

Year Group	Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Area of Study							
Body Awareness	<ul style="list-style-type: none"> I can show really good co-ordination in my large and small movements (ELGs) 	<ul style="list-style-type: none"> I am aware that when I am active, changes will occur to my body 	<ul style="list-style-type: none"> I am aware of and can explain some of the changes that occur in my body when I am active 	<ul style="list-style-type: none"> I understand how stamina and power help people to perform well in different sports 	<ul style="list-style-type: none"> I recognise the way suppleness and strength affect the quality of my performance I can lead a partner through a short warm-up routine 	<ul style="list-style-type: none"> I can identify activities that help to develop stamina, power and flexibility 	<ul style="list-style-type: none"> I can identify and explain the main types of fitness needed for different activities and use these in warm-up routines I can organise warm-up and cool-down exercises for myself and others
Invasion Games	<ul style="list-style-type: none"> I enjoy moving freely in a range of ways (running, walking, crawling, sliding, rolling etc) (30-50) I can run around changing my speed and direction to negotiate space and avoid obstacles (30-50) I can catch a large ball in two hands (30-50) 	<ul style="list-style-type: none"> I can hit, kick and throw different balls I can throw a small or medium-sized ball up to a distance of 3 metres and catch it with both hands I can work with a small group to complete a task or play a game When working as part of a team, I can decide where to stand to make a game difficult for the other team 	<ul style="list-style-type: none"> I can travel with a ball in different ways (with or without equipment) I can send and receive a ball (with or without other equipment) in different ways I can send a ball accurately, to a partner or a point, over a distance of 5 metres I can work as part of a team to complete a task or play a game I can describe simple tactics in small-game situations 	<ul style="list-style-type: none"> I can dribble and keep a ball under close control I can pass a ball with increasing accuracy during games I can help my team to keep a ball a score in small-sided games I can direct my team-mates to make our team better during small-sided games 	<ul style="list-style-type: none"> I can change the pace, length and direction of my throws, passes and shots to outwit opponents I can identify and use tactics to help my team keep the ball and take it towards the opposition's goal 	<ul style="list-style-type: none"> I use marking, tackling and or intercepting to defend against an opponent I work as part of a team to keep possession of the ball I can organise my team-mates to make it harder for the opposition to regain possession of the ball or score 	<ul style="list-style-type: none"> I understand and implement a range of tactics in games I understand attacking and defending positions well and can communicate my ideas through my play
Striking and Fielding	<ul style="list-style-type: none"> I can successfully negotiate space and obstacles when I play chasing and running games with others (40-60) I am showing more skill and control when I push, pat, throw, catch or kick balls and other objects (40-60) I can choose and use a range of ways to move around an area confidently, safely negotiating the space (ELGs) 			<ul style="list-style-type: none"> I can bowl a ball accurately with an underarm throw I can strike a bowled ball 	<ul style="list-style-type: none"> I can throw a ball accurately overarm and underarm over a distance of at least 10 metres I can bowl a ball accurately I can hit a ball in a direction of my choosing 	<ul style="list-style-type: none"> I can strike a ball accurately 	<ul style="list-style-type: none"> I can consistently catch balls that are thrown or hit to me I can accurately throw a ball over increasing distances (20+ metres) I can use an overarm bowling technique I use a range of tactics for attacking and defending when batting, bowling or fielding
Net/Wall Games					<ul style="list-style-type: none"> I can start a game of mini-tennis with a bouncing serve or feed I can play a game of mini-tennis, using both forehand and backhand shots I can hit the ball in the direction of my choosing 	<ul style="list-style-type: none"> I can start a game of mini-tennis with a serve of my choice I can play a game of mini-tennis, using a range of shots with an increasing degree of consistency and accuracy I use a range of tactics for attacking and defending when playing games involving a net or wall 	
