Su2) • I can catch a ball thrown gently from a short distance. (CyB:Su2) • I know how to catch a ball by scooping it towards my chest. (CyB:Su1) • I can catch a ball that has been gently thrown from a short distance. (CyB:Su1) 	<p>Invasion Games - Catching</p> <ul style="list-style-type: none"> • I know that good bounce passes are easier to receive. (CyA:Sp1) • I know to cushion the impact of the ball. (CyA:Sp1) • I can receive a ball and trap it. (CyA:Sp1) • I can cushion a pass that is sent to me. (CyA:Sp1) • I know that I need to be in a ready position to catch my friend's punts. (CyA:Sp2) • I can receive a ball after one bounce. (CyA:Sp2) • I know what a ready position looks like. (CyA:Sp2) • I know to track the flight of the ball with my eyes. (CyA:Sp2) • I can move quickly into good positions to catch. (CyA:Sp2) • I know to stand in a position of readiness to receive the ball on the first bounce. (CyA:Su1) • I know to track the flight of the ball right into my hands. (CyA:Su1) • I can catch a ball after one bounce. (CyA:Su2) • I can stop the ball as a wicket keeper. (CyA:Su2) • I know to make a W shape when I want to receive a catch. (CyA:Su1;CyB:Sp1) • I can receive a ball by moving swiftly into the right position. (CyB:Su2) • I can keep my eye on the ball at all times. (CyB:Su2) • I can get in line with a ball and field it. (CyB:Su2) • I can stop a ball with two hands, creating a barrier behind with my feet or body. (CyB:Su2) • I can chase and retrieve a ball. (CyB:Su2) 	<p>Invasion Games – Catching</p> <p>Rounders:</p> <ul style="list-style-type: none"> • I can receive a ball using a good catching technique. (CyA&B:Su2) • I can catch high balls comfortably. (CyA&B:Su2) • I can backpedal to catch balls over me. (CyA&B:Su2) 	<p>Invasion Games – Catching</p> <ul style="list-style-type: none"> • I can adopt sideways positions to receive the ball. (CyB:Sp1) <p>Netball:</p> <ul style="list-style-type: none"> • I know that that receiving the ball in a sideways position opens up the court. (CyA:Su2) • I can receive a ball and already know what I want to do with it. (CyA:Su2) <p>Rounders:</p> <ul style="list-style-type: none"> • I know to try and catch the ball in line with my nose. (CyA:Sp2;CyB:Su2) • I can catch with soft hands. (CyA:Sp2;CyB:Su2) • I can catch and throw quickly. (CyA:Sp2;CyB:Su2) <p>Rugby:</p> <ul style="list-style-type: none"> • I know how to 'roll' my hands when changing position and making catches. (CyA:Su1) • I can change my position so that I can receive passes on the run. (CyA:Su1) <p>Flag Football:</p> <ul style="list-style-type: none"> • I can receive a ball whilst on the run. (CyB:Su1) <p>Cricket:</p> <ul style="list-style-type: none"> • I know what a position of anticipation looks like when fielding. (CyB:Sp2) • I can catch consistently well under pressure. (CyB:Sp2) • I can pick up and return a ball with one hand quickly. (CyB:Sp2) • I can pull a ball from a short delivery to the left side. (CyB:Sp2)
<p>receive airborne</p>	<p>retrieve</p>		

Invasion Games – Passing

- I can roll a ball. (CyA:Sp2;CyB:Au2)
- I can stop a ball when it is rolled to me. (CyA:Sp2)

Invasion Games – Passing**Football:**

- I know how to turn my foot to cushion a pass sent to me. (CyA:Sp1)
- I can pass accurately. (CyA:Sp1)
- I know how to trap a ball by moving in line with it and putting my foot on it. (CyB:Su1)
- I can stop a ball on the run by trapping it. (CyB:Su1)

Hockey:

- I can pass the ball with control. (CyA:Su1)
- I can pass and move decisively. (CyA:Su1)
- I know that my hands need to 'give' and be 'soft' when receiving a hockey pass. (CyB:Su1)
- I can push pass a hockey ball. (CyB:Su1)
- I can receive a hockey ball. (CyB:Su1)
- I know that we only use the flat side of the stick in hockey. (CyB:Su1)

Basketball:

- I can get into a good ready position to receive chest and bounce passes consistently well. (CyB:Su1)
- I can pass the ball from my chest using a bounce pass. (CyB:Su1)

Invasion Games - Passing**Football:**

- I know to be on the balls of my feet when waiting to receive a pass. (CyA:Au1;CyB:Au1)
- I know to move into space after passing. (CyA:Au1;CyB:Au1)
- I know to use the inside of my foot to send the ball when passing. (CyA:Au1;CyB:Au1)
- I know to pass and move into space. (CyA:Au1;CyB:Au1)
- I can trap a ball and cushion it when receiving it. (CyA:Au1;CyB:Au1)
- I can pass the ball accurately. (CyA:Au1;CyB:Au1)

Hockey:

- I know the technique of push passing. (CyA:Sp1;CyB:Sp1)
- I know to use a short and flat backswing, with the stick parallel to the ground when hitting a slap pass. (CyA:Sp1;CyB:Sp1)
- I can stop a ball. (CyA:Sp1;CyB:Sp1)
- I can pass a ball accurately. (CyA:Sp1;CyB:Sp1)
- I can control a ball sent to me. (CyA:Sp1;CyB:Sp1)
- I can pass in a variety of ways, using good technique. (CyA:Sp1;CyB:Sp1)
- I can receive a pass on the run. (CyA:Sp1;CyB:Sp1)

Basketball:

- I know when to do a chest pass or bounce pass in basketball. (CyA&B:Sp2)
- I can control a basketball using both hands. (CyA&B:Sp2)
- I can step in the direction of the pass. (CyA&B:Sp2)
- I can pass the ball whilst moving. (CyA&B:Sp2)

Invasion Games - Passing**Football:**

- I know to move into a space after passing. (CyA:Au1)
- I know that the ball may come to me at any moment. (CyA:Au1)
- I can pass the ball and move into space. (CyA:Au1)

