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| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Reception | MultiskillsI can throw safelyI can throw an object into/against a targetI can catch a foam dodgeball, foam rugby ball and small soft ball when standing stillI can catch a ball and pass it to a partner FootballI can roll a football towards a partnerOutdoor Athletics/ Sports DayI can throw a foam javelin in a straight lineI can throw a beanbag into a hoop | MultiskillsI can run, jog and walk on command as part of a warm upI can dodge another person when joggingI can hop on each footI can jump with two feet togetherI can hop and jump into and out of a targetI can crawl under the parachute/ scramble netFootballI can kick a ball in a specified directionI can kick a ball into a goal from a distance of 2mI can dribble a ball in a straight lineI can kick GymnasticsI can perform a pencil, star and tuck jumpI can perform a pencil and forward rollI can perform a series of balances and rolls to musicDanceI can clap my hands and stamp my feet to a beatI can move to match the musicI can perform a series of moves to musicOutdoor Athletics/ Sports DayI can climb into a sack with helpI can jump a short distance inside a sackI can duck under a large hurdle within a courseI can step into a hoop and lift it over my headI can weave through poles while holding a foam ball | MultiskillsI can throw a ball into a net on the groundI can roll a ball into a designated spaceFootballI can kick a ball softly and with forceI can kick a ball against/into various targets, including a goalOutdoor Athletics/ Sports DayI can kick a ball into a goalI can kick a ball past a goalkeeper | MultiskillsI throw safelyI find a space when askedI can stand, sit and balance on a spotI can balance a rubber hoop or beanbag on my head while standing still FootballI can save a ball from the goal with my handsGymnasticsI can balance on one legI can balance using my arms, legs and bottomI can safely travel along a bench, pointing my toes and fingersDanceI can skip without a ropeI can move my feet to a beat/rhythmOutdoor Athletics/ Sports DayI can balance an egg on a spoon while movingI can balance a beanbag or rubber hoop on my head while moving slowlyI can step over a hurdle |  N/A |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 1 | MultiskillsI can throw a foam a javelin in a straight line using a shoulder throwI can throw underarmI can throw overarmI can catch a ball which varies in sizeFootballI can use my hands to stop a football getting past meTag RugbyI can throw and catch a rugby ballDodgeballI can throw and catch a foam dodgeball CricketI can throw underarm to hit the stumpsI can catch a cricket ball from a short distance awayOutdoor Athletics/ Sports DayI can throw a foam javelinI can throw a beanbag into a hoop at speed | MultiskillsI can hold a balance through a series of hoops/spots/agility ladderI can jump over a hurdleI can run the length of a courseI can run through a series of poles/cones, changing directionFootballI know what the term ‘dribble’ meansI know that ‘strike’ is the term use to kick the ball towards the goalI know I need to dribble the ball close to the goal before I strikeTag RugbyI can weave in and out of poles and cones with the ballGymnasticsI can travel along a bench and perform a tuck, pencil or star jumpI land with my feet togetherI can hold a balance for ten secondsI can follow a short sequence of balances and rollsI can perform an egg rollI can use a forward roll to transition between two balancesDodgeballI can move away from the ballCricketI stand in the correct position to hit the ballI can score a runGolfI can stand in the correct positionI hold the club with my preferred hand at the bottomOutdoor Athletics/ Sports DayI can climb into a sack independently I can jump inside a sackI can duck under a series of large hurdles within a courseI can step into a hoop and lift it over my head at speedI can weave through poles at speed while holding a foam ball | MultiskillsI can throw a ball at/against/into a target.FootballI can dribble a ball around a series of conesI can dribble, then change the power of my kick to shootTag RugbyI can score a try by placing the ball over the lineDodgeballI can aim my dodgeball at a targetCricketI can hit a tennis ball off a coneGolfI can putt a ball into a designated areaI can chip a ball into a designated areaI can drive a ball into a designated areaOutdoor Athletics/ Sports DayI can kick a ball into a goal from the penalty spotI can kick a ball past a goalkeeper | MultiskillsI can balance on either foot for between five and ten secondsI can balance a rubber hoop or beanbag on my head