

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	I can manage my own personal hygiene needs.	I know and talk about the different factors that support overall health and well-being.
Wellbeing		I know how to build on previous learning, refining ideas and developing their ability to represent them.
Roll	I can revise and refine the fundamental movement skills I have already acquired (rolling, crawling, walking, jumping, running, hopping, skipping, climbing).	
Crawl		
Walk		
Jump		
Run		
Hop		
Skip		
Climb		
Control	I can progress towards a more fluent style of moving with developing control and grace.	
Grace		
Strength		
Balance		
Coordination	I can develop overall body strength, balance, coordination and agility.	
Agility		
Ideas		
Feelings	I can use my core muscle strength to achieve good posture when sitting.	
Collaborate	I can combine different movements with ease and fluency.	
Share	I can confidently and safely use a range of large and small apparatus.	
Express	I can explore, use and refine a variety of artistic effects to express my ideas and feelings.	
Respond	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.	

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

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

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.

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- 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.

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.

Games- object control

Control
Concentration
Care
Space
Precision
Bounce
Closeness
Tight
Explore

Dance- Interpretive dance

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

Games Net/wall

Sending and receiving
Power

Gymnastic – floor

Posture
Fluid
Precise
Purpose
Rolling
Steady
Movement

Games- object control

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.

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.

Games Net/wall

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.

Gymnastic - floor

I can move in different ways and adapt movements.
I can move confidently and safely.

Games- object control

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.

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.

Games Net/wall

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.

Gymnastic – floor

I know effective gymnastic movements.

Explore
Log roll
Dish and hollow
Egg roll

Games- sending
& receiving

Stop
Practice
Feel
Watching

Dance-
performance
dance

Imagination
Performance
Interesting
Purpose
Timing
In order
Elegance
Combination
Expression

Gym- Flight

Height
Length
Jump
Tension
Tuck
Straddle
Turn
Position

Games-
locomotion

Reaction
Push off
Arm swing
Strength

I can copy and create a
sequence.
I can perform different
rolls and begin to roll
with control.

Games- sending &
receiving]

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.

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.
I can explore basic
shapes.
I can turn/spin and stop.
I can show a 5-part
sequence.

Games- locomotion

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.
I can link movements with
agility and fluency.

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.

Games- sending &
receiving

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.

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.
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.

Games- locomotion

I know how to move
forward fluently.
I know how to move
explosively with control.

I know how to select appropriate movements.
I know how to link explosive movements.
I know how to control movement effectively.

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

Athletics- indoor
Improve
Technique
Spring
Reach
Straight line
Pumping
Forward
Select
Concentrate
Strong
Momentum

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

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.

Athletics- indoor
I can demonstrate principles of jumping for distance and height.
I can run with good posture and balance and apply technique in a race.
I can use technique to throw accurately and for distance.

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.

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.

Athletics- indoor
I know the basic technique of jumping for distance and height.
I know and use an effective running technique
I know how to throw with accuracy and power.

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.

Dance- Interpretive dance

Mood
Response

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.

I know how to bounce a ball accurately to myself and catch.

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.

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.

Gym- floor exercises

Fluid
Smooth
Spiky

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.

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.

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.

Dance-
Performance
dance
Energy
React
Intensity

Games-
Locomotion
agility
Evade

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

Athletics
Safety
Energy
Effort
Drive
Accelerate
Decelerate
Angle

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.

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.

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.

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

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.

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.

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.

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 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

Athletics, Indoor
Balance
Strength
Control
Wobble
Concentration
Agility
Pace
Speed
Posture
Consistent
Power
Aware
Coordination
Transfer

Games – invasion 2

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.

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

Games – invasion 2

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.

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

Games – invasion 2

Accurate
Control
Technique
Power
Evade
Spatial awareness
Marking

I can send and control a ball.
I can move into space and use evasion strategies.
I can shadow an opponent and understand marking.

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.
I know what attackers and defenders need to think about.
I know the difference between attack and defence.

Interpretive dance

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

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.

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.

Games – net/wall

Coordination
Focus
Control
Movement
Technique
Volley

Games – net/wall
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.

Games – net/wall

I know the hitting position.
I know how to coordinate.
I know how to bounce catch.

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.