Netball:

- I know how to signal for a pass. (CyA:Au2)
- I know that I need to move to new space after passing. (CyA:Au2)
- I know how to disguise my passes. (CyA:Au2)
- I can pass accurately, using a variety of passes. (CyA:Au2)
- I can shoulder pass accurately, with force. (CyA:Au2)

Hockey:

- I know the technique for push passing. (CyA:Sp1)
- I know how to receive a ball by cushioning its impact. (CyA:Sp1)
- I can push pass accurately. (CyA:Sp1)
- I can pass then move. (CyA:Sp1)
- I can send and receive the ball under pressure. (CyA:Sp1)

Rugby:

- I know when to pop pass and when to pocket pass. (CyA:Su1)
- I know what position I need to get into when passing left, and how it changes when I pass to my right. (CyA:Su1)
- I can pop pass and pocket pass. (CyA:Su1)
- I can send and receive a ball on the run when under pressure. (CyA:Su1)
- I can pass accurately to my left or right. (CyA:Su1)
- I can pass a rugby ball backwards with accuracy. (CyA:Su1)
- I can play a dummy pass. (CyA:Su1)

Flag Football:

- I can pass and move into a new space. (CyB:Au1)

Basketball:

- I can pass the ball using good techniques. (CyB:Su1)
- I can receive the ball, stepping into the direction of the pass. (CyB:Su1)

Gross and Fine Motor Skills – Invasion Games	<p>Invasion Games – Dribbling</p> <ul style="list-style-type: none"> I can move a ball with control, and in different directions. (CyA:Sp2) I know that the ball travels all the way across the ground when I roll it. (CyB:Sp1) I know that I need to bend, with one leg forward, when rolling. (CyB:Sp1) 	<p>Invasion Games – Dribbling</p> <p>Football:</p> <ul style="list-style-type: none"> I can dribble a ball with my feet with good control. (CyB:Su1) I can move around safely whilst bouncing or dribbling a ball. (CyB:Su1) I can keep my head up and travel with control whilst dribbling a ball. (CyB:Su1) <p>Hockey:</p> <ul style="list-style-type: none"> I know to use ‘big toe, little toe’ to dribble, keeping the ball close to me. (CyB:Su1) <p>Basketball:</p> <ul style="list-style-type: none"> I can dribble a ball with either hand. (CyA:Sp1) I can travel with a ball with my head up. (CyA:Sp1) I can bounce or dribble a ball with my hands with good control. (CyB:Su1) I can move around safely whilst bouncing or dribbling a ball. (CyB:Su1) 	<p>Invasion Games – Dribbling</p> <p>Football:</p> <ul style="list-style-type: none"> I know what it is important to take touches with different parts of the foot when dribbling. (CyA:Su1;CyB:Su1) I can dribble the ball using my feet. (CyA:Su1;CyB:Su1) <p>Hockey:</p> <ul style="list-style-type: none"> I know how to hold the hockey stick. (CyA:Sp1;CyB:Sp1) I know the importance of good close control. (CyA:Sp1;CyB:Sp1) I can dribble a ball confidently. (CyA:Sp1;CyB:Sp1) I can develop my dribbling technique. (CyA:Sp1;CyB:Sp1) I can change direction easily. (CyA:Sp1;CyB:Sp1) <p>Basketball:</p> <ul style="list-style-type: none"> I know how to vary movement to control the ball. (CyA&B:Sp2) I can control the ball on the move (dribble) whilst keeping my head up and being aware of my environment. (CyA&B:Sp2) I can dribble, pass and shoot the ball. (CyA&B:Sp2) 	<p>Invasion Games – Dribbling</p> <ul style="list-style-type: none"> I can show a range of dribbling skills when in possession. (CyB:Sp1) <p>Football:</p> <ul style="list-style-type: none"> I know to dribble with the ball close to me, with my head up. (CyA:Su1) I know to run at pace when trying to dribble past a defender. (CyA:Su1) I can demonstrate close control of the ball. (CyA:Su1) I can dribble at different speeds. (CyA:Su1) I can keep the ball moving when running at an opponent. (CyA:Su1) <p>Hockey:</p> <ul style="list-style-type: none"> I can dribble the ball with my head up. (CyA:Sp1) <p>Rugby:</p> <ul style="list-style-type: none"> I know how to grip a ball. (CyA:Su1) I know the importance of carrying a ball with two hands. (CyA:Su1) <p>Basketball:</p> <ul style="list-style-type: none"> I can control a basketball using both hands, when under pressure. (CyB:Su1)
	<p>Invasion Games – Bouncing</p> <ul style="list-style-type: none"> I know that I need to keep my head up when bouncing. (CyA:Sp2) I can travel around, bouncing safely. (CyA:Sp2) I can bounce a ball. (CyB:Su1) 	<p>Invasion Games – Bouncing</p> <p>Basketball:</p> <ul style="list-style-type: none"> I know to push down on the ball using my fingers. (CyA:Sp1) I know where to aim to bounce the ball when passing to a friend. (CyB:Su1) I know how to receive a bounce pass. (CyB:Su1) I know that we use two hands to push a ball down in a bounce, and one hand is used to dribble the ball. (CyB:Su1) I know to use my fingers to push the ball down. (CyB:Su1) 	<p>Invasion Games – Bouncing</p> <p>Basketball:</p> <ul style="list-style-type: none"> I know when to do a chest pass or bounce pass in basketball. (CyA&B:Sp2) 	
	<p>bouncing rolling</p>	<p>cushion push pass dribble chest pass bounce pass</p>		<p>pop pass pocket pass knock on forward pass dummy pass</p>