whileFootballI can save a ball from the goal with my hands and my feetTag RugbyI can dodge my partner as I run pastI can pull one of my partners tags as they run past meGymnasticsI can balance using different areas of my bodyI can travel along a narrow space quickly, pointing my toes and fingersDodgeballI can move towards my target to improve my aimCricketI can stand in space, ready to stop the ballGolfI wait until it is safe to hit the ballI use the correct stance to strike the ballOutdoor Athletics/ Sports DayI can balance an egg on a spoon while moving at paceI can balance a beanbag or rubber hoop on my head while moving at paceI can jump over a series of hurdles | N/A |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 2 | MultiskillsI can use a underarm, overarm and shoulder throw confidentlyI can select which throw I need according to the distanceI can catch and throw in quick successionFootballI can throw a football for a throw-inI can throw a football to a member of my teamTag RugbyI can throw and catch a rugby ball with my partner while joggingDodgeballI can throw and catch a foam dodgeball at speedCricketI can hit the stumps from an increasing distance using an underarm throwI can catch a cricket ballOutdoor Athletics/ Sports DayI can throw a foam javelin with powerI can throw a beanbag into a hoop from a distance | MultiskillsI can jump either side of a flat line at speed for 30 seconds (speed bounce)I can jump over a series of hurdles at speedI run the length of a short courseI can alternate between running, jumping and crawling as part of a courseI can jump from a standing position as far as possible – working on my personal best distanceFootballI can run while dribbling a ball in a straight lineI can run onto a ball and shootI can run, pass, then run againTag RugbyI can weave in and out of a group with the ball.DanceI perform a range of movements in time I can create a short performance in time to musicI can extend my performance to the ends of my fingers and toesI can learn and perform a group dance to musicDodgeballI quickly dodge the opposition’s throwI can dodge and intercept a throw by catching the ballCricketI can quickly switch places with my partner after I hit the ballOutdoor Athletics/ Sports DayI can jump inside a sack at speedI can duck under a series of large hurdles within a course at speedI can weave through narrowly-spaced poles at speed while holding a foam ballTennisI can confidently use the forearm shotI can bounce a tennis ball on my racquet | MultiskillsI can throw items of different sizes into/against/at a target from an increasing distance FootballI use the inside of my preferred foot to shoot accuratelyI can judge how hard I need to kick the ball according to the distance – and adjust my shot if necessaryTag RugbyI can score a try by dodging two partners and placing the ball over the lineDodgeballI can choose the right throw to aim my dodgeball at a targetCricketI can hit a tennis ball from an underarm bowlOutdoor Athletics/ Sports DayI can score a penalty with powerTennisI can serve under armI can return the ball using a forehand shot | MultiskillsI can balance on small/thin areas while standing stillI can balance using different parts of my body for a period of ten secondsI can move quickly without bumping into thingsFootballI can move to a space to receive the ballI can turn with my ballI look up when I’m running to keep myself and others safe Tag RugbyI stand in an area to defend my lineI come to meet the opposition to pull their tagDanceI can move my body with awareness of the musicDodgeballI can move quickly towards my target to improve my aimI move to a space so I can dodge effectivelyCricketI can stop the ball quickly when I fieldOutdoor Athletics/ Sports DayI can balance an egg on a spoon while moving at pace, turning, and coming backI can balance a beanbag or rubber hoop on my head while moving at pace and negotiating a courseI can jump over a series of hurdles at speedTennisI stand at the correct angle to return a serveI adjust my stance to return a shot | N/A |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 3 | Indoor AthleticsI can perform a chest push with a range of balls, including a medicine ballI choose my throw according to the shot I need to makeI can throw foam javelin with powerFootballI know what is meant by ‘offside’I can identify if someone is offsideTag RugbyI can throw and catch a ball as part of a game situationI can throw to a team member in an advantageous positionNetballI can pass a netball using underarm, overarm and shoulder passesI can catch a ball in my designated areaCricketI am beginning to bowl overarmI use an overarm throw to hit the