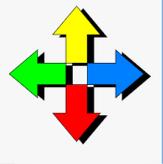




Early Years Foundation Stage

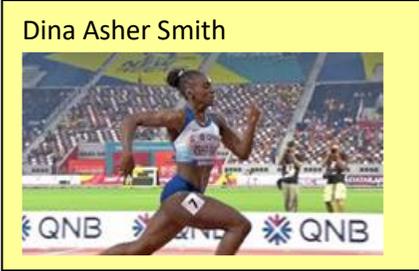


Expectations	
Move in different directions: Forwards, backwards, sideways.	
Catch a ball or bean bag.	
Throw a ball or bean bag underarm to a target.	
Throw and catch with a partner or team member.	
To kick a large or medium ball forwards to a target	
To jump from the floor with two feet and land on two feet / to jump from a piece of equipment safely with two feet. Landing on two feet	

Vocabulary	
Travelling	Move from one place to another e.g. walk, run, jog, roll, slide, crawl, creep, skip, gallop, stomp, dancing, hopping, tip toe and climbing
Space	
Directions	Forwards, backwards or sideways.
Sprint	Run at full speed over a short distance.
Catch	Seize an object with your hands.
Throw	Send a ball or bean bag through the air.
Kick	To use one foot to move a large ball forward.
Balance	Remain still.
Jump	Push body off the floor.
Climb	

Key Stage 1 Athletics

Expectations	
Use arms correctly when sprinting.	
Run changing speeds and directions.	
Know the body position for throwing.	
Use a variety of throwing actions: underarm, overarm, pushing.	
Throw for distance	
Use one foot and two foot take off for jumps	
Link a sequence of jumps together.	

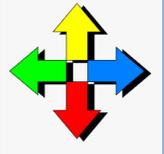


Dina Asher –Smith is a British sprinter. She is the fastest British women in recorded history.



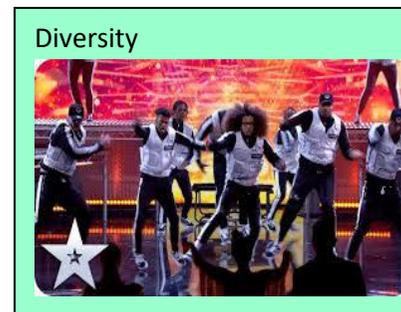
Katarina specialises in the Heptathlon. This event combines seven events. She is the world champion.

Vocabulary	
Sprint	Run at full speed over a short distance.
Speed	Ability to move quickly.
Directions	A pathway in which a person moves.
Pushing	Using a force to move forward.
Distance	The length between two points.
Sequence	A particular order that things follow.

Expectations	
Move by sliding.	
Show Levels: High, Medium, Low.	
Move in different directions: Forwards, backwards, sideways.	
Use twisting and turning moves.	
Link actions together.	
Work with a partner and small groups.	
Show a start and finish to dance.	



An American Ballet dancer, a principle ballerina. A principle dancer is the highest position in a dance company.



A British street dance troupe. Street dance evolved from the dancing in open spaces.

Vocabulary	
Travelling	Move from one place to another e.g. walk, run, jog, roll, slide, crawl, meander, creep, float, wobble, dart, swerve, drag, stagger, limp, skip, gallop, stomp, stamp, hobble, plod, waddle.
Shape	Position created using the body e.g. ball, cross, star, spiky.
Pathway	Pattern created in the air or on the floor.
Levels	High, medium and low.
Directions	Forwards, backwards or sideways.
Twisting	A rotary motion, turning part of the body so it is out of its normal position.
Stimuli	Something that gives you an idea.

Key Stage 1 Games

Expectations	
Catch a ball or bean bag.	
Throw a ball or bean bag underarm to a target.	
Throw and catch with a partner or team member.	
Move to stop or trap a ball or bean bag.	
Hit bounce with hand or racket.	
Feed a ball to a partner.	
Dribble a ball.	

England Rugby Team



England Rugby team captain is Owen Farrell. They have won one world cup. In 2019, they were 3rd and beat the favourites New Zealand All Blacks.