Athletics

Athletics

Balance Strength Control Posture Consistent Pulse rate Heart rate Safety Transfer	<p>I can jump and land with control.</p> <p>I can describe and evaluate jumping action.</p> <p>I can run fast with elements of technique.</p> <p>I can recognise and describe what my body feels like.</p> <p>I can use a variety of techniques to throw.</p> <p>I can select the appropriate technique for the event.</p>	<p><u>Athletics</u></p> <p>I know how to jump for height and with power and balance.</p> <p>I know the basic principles of throwing for distance.</p> <p>I know the running technique and how running affects health and fitness.</p>
<p><u>Performance – Dance</u></p> <p>Tempo Energy Heart rate Creative Communicate Cooperation</p>	<p><u>Performance – Dance</u></p> <p>I can copy basic moves.</p> <p>I can perform moves effectively.</p> <p>I can copy a dance sequence.</p> <p>I can perform, adapt and follow a sequence.</p>	<p><u>Performance – Dance</u></p> <p>I know a range of moves – right step, left step, lunge, shoulder roll, squats, piston punch.</p> <p>I know what a sequence is.</p>
<p><u>Games – striking and fielding</u></p> <p>Control Accuracy Power Technique Coordination Relax Focus</p>	<p><u>Games – striking and fielding</u></p> <p>I can demonstrate the correct throwing technique.</p> <p>I can stop a ball using the correct technique and hit a stationary and moving ball.</p> <p>I can react quickly to events.</p>	<p><u>Games – striking and fielding</u></p> <p>I know the correct throwing technique.</p> <p>I know principles of a game.</p> <p>I know the correct technique to stop a ball.</p> <p>I know to run after the ball has been struck and know the need for urgency in the field.</p> <p>I know how to strike a static and moving ball.</p>
<p><u>Gym-flight</u></p> <p>Safety Softly Power Elegance Control Posture Technique Unison Canon Mirroring Precision</p>	<p><u>Gym-flight</u></p> <p>I can safely jump and land off apparatus.</p> <p>I can alter shape in the air and land safely.</p> <p>I can perform ½ and full turn from apparatus and on the floor.</p> <p>I can perform and adapt a sequence with a partner.</p>	<p><u>Gym – flight</u></p> <p>I know how to land and take off.</p> <p>I know how to give feedback based on success criteria.</p> <p>I know how to partner assess.</p> <p>I know how to create and adapt a sequence.</p>
<p><u>Athletics</u></p> <p>Weight</p>	<p><u>Athletics</u></p> <p>I can jump and land with control.</p>	

	<p>Power Balance Transfer Control Strength Posture Pump Pace Distance</p> <p><u>Swimming</u> Water Safety Confidence Strokes Front crawl Back stroke Breast- stroke Safe self-rescue</p>	<p>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.</p> <p><u>Swimming</u> 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.</p>	<p><u>Athletics</u> I know the difference between sprint and endurance. I know how to adjust running pace appropriately.</p> <p><u>Swimming</u> I know how to keep safe in water. I know the different strokes. I know how to swim.</p>
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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

Athletics - indoor
Distance
Fluid
Technique
Weight

Invasion games
Space
Block
Intercept

Interpretive dance
Imagination
Performance
Creativity

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.

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.

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.

Interpretive dance
I can perform as a character with some expression.

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.

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

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.

Interpretive dance
I know how to explore characters in a narrative.

<p>Adapt Refine</p>	<p>I can perform narrative. I can work as a group. I can use choreographic principles to create narrative.</p>	<p>I know how to communicate narrative. I know how to adapt to different stimuli.</p>
<p><u>Games – Net – wall</u> Balance Reaction</p>	<p><u>Games – Net – wall</u> 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.</p>	<p><u>Games – Net – wall</u> 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.</p>
<p><u>Gym- floor</u> Precision Poise Combine</p>	<p><u>Gym- floor</u> I can perform rolls with control and from different starting points. I can attempt backwards roll. I can change direction in a sequence and adapt. I can perform complex sequence with a partner.</p>	<p><u>Gym- floor</u> I know how to roll in a variety of ways. I know how to backward roll. I know how to create a sequence, including a change of direction. I know how to adapt a sequence.</p>
<p><u>Athletics</u> Distance Fluid Speed Technique Power Pace Endurance Posture Positioning</p>	<p><u>Athletics</u> 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.</p>	<p><u>Athletics</u> 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.</p>
<p><u>Dance – performance</u> Precision Timing Movement Formation Expression Speed Adapt Refine Flair</p>	<p><u>Dance - performance</u> 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.</p>	<p><u>Dance - performance</u> I know how to modify and refine a dance routine. I know how to create a dance sequence.</p>
<p><u>Games – striking and fielding</u> Cooperation</p>	<p><u>Games – striking and fielding</u></p>	<p><u>Games – striking and fielding</u></p>

