

Subject progression: PHYSICAL EDUCATION

Year & theme	Vocabulary	Objectives Procedural (I can . . .)	Objectives Declarative (I know . . .)
<p style="text-align: center;">Nursery: Personal, social &emotional development/ Physical development/ Expressive arts & design</p>	<p>Rule Movement Balancing Riding Ball skills Climb Skip Hop Collaborate Dominant Independent Respond Express</p>	<p>I can select and use activities and resources. I can remember to follow rules without needing a reminder from an adult. I can continue to develop movements, balancing, riding and ball skills. I can go up steps and stairs or climb apparatus using alternate feet. I can skip, hop, stand on one leg and hold a pose for a game like musical statues. I can use large muscle movements to wave flags and streamers, paint and make marks. I can start to take part in some group activities which I make up myself or in a team. I can increasingly use and remember sequences and patterns of music that are related to music and rhythm. I can collaborate with others to manage large items. I can be increasingly independent when getting dress/undressed.</p>	<p>I know how to follow rules and why they are important. I know how to match my developing physical skills to tasks and activities in the setting e.g. decide whether to crawl, walk or run across a plank. I know how to choose the right resources to carry out my own plan. I know which is my dominant hand. I know how to express my thoughts and feelings in response to what I have heard.</p>

Reception:

Personal, social & emotional development/ Physical development/ Expressive arts & design

Health
Wellbeing
Roll
Crawl
Walk
Jump
Run
Hop
Skip
Climb
Control
Grace
Strength
Balance
Coordination
Agility
Ideas
Feelings
Collaborate
Share
Express
Respond

I can manage my own personal hygiene needs.
I can revise and refine the fundamental movement skills I have already acquired (rolling, crawling, walking, jumping, running, hopping, skipping, climbing).

I can progress towards a more fluent style of moving with developing control and grace.

I can develop overall body strength, balance, coordination and agility.

I can use my core muscle strength to achieve good posture when sitting.

I can combine different movements with ease and fluency.

I can confidently and safely use a range of large and small apparatus.

I can explore, use and refine a variety of artistic effects to express my ideas and feelings.

I can create collaboratively, sharing ideas, resources and skills.

I can listen attentively, move to and talk about music, expressing my feelings and responses.

I can watch and talk about dance and performance art, expressing their feelings and responses.

I can explore and engage in music making and dance, performing solo or in groups.

I know and talk about the different factors that support overall health and well-being.

I know how to build on previous learning, refining ideas and developing their ability to represent them.

Year 1:

Gym: body management/ floor exercises/flight
 Games: locomotion/ object control/ net, wall/ sending & receiving
 Dance: Interpretive/ performance
 Athletics: indoor

Gymnastic- body management

Tension
 Spiky
 Stillness
 Balance
 Extension
 Roll
 Spin
 Turn
 Travel
 Jump
 Sequences
 Link
 Range
 Confidence
 Quality
 Smooth
 Next step
 Improve

Games- locomotion

Space
 Awareness
 Speed
 Direction
 Move
 Imagination
 Effort
 Creativity
 Effective
 Agility
 Shifting weight
 Changing weight distribution
 Change

Dance-Interpretive dance

Feelings
 Response
 Alter
 Listen
 React
 High
 Low
 Levels
 Originality
 Different
 Combination
 Link
 Expression
 Feedback
 Performance
 Level

Gymnastic- body management

I can balance using small and large body parts.
 I can link 2 balances.
 I can copy a sequence and perform a sequence.
 I can explain what makes a good sequence.

Games- locomotion

I can use a variety of movements and move effectively.
 I can move sideways and in a straight line.
 I can change direction (quickly) whilst moving.

Dance-Interpretive dance

I can move appropriately to stimuli and with music.
 I can alter speed and move freely on different levels.
 I can change direction with purpose and randomly.
 I can link 2 or more movements together and repeat sequences.

Gymnastic- body management

I know, use and demonstrate small and large body parts.
 I know how to link static positions.
 I know how to perform a learnt sequence.
 I know how to perform an original 3-part sequence.
 I know how to evaluate and perform original sequence.

Games- locomotion

I know a variety of ways to move.
 I know how to investigate moving in a straight line and sideways.
 I know how to change direction while moving and how to be aware of space.

Dance-Interpretive dance

I know how to respond to stimuli and how to be aware of different levels in dance.
 I know how to use space and direction when responding to stimuli.
 I know how to link 2 movements in a sequence and how to repeat combinations.

Precision
Movement
Fluidity

Athletics- indoor

Distance
Height
Power
Bend
Stretch
Explosion
Effective
Straight
Pace
Slow
Heart rate
Distance
Power
Accurate
Control

Gymnastic – floor

Posture
Fluid
Precise
Purpose
Rolling
Steady
Movement
Explore
Log roll
Dish and hollow
Egg roll

Dance- performance
dance

Imagination
Performance
Interesting Purpose
Timing
In order
Elegance
Combination
Expression

Gym- Flight

Height
Length
Jump
Tension
Tuck
Straddle

Athletics- indoor

I can demonstrate a variety of jumps.
I can demonstrate basic principles and identify the most efficient movement.
I can change pace with control.
I can throw an object in a given direction with some control.

