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| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Reception | Multiskills  I can throw safely  I can throw an object into/against a target  I can catch a foam dodgeball, foam rugby ball and small soft ball when standing still  I can catch a ball and pass it to a partner  Football  I can roll a football towards a partner  Outdoor Athletics/ Sports Day  I can throw a foam javelin in a straight line  I can throw a beanbag into a hoop | Multiskills  I can run, jog and walk on command as part of a warm up  I can dodge another person when jogging  I can hop on each foot  I can jump with two feet together  I can hop and jump into and out of a target  I can crawl under the parachute/ scramble net  Football  I can kick a ball in a specified direction  I can kick a ball into a goal from a distance of 2m  I can dribble a ball in a straight line  I can kick  Gymnastics  I can perform a pencil, star and tuck jump  I can perform a pencil and forward roll  I can perform a series of balances and rolls to music  Dance  I can clap my hands and stamp my feet to a beat  I can move to match the music  I can perform a series of moves to music  Outdoor Athletics/ Sports Day  I can climb into a sack with help  I can jump a short distance inside a sack  I can duck under a large hurdle within a course  I can step into a hoop and lift it over my head  I can weave through poles while holding a foam ball | Multiskills  I can throw a ball into a net on the ground  I can roll a ball into a designated space  Football  I can kick a ball softly and with force  I can kick a ball against/into various targets, including a goal  Outdoor Athletics/ Sports Day  I can kick a ball into a goal  I can kick a ball past a goalkeeper | Multiskills  I throw safely  I find a space when asked  I can stand, sit and balance on a spot  I can balance a rubber hoop or beanbag on my head while standing still  Football  I can save a ball from the goal with my hands  Gymnastics  I can balance on one leg  I can balance using my arms, legs and bottom  I can safely travel along a bench, pointing my toes and fingers  Dance  I can skip without a rope  I can move my feet to a beat/rhythm  Outdoor Athletics/ Sports Day  I can balance an egg on a spoon while moving  I can balance a beanbag or rubber hoop on my head while moving slowly  I can step over a hurdle | N/A |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 1 | Multiskills  I can throw a foam a javelin in a straight line using a shoulder throw  I can throw underarm  I can throw overarm  I can catch a ball which varies in size  Football  I can use my hands to stop a football getting past me  Tag Rugby  I can throw and catch a rugby ball  Dodgeball  I can throw and catch a foam dodgeball  Cricket  I can throw underarm to hit the stumps  I can catch a cricket ball from a short distance away  Outdoor Athletics/ Sports Day  I can throw a foam javelin  I can throw a beanbag into a hoop at speed | Multiskills  I can hold a balance through a series of hoops/spots/agility ladder  I can jump over a hurdle  I can run the length of a course  I can run through a series of poles/cones, changing direction  Football  I know what the term ‘dribble’ means  I know that ‘strike’ is the term use to kick the ball towards the goal  I know I need to dribble the ball close to the goal before I strike  Tag Rugby  I can weave in and out of poles and cones with the ball  Gymnastics  I can travel along a bench and perform a tuck, pencil or star jump  I land with my feet together  I can hold a balance for ten seconds  I can follow a short sequence of balances and rolls  I can perform an egg roll  I can use a forward roll to transition between two balances  Dodgeball  I can move away from the ball  Cricket  I stand in the correct position to hit the ball  I can score a run  Golf  I can stand in the correct position  I hold the club with my preferred hand at the bottom  Outdoor Athletics/ Sports Day  I can climb into a sack independently  I can jump inside a sack  I can duck under a series of large hurdles within a course  I can step into a hoop and lift it over my head at speed  I can weave through poles at speed while holding a foam ball | Multiskills  I can throw a ball at/against/into a target.  