stumpsOutdoor Athletics/ Sports DayI can throw a foam javelin with powerI can throw a vortex howler in a straight lineRoundersI can throw and catch the ball with my partnerI can throw to a post on commandI can bowl underarm | Indoor AthleticsI can jump either side of a hoop at speed for 30 seconds (speed bounce)I can negotiate various courses which require running, jumping and crawling in successionI run in a straight line, using my arms to help me gain speedFootballI can dribble and shoot in successionI can attempt a dribble around a partner.Tag RugbyI can shift my weight to dodge the defenceGymnasticsI can jump onto a vaultI can jump off a vaultNetballI can pass, catch and move forward within my designated areaHockeyI can dribble the ball through a series of conesCricketI can score a run using the proper cricket rulesOutdoor Athletics/ Sports DayI can skip along a course I can negotiate an over-under course at speedI jump over hurdles at thigh heightI can jump over a series of hurdlesI can perform a standing long jump from the spotI can compete in a relay race using a batonRoundersI can run the course to score a rounder or half rounderI can time my run (with the person ahead of / behind me) | Indoor AthleticsI can decide whether I should throw or kick a ball depending on distanceI can help others to do this tooFootballI can identify which kick I need for which shotI can use the correct part of my foot depending on the shot/pass I needTag RugbyI can help my team to score a tryNetballI can score a goal from inside the DHockeyI can push the ball into the goalI can hit the ball into the goalCricketI can hit a tennis ball being bowled to meI can direct my hit into space Outdoor Athletics/ Sports DayI can pick a spot to shoot at and aim accordinglyRoundersI can hit the ball with a tennis racquetI can aim the ball towards space | Indoor AthleticsI can help my peers be safe by recognising the space they’re inI can tell my partner when it’s safe for them to perform their throw/jumpI can judge when it’s safe to perform my throw/jumpFootballI know where to stand to receive the ball in spaceI know the best way to turn to keep the ballI know the importance of looking up as I’m running in order not to bump into othersTag RugbyI stand in appropriate space to receive the ballI move towards the opposition when they have the ballGymnasticsI can raise my leg into a straight position at 90 degreesI can balance between two lines which narrow in distanceI can land without travellingI can hold a balance NetballI can pivot on my preferred footHockeyI stand in space to receive a passCricketI stand in a position to prevent a 4 or 6 being scoredOutdoor Athletics/ Sports DayI can complete the egg and spoon race successfully I can balance a beanbag or rubber hoop on my head while moving at pace and negotiating a course with hurdles and polesRoundersI stand in a position to close in on the opposition ball  | I enter the pool safely I lift my feet off the floor to swimI can float on my backI can swim a width of the pool using front crawl, breaststroke or backstroke |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 4 | Indoor AthleticsI can perform a range of throws.I use the appropriate throw according to the equipment I useI can throw foam javelin with power, taking a two-step run-upTag RugbyI receive the ball in an advantageous position and run towards the try-lineI throw accurately to a team member in an advantageous positionNetballI can pass a netball quickly to advance along the courtCricketI bowl overarmI use an overarm throw to hit the stumps from a distance of 3mI can throw accurately when fieldingOutdoor Athletics/ Sports DayI can throw a foam javelin over 7mI can throw a vortex howler over 7mRoundersI can throw and catch the ball across a distance of 7mI can throw to a post on command at speedI can bowl underarm between the waist and shoulder | Indoor AthleticsI can perform a long jump from a standing position and record the distanceI can measure my partner’s jumpI can use a timer I run in a straight line, transferring a baton accurately to my partnerI reserve some of my energy on a longer distance run in order to complete the courseFootballI can control the football with the correct part of my footI can perform the role of a striker and defenderTag RugbyI can sprint, dodge and sprint to score a try in a game situationGymnasticsI can balance with a partnerI can perform a safe backward rollNetballI can pass, catch and move forward with increasing speed within my designated areaHockeyI can dribble the ball through a series of cones at increasing speedCricketI can score a run using the proper cricket rulesOutdoor Athletics/ Sports DayI can