Gymnastic - floor

I can move in different ways and adapt movements.
I can move confidently and safely.
I can copy and create a sequence.
I can perform different rolls and begin to roll with control.

Dance- performance
dance

I can move in different ways.
I can move with control.
I can perform sequence in time with others.
I can perform and copy a sequence of moves.

Gym- Flight

I can demonstrate effective jumping and landing technique safely.
I can jump and land from different points.

Athletics- indoor

I know how to explore and evaluate different jumps.
I know basic principles of jumping for height.
I know how to explore movement in a straight line.
I know how to have an awareness of speed.
I know how to throw for different purposes and throw with control.

Gymnastic – floor

I know effective gymnastic movements.
I know how to step correctly.
I know what makes a good balance and how to create a sequence of balance.
I know how to use different rolls.

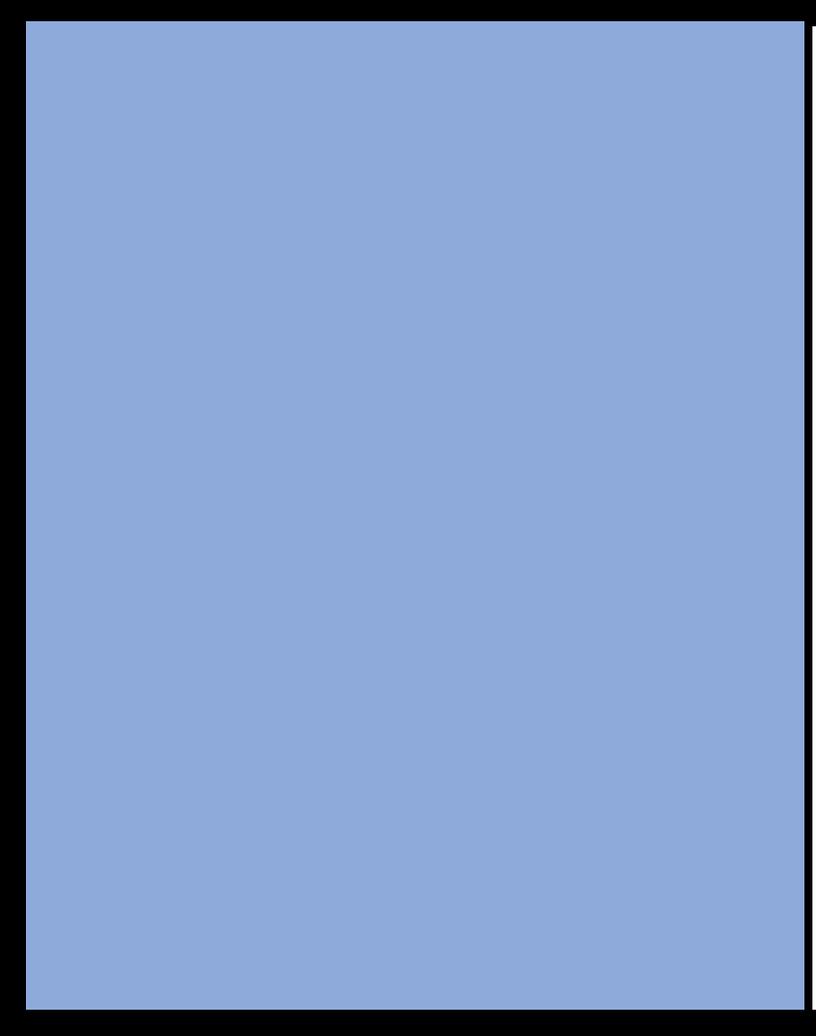
Dance- performance
dance

I know how to explore moving to music.
I know how to use elements of dance in movement.
I know to perform a sequence of movements.
I know to create an original sequence.
I know how to perform in time to music.

Gym- Flight

I know how to explore jumping and know the principles of take-off and landing.