Football  I can dribble a ball around a series of cones  I can dribble, then change the power of my kick to shoot  Tag Rugby  I can score a try by placing the ball over the line  Dodgeball  I can aim my dodgeball at a target  Cricket  I can hit a tennis ball off a cone  Golf  I can putt a ball into a designated area  I can chip a ball into a designated area  I can drive a ball into a designated area  Outdoor Athletics/ Sports Day  I can kick a ball into a goal from the penalty spot  I can kick a ball past a goalkeeper | Multiskills  I can balance on either foot for between five and ten seconds  I can balance a rubber hoop or beanbag on my head while  Football  I can save a ball from the goal with my hands and my feet  Tag Rugby  I can dodge my partner as I run past  I can pull one of my partners tags as they run past me  Gymnastics  I can balance using different areas of my body  I can travel along a narrow space quickly, pointing my toes and fingers  Dodgeball  I can move towards my target to improve my aim  Cricket  I can stand in space, ready to stop the ball  Golf  I wait until it is safe to hit the ball  I use the correct stance to strike the ball  Outdoor Athletics/ Sports Day  I can balance an egg on a spoon while moving at pace  I can balance a beanbag or rubber hoop on my head while moving at pace  I can jump over a series of hurdles | N/A |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 2 | Multiskills  I can use a underarm, overarm and shoulder throw confidently  I can select which throw I need according to the distance  I can catch and throw in quick succession  Football  I can throw a football for a throw-in  I can throw a football to a member of my team  Tag Rugby  I can throw and catch a rugby ball with my partner while jogging  Dodgeball  I can throw and catch a foam dodgeball at speed  Cricket  I can hit the stumps from an increasing distance using an underarm throw  I can catch a cricket ball  Outdoor Athletics/ Sports Day  I can throw a foam javelin with power  I can throw a beanbag into a hoop from a distance | Multiskills  I can jump either side of a flat line at speed for 30 seconds (speed bounce)  I can jump over a series of hurdles at speed  I run the length of a short course  I can alternate between running, jumping and crawling as part of a course  I can jump from a standing position as far as possible – working on my personal best distance  Football  I can run while dribbling a ball in a straight line  I can run onto a ball and shoot  I can run, pass, then run again  Tag Rugby  I can weave in and out of a group with the ball.  Dance  I perform a range of movements in time  I can create a short performance in time to music  I can extend my performance to the ends of my fingers and toes  I can learn and perform a group dance to music  Dodgeball  I quickly dodge the opposition’s throw  I can dodge and intercept a throw by catching the ball  Cricket  I can quickly switch places with my partner after I hit the ball  Outdoor Athletics/ Sports Day  I can jump inside a sack at speed  I can duck under a series of large hurdles within a course at speed  I can weave through narrowly-spaced poles at speed while holding a foam ball  Tennis  I can confidently use the forearm shot  I can bounce a tennis ball on my racquet | Multiskills  I can throw items of different sizes into/against/at a target from an increasing distance  Football  I use the inside of my preferred foot to shoot accurately  I can judge how hard I need to kick the ball according to the distance – and adjust my shot if necessary  Tag Rugby  I can score a try by dodging two partners and placing the ball over the line  Dodgeball  I can choose the right throw to aim my dodgeball at a target  Cricket  I can hit a tennis ball from an underarm bowl  Outdoor Athletics/ Sports Day  I can score a penalty with power  Tennis  I can serve under arm  I can return the ball using a forehand shot | Multiskills  I can balance on small/thin areas while standing still  I can balance using different parts of my body for a period of ten seconds  I can move quickly without bumping into things  Football  I can move to a space to receive the ball  I can turn with my ball  I look up when I’m running to keep myself and others safe  Tag Rugby  I stand in an area to defend my line  I come to meet the opposition to pull their tag  Dance  I can move my body with awareness of the music  Dodgeball  I can move quickly towards my target to improve my aim  I move to a space so I can dodge effectively  Cricket  I can stop the ball quickly when I field  Outdoor Athletics/ Sports Day  I can balance an egg on a spoon while moving at pace, turning, and coming back  I can balance a beanbag or rubber hoop on my head while moving at pace and negotiating a course  I can jump over a series of hurdles at speed  Tennis  I stand at the correct angle to return a serve  I 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 Athletics  I can perform a chest push with a range of balls, including a medicine ball  I choose my throw according to the shot I need to make  I can throw foam javelin with power  Football  I know what is meant by ‘offside’  I can identify if someone is offside  Tag Rugby  I can throw and catch a ball as part of a game situation  I can throw to a team member in an advantageous position  Netball  I can pass a netball using underarm, overarm and shoulder passes  I can catch a ball in my designated area  Cricket  I am beginning to bowl overarm  I use an overarm throw to hit the stumps  Outdoor Athletics/ Sports Day  I can throw a foam javelin with power  I can throw a vortex howler in a straight line  Rounders  I can throw and catch the ball with my partner  I can throw to a post on command  I can bowl underarm | Indoor Athletics  I 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 succession  I run in a straight line, using my arms to help me gain speed  Football  I can dribble and shoot in succession  I can attempt a dribble around a partner.  