<p>Invasion Games – Striking</p> <ul style="list-style-type: none"> I know that the ball needs to be struck over the net. (CyA:Sp1) I can strike a ball with one hand while it is airborne. (CyA:Sp1) I can dig a ball by getting underneath it. (CyA:Sp1) I can keep a rally going with a partner. (CyA:Sp1) I know which part of my foot to use when striking for power. (CyB:Sp1) I know how to lean back if I want my strike to go higher. (CyB:Sp1) I know why it is important to be able to kick with both feet. (CyB:Sp1) I can strike a ball with my foot for power. (CyB:Sp1) I can apply the right amount of force to a ball. (CyB:Sp1) 	<p>Invasion Games – Striking</p> <p>Football</p> <ul style="list-style-type: none"> I know which part of my foot to use to strike the ball. (CyA:Sp2) I can strike a ball at a target. (CyA:Sp2) I can strike with force. (CyA:Sp2) I know that, when kicking from the ground, I need to place my standing foot adjacent to the ball. (CyA:Sp2) I can strike a ball accurately, with power, with my laces. (CyA:Sp2) <p>Rugby</p> <ul style="list-style-type: none"> I know how to punt high. (CyA:Sp2) I know to hold the ball over to the side when I punt the ball. (CyA:Sp2) I can punt a ball with increasing accuracy. (CyA:Sp2) I know that a punt is a kick from my hands. (CyA:Sp2) I can punt a ball. (CyA:Sp2) <p>Volley Ball</p> <ul style="list-style-type: none"> I know that I have to position myself under the ball to strike it upwards over a net. (CyA:Sp2) I can send and receive a ball with some accuracy. (CyA:Sp2) I can volley a ball by positioning myself in line and underneath it. (CyA:Sp2) I can keep a short rally going with a partner. (CyA:Sp2) I can strike a large ball with one hand whilst it is airborne. (CyB:Su2) I can play passive and then active rallies by striking over a net with my hand. (CyB:Su2) I can strike and volley a large ball with some degree of accuracy. (CyB:Su2) I can dig a ball by getting underneath it. (CyB:Su2) I can strike a small ball using an open palm and move into position to receive it back. (CyB:Su2) I can keep a rally going with a partner. (CyB:Su2) <p>Short Tennis</p> <ul style="list-style-type: none"> I can strike a backhand from my own feed. (CyA:Sp2) I can develop a good grip and stance. (CyA:Sp2) I can strike a ball from a short delivery. (CyA:Su2) 	<p>Invasion Games – Striking</p> <p>Basketball</p> <ul style="list-style-type: none"> I can use balance, elbow, eye-line and follow through (BEEF) to shoot a basketball. (CyA&B:Sp2) <p>Tennis</p> <ul style="list-style-type: none"> I know to hit the ball with a full backswing. (CyA&B:Su1) I know that I can play backhand with one hand or two hands. (CyA&B:Su1) I know to volley by deflecting the ball downwards. (CyA&B:Su1) I can move into good positions to strike a ball. (CyA&B:Su1) I can hit forehand returns. (CyA&B:Su1) I can volley a ball, striking it downwards. (CyA&B:Su1) <p>Rounders</p> <ul style="list-style-type: none"> I know to position myself sideways when striking the ball and bowling. (CyA&B:Su2) I can develop basic batting skills. (CyA&B:Su2) 	<p>Invasion Games – Striking</p> <ul style="list-style-type: none"> I can shoot consistently well. (CyB:Sp1) <p>Football:</p> <ul style="list-style-type: none"> I can choose which shooting technique to use to be successful. (CyA:Su1) <p>Netball:</p> <ul style="list-style-type: none"> I know the rules for shooting. (CyA:Su2) I can shoot with good technique. (CyA:Su2) <p>Rounders:</p> <ul style="list-style-type: none"> I know to have a high back lift when batting. (CyA:Sp2;CyB:Su2) I can strike with some accuracy. (CyA:Sp2;CyB:Su2) <p>Volleyball:</p> <ul style="list-style-type: none"> I know how to perform a dig and a bump. (CyB:Su2) I know that the higher I jump the more successful my spike is likely to be. (CyB:Su2) I can receive a volleyball using the bump and dig technique. (CyB:Su2) I can send a ball over the net. (CyB:Su2) I can set a ball. (CyB:Su2) I can spike a ball. (CyB:Su2) <p>Cricket:</p> <ul style="list-style-type: none"> I can use my feet to get to the pitch of the ball when batting. (CyB:Sp2) <p>Basketball:</p> <ul style="list-style-type: none"> I can shoot a basketball using the BEEF technique. (CyB:Su1)
<p>strike volley dig</p>	<p>rally speed target</p> <p>underarm striking</p>	<p>punt force backhand short tennis</p> <p>back swing chip stance adjacent</p> <p>T position dig volley rally</p>	<p>backswing BEEF base</p> <p>dig bump</p> <p>spike set</p> <p>BEEF technique</p>

Athletics - Jumping

- I know to land with really soft knees. (CyA:Su1)
- I know to use my arms to power me forward when jumping. (CyA:Su1)
- I know which parts of my body are really important when jumping high. (CyA:Su1)
- I can co-ordinate a run with a jump. (CyA:Su1)
- I can jump one foot to two feet and two feet to two feet. (CyA:Su1)
- I can jump for height. (CyA:Su1)
- I can run and jump over hurdles. (CyA:Su2)

Athletics - Jumping

- I know which my preferred take off foot is. (CyA:Su1;CyB:Sp1)
- I can jump in a variety of ways. (CyA:Su1&Su2;CyB:Sp1&Su1)
- I can land safely from different jumps. (CyA:Su1;CyB:Sp1)
- I can combine a run and a jump. (CyA:Su1;CyB:Sp1)
- I know to cushion my knees when landing. (CyA:Su1,Su2;CyB:Su1)
- I know the techniques for different types of jump. (CyA:Su2;CyB:Su1)
- I know how to improve my technique to increase the height and distance of my jumps. (CyA:Su1,Su2;CyB:Su1)
- I know the difference between a leap and a jump. (CyA:Su1,Su2;CyB:Su1)
- I know how to increase the distance of my jumps. (CyA:Su2;CyB:Su1)
- I can react quickly. (CyA:Su2;CyB:Su1)
- I can coordinate a run with a jump. (CyA:Su1,Su2;CyB:Su1)
- I can discover and develop different styles of jumping. (CyA:Su2;CyB:Su1)
- I can leap, jump and hop. (CyA:Su1,Su2;CyB:Su1)
- I can jump in a variety of ways competently. (CyA:Su2;CyB:Su1)
- I know that there are different ways of jumping a rope. (CyA:Sp1)
- I know the difference between a vertical and broad jump. (CyA:Sp1)
- I know how to measure a vertical jump. (CyA:Sp1)
- I can skip using a rope. (CyA:Sp1)
- I can jump in a variety of ways. (CyA:Sp1)
- I can jump for height. (CyA:Sp1)
- I can broad jump for distance. (CyA:Sp1)