Turn Position	I can explore basic shapes. I can turn/spin and stop. I can show a 5-part sequence.	I know how to use different take-off and landing points. I know how to alter shapes in the air. I know how to turn using good technique.
<u>Games- object control</u> Control Concentration Care Space Precision Bounce Closeness Tight Explore	<u>Games- object control</u> I can move while balancing an object using both sides of my body. I can control an object in a variety of ways when moving in a straight line and changing direction. I can control object with equipment.	<u>Games- object control</u> I know how to explore ways of moving an object. I know how to use both sides of my body to move an object. I know how to keep control whilst changing direction. I know how to control object using a stick or a bat.
<u>Games Net/wall</u> Sending and receiving Power	<u>Games Net/wall</u> I can show basic levels of hand/eye coordination. I can roll and throw with accuracy. I can show racket control and a certain level of comfort. I can push and control ball with a racket. I can hit a rolling ball with control.	<u>Games Net/wall</u> I know how to develop hand/eye coordination. I know how to hold a tennis racket effectively. I know how the hitting position and how to strike a moving ball. I know how to combine racket and hand/eye coordination.
<u>Games- sending & receiving</u> Stop Practice Feel Watching	<u>Games- sending & receiving</u> I can roll an object in a given direction. I can select appropriate speed and roll with increased accuracy. I can throw different objects accurately to myself and at a target accurately.	<u>Games- sending & receiving</u> I know how to roll an object and stop it with control. I know how to receive with consistency. I know how to throw and control an object on my own and with a partner.
<u>Games- locomotion</u> Reaction Push off Arm swing Strength	<u>Games- locomotion</u> I can move forward at varying speeds. I can move explosively. I can move at a low level. I can link 2 forms of movement.	<u>Games- locomotion</u> I know how to move forward fluently. I know how to move explosively with control. I know how to select appropriate movements.



	<p>I can link movements with agility and fluency.</p>	<p>I know how to link explosive movements. I know how to control movement effectively.</p>
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Year 2:

Gym: body management/ floor exercises/flight
Games: Object control/ sending and receiving/ net, wall/ locomotion agility, locomotion
Dance: Interpretive/ performance
Athletics: indoor & outdoor

Gym- body management
As year 1

Games-object control
Stance
Position
Accuracy
Power
Control
Direction Awareness
Control
Close
Steadiness
Speed
Precision
Balance Coordination
Concentration
Cooperation Patience

Dance- Interpretive dance
Mood
Response

Athletics- indoor
Improve Technique
Spring
Reach
Straight line Pumping
Forward

Gym- body management
I can balance using a range of small body and large parts with tension.
I can copy a sequence with linking movement.
I can use linking movements to create a sequence.
I can give feedback.

Games-object control
I can roll and control with some accuracy.
I can use equipment to send and control an object.
I can move with an object and change direction whilst keeping control.
I can move an object with control at speed.

Dance- Interpretive dance
I can move freely and appropriately in response to stimuli.
I can copy and remember appropriate movements.
I can move freely using different levels.
I can copy and remember dance moves.
I can create and perform a dance sequence and show elements of performance.

Athletics- indoor
I can demonstrate principles of jumping for distance and height.
I can run with good posture and balance and

Gym- body management
I know and use and small and large body parts.
I know how to perform a learnt sequence.
I know how to link 3 static positions and perform an original 3-part sequence.
I know how to evaluate and perform original sequence.

Games-object control
I know how to roll and receive with control.
I know how to use equipment to send and receive.
I know how to control an object whilst moving using body part.
I know how to use equipment to control an object whilst moving.
I know how to use equipment to balance an object.
I know how to send/ receive and control an object on the move.

Dance- Interpretive dance
I know how to respond to stimuli.
I know how to be aware of different levels in dance.
I know how to use space and direction when responding to stimuli.
I know how to link movements in a sequence and how to repeat combinations.

Athletics- indoor
I know the basic technique of jumping for distance and height.

Select Concentrate
Strong
Momentum

Gym- floor exercises
Fluid
Smooth
Spiky

Dance- Performance
dance
Energy
React
Intensity

Gym- flight
Safety
Graceful
Rigid
Poise
Spin
Imagination
Teamwork
Communication
Shapes
Unison
Canon

Games- sending and receiving
Timing
Decision
Choice
Target
Follow through
Focus
Hand-eye coordination

apply technique in a race.
I can use technique to throw accurately and for distance.

Gym- floor exercises
I can move with control and adapt movements.
I can roll confidently with control.
I can perform a simple sequence link parts of the sequence with control.

Dance- Performance
dance
I can create and copy a basic dance move.
I can perform sequence in time with others.
I can create an original sequence of movements and work collaboratively to adapt it.
I can move in time to the music.

Gym- flight
I can consistently demonstrate principles of take-off and landing safely.
I can link jump and roll and can spin.
I can perform a sequence with control.
I can give accurate feedback and can adapt a sequence.

Games- sending and receiving
I can send and receive consistently.
I can strike an object (ball) towards a target consistently.
I can roll accurately.
I can bounce and catch consistently.

I know and use an effective running technique
I know how to throw with accuracy and power.

Gym- floor exercises
I know how to use, adapt and perform different gymnastic movements.
I know how to use and perform different rolls.
I know how to create and perform a simple and complex sequence.

Dance- Performance
dance
I know how to explore and learn dance moves.
I know how to perform a sequence of movements and create an original sequence, in time to music.

Gym- flight
I know the principles of take-off and landing.
I know how to alter shapes in the air.
I know how to explore basic linking movements and create a simple sequence.
I know how to refine and adapt a simple sequence.