Tag Rugby  I can shift my weight to dodge the defence  Gymnastics  I can jump onto a vault  I can jump off a vault  Netball  I can pass, catch and move forward within my designated area  Hockey  I can dribble the ball through a series of cones  Cricket  I can score a run using the proper cricket rules  Outdoor Athletics/ Sports Day  I can skip along a course  I can negotiate an over-under course at speed  I jump over hurdles at thigh height  I can jump over a series of hurdles  I can perform a standing long jump from the spot  I can compete in a relay race using a baton  Rounders  I can run the course to score a rounder or half rounder  I can time my run (with the person ahead of / behind me) | Indoor Athletics  I can decide whether I should throw or kick a ball depending on distance  I can help others to do this too  Football  I can identify which kick I need for which shot  I can use the correct part of my foot depending on the shot/pass I need  Tag Rugby  I can help my team to score a try  Netball  I can score a goal from inside the D  Hockey  I can push the ball into the goal  I can hit the ball into the goal  Cricket  I can hit a tennis ball being bowled to me  I can direct my hit into space  Outdoor Athletics/ Sports Day  I can pick a spot to shoot at and aim accordingly  Rounders  I can hit the ball with a tennis racquet  I can aim the ball towards space | Indoor Athletics  I can help my peers be safe by recognising the space they’re in  I can tell my partner when it’s safe for them to perform their throw/jump  I can judge when it’s safe to perform my throw/jump  Football  I know where to stand to receive the ball in space  I know the best way to turn to keep the ball  I know the importance of looking up as I’m running in order not to bump into others  Tag Rugby  I stand in appropriate space to receive the ball  I move towards the opposition when they have the ball  Gymnastics  I can raise my leg into a straight position at 90 degrees  I can balance between two lines which narrow in distance  I can land without travelling  I can hold a balance  Netball  I can pivot on my preferred foot  Hockey  I stand in space to receive a pass  Cricket  I stand in a position to prevent a 4 or 6 being scored  Outdoor Athletics/ Sports Day  I 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 poles  Rounders  I stand in a position to close in on the opposition ball | I enter the pool safely  I lift my feet off the floor to swim  I can float on my back  I 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 Athletics  I can perform a range of throws.  I use the appropriate throw according to the equipment I use  I can throw foam javelin with power, taking a two-step run-up  Tag Rugby  I receive the ball in an advantageous position and run towards the try-line  I throw accurately to a team member in an advantageous position  Netball  I can pass a netball quickly to advance along the court  Cricket  I bowl overarm  I use an overarm throw to hit the stumps from a distance of 3m  I can throw accurately when fielding  Outdoor Athletics/ Sports Day  I can throw a foam javelin over 7m  I can throw a vortex howler over 7m  Rounders  I can throw and catch the ball across a distance of 7m  I can throw to a post on command at speed  I can bowl underarm between the waist and shoulder | Indoor Athletics  I can perform a long jump from a standing position and record the distance  I can measure my partner’s jump  I can use a timer  I run in a straight line, transferring a baton accurately to my partner  I reserve some of my energy on a longer distance run in order to complete the course  Football  I can control the football with the correct part of my foot  I can perform the role of a striker and defender  Tag Rugby  I can sprint, dodge and sprint to score a try in a game situation  Gymnastics  I can balance with a partner  I can perform a safe backward roll  Netball  I can pass, catch and move forward with increasing speed within my designated area  Hockey  I can dribble the ball through a series of cones at increasing speed  Cricket  I can score a run using the proper cricket rules  Outdoor Athletics/ Sports Day  I can skip along a course at speed  I can negotiate an over-under course at speed, starting with a forward roll  I