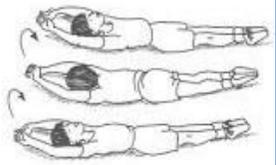
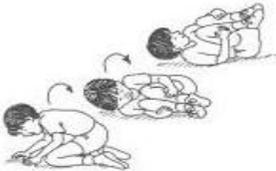
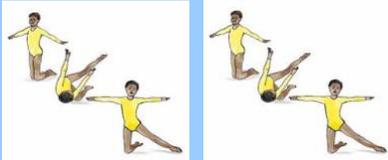
Andy Murray



Sir Andrew Murray OBE is British number 1 and has won two Olympic gold medals.

Vocabulary	
Target	Something that you aim at.
Defend	To stop someone or thing entering an area.
Intercept	Move to prevent a ball getting to another team member or goal.
Catch	Seize an object with your hands.
Throw	Send a ball or bean bag through the air.
Dribble	To move a ball with small kicks, hits or bounces.
Receive	To collect something that is given.

Key Stage 1 Gymnastics

Expectations	
Log roll	
Egg roll	
Teddy Bear roll	
Forward roll to sit	
Link three actions together	
Copy and repeat actions	



Simone Biles is an American gymnast with the world's most medals and gold medals.



Max Whitlock is a British gymnast. He is a five-time Olympic medallist.

Vocabulary	
Control	Steady and deliberate movements.
Shape	Position created using the body e.g. ball, cross, star, spiky.
Balance	Remain still.
Stretch	Straighten a part of the body.
Tension	Stretched tight.
Extension	Stretching or straightening as much as possible
Jump	Push body off the floor.
Link	Put things together.

Key Stage 1 OAA

Expectations	
Follow a route.	
Find objects.	
Explore an area to find features.	
Create shapes as a group.	
Develop working as a team.	
Develop trust through games.	

Steve Redgrave



Sir Steve Redgrave CBE won five Olympic gold medals between 1984 and 2000, rowing for Great Britain.

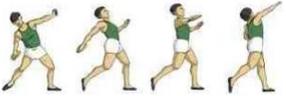
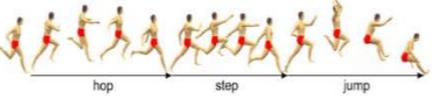
Alison Hargreaves



Alison Hargreaves was a British mountain climber who climbed Mount Everest on her own without the use of oxygen. In one season, she climbed all the great mountains on her own, which was a first for any climber.

Vocabulary	
Trust	Have confidence and feel safe.
Route	A way of getting somewhere.
Hunt	Look for something.
Explore	To move and look around an area.
Create	To make something new.
Teamwork	Working together to achieve a common aim.
Find	To discover something new.
Trust	Have confidence and feel safe.

Year 3/4 Athletics

Expectations	
Use arms and legs correctly when sprinting.	
Pace themselves when running, run effectively.	
Develop overarm throw for javelin.	
Develop sling action for discus.	
Develop push for shot.	
Use different methods of take-off and landing.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>1 foot to 2 feet</p> </div> <div style="text-align: center;">  <p>2 feet to 2 feet</p> </div> </div>
Develop standing long jump.	
Develop standing triple jump.	



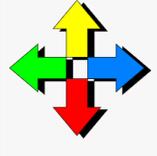
Dina Asher –Smith is a British sprinter. She is the fastest British women in recorded history.

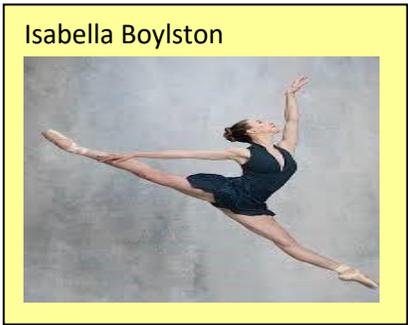


Katarina specialises in the Heptathlon. This event combines seven events. She is the world champion.

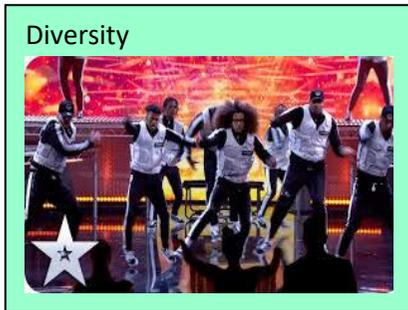
Vocabulary	
Sprint	Run at full speed over a short distance
Pace	Speed in walking running or moving.
Javelin	A light spear thrown for sport or a weapon.
Shot	A very heavy iron round ball.
Discus	Heavy flat round object.
Triple	Consisting of three moves.