Games- sending and receiving
I know the basic principles of sending and receiving.
I know an effective striking technique and how to apply it.
I know how to roll with accuracy.
I know how to bounce a ball accurately to myself and catch.

Games- New/wall
Position

Games- New/wall

I can catch after a bounce and without a bounce.
I can hold a racket effectively and show control.
I can hit a ball accurately with and without a bounce.
I can react and adapt to different situations.

Games- New/wall

I know how to develop and improve my hand / eye coordination.
I know how to develop and improve my racket skills.
I know how to hit with control.

Games- Locomotion
agility
Evade

Games- Locomotion
agility

I can move in various ways easily.
I can move effectively in a straight line and sideways, including changing direction.
I can apply agility to game situations.

Games- Locomotion
agility

I know a variety of ways to move.
I know how to move effectively in a straight line.
I know how to explore sideways movement.
I know how to change direction effectively.
I know how to use evasion and special awareness skills.
I know how to apply agility.

Games- Locomotion
As above

Games- Locomotion

I can move in various ways easily.
I can move effectively in a straight line.
I can use effective technique when moving sideways.
I can change direction effectively.
I can apply agility to game situations.
I can apply agility to different situations.

Games- Locomotion

I know a variety of ways to move.
I know how to move effectively in a straight line and sideways.
I know how to change direction effectively.
I know how to use evasion and special awareness skills and apply agility.

Athletics

Safety
Energy
Effort
Drive
Accelerate Decelerate
Angle

Athletics

I can explain difference between jumping for height and distance.
I can demonstrate principles of jumping and jump far and high.
I can respond quickly to stimulus.

Athletics

I know the basic principles of jumping and how to use jumping movements.
I know how to accelerate and decelerate rapidly.
I know how to develop my running technique.

I can use correct running technique and show an awareness of speed.
I can throw in different ways and demonstrate effective technique.

I know different ways of throwing and how to throw for distance effectively.

Year 3:

Gym: body management/ floor exercises/flight
Games: Invasion/ net, wall/ striking & fielding
Dance: Interpretive/ performance
Athletics: indoor & outdoor

Body management
Tension
Stillness
Creativity
Unique
Safety
Range
Variety
Rules
Sequence
Stillness
Fluidity
Quality
Performance

Games – Invasion
Accurate
Concentrate
Control
Technique
Power
Space
Move
Constant
Evade
Surprise
Anticipation
Marking
Spatial awareness
Defenders
Speed

Interpretive dance
Freely
Movement
Dance
Speed
Level
Direction
Precision
Originality
Composition
Linking
Shadow
Coordination
Canon
Expression

Athletics, Indoor
Balance
Strength
Control
Wobble
Concentration
Agility

Body management
I can show a variety of balances (including apparatus).
I can show creativity, variety and tension.
I can introduce extra linking movements.
I can perform a sequence using a range of different balances and movement

Games – Invasion
I can send and control a ball
I can move into space and use evasion strategies.
I can shadow opponents and understand marking.
I can work together to achieve a goal.

Interpretive dance
I can translate stimuli to dance moves and move appropriately with expression.
I can move at different speeds, direction and levels.
I can create a sequence and perform with control.
I can work with a partner and a group to create sequence.
I can describe my dance.

Athletics, Indoor
I can hop and jump with control and varying speed.
I can perform a sequence of steps.

Body management
I know what large and small body parts are.
I know what tension means.
I know the rules of using apparatus and how to keep safe.
I know the different names of balances

Games - Invasion
I know the difference between attack and defence.
I know basic throwing and catching techniques.

Interpretive dance
I know how music makes me feel and how I can move to it to show emotion.
I know how to change direction, speed and levels and know what these mean.
I know different actions, such as walk, skip, gallop.
I know what a sequence is and how to perform.

Athletics, Indoor
I know different sequences of hop, step and jump.
I know some stretches.

Pace
Speed
Posture
Consistent
Power
Aware
Coordination
Transfer

I can run effectively at different speeds and attempt sprinting technique.
I can run over obstacles.
I can show elements of good technique.
I know basic principles of throwing for distance and use a variety of techniques.
I can select appropriate techniques for event.

I know the running technique and how to relay and hurdle.
I know what makes a good coach.
I know the safety procedures.
I know different positions and ways of throwing a ball including a 2 handed overarm throw and an over arm throw.

Gymnastics – Floor

Control
Balance
Posture
Purpose
Levels
Speed
Fluency
Fluid

Gymnastics – Floor

I can move with control and fluency.
I can roll with control in at least 2 rolls and attempt to roll forwards.
I can create and perform sequence with control and evaluate and adapt it.

Gymnastics – Floor

I know how to control my movements.
I know how to perform rolls and give feedback.
I know what a dish and hollow roll, side roll, egg roll and teddy roll is.

Performance – Dance

Tempo
Energy
Heart rate
Creative
Communicate
Cooperation

Performance – Dance

I can copy basic moves.
I can perform moves effectively.
I can copy a dance sequence.
I can perform, adapt and follow a sequence.