jump over a series of thigh-height hurdles at speed  I can perform a standing long jump from the spot and measure my distance  I can perform shuttle runs and record my time, working towards a personal best  Rounders  I can time my run to score a rounder or half rounder,  I can judge if I need to stop or run | Indoor Athletics  I can angle my throw to ensure the javelin and medicine ball land in the desired area  Football  I can ‘pass’ the ball into the net  I can create power on my shot to make it hard for the keeper to save  Tag Rugby  I can help my team to score a try in a game situation  Netball  I can score a goal from inside the D while my partner marks me  Hockey  I can dribble, then push the ball into the goal  I can dribble, then hit the ball into the goal  Cricket  I can hit a ball, directing it into space  I can protect my wickets with my bat  Outdoor Athletics/ Sports Day  I can create power on my shot to make it hard for the keeper to save  Rounders  I can hit the ball with a small cricket bat  I use tactics when striking the ball | Indoor Athletics  I use my arms to help me land my jumps  I shift my weight forwards when long jumping  Football  I can mark my partner in a game situation  I stand where I can intercept the ball, angling my body accordingly  Tag Rugby  I use space to help my team attach  I use space to help my team defend  Gymnastics  I can raise my leg into a straight position at 90 degrees within a series of fluid movements  I can balance between two lines which narrow in distance  I can land from a height without travelling  I can hold a balance at length before transitioning into another  Netball  I can receive the ball in space, pivot and pass  I am beginning to judge a metre of space  Hockey  I stand in space to receive a pass  I mark my partner  Cricket  I close down space when I field  I know the best position to stand to protect my wickets  Outdoor Athletics/ Sports Day  I can use my arms to propel me when I jump (long jump)  Rounders  I move to an advantageous position when fielding | I can jump into the pool safely  I 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 Athletics  I throw with accuracy, using a run-up where appropriate  Tag Rugby  I throw and catch with accuracy  Cricket  I bowl overarm from the crease  I throw accurately with pace  Outdoor Athletics/ Sports Day  I can throw a foam javelin over 10m  I can throw a vortex howler over 10m  Rounders  I can throw and catch the ball across a distance of 10m  I judge which post I need to throw to and execute my throw accurately  I can bowl underarm between the waist and shoulder, within a 1.5m width | Indoor Athletics  I can perform a long jump from a standing position and record the distance to beat my personal best  I can perform a triple jump in slow-motion to ensure accuracy  I run alongside a partner to transfer the baton in a relay  I can sprint the final part of a long distance course  Football  I can control the football with accuracy  I can run, mark my partner and sprint for space  Tag Rugby  I move quickly in attack and defence  I use the power of my body to move the team up the field  Gymnastics  I can perform a range of rolls, including forward, backward, 360 degree, egg and pencil, transitioning neatly between  Netball  I utilise space to pass, catch and move quickly  Hockey  I can dribble the ball through a series of cones at speed  Cricket  I can score a run using the proper cricket rules  Outdoor Athletics/ Sports Day  I can bounce a basketball at waist height for ten seconds using my preferred hand  I can move while bouncing a basketball  I can negotiate an obstacle/agility course at speed, starting with a forward roll  I jump over a series of thigh-height hurdles within an over-under course  I can perform a standing long jump and triple jump from the spot and measure my distance  I can perform shuttle runs and record my time, working towards a personal best by analysing my performance and the technique of others  Rounders  I can time my run to score a rounder or half rounder using the rounders rules | Football  I choose my shot based on where the keeper is positioned  Tag Rugby  I use tactics to help my team score a try  Netball  I can receive the ball and score a goal from inside the D  Hockey  I can dribble past the opposition, then push the ball into the goal  I can dribble past the opposition, then hit the ball into the goal  Cricket  I can hit a ball with power  I can protect my wickets with my bat from speed bowls  Outdoor Athletics/ Sports Day  I can throw a basketball into the net using a chest throw  Rounders  I can hit the ball with a rounders bat bat  I use tactics when striking the ball | Indoor Athletics  I use my arms to help me propel my jumps  I can speed up my triple jump to land without falling,  Football  I am beginning to use the space of the pitch