Athletics - Jumping

- I know which foot is my take off foot. (CyA&B:Su1)
- I know that my furthest point backwards in long jump and triple jump is the point measured in the competition. (CyA&B:Su1)
- I know how to measure my own and others' performances. (CyA&B:Su1)
- I can develop the technique and consistency of my jumps. (CyA&B:Su1)
- I can jump consistently off the same foot. (CyA&B:Su1)
- I can scissor kick. (CyA&B:Su1)

Athletics - Jumping

- I know which foot and leg is my take-off foot and lead leg. (CyA&B:Su1)

Gross and Fine Motor Skills - Athletics	<p>Athletics – Sprinting</p> <ul style="list-style-type: none"> • I know why it is important to dip at the finish. (CyA:Su1) • I can react quickly. (CyA:Su1) • I can run efficiently and within a lane. (CyA:Su1) 	<p>Athletics – Sprinting</p> <ul style="list-style-type: none"> • I can demonstrate a variety of athletic techniques competently. (CyA:Su2;CyB:Su1) 	<p>Athletics – Sprinting</p> <ul style="list-style-type: none"> • I know the importance of keeping my first few metres low and powerful. (CyA&B:Su1) • I know the technique associated with hurdling. (CyA&B:Su1) • I know how to receive a transfer baton safely. (CyA&B:Su1) • I can develop my coordination to improve speed. (CyA&B:Su1) • I can hurdle efficiently and consistently. (CyA&B:Su1) • I can sprint between hurdles. (CyA&B:Su1) • I can demonstrate good sprinting technique. (CyA:Su1&Su2;CyB:Su2) • I can use the correct technique to start a sprint race. (CyA&B:Su1) • I know the importance of a good start. (CyA:Su1) • I know how to start and finish a sprint race. (CyA&B:Su1) • I can run for a period of time, maintaining a good pace. (CyA:Su1) 	<p>Athletics – Sprinting</p> <ul style="list-style-type: none"> • I know how running a bend differs from running a straight. (CyA&B:Su1) • I know how to generate power from the thighs. (CyA&B:Su1) • I can change pace and run at different tempos. (CyA&B:Su1) • I can sustain my pace over longer distances. (CyA&B:Su1) • I know how to hurdle efficiently. (CyA&B:Su1) • I can combine sprinting with hurdling. (CyA&B:Su1) • I know how to position myself to receive a baton. (CyA&B:Su1) • I can transfer a relay baton efficiently as part of a team. (CyA&B:Su1)
	<p>Athletics – Throwing</p> <ul style="list-style-type: none"> • I know the importance of my non-throwing arm. (CyA:Su1) • I know that I need to throw from the side-on position. (CyA:Su1) • I can throw accurately. (CyA:Su1) • I can throw for distance. (CyA:Su1) • I can throw with good technique. (CyA:Su1) • I can throw a variety of pieces of equipment well. (CyA:Su1) • I can throw an object towards a target. (CyA:Su2) 	<p>Athletics – Throwing</p> <ul style="list-style-type: none"> • I know how to increase the distance of my throws. (CyA:Su2;CyB:Su1) • I know how to keep others safe when I am throwing. (CyA:Su2;CyB:Su1) • I can throw with good technique. (CyA:Su2;CyB:Su1) • I can throw with a run up. (CyA:Su2;CyB:Su1) 	<p>Athletics – Throwing</p> <ul style="list-style-type: none"> • I know to position my body sideways when throwing. (CyA&B:Su1) • I know the pull technique in throwing. (CyA&B:Su1) • I can throw overarm accurately. (CyA&B:Su1) • I can throw overarm with power for distance. (CyA&B:Su1) 	<p>Athletics – Throwing</p> <ul style="list-style-type: none"> • I know to stand sideways when throwing. (CyA&B:Su1) • I know to use my non-throwing arm to help me to throw. (CyA&B:Su1) • I know the technique to throw a shot. (CyA&B:Su1) • I can throw with accuracy and power using the pull technique. (CyA&B:Su1) • I can throw after a run up. (CyA&B:Su1) • I can throw with greater force over longer distances. (CyA&B:Su1) • I can throw with greater control, accuracy and efficiency. (CyA&B:Su1)
	<p>power dip lane hurdles speed strength</p>	<p>take off foot cushion distance react vertical jump broad jump distance sprinting</p>	<p>sprint technique</p>	<p>straight bend lead leg hurdle baton</p>

	Early Years	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Tactics and Teamwork	<p>Tactics – Finding Space</p> <ul style="list-style-type: none"> • I know how to evade being caught. (CyA: Au2) • I can evade others. (CyA: Au2) 	<p>Tactics – Finding Space</p> <ul style="list-style-type: none"> • I know that I need to move quickly to get into good positions to return the ball. (CyA: Sp2) • I can move around the court. (CyA: Sp2) • I know to stay light on my feet and prepare to move quickly. (CyA: Su1) • I can compete with some spatial awareness in team games. (CyA: Su1) • I know what a good space to stand in is. (CyB: Au1) • I know to take my time and work with care. (CyB: Au1) • I know that rushing can lead to mistakes. (CyB: Au1) • I know to move into space after passing a ball. (CyB: Su1) 	<p>Tactics – Finding Space</p> <ul style="list-style-type: none"> • I know to use the full width of the pitch. (CyA: Au1; CyB: Au1) • I know how to work as a team to find space. (CyA&B: Sp2) • I know to try to position myself in the centre of the court after playing each shot. (CyA&B: Su1) 	<p>Tactics – Finding Space</p> <ul style="list-style-type: none"> • I can land and pivot to pass the ball. (CyA: Au2) • I can create space for myself. (CyA: Au2) • I know that I need to move into space after passing. (CyA: Sp1) • I know to use the width of the pitch when attacking. • I can evade others by stepping off both feet. (CyB: Au1) • I know that I get a better view of the pitch when I get wide and sideways on. (CyB: Sp1) • I know that sometimes it is better to go backwards with the ball if nobody is free in front of me. (CyB: Sp1) • I know to create space for my teammates. (CyB: Sp1) • I know that diagonal runs can help to confuse defenders. (CyB: Sp1) • I can overlap and underlap. (CyB: Sp1) • I can be mobile and fluid within a game. (CyB: Sp1) • I know how to create space to receive a pass. (CyB: Su1) • I know how to work as a team to create shooting opportunities. (CyB: Su1)