Performance – Dance

I know a range of moves – right step, left step, lunge, shoulder roll, squats, piston punch.
I know what a sequence is.

Gym-flight

Safety
Softly
Power
Elegance
Control
Posture
Technique
Unison
Canon
Mirroring
Precision

Gym-flight

I can safely jump and land off apparatus.
I can alter shape in the air and land safely.
I can perform ½ and full turn from apparatus and on the floor.
I can perform and adapt a sequence with a partner.

Gym – flight

I know how to land and take off.
I know how to give feedback based on success criteria.
I know how to partner assess.
I know how to create and adapt a sequence.

Games – invasion 2

Accurate
Control
Technique
Power
Evade
Spatial awareness
Marking

Games – invasion 2

I can send and control a ball.
I can move into space and use evasion strategies.

Games – invasion 2

I know the principles of sending and receiving.
I know how to hold a hockey stick.
I know what evasion means and why it important in games.

	<p><u>Games – net/wall</u> Coordination Focus Control Movement Technique Volley</p> <p><u>Athletics</u> Balance Strength Control Posture Consistent Pulse rate Heart rate Safety Transfer</p> <p><u>Games – striking and fielding</u> Control Accuracy Power Technique Coordination Relax Focus</p> <p><u>Athletics</u> Weight Power</p>	<p>I can shadow an opponent and understand marking.</p> <p><u>Games – net/wall</u> I can return a bouncing ball with my hand. I can rally with a partner. I can throw and catch accurately. I can hit a moving ball with control. I can hit a ball with a bounce, and a volley. I can show awareness of space.</p> <p><u>Athletics</u> I can jump and land with control. I can describe and evaluate jumping action. I can run fast with elements of technique. I can recognise and describe what my body feels like. I can use a variety of techniques to throw. I can select the appropriate technique for the event.</p> <p><u>Games – striking and fielding</u> I can demonstrate the correct throwing technique. I can stop a ball using the correct technique and hit a stationary and moving ball. I can react quickly to events.</p> <p><u>Athletics</u> I can jump and land with control.</p>	<p>I know what attackers and defenders need to think about. I know the difference between attack and defence.</p> <p><u>Games – net/wall</u> I know the hitting position. I know how to coordinate. I know how to bounce catch.</p> <p><u>Athletics</u> I know how to jump for height and with power and balance. I know the basic principles of throwing for distance. I know the running technique and how running affects health and fitness.</p> <p><u>Games – striking and fielding</u> I know the correct throwing technique. I know principles of a game. I know the correct technique to stop a ball. I know to run after the ball has been struck and know the need for urgency in the field. I know how to strike a static and moving ball.</p> <p><u>Athletics</u> I know the difference between sprint and endurance.</p>
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Balance
Transfer
Control
Strength
Posture
Pump
Pace
Distance

Swimming

Water
Safety
Confidence
Strokes
Front crawl
Back stroke
Breast- stroke
Safe self-rescue

I can jump for distance.
I can demonstrate all aspects of the jumping action.
I can respond quickly to stimulus.
I can show good acceleration and select the appropriate speed.
I can use different throwing techniques.

Swimming

I can swim a distance of at least 25m confidently, competently and proficiently.
I can use a range of strokes effectively.
I can perform safe self-rescue in different water-based situations.

I know how to adjust running pace appropriately.

Swimming

I know how to keep safe in water.
I know the different strokes.
I know how to swim.

Year 4:

Gym: body management/ floor exercises/flight
 Games: Invasion/ net, wall/ striking & fielding
 Dance: Interpretive/ performance
 Athletics: indoor & outdoor

Gym- body management
 Slow
 Control
 Counterbalance
 Counter-tension
 Precision
 Smooth
 React

Games – invasion
 Score
 Still
 Intercept
 Block
 Teamwork
 Cooperation
 Support

Interpretive dance
 Imagination
 Performance
 Creativity
 Adapt
 Refine

Athletics - indoor
 Distance
 Fluid
 Technique
 Weight

Gym- floor
 Precision
 Poise
 Combine

Gym- body management
 I can perform mirrored balances.
 I can perform balances with partner support and link them.
 I can perform a basic sequence and respond to feedback.

Games - invasion
 I can move to catch and pass and execute a variety of passes and move into space.
 I can use evasion strategies.
 I can understand marking.
 I can react to an attack.
 I can apply basic principles of attack and defence.
 I can give and receive feedback.

Interpretive dance
 I can perform as a character with some expression.
 I can perform narrative.
 I can work as a group.
 I can use choreographic principles to create narrative.

Athletics - indoor
 I can perform jumping technique with precision.
 I can set a personal best and show improvement.
 I can select an appropriate speed for a race and maintain a constant pace.
 I can demonstrate quick reactions.
 I can use different throwing techniques.

Gym- floor
 I can perform rolls with control and from different starting points.