<p>Reaction Attention Teamwork</p>	<p>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.</p>	<p>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.</p>
<p><u>Gym – flight</u> Height Cushion Power Flexible Extension Poise Tension</p>	<p><u>Gym - flight</u> 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</p>	<p><u>Gym - flight</u> 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.</p>
<p><u>Athletics</u> Competitive Accelerate Decelerate Aware</p>	<p><u>Athletics</u> 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.</p>	<p><u>Athletics</u> 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.</p>
<p><u>Swimming</u> As Y3</p>	<p><u>Swimming</u> 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.</p>	<p><u>Swimming</u> I know how to keep safe in water. I know the different strokes. I know how to swim.</p>

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

Athletics - indoor
Explosion
Power
Height
Distance
Elastic
Speed
Agility
Reactions
Pace
Tactics
Support

Games - Invasion
Accurate
Concentrate
Control
Technique
Steadiness
Space
Agility
Awareness
Patience
Pressure
Tactics

Interpretive dance
Creativity

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.

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.

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.

Interpretive dance

Gym – 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.

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.

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.

Interpretive dance

Originality
Fluidity
Continuous
Tempo
Expression
Interpretation
Performance
Linking
Precision
Emotion

Games – net wall

Control
Precision
Space
Aim
Focus
Coordination
Accuracy
Power
Grip
Technique
Concentration

Gymnastics – floor

Control
Precision
Poise
Fluency
Fluid
Movement

Athletics

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

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.

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.

Gymnastics - floor

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.

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.

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

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.

Gymnastics - floor

I know how to use a variety of rolls.
I know how to perform and evaluate a sequence.

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.

Dance– performance
Tempo
Timing
Energy
Beat
Patience
Confidence

Games – striking and fielding
Accuracy
Power
Control
Speed
Positioning
HOWZAT
Body position
Vertical
Swing
Coordination

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

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

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

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

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.

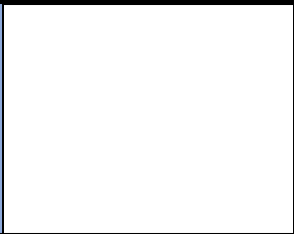
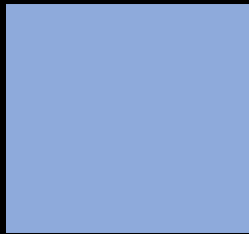
Athletics
I can jump using correct technique.
I can pass and receive a baton consistently whilst maintaining speed.
I can throw from a short run up.
I can identify strengths.

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.

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.

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

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



Year 6:

Gym:
body management/ floor exercises/flight
Games:
Invasion/.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

Indoor athletics
Drive
Spring
Bounce
Control
Technique
Precision
Support

Games: invasion (NEW UNIT)
TBC

Interpretive dance
Teamwork
Rhythmic
Energy

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.

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.

Games: invasion (NEW UNIT)
TBC

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.

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.

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

Games: invasion (NEW UNIT)
TBC

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.

Games – net wall
As Y5

Gymnastics – floor
Posture
Balance
Technique
Flexibility
Repetition
Organised
Concentration

Athletics
Performance
Motivation
Safety
Aware
Weight

Dance - performance
Teamwork

Games – striking and fielding
Technique
Reactions

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

Gymnastics - floor
I can perform and name a variety of gymnastic movements with control.
I can create an extended sequence, give feedback and perform with creativity, control and enthusiasm.
I can use apparatus sensibly and appropriately.

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.

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.

Games – striking and fielding

Games – net wall
I know the rules of tennis.
I know the forehand shot.
I know the backhand shot.
I know how to serve.
I know a selection of shots.
I know how to officiate a tennis game.

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

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.

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

Games – striking and fielding

Concentration
Teamwork
Skills
Fair play
Communication

Gym – flight
Balance
Seamless
Performance
Canon
Unison
Mirror

Athletics
Effort
Energy
Power

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

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.

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.

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.

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.

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.