skip along a course at speedI can negotiate an over-under course at speed, starting with a forward rollI jump over a series of thigh-height hurdles at speedI can perform a standing long jump from the spot and measure my distanceI can perform shuttle runs and record my time, working towards a personal bestRoundersI can time my run to score a rounder or half rounder, I can judge if I need to stop or run | Indoor AthleticsI can angle my throw to ensure the javelin and medicine ball land in the desired areaFootballI can ‘pass’ the ball into the netI can create power on my shot to make it hard for the keeper to saveTag RugbyI can help my team to score a try in a game situationNetballI can score a goal from inside the D while my partner marks meHockeyI can dribble, then push the ball into the goalI can dribble, then hit the ball into the goalCricketI can hit a ball, directing it into space I can protect my wickets with my batOutdoor Athletics/ Sports DayI can create power on my shot to make it hard for the keeper to saveRoundersI can hit the ball with a small cricket batI use tactics when striking the ball | Indoor AthleticsI use my arms to help me land my jumps I shift my weight forwards when long jumpingFootballI can mark my partner in a game situationI stand where I can intercept the ball, angling my body accordinglyTag RugbyI use space to help my team attachI use space to help my team defendGymnasticsI can raise my leg into a straight position at 90 degrees within a series of fluid movementsI can balance between two lines which narrow in distanceI can land from a height without travellingI can hold a balance at length before transitioning into anotherNetballI can receive the ball in space, pivot and passI am beginning to judge a metre of spaceHockeyI stand in space to receive a passI mark my partner CricketI close down space when I fieldI know the best position to stand to protect my wicketsOutdoor Athletics/ Sports DayI can use my arms to propel me when I jump (long jump)RoundersI move to an advantageous position when fielding | I can jump into the pool safelyI can swim a width of front crawl, breaststroke and backstroke. |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 5 | Indoor AthleticsI throw with accuracy, using a run-up where appropriateTag RugbyI throw and catch with accuracyCricketI bowl overarm from the creaseI throw accurately with pace Outdoor Athletics/ Sports DayI can throw a foam javelin over 10mI can throw a vortex howler over 10mRoundersI can throw and catch the ball across a distance of 10mI judge which post I need to throw to and execute my throw accuratelyI can bowl underarm between the waist and shoulder, within a 1.5m width | Indoor AthleticsI can perform a long jump from a standing position and record the distance to beat my personal bestI can perform a triple jump in slow-motion to ensure accuracyI run alongside a partner to transfer the baton in a relayI can sprint the final part of a long distance courseFootballI can control the football with accuracyI can run, mark my partner and sprint for spaceTag RugbyI move quickly in attack and defenceI use the power of my body to move the team up the fieldGymnasticsI can perform a range of rolls, including forward, backward, 360 degree, egg and pencil, transitioning neatly betweenNetballI utilise space to pass, catch and move quicklyHockeyI can dribble the ball through a series of cones at speedCricketI can score a run using the proper cricket rulesOutdoor Athletics/ Sports DayI can bounce a basketball at waist height for ten seconds using my preferred handI can move while bouncing a basketballI can negotiate an obstacle/agility course at speed, starting with a forward rollI jump over a series of thigh-height hurdles within an over-under courseI can perform a standing long jump and triple jump from the spot and measure my distanceI can perform shuttle runs and record my time, working towards a personal best by analysing my performance and the technique of othersRoundersI can time my run to score a rounder or half rounder using the rounders rules | FootballI choose my shot based on where the keeper is positioned Tag RugbyI use tactics to help my team score a tryNetballI can receive the ball and score a goal from inside the DHockeyI can dribble past the opposition, then push the ball into the goalI can dribble past the opposition, then hit the ball into the goalCricketI can hit a ball with power I can protect my wickets with my bat from speed bowlsOutdoor Athletics/ Sports DayI can throw a basketball into the net using a chest throwRoundersI can hit the ball with a rounders bat batI use tactics when striking the ball | Indoor AthleticsI use my arms to