Athletics	<ul style="list-style-type: none"> I can run around changing my speed and direction to negotiate space and avoid obstacles (30-50) I can successfully negotiate space and obstacles when I play chasing and running games with others (40-60) I can choose and use a range of ways to move around an area confidently, safely negotiating the space (ELGs) 	<ul style="list-style-type: none"> I can change direction while I am running I can keep running for long periods of time 	<ul style="list-style-type: none"> I can run quickly over short distances I can continue running over longer distances I can keep a record of my own personal bests I can skip with a rope 	<ul style="list-style-type: none"> I can choose the best pace for a running event, so that my running can be sustained I use a good technique to help me throw accurately 	<ul style="list-style-type: none"> I can run at a consistent pace over a sustained period of time I can throw using an overarm technique I use measurements of time and length to help me assess my performance in athletics 	<ul style="list-style-type: none"> I show good speed and stamina when running I show good control and strength when jumping or throwing I use measurements of time and length to help me set challenges for myself and assess my performance in athletics 	<ul style="list-style-type: none"> I use good technique and pace my efforts well in different athletic events
Outdoor and Adventurous				<ul style="list-style-type: none"> In outdoor and adventurous activities, I can work as part of a team to complete a task 	<ul style="list-style-type: none"> I can correctly orientate a map to help me locate features 		<ul style="list-style-type: none"> In outdoor and adventurous activities, I can use a diagram or plan to help me go from one place to another I can use a diagram or plan to choose the most efficient route
Gymnastics	<ul style="list-style-type: none"> I can stand on one foot for a count of 3 (30-50) I can jump off objects and land safely on two feet (40-60) I enjoy experimenting with different ways to move around (40-60) I can confidently move around, under, over and through different types of equipment and apparatus (40-60) I can hop confidently on both feet (EXC) 	<ul style="list-style-type: none"> I can perform a range of gymnastic moves (balances, jumps, rolls) I can remember a short sequence of actions or movements I can walk along a straight line My gymnastic movements had a beginning, middle and end 	<ul style="list-style-type: none"> I can perform different types of roll I can perform a sequence of moves to create a gymnastics routine I can tell when I have performed a gymnastic action well, showing control 	<ul style="list-style-type: none"> I can create, practise and refine longer and more complex sequences in gymnastics 	<ul style="list-style-type: none"> I know when I have completed a gymnastic move well I can identify what is and is not working well with my movement and suggest modifications 	<ul style="list-style-type: none"> I can combine and perform gymnastic actions, shapes and balances I can identify what is and is not working well with my own and others movements and suggest ways to improve them 	<ul style="list-style-type: none"> I can create extended sequences of gymnastic movements that work well together in a sequence I can identify strengths and weaknesses in my gymnastics In gymnastics, I show an awareness of factors influencing the quality of my performance

Swimming			<ul style="list-style-type: none"> • Push and glide in a horizontal position to and from the poolside • Travel 5 metres of front and back • Blow bubbles with nose and mouth submerged 		<ul style="list-style-type: none"> • Travel 10 metres on front • Travel 10 metres on back • Fully submerge to pick up a sunken object 		<ul style="list-style-type: none"> • Swim 10 metres using 2 of the following strokes; front crawl, breaststroke or backstroke • Swim 25 metres using a recognisable stroke • Be able to retrieve a sunken object from the bottom of the pool (full reach depth)
Dance	<ul style="list-style-type: none"> • I can skip in time to music (EXC) 	<ul style="list-style-type: none"> • I choose movements in dance that show I am listening to the music 	<ul style="list-style-type: none"> • I can express myself through a sequence of dance movements • I can link actions with increasing control in dance 	<ul style="list-style-type: none"> • I use different actions, body shapes and movements that match the music 	<ul style="list-style-type: none"> • I compose motifs and plan dances creatively on my own and collaboratively • I use dynamic, rhythmic and expressive qualities to express my dance ideas 	<ul style="list-style-type: none"> • I include a wide range of actions, shapes and balances in my performance, some of which are original 	<ul style="list-style-type: none"> • In dance, I create, refine and structure movements and patterns with artistic understanding to express my ideas • I perform a dance movement to an accompaniment, expressively and sensitively