Gym- body management
 I know how to perform.
 I know a range of balances.
 I know how to create a sequence.
 I know how to refine and improve sequences based on feedback.

Games – invasion
 I know the difference between shot and pass.
 I know and use the correct technique.
 I know how to send and control a ball to shoot effectively.
 I know how to use evasion.
 I know the principles of defence.

Interpretive dance
 I know how to explore characters in a narrative.
 I know how to communicate narrative.
 I know how to adapt to different stimuli.

Athletics - indoor
 I know jumping technique.
 I know how to adapt and refine effective technique.

Gym- floor
 I know how to roll in a variety of ways.
 I know how to backward roll.

Dance – performance

Precision
Timing
Movement
Formation
Expression
Speed
Adapt
Refine
Flair

Gym – flight

Height
Cushion
Power
Flexible
Extension
Poise
Tension

Invasion games

Space
Block
Intercept

Games – Net – wall

Balance
Reaction

I can attempt backwards roll.
I can change direction in a sequence and adapt.
I can perform complex sequence with a partner.

Dance - performance

I can copy dance moves and a sequence.
I can adapt to changes.
I can perform a sequence.
I can suggest ideas and improvements in a group situation.

Gym - flight

I can demonstrate a safe landing and effective turn.
I can show control when jumping and turning.
I can perform leaps.
I can perform leaps with control.
I can copy a sequence and use leaps

Invasion games

I can move to control and pass a ball.
I can move into space.
I can use evasion strategies.
I can understand marking.
I can react to an attack.
I can apply basic principles of attack and defence.

Games – Net – wall

I can perform forehand, backhand and volley accurately, with control and precision.
I can select an appropriate shot to play.
I can participate in a rally.

I know how to create a sequence, including a change of direction.
I know how to adapt a sequence.

Dance - performance

I know how to modify and refine a dance routine.
I know how to create a dance sequence.

Gym - flight

I know how to perform jumps and land safely.
I know how to perform different leaps.
I know how to follow, create and refine and adapt a sequence.

Invasion games

I know the different between shot and pass and how to use the correct technique.
I know how to send and control a ball and shoot effectively.
I know the principles of defence.

Games – Net – wall

I know the difference between shots and can perform them.
I know how to develop the backhand.
I know how to use a volley technique and develop it.

Athletics
Distance
Fluid
Speed
Technique
Power
Pace
Endurance
Posture
Positioning

Athletics
Competitive
Accelerate
Decelerate
Aware

Games – striking and fielding
Cooperation
Reaction
Attention
Teamwork

Swimming
As Y3

Athletics
I can attempt a running jump showing control.
I can select appropriate speed for a race and maintain a constant pace.
I can demonstrate quick reactions.
I can evaluate different starting positions.
I can use different throwing techniques.

Athletics
I can link different movements in a jumping sequence.
I can accelerate and decelerate appropriately.
I can run around a curve, maintaining technique.
I can identify areas of strength.

Games – striking and fielding
I can throw accurately using technique.
I can stop a moving ball and react appropriately to stop it.
I can strike a moving ball in an intended direction.
I can explain the rules of a game and demonstrate striking and fielding skills.

Swimming
I can swim a distance of at least 25m.
I can use a range of strokes effectively.
I can swim competently, confidently and proficiently.
I can perform safe self-rescue in different water-based situations.

Athletics
I know and can describe the effects of exercise.
I know how to record accurately how the body reacts to exercise.
I know how to run and jump effectively.
I know different starting positions.
I know how to throw for distance using different techniques and with power.

Athletics
I know how to pass a baton.
I know how to link forward movements together.
I know how to run as part of a team and with control.
I know how to throw for distance.
I know how to apply techniques to competitions.

Games – striking and fielding
I know the rules of a game and how to win a game.
I know how to throw accurately using different techniques.
I know fielding techniques.
I know how to apply skills to a game situation.

Swimming
I know how to keep safe in water.
I know the different strokes.
I know how to swim.

Year 5:

Gym: body management/ floor exercises/flight
 Games: Invasion/ net, wall/ striking & fielding
 Dance: Interpretive/ performance
 Athletics: indoor & outdoor

Gym – body management

Control
 Accuracy
 Mirror
 Opposite
 Tension
 Support
 Adapt
 Fluid

Games - invasion

Technique
 Power
 Accurate
 Steadiness
 Agility
 Awareness
 Choices
 Attack
 Defence
 Patience
 Tactics

Interpretive dance

Creativity
 Originality
 Fluidity
 Continuous
 Tempo
 Expression
 Interpretation
 Performance
 Linking
 Precision
 Emotion

Athletics - indoor

Explosion
 Power
 Height
 Distance
 Elastic
 Speed
 Agility
 Reactions
 Pace
 Tactics
 Support

Gymnastics – floor

Control
 Precision

Gym – body management

I can perform a range of mirrored balances.
 I can use apparatus and partner to balance.
 I can show control and tension.
 I can show some level of control and fluidity in sequence.