Tactics – Attacking

- I know what a good position of readiness looks like. (CyA:Su1)
- I can attack and defend in chasing games. (CyA:Su2;CyB:Su2)

Tactics – Attacking

- I can signal that I want the ball. (CyA:Sp1)
- I know to attack at speed. (CyA:Su1)
- I know to work hard in attack and defence to help the team. (CyA:Su1)
- I can dodge to beat an opponent. (CyA:Su1)
- I can retain possession of the ball. (CyA:Su1)
- I know when to attack and when to defend. (CyA:Su1;CyB:Sp1)
- I can evade others. (CyA:Su1;CyB:Sp1)
- I can attack and defend. (CyA:Su1;CyB:Sp1)
- I know what a ready position looks like. (CyB:Su2)
- I know that a good dig gives more time for teammates to set up an attack. (CyB:Su2)
- I know what a T position is and how it can help me. (CyB:Su2)
- I can make good decisions about when to run and when not to run. (CyB:Su2)

Tactics – Attacking**Football:**

- I know to plan ahead when out of possession. (CyA:Su1;CyB:Su1)
- I can turn confidently with a ball. (CyA:Su1;CyB:Su1)
- I can play a small game and demonstrate my turns. (CyA:Su1;CyB:Su1)
- I can show my skills in a competitive environment. (CyA:Su1;CyB:Su1)

Dodgeball:

- I know to aim low and throw down to make it harder for the other team to catch me. (CyA:Su2;CyB:Su2)
- I know when to attack and when to defend. (CyA:Su2;CyB:Su2)
- I can keep my eye on the opposition at all times. (CyA:Su2;CyB:Su2)
- I can time when to move to the net to throw. (CyA:Su2;CyB:Su2)
- I can judge which balls to catch and which to dodge. (CyA:Su2;CyB:Su2)
- I can attack decisively. (CyA:Su2;CyB:Su2)

Basketball:

- I know how to maintain possession when under pressure, through quick passing, movement and communication. (CyA&B:Sp2)

Tactics – Attacking

- I know when to attack and when not to. (CyB:Sp1)
- Football:**
- I know how to get free from a defender. (CyA:Su1)
 - I know what an underlap and overlap are. (CyA:Su1)
 - I can combine skills to help my team to retain possession. (CyA:Su1)
- Netball:**
- I know some attacking principles. (CyA:Su2)
 - I can anticipate the play and release the ball quickly and efficiently. (CyA:Su2)
 - I can position myself to take rebounds from missed shots. (CyA:Su2)
- Hockey:**
- I can work with a partner to get past a defender. (CyA:Sp1)
- Rugby:**
- I can attack in staggered lines. (CyA:Su1)
- Flag Football:**
- I know how to be in a good 'ready position' to move quickly and receive the ball. (CyB:Su1)
 - I know how to create a 'pocket' when playing as running back and taking the ball from the quarter back. (CyB:Su1)
 - I can grab an opponent's tags and then try to attack. (CyB:Su1)
 - I can plan an attacking strategy. (CyB:Su1)
- Basketball:**
- I can use different skills such as varying speed and direction to pass defenders. (CyB:Su1)

Tactics – Defending

- I can chase and retrieve a ball. (CyA:Su1)

Tactics – Defending

- I know to turn my body so that I can see my opponent and the ball when defending. (CyA:Su1)
- I know to close the space down quickly when defending. (CyA:Su1)
- I know to keep my body between the ball and my opponent to shield it. (CyA:Su1)
- I can track an opponent. (CyA:Su1)
- I can intercept a pass. (CyA:Su1)
- I can close the space down that attackers have to work in. (CyA:Su1)
- I know why it is important to be adept at picking the ball up with both hands. (CyA:Su2)

Tactics – Defending**Football:**

- I know how to position my body in relation to the ball and my opponent when shielding. (CyA:Su1;CyB:Su1)
- I can shield a ball from an opponent. (CyA:Su1;CyB:Su1)
- I can focus and retain my concentration when the ball isn't in my area of the pitch. (CyA:Su1;CyB:Su1)

Dodgeball:

- I know to keep on the move to make myself more difficult to hit. (CyA:Su2;CyB:Su2)
- I can show good peripheral awareness. (CyA:Su2;CyB:Su2)
- I can defend skilfully. (CyA:Su2;CyB:Su2)

Hockey:

- I know to put my body between the ball and my opponent when shielding it. (CyA:Sp1;CyB:Sp1)
- I can perform a jab tackle. (CyA:Sp1;CyB:Sp1)

Rounders:

- I know why fielders might start off at a base and then move to it after a strike. (CyA&B:Su2)
- I know to run after the ball when it goes out of play. (CyA&B:Su2)

Tactics – Defending

- I can defend one on one. (CyB:Sp1)
- I can track an opponent. (CyB:Sp1)

Football:

- I know how to make it harder for the attacker when I am defending. (CyA:Su1)
- I can defend thoughtfully, slowing down attackers and not overcommitting too soon. (CyA:Su1)

Hockey:

- I can jab tackle. (CyA:Sp1)

Rounders:

- I know that I can adjust my position when fielding. (CyA:Sp2;CyB:Su2)
- I can adapt my position during the game. (CyA:Sp2;CyB:Su2)

Rugby:

- I know to close the space when defending. (CyA:Su1)
- I can tag someone safely. (CyA:Su1)

Flag football:

- I can work with others to adopt a defensive strategy. (CyB:Su1)

Volleyball:

- I can defend well and then launch an attack. (CyB:Su2)
- I can angle my blocks near the net so that the ball goes down. (CyB:Su2)

Cricket:

- I can show tactical awareness as a fielder. (CyB:Sp2)

Basketball:

- I know how to use my body to protect the ball. (CyB:Su1)
- I know how to defend against an attacking player. (CyB:Su1)
- I can mark a player or an area of the court to limit opportunities for the opposition. (CyB:Su1)

Following Rules

- I know how to play fairly and accept decisions in games. (CyA: Au1; CyB: Sp1)
- I know how to play by the rules. (CyA: Au1)
- I can follow instructions and play games. (CyA: Au2)
- I can show good listening skills. (CyB: Au1; CyB: Sp2; CyB: Su2)
- I can respond quickly to instructions. (CyB: Su1)
- I know to leave a ball which is going to land out of play. (CyA: Sp1)
- I know when to run and when not to. (CyA: Su1)
- I can make good decisions when batting, about when to run and when not to. (CyA: Su1)
- I know that, as a batter, I don't always have to run. (CyA: Su1)
- I know that I have to bowl on or behind the crease. (CyA: Su1)

Following Rules

- I can play games fairly. (CyB: Au1)
 - I can show good listening skills. (CyA: Au1, Au2; CyB: Au2, Sp2)
 - I can play a game by applying the skills that I have learned. (CyA: Su2)
- Cricket:**
- I know that I need to run, after striking a ball, to accumulate runs. (CyB: Su2)
 - I know to touch my bat over the crease line and slide it on my final run. (CyB: Su2)
 - I know when to run and when not to. (CyB: Su2)
 - I know that I have to bowl from, on or behind a crease. (CyB: Su2)
 - I can call for runs sensibly and decisively when batting. (CyB: Su2)
 - I know how to keep score. (CyA: Su1)
 - I know to run between wickets. (CyA: Su2)
 - I know the stance to adopt when keeping a wicket. (CyA: Su2)
 - I know not to turn my back on the ball. (CyB: Su2)
 - I can wicket keep effectively. (CyB: Su2)
- Short Tennis and Volley Ball:**
- I know how to play a game of short tennis against an opponent. (CyA: Sp2)
 - I know to leave a ball that is going to land out of play. (CyB: Su2)
 - I know that the ball needs to be struck over the net. (CyB: Su2)

Following Rules

- Dodgeball:**
- I know the consequences of dropping an attempted catch. (CyA: Au2; CyB: Au2)
 - I know the rules of dodgeball. (CyA: Au2; CyB: Au2)
 - I can adapt to different rules quickly. (CyA: Au2; CyB: Au2)
- Hockey:**
- I know not to raise the stick above waist height. (CyA: Sp1; CyB: Sp1)
 - I know what to do if the ball hits someone's feet. (CyA: Sp1; CyB: Sp1)
- Tennis:**
- I know how to score a point in tennis. (CyA&B: Su1)
- Rounders:**
- I know what a 'no ball' is. (CyA&B: Su2)
 - I know what happens when I miss a rounders ball or hit it behind me. (CyA&B: Su2)
 - I know how to keep score. (CyA&B: Su2)

Following Rules

- Football:**
- I know the rules of the game. (CyA: Au1)
 - I know where I am allowed on court when playing in specific positions. (CyA: Au2)
- Hockey:**
- I know that I can only use the flat side of the hockey stick. (CyA: Sp1)
 - I know that I can't lift the stick higher than my waist. (CyA: Sp1)
 - I know how to play in a formation. (CyA: Sp1)
 - I know the rules of the game. (CyA: Sp1) I can hold the hockey stick correctly. (CyA: Sp1)
- Rounders:**
- I know the rules of the game. (CyA: Sp2; CyB: Su2)
- Rugby:**
- I know to be wary of the dummy pass. (CyA: Su1)
 - I know what a knock on is. (CyA: Su1)
 - I know what a forward pass is. (CyA: Su1)
 - I know the rules of the game. (CyA: Su1)
- Flag Football:**
- I know what some of the different positions involve. (CyB: Au1)
 - I know the rules of the game. (CyB: Au1)
- Volleyball:**
- I know the rules of the game. (CyB: Au2)
- Cricket:**
- I know to slide my bat over the crease when running. (CyB: Sp2)
 - I know how to grip the bat correctly. (CyB: Sp2)
 - I know which calls I should use when batting. (CyB: Sp2)
 - I know that I can leave my crease to hit balls. (CyB: Sp2)