Year 3/4 Dance

Expectations	
Copy a famous dance.	
Show Levels: High, Medium, Low.	
Move in different directions: Forwards, backwards, sideways.	
Show changes of speed.	
Use different body parts.	
Develop own ideas.	
Listen to others ideas and work together to create a dance.	



An American Ballet dancer, a principle ballerina. A principle dancer is the highest position in a dance company.



A British street dance troupe. Street dance evolved from the dancing in open spaces.

Vocabulary	
Levels	High, medium and low.
Directions	Forwards, backwards, sideways.
Speed	The rate that someone or something moves.
Create	To make something new.
Famous	Well known.
Stimuli	Something that gives you an idea.

Year 3/4 Games

Expectations	
Dribble a ball and understand what dribbling means.	
Use a range of passes underarm, overarm.	
Control a ball on the move.	
Throw or hit a ball including over a barrier.	
Move to receive a ball.	
Move to attempt to intercept a ball.	
Understand attack and defence.	



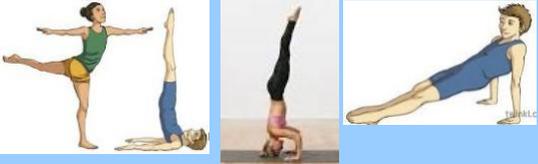
England Rugby team captain is Owen Farrell. They have won one world cup. In 2019, they were 3rd and beat the favourites New Zealand All Blacks.



Sir Andrew Murray OBE is British number 1 and has won two Olympic gold medals.

Vocabulary	
Dribble	Close control of the ball.
Strike	A shot at goal or a hit of an object.
Kick	Strike or propel forcibly with the foot
Shoot	Try to score points for self or team.
Receive	To collect something that is given.
Intercept	Obstruct or prevent someone or thing from reaching the destination.
Attack	Move into other teams area.
Defend	To stop someone or thing entering an area.

Year 3/4 Gymnastics

Expectations	
Show good balance skills.	
Balance on different body parts.	
Balance on 1, 2, 3, 4 body parts.	
Link together 6 moves to form a sequence.	
Show changes of speed.	



Simone Biles is an American gymnast with the world's most medals and gold medals.



Max Whitlock is a British gymnast. He is a five-time Olympic medallist.

Vocabulary	
Control	Steady and deliberate movements.
Balance	Remain still.
Stretch	Straighten a part of the body.
Tension	Stretched tight.
Extension	Stretching or straightening as much as possible.
Link	Put things together.
Sequence	An order that things follow each other.
Speed	The rate in which someone or something moves.

Expectations	
Read a simple map and symbols.	
Find simple controls.	
Work as a team to solve problems.	
Cooperate to manage a group task.	
Work as a team to negotiate obstacles.	

Steve Redgrave



Sir Steve Redgrave CBE won five Olympic gold medals between 1984 and 2000 rowing for Great Britain.

Alison Hargreaves



Alison Hargreaves was a British mountain climber who climbed Mount Everest on her own without the use of oxygen. In one season, she climbed all the great mountains on her own, which was a first for any climber.

Vocabulary	
Map	Diagram of an area.
Orienteer	An activity in which you find your way to somewhere.
Trust	Have confidence and feel safe.
Non -Verbal	Communicate without voice.
Negotiate	Work together to come to an agreement or find a way through obstacles.
Cooperate	Work together to the same goal.
Organise	To arrange things in a methodical way.
Solve	To find an answer to.
Navigate	Work together to come to an agreement or find a way through obstacles.

Year 5/6 Athletics

Expectations	
Improve personal stamina and be able to sustain activity for longer periods of time.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: black; color: white; padding: 5px; border-radius: 10px;">3:00</div> <div style="background-color: black; color: white; padding: 5px; border-radius: 10px;">5:00</div> <div style="background-color: black; color: white; padding: 5px; border-radius: 10px;">10:00</div> </div>
Know how to perform a standing long jump effectively.	
Know how to perform a standing triple jump effectively.	
Know how to perform a vertical jump.	
Use a variety of throwing techniques for athletics.	
Know how to measure a jump or a throw.	
Know how to use a stopwatch correctly.	
Understand the rules of a relay race.	