Games - invasion

I can send and control a ball accurately
 I can use evasive strategies and follow and apply attacking and defensive strategies.
 I can use basic principles in attack in defence.
 I can participate in a game.

Interpretive dance

I can move appropriately to the music and show elements of originality.
 I can work cooperatively with a partner.
 I can link movements to a story.
 I can perform narrative with expression.
 I can perform and evaluate a sequence.

Athletics - indoor

I can execute good technique.
 I can show elements of explosion and combine it with control.
 I can use the correct running technique and demonstrate ability to change speed.
 I can sustain a run at an appropriate pace, adapting in a race.

Gymnastics – floorGym – body management

I know how to support a partner.
 I know how to create a sequence.
 I know how to evaluate a sequence.

Games - invasion

I know how to use the correct technique.
 I know evasive skills and tactics.

Interpretive dance

I know how to respond to music.
 I know how to create a narrative based on music.

Athletics - indoor

I know good technique and my preferred take off foot.
 I know how to improve quality of technique.
 I know how to increase power and control.
 I know the principles of sprinting.
 I know how to run an endurance race effectively.

Gymnastics - floor

I know how to use a variety of rolls.

Poise
Fluency
Fluid
Movement

Dance– performance

Tempo
Timing
Energy
Beat
Patience
Confidence

Gymnastics - flight

Control
Elegance
Height
Cushion
Power
Technique
Precision
Smooth
Flexible
Extension
Poise
Tension
Link
Fluidity
Level

Games - Invasion

Accurate
Concentrate
Control
Technique
Steadiness
Space
Agility
Awareness
Patience
Pressure
Tactics

I can perform rolls with control from different starting positions.
I can start and exit a roll with control.
I can attempt a cartwheel.
I can evaluate a performance and perform with creativity.
I can work collaboratively.

Dance– performance

I can work within a group and create parts of a sequence.
I can perform different moves, including a short sequence.

Gymnastics - flight

I can demonstrate a safe landing and effective turn showing control.
I can perform leaps with control.
I can use leaps in a sequence.
I can create and copy a simple sequence.

Games – Invasion

I can send and control a ball on the move.
I can show accuracy.
I can move into space.
I can use evasive strategies and follow attacking/defensive instructions and apply strategies.
I can participate in game.
I can evaluate own performance and demonstrate teamwork.

I know how to perform and evaluate a sequence.

Dance– performance

I know how to create a dance sequence.
I know how to perform part of a sequence.
I know how to refine a sequence.

Gymnastics - flight

I know how to perform jumps and land safely.
I know to create an original sequence, and refine and adapt.

Games - Invasion

I know and use correct technique to send and control a ball, shooting with accuracy.
I know to develop an awareness of tactics and evasive skills. and apply these to game situations.

Games – net wall

Control
Precision
Space
Aim
Focus
Coordination
Accuracy
Power
Grip
Technique
Concentration

Athletics

Distance
Balance
Control
Speed
Fluid
Effort
Power
Competitive
Technique
Endurance
Pace
Drive
Positioning
Posture
Transfer
Aggression

Athletics

Distance
Balance
Control
Speed
Fluid
Competitive
Constant
Pace
Technique
Communication
Hand/eye
coordination

Games – striking and fielding

Accuracy
Power
Control
Speed
Positioning
HOWZAT
Body position

Games – net wall

I can hit a moving ball.
I can keep a rally going.
I can hit a ball on the volley.
I can coordinate throwing and hitting.
I can use a variety of shots.

Athletics

I can run and take-off using my preferred take off leg.
I can run and jump with height.
I can perform a set sequence with control.
I can record results of an investigation.
I can demonstrate quick reactions.
I can throw from different positions, accurately.

Athletics

I can jump using correct technique.
I can pass and receive a baton consistently whilst maintaining speed.
I can throw from a short run up.
I can identify strengths.

Games – striking and fielding

I can throw effectively and accurately.
I can catch using the technique.
I can use the correct technique of a cricket bowl.

Games – net wall

I know how to do a range of shots and how to serve.
I know the rules of tennis.
I know how to win.
I know how to play and officiate a tennis game.

Athletics

I know exercise affects health and fitness.
I know how to develop sequence jumps.
I know different starting positions.
I know how to throw using a short run up and with accuracy.

Athletics

I know the jumping technique.
I know the running technique.
I know to apply sprinting to a track relay.

Games – striking and fielding

I know how to throw accurately.
I know the rules of a game.
I know the basics of a cricket bowl.

Vertical
Swing
Coordination

I can hit a ball
consistently.
I can strike, field and
bowl.

