

NURSERY

Topic	
Gymnastics -Parts high and parts low	Spring 1
	<p>mounts stairs, steps or climbing equipment. able to jump off an object and land appropriately. travels with confidence and skill under, over and through.</p>
gymnastics - travelling stopping,	Spring 2
	<p>mounts stairs, steps or climbing equipment. able to jump off an object and land appropriately. travels with confidence and skill under, over and through.</p>
Dance - Jungle Book	Summer 1
	<p>moves freely and with pleasure in a range of ways. experiments with different ways of moving. enjoys joining in with dancing and ring games. creates movement in response to movement. uses movement to express feelings. initiates new combinations of movement and gesture to express and respond to feelings.</p>
Movement Skills	Summer 2
	<p>runs skilfully and negotiates spaces. can catch a large ball. able to show increasing control over an object in pushing, patting, throwing, catching and kicking. to observe the effects of activity on their body.</p>

Reception

Topic	Autumn 1
Basic gymnastics skills 1	able to jump off an object and land appropriately mount stairs, steps of climbing equipment using alternate feet travels with confidence and skill, around, under, over and through show understanding of the need for safety when tackling new challenges
Basic Gymnastics skills 2	Autumn 2
	able to jump off an object and land appropriately mount stairs, steps of climbing equipment using alternate feet travels with confidence and skill, around, under, over and through shows understanding of how to transport and store equipment safely
Dance - seasons	Spring 1
	experiments with different ways of moving creates movement in response to music uses movement to express feelings initiates new combinations of music to express ideas, feelings and experiences
Dance - circus	Spring 2
	experiments with different ways of moving creates movement in response to music uses movement to express feelings initiates new combinations of music to express ideas, feelings and experiences
movement skills 2	Summer 1
	experiments with different ways of moving travels with confidence and skill, around, under, over and through observes the effect of activity on their bodies practise some safety measures without direct adult supervision
Target games 1	Summer 2
	able to show increasing control over an object in pushing, patting, throwing, catching and kicking show understanding of the need for safety when tackling new challenges shows understanding of how to transport and store equipment safely

Year One

Topic	Autumn 1
Target Games 2	started to link skills to perform actions and sequences of movement know what success looks like in oneself and others applies basic skills competently in a range of physical activities
basic gymnastics skills 1	demonstrates agility, balance and coordination knows what success looks like - self and others is physically confident and makes a purposeful contribution
	Autumn 2
Movement Skills 1	demonstrates agility, balance and coordination self motivated and displays self confidence applies basic skills competently in a range of physical activities
Gymnastics wide, narrow, rolling	demonstrates agility, balance and coordination knows what success looks like - self and others is physically confident and makes a purposeful contribution
	Spring 1
invasion game skills 1	understands some principles of attacking and defending manages feeling and behaviour well applies attacking and defending within activities which require them
gymnastics - balancing and spinning	demonstrates agility, balance and coordination knows what success looks like - self and others is physically confident and makes a purposeful contribution

Year One

	Spring 2
Dance - Animals	<ul style="list-style-type: none"> to move safely and creatively in space to dance in time and unison to show different levels and pathways in travelling to work in pairs cooperatively to give feedback
Net and wall game skills 1	<ul style="list-style-type: none"> has started to link skills to perform actions and sequences of movements communicates effectively and works well with others demonstrates understanding and interpretation of rules