Tactics and Teamwork	<p>Teamwork</p> <ul style="list-style-type: none"> • I know how to share equipment and take turns. (CyA: Au1; CyB: Sp1; CyB: Su2) • I know how to share apparatus with others in my group. (CyA: Au1; CyB: Au1; CyB: Au2) • I can work as part of a team. (CyA: Au1; CyA: Su2) • I know that I need to concentrate to work well with a partner. (CyA: Sp2) • I can play games, taking turns. (CyA: Sp2) • I know that I need to communicate with my partner. (CyA: Su1) • I know to take turns fairly. (CyA: Su2) • I can work with a partner. (CyB: Au1; CyB: Sp2) • I can balance with a partner. (CyB: Au2) • I can work with partner. (CyB: Su2) • I can share equipment and take turns. (CyA: Su1) 	<p>Teamwork</p> <ul style="list-style-type: none"> • I know how to share apparatus and space with others. (CyA: Sp1) • I know that I have to take turns and share equipment. (CyA: Sp2) • I know the importance of good communication with my teammates. (CyA: Su2) • I can demonstrate the school games values. (CyA: Su2) • I know how to share equipment and take turns. (CyB: Au1) • I can encourage my teammates whilst I wait my turn. (CyB: Au1) • I can communicate effectively with a partner. (CyA: Au1, Au2; CyB: Au2, Sp2) • I know to share equipment and take turns. (CyA: Su2; CyB: Su1) • I know how to communicate with my partner. (CyB: Su2) 	<p>Teamwork</p> <ul style="list-style-type: none"> • I can communicate with my partner or group. (CyA: Au1; CyB: Sp1) • I can work with a partner to overlap. (CyA: Au1; CyB: Au1) • I can work effectively as part of a team. (CyA: Sp1; CyB: Sp1) • I know how to work constructively with a partner. (CyA: Sp2) • I know how to work in time with a partner. (CyA: Sp2) • I know how to listen to peer assessment and use the comments to uplevel my work. (CyA: Sp2) • I know how to communicate with teammates to attack and defend in a competitive game. (CyA&B: Sp2) • I can communicate with players for the good of my team. (CyA&B: Su2) • 	<p>Teamwork</p> <ul style="list-style-type: none"> • I know the importance of concentration. (CyA: Au1) • I know the importance of discipline. (CyA: Au1) • I can communicate with my teammates. (CyA: Au1) • I can cooperate, communicate and collaborate with others to achieve shared goals. (CyA: Au1) • I can apply some tactics that we have decided as a team. (CyA: Au2) • I can support my teammates by communicating with them. (CyA: Sp1) • I know how to motivate and support my teammates. (CyA: Sp2; CyB: Su2) • I know to call my name if I am going for the ball. (CyB: Au2) • I know the positions I need to be in to work with a partner. (CyB: Au2) • I know the importance of good communication. (CyB: Sp2)
	<p>Empathy and Sportspersonship</p> <ul style="list-style-type: none"> • I know how to support my partner with positive praise. (CyA: Au1) • I can give good feedback to a partner. (CyA: Au1) • I know to be aware of people’s feelings when giving and receiving simple feedback. (CyA: Sp2; CyB: Sp2; CyB: Au1; CyB: Su2) • I know how to demonstrate the school games values. (CyA: Su1) • I know how to listen to other people’s ideas and vocalise my own thoughts. (CyB: Au1; CyA: Sp2; CyB: Sp2; CyB: Su2) • I know how to be kind when working as part of a team. (CyB: Au2) 	<p>Empathy and Sportspersonship</p> <ul style="list-style-type: none"> • I know how to give good feedback to a partner. (CyA: Sp1) • I know to stand still and be quiet when a peer is taking a shot. (CyA: Su1) • I know how to observe a partner and give positive feedback. (CyB: Au1) • I know that it is important to comment positively on my partner’s work. (CyB: Au1) • I can control my emotions when playing games. (CyB: Au1) • I know how to listen to other people’s ideas and vocalise my own thoughts. (CyA: Au1, Au2; CyB: Au2, Sp2) • I can help a peer improve their performance with good feedback. (CyA: Su2; CyB: Su1) 	<p>Empathy and Sportspersonship</p> <ul style="list-style-type: none"> • I can improve my ideas. I can evaluate the work of others using technical language. (CyA: Au1; CyB: Sp1) • I know that the team needs to be balanced which means that I may not always be able to play in my favourite position. (CyA: Au1; CyB: Au1) • I know how to give feedback constructively to my partner. 	<p>Empathy and Sportspersonship</p> <ul style="list-style-type: none"> • I know how to work cooperatively and collaboratively with others. (CyA: Sp1)

Tactics and Teamwork	<p>Being Competitive</p> <ul style="list-style-type: none"> I know that tactics involve planning. (CyB: Au2; CyB: Su1) I can think about tactics to move across the hall without getting tagged. (CyB: Au2) I can consider tactics when working as a team to score the most points. (CyB: Su1) I can apply a range of skills. (CyA: Su1) 	<p>Being Competitive</p> <ul style="list-style-type: none"> I can work with a friend to advise them on how to improve their punt. (CyA: Sp2) I can give feedback to help my partner improve. (CyA: Au1, Au2; CyB: Au2, Sp2) I can show determination and perseverance. (CyA: Su1) 	<p>Being Competitive</p> <ul style="list-style-type: none"> I know to evaluate and improve the performance of my team. (CyA: Au2; CyB: Au2) I know that tactics need to be decided as a team. (CyA: Au2; CyB: Au2) I can work alongside others to agree tactics. (CyA: Au2; CyB: Au2) I can compete with passion, self-belief, respect, honesty, determination and teamwork. (CyA: Au2; CyB: Au2) I know how to make a plan before each game. (CyA: Sp1; CyB: Sp1) I can compete in a hockey game. (CyA: Sp1; CyB: Sp1) I know my own strengths and weaknesses. (CyA&B: Su1) I can use tactics against an opponent. (CyA&B: Su1) I can act on feedback from others. (CyB: Au1) 	<p>Being Competitive</p> <ul style="list-style-type: none"> I know how to use feedback to uplevel my work. (CyA: Sp1) I know to communicate non-verbally on court. (CyA: Au2) I can adapt tactics. (CyA: Sp1) I can measure my accurately my performance. (CyA&B: Su1) I can apply the skills of volleyball within a competitive game. (CyB: Au2)
	<p>rules teamwork praise evade communicate school games values take turns defend attack rules teamwork position praise share feelings tactics</p>	<p>attack defence light on my feet shield possession focussed aware out of play runs wicket crease</p>	<p>possession space position tactics aim opposition peripheral shielding strength weakness opponent</p>	<p>discipline overlap underlap committing signal disguise pivot protect</p> <p>rebounds formation pressure adapt fielding adjust strategy</p> <p>opponent mobile fluid diagonal crease tactical awareness</p>