Year 6:

Gym: body management/ floor exercises/flight
Games: Invasion/ OAA/ net, wall/ striking & fielding
Dance: Interpretive/ performance
Athletics: indoor & outdoor

Gym – body management
Flexibility
Stillness
Link
Precision
Speed
Levels

Games –invasion
Relax
Time
Options
Communication
Space
Pressure

Interpretive dance
Teamwork
Rhythmic
Energy

Indoor athletics
Drive
Spring
Bounce
Control
Technique
Precision
Support

Gymnastics – floor
Posture
Balance
Technique

Gym – body management
I can perform all positions with support and with adequate tension.
I can perform positions in isolation.

Games –invasion
I can send and control a ball with accuracy, using evasive strategies.
I can follow and apply attacking and defensive instructions and strategies.
I can react to an attack.
I can use basic principles in attack in defence.
I can participate in game.

Interpretive dance
I can move appropriately to the music, showing elements of originality.
I can work cooperatively with a partner.
I can link movements to a story.
I can perform and link dance phrases in a sequence and evaluate.

Indoor athletics
I can select appropriate technique independently.
I can show some improvement in jumping.
I can use good technique in all events.
I can sustain a run at an appropriate pace and adapt pace.

Gymnastics - floor
I can perform and name a variety of gymnastic movements with control.

Gym – body management
I know what makes a good sequence.
I know key gymnastic positions.
I know how to link gymnastic positions.
I know how to perform a headstand.
I know how to create a sequence and perform it with quality.

Games –invasion
I know and use correct technique.
I know how to send and control a ball and to shoot with accuracy.
I know how to apply evasive skills to game situations.
I know tactics and how to apply them.

Interpretive dance
I know how to respond to music.
I know how to create a narrative basic on music.
I know how to refine a narrative.

Indoor athletics
I know to select appropriate skill or events.
I know how to run for an extended period of time.

Gymnastics – floor
I know how to perform gymnastic movements in an extended sequence.

Flexibility
Repetition
Organised
Concentration

I can create an extended sequence, give feedback and perform with creativity, control and enthusiasm.
I can use apparatus sensibly and appropriately.

I know how to apply gymnastic principles to apparatus.

Dance - performance
Teamwork

Dance - performance
I can work within a group.
I can perform a short sequence.
I can communicate ideas.
I can perform a full sequence with control.

Dance - performance
I know a range of moves.
I know how to refine a performance.
I know how to perform a complex dance sequence.

Gym – flight
Balance
Seamless
Performance
Canon
Unison
Mirror

Gym – flight
I can perform movements with control and create a complex sequence.
I can work effectively as a pair and within a group.
I can evaluate other performance.

Gym – flight
I know a variety of leaps, turns and spins.
I know how to create and perform a complex sequence.
I know how to work with a partner to adapt a sequence.

OAA
Teamwork
Cooperation
Communication
Problem solving
Lead
Decision making

OAA
I can positively interact with each other.
I can make decisions effectively.
I can solve problems when given different representations.
I can use simple maps to orientate and follow a simple route with speed.
I can create a map using simple representations.
I can perform activities using basic orienteering skills and symbols.
I can use compass points, bearings and turns.

OAA
I know that things can be represented in different ways.
I know how to work together to solve problems.
I know a map is representing objects and areas.
I know key features using a map.
I know a range of orienteering and map reading skills.

Games – net wall
As Y5

Games – net wall
I can hit a moving ball.
I can keep a rally going.

Games – net wall
I know the rules of tennis.
I know the forehand shot.

Athletics
Performance
Motivation
Safety
Aware
Weight

Athletics
Effort
Energy
Power

Games – striking and fielding
Technique
Reactions
Concentration
Teamwork
Skills
Fair play
Communication

I can hit a ball on the volley with control.
I can complete movement slowly in a coordinated way.
I can use a variety of shots.

Athletics
I can use parts of the jumps and perform a variety of jumps fluently.
I can throw using correct technique and power.
I can jump using the correct technique and with fluency.
I can apply sprinting technique to races.
I can show quick reactions from a start and transition into sprint.
I can sustain a run at an appropriate pace.

Athletics
I can run and jump without breaking a stride.
I can use technique fluently and consistently.
I can perform triple jump with balance and control.
I can comment on exercise affects our bodies.
I can reflect my own performance.

Games – striking and fielding
I can use correct technique when throwing and stopping a ball.
I can transfer from stop to throw quickly.
I can use correct technique when striking a ball and select direction of strike.

I know the backhand shot.
I know how to serve.
I know a selection of shots.
I know how to officiate a tennis game.

Athletics
I know the parts of the jumps.
I know how to improve jumping techniques.
I know how to improve triple jumping technique.
I know how to use tactics.
I know how to run at an appropriate pace.
I know how to throw for distance using different techniques.

Athletics
I know that exercise makes us healthier and fitter.
I know how to improve jumping technique.
I know how exercise affects fitness and wellbeing.

Games – striking and fielding
I know a range of fielding and striking skills.
I know how to apply skills to a game.
I know how to develop a striking and fielding game.

I can strike, field and bowl consistently well.
I can show teamwork and fair play and help develop a game as a team.