help me propel my jumps I can speed up my triple jump to land without falling, FootballI am beginning to use the space of the pitch to best effectTag RugbyI utilise the pitch to my team’s advantageGymnasticsI can perform a series of movements that reflect the tempo and feeling of the musicI create my own sequences which fit to the musicI can perform a jump at height without travellingNetballI can keep track of my partner to intercept a passI stand a metre away from the person with the ballHockeyI stand in space to receive a passI mark my partner effectivelyCricketI can organise myself to field effectivelyOutdoor Athletics/ Sports DayI can use my arms to propel me when I jump (long jump and triple jump)RoundersI can organise myself to field effectively | I can retrieve weighted objects from the bottom of the poolI can confidently swim using a range of strokes |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 6 | Indoor AthleticsI throw with accuracy and powerI can alter the way I throw according to how I performI can coach others to perform to the best of their abilityFootballI can coach those in my team, explaining my reasoningTag RugbyI throw and catch with accuracy while under pressure CricketI bowl overarm from the creaseI bowl using a fast bowlI throw accurately with pace as a wicket keeperOutdoor Athletics/ Sports DayI can perform all Year 5 objectives and coach others to achieve them tooI can throw a foam javelin and vortex howler over 14mI can plan and facilitate a sports day activity for younger pupilsRoundersI can perform all Year 5 objectives and coach others to achieve them tooI can score and umpire a game fairly | Indoor AthleticsI can perform accurate long jumps and triple jumpsI can perform a standing jumpI match my partner for speed in a relay (transfer of the baton)I can judge where to sprint on a long distance courseFootballI can control the football throughout the gameTag RugbyI move quickly and coach my team to enable best positionsI drive forwards, reacting quickly DanceI can perform a series of movements based on the disco styleI can perform a series of movements based on the 1980’s hip hop styleI can work with others to create and perform a dance which incorporates 90s pop movementsI can learn and perform a ‘viral’ social media danceNetballI can tactics to pass, catch and move at speed in a ‘stinger’ game settingHockeyI can dribble the ball past the opposition in a game situationCricketI can score a run using the proper cricket rulesOutdoor Athletics/ Sports DayI can perform all Year 5 objectives and coach others to achieve them tooI can bounce a basketball at waist height for ten seconds using both handsI can move at speed while bouncing a basketballI can plan and facilitate a sports day activity for younger pupilsTennisI can return a shot using backhand and forehandI can stretch to return the ball across the netRoundersI can perform all Year 5 objectives and coach others to achieve them tooI can score and umpire a game fairly | FootballI choose my pass based on where the opposition is positioned Tag RugbyI coach my team using tactics to scoreNetballI can receive the ball and score a goal from inside the D while under pressureHockeyI can score a goal from inside the D in a game situationCricketI can hit for maximum runsOutdoor Athletics/ Sports DayI can perform all Year 4 objectives and coach others to achieve them tooI can plan and facilitate a sports day activity for younger pupilsTennisI can score points by aiming my shot accuratelyI can chose my shot based on the position of my opponent/sI can aim my serve to make it difficult for my opponent RoundersI can perform all Year 5 objectives and coach others to achieve them tooI can score and umpire a game fairly | FootballI use the space of the pitch to best effectTag RugbyI help my team to utilise the pitch to our advantageNetballI mark my partner effectively, using the metre apart ruleHockeyI utilise space to receive and passI utilise space to intercept a passCricketI can organise myself and my team to field effectivelyI communicate well to othersOutdoor Athletics/ Sports DayI can perform all Year 5 objectives and coach others to achieve them tooI can plan and facilitate a sports day activity for younger pupilsTennisI stand in a position that gives me the best chance of returning the ballI communicate with my partner in a doubles game so we utilise the space effectivelyRoundersI can perform all Year 5 objectives and coach others to achieve them tooI can score and umpire a game fairly | I can perform safe self-rescue in different water based situationsI can swim competently, confidently and proficiently over a distance of at least 25 metres |