	Early Years	Key Stage One
Safety	<p>Awareness of Others</p> <ul style="list-style-type: none"> • I know to be aware of the position of others before rolling. (CyA: Au1) • I know how to share space safely. (CyA: Au2) • I can travel safely, considering others. (CyA: Au2) • I know to be aware of others when I am jumping. (CyA: Au2) • I know how to work together to move around the area safely. (CyA: Sp1) • I know that I need to be focussed and avoid distractions. (CyA: Su1) • I know how to choose a good space to stand in. (CyA: Su2) • I know how to play tagging games safely. (CyA: Su2; CyB: Su2) <p>I know to be aware of others when I am jumping. (CyA: Au2)</p>	<p>Awareness of Others</p> <ul style="list-style-type: none"> • I know how to keep myself and others safe. (CyA: Su1) • I know to be aware of other children. (CyB: Au1) • I know how to share space considerately. (CyB: Sp1)
	<p>Using Equipment</p> <ul style="list-style-type: none"> • I know how to carry equipment safely. (CyA: Au2) • I know how to help put apparatus out and away safely. (CyB: Au1 & Au2) <p>I know how to use apparatus safely. (CyB: Au2)</p>	<p>Using Equipment</p> <ul style="list-style-type: none"> • I know how to work with others to get out and put away apparatus safely. (CyA: Au2)
	<p>Moving Safely in a Space</p> <ul style="list-style-type: none"> • I can travel safely in a space. (CyB: Au1; CyB: Su2) • I know how to travel backwards safely. (CyA: Au1; CyB: Sp1) • I know that we need to look forwards to safely move around a space. (CyA: Sp2; CyB: Au1; CyB: Sp2; CyB: Su2) • I know that we need to control our speed to ensure safety. (CyA: Sp2; CyB: Au1; CyB: Sp2; CyB: Su2) • I know how to perform rolls safely. (CyA: Au1) • I know why there is a need for safety when tackling new challenges. (CyB: Sp1) • I can show understanding of the need for safety when tackling new challenges. (CyA: Au1) • I can listen and follow instructions. (CyA: Sp1) • I can show good listening skills. (CyA: Sp2; CyB: Au1, Sp2 & Su2) • I know how to find a space. (CyA: Sp2; CyB: Su2;) • I know how to jump and leap safely, with soft knees. (CyB: Au2) • I know how to play tagging games safely. (CyB: Su2) • I know to avoid rushing and trying to do things too quickly. (CyA: Su2; CyB: Su2) 	<p>Moving Safely in a Space</p> <ul style="list-style-type: none"> • I know that we need to look forward to safely move around in space. (CyA: Au1, Au2; CyB: Au2, Sp2) • I know that we need to control our speed to ensure safety. (CyA: Au1, Au2; CyB: Au2, Sp2) <p>I know potential dangers if I am not sensible. (CyA: Au1; CyB: Sp1)</p>
	<p>apparatus</p>	<p>hazards</p>

	Early Years	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
Effects on the Body	<ul style="list-style-type: none"> I know why it is important to prepare the body for physical activity. (CyB:Su1) I can explain some effects of activity on my body. (CyA:Su2) I know the importance of good breathing when I exercise. (CyB:Sp2) I know at least one effect of activity on my body. (CyB:Su2) 	<ul style="list-style-type: none"> I know some effects of exercise on my body. (CyB:Su1) I know to breathe whilst I am stretching and warming up. (CyB:Su2,Sp2) I know what 3 part breathing is. (CyB:Su2,Sp2)I can control my breathing pattern. (CyB:Su2,Sp2) I can breathe in 3 parts. (CyB:Su2,Sp2) I can work quietly, focussing on what I am doing in the moment. (CyB:Su2,Sp2) I know why it is important to warm up. (CyA:Su2;CyB:Su1) I know what core strength is. (CyA:Su1) I know what stamina is. (CyA:Su1) I know why relaxation is important. (CyA:Su1) 	<ul style="list-style-type: none"> I know what stamina is and how to sustain physical exertion over periods of time. (CyA&B:Su2) I know how to adapt exercises to make them easier or harder. (CyA&B:Su2) I know what flexibility is and why it is important in life. (CyA&B:Su2) I know why relaxation is important. (CyA&B:Su2) I know why core strength and flexibility are important in almost every sport. (CyA&B:Su2) I know a range of exercises that can help to develop my fitness. (CyA&B:Su2) I know what area of fitness plyometrics is developing. (CyA&B:Su2) I know why it is important to cool down and stretch after vigorous exercise. (CyA&B:Su2) I can warm up and cool down after exercise. (CyA&B:Su2) I can sustain my performance even when tiring. (CyA&B:Su2) I can demonstrate good core strength. (CyA&B:Su2) I can keep going even when my muscles are really fatiguing. (CyA&B:Su2) I can improve on previous personal bests. (CyA&B:Su2) I know how to prepare my body by breathing and stretching. (CyB:Sp2) I know that it is important to maintain concentration and avoid distraction. (CyB:Sp2) I know the importance of relaxation. (CyB:Sp2) I know how to meditate. (CyB:Sp2) I know how to relax. (CyB:Sp2) I can articulate what the benefits of yoga are. (CyB:Sp2) 	<ul style="list-style-type: none"> I know the physical and mental benefits of regular exercise. (CyA:Su2) I know why flexibility is important. (CyA:Su2) I know why core strength is important. (CyA:Su2) I know why stamina is important. (CyA:Su2) I know how to develop all round strength for my body. (CyA:Su2) I know why relaxation and stretching is an important part of all athletes' training. (CyA:Su2) I know why it is important to warm up prior to exercise. (CyA:Su2) I know how drinking water can rehydrate the body. (CyA:Su2) I know what factors have contributed to any improvement in performance. (CyA:Su2)I can sustain my pace when running. (CyA:Su2) I can motivate myself to do my best in a range of exercises. (CyA:Su2) I can show determination and perseverance. (CyA:Su2) I can run for a period of time, maintaining a good pace. (CyA:Su2) I can perform a variety of exercises demonstrating good technique. (CyA:Su2) I can work with determination. (CyA:Su2) I can show desire to improve on previous performances. (CyA:Su2) I can prepare properly for exercise. (CyA:Su2)
	warm up prepare	3 part breathing stamina core strength relaxation	plyometric adapt flexibility core strength personal best relaxation meditate	mental benefits rehydrate determination