to best effect  Tag Rugby  I utilise the pitch to my team’s advantage  Gymnastics  I can perform a series of movements that reflect the tempo and feeling of the music  I create my own sequences which fit to the music  I can perform a jump at height without travelling  Netball  I can keep track of my partner to intercept a pass  I stand a metre away from the person with the ball  Hockey  I stand in space to receive a pass  I mark my partner effectively  Cricket  I can organise myself to field effectively  Outdoor Athletics/ Sports Day  I can use my arms to propel me when I jump (long jump and triple jump)  Rounders  I can organise myself to field effectively | I can retrieve weighted objects from the bottom of the pool  I can confidently swim using a range of strokes |
| Year Group | Catching & Throwing | Agility & Coordination | Shooting for Targets | Balance & Spatial Awareness | Swimming |
| Year 6 | Indoor Athletics  I throw with accuracy and power  I can alter the way I throw according to how I perform  I can coach others to perform to the best of their ability  Football  I can coach those in my team, explaining my reasoning  Tag Rugby  I throw and catch with accuracy while under pressure  Cricket  I bowl overarm from the crease  I bowl using a fast bowl  I throw accurately with pace as a wicket keeper  Outdoor Athletics/ Sports Day  I can perform all Year 5 objectives and coach others to achieve them too  I can throw a foam javelin and vortex howler over 14m  I can plan and facilitate a sports day activity for younger pupils  Rounders  I can perform all Year 5 objectives and coach others to achieve them too  I can score and umpire a game fairly | Indoor Athletics  I can perform accurate long jumps and triple jumps  I can perform a standing jump  I match my partner for speed in a relay (transfer of the baton)  I can judge where to sprint on a long distance course  Football  I can control the football throughout the game  Tag Rugby  I move quickly and coach my team to enable best positions  I drive forwards, reacting quickly  Dance  I can perform a series of movements based on the disco style  I can perform a series of movements based on the 1980’s hip hop style  I can work with others to create and perform a dance which incorporates 90s pop movements  I can learn and perform a ‘viral’ social media dance  Netball  I can tactics to pass, catch and move at speed in a ‘stinger’ game setting  Hockey  I can dribble the ball past the opposition in a game situation  Cricket  I can score a run using the proper cricket rules  Outdoor Athletics/ Sports Day  I can perform all Year 5 objectives and coach others to achieve them too  I can bounce a basketball at waist height for ten seconds using both hands  I can move at speed while bouncing a basketball  I can plan and facilitate a sports day activity for younger pupils  Tennis  I can return a shot using backhand and forehand  I can stretch to return the ball across the net  Rounders  I can perform all Year 5 objectives and coach others to achieve them too  I can score and umpire a game fairly | Football  I choose my pass based on where the opposition is positioned  Tag Rugby  I coach my team using tactics to score  Netball  I can receive the ball and score a goal from inside the D while under pressure  Hockey  I can score a goal from inside the D in a game situation  Cricket  I can hit for maximum runs  Outdoor Athletics/ Sports Day  I can perform all Year 4 objectives and coach others to achieve them too  I can plan and facilitate a sports day activity for younger pupils  Tennis  I can score points by aiming my shot accurately  I can chose my shot based on the position of my opponent/s  I can aim my serve to make it difficult for my opponent  Rounders  I can perform all Year 5 objectives and coach others to achieve them too  I can score and umpire a game fairly | Football  I use the space of the pitch to best effect  Tag Rugby  I help my team to utilise the pitch to our advantage  Netball  I mark my partner effectively, using the metre apart rule  Hockey  I utilise space to receive and pass  I utilise space to intercept a pass  Cricket  I can organise myself and my team to field effectively  I communicate well to others  Outdoor Athletics/ Sports Day  I can perform all Year 5 objectives and coach others to achieve them too  I can plan and facilitate a sports day activity for younger pupils  Tennis  I stand in a position that gives me the best chance of returning the ball  I communicate with my partner in a doubles game so we utilise the space effectively  Rounders  I can perform all Year 5 objectives and coach others to achieve them too  I can score and umpire a game fairly | I can perform safe self-rescue in different water based situations  I can swim competently, confidently and proficiently over a distance of at least 25 metres |