Dina Asher Smith



Dina Asher – Smith is a British sprinter. She is the fastest British women in recorded history.

Katarina Johnson-Thompson

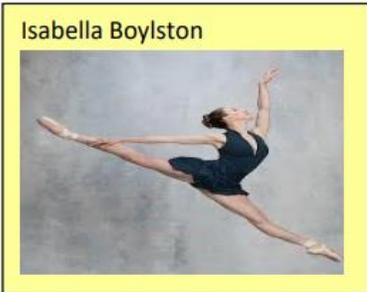


Katarina specialises in the Heptathlon. This event combines seven events. She is the world champion.

Vocabulary	
Stamina	Ability to exercise for longer periods, staying power.
Long	Measure a great distance.
Triple	Consisting of three moves.
Vertical	Upright.
Measure	Find out the size, distance or time.
Timing	The period it takes something to happen.
Sustain	To support, hold or keep going.

Year 5/6 Dance

Expectations	
Use a video to stimulate ideas for a group dance.	
Understand how to work in unison.	
Understand how to work in canon.	
Show meeting and parting in a dance.	
Use different pathways in a dance.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <small>— ground pathway:</small>  </div> <div style="text-align: center;"> <small>— air pathway:</small>  </div> </div>
Show different group shapes.	
To communicate and collaborate to create a group dance.	



An American Ballet dancer, a principle ballerina. A principle dancer is the highest position in a dance company.



A British street dance troupe. Street dance evolved from the dancing in open spaces.

Vocabulary	
Stimuli	Something that gives you an idea.
Create	To bring something into existence.
Unison	Perform the same movement at the same time.
Canon	A partner or group perform the same movement one after the other.
Phrase	A short set of movements usually to 8 beats.
Communicate	Share or exchange ideas.
Collaborate	Work jointly on a dance or project.
Teamwork	Willingness of people to work together.

Year 5/6 Games

Expectations	
Demonstrate attacking tactics and skills.	
Demonstrate defending tactics and skills.	
Show good dribbling and passing skills.	
Be able to select the correct shot or throw.	
Know how to bowl underarm and overarm.	
Hit a ball under control and into a space.	
Send and return a ball effectively.	

England Rugby Team



England Rugby team captain is Owen Farrell. They have won one world cup. In 2019, they were 3rd and beat the favourites New Zealand All Blacks.

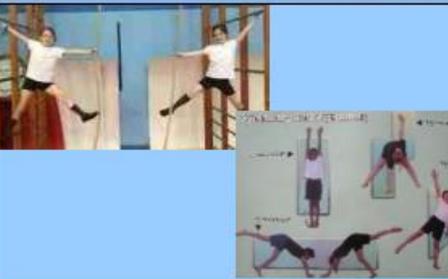
Andy Murray



Sir Andrew Murray OBE is British number 1 and has won two Olympic gold medals.

Vocabulary	
Tactics	An action planned to achieve a goal.
Select	Choose.
Apply	Put into action.
Bowl	An action to send or deliver a ball.
Effective	Successful in producing the right result.
Accurate	Correct.
Umpire	An official who watches a game and keeps the rules.
Return	Give, put or send.

Year 5/6 Gymnastics

Expectations	
Be able to hold good quality balances.	
Show good controlled movements on and off the apparatus.	
Perform a range of rolls.	
Gain flight onto off and over apparatus.	
Work with a partner to show mirroring, matching, symmetry and asymmetry movements.	



Simone Biles is an American gymnast with the world's most medals and gold medals.



Max Whitlock is a British gymnast. He is a five-time Olympic medallist.

Vocabulary	
Control	Steady and deliberate movements.
Balance	Remain still.
Strength	Physically strong and firm.
Flight	Being in the air not touching anything.
Mirroring	Two children facing each other, then partner B reflects partner A's actions.
Matching	Partners doing actions that look the same.
Symmetry	An exact match in size, shape and position between opposite sides of a dividing line.
Asymmetry	A difference in size, shape and position between opposite sides of a dividing line.
Apparatus	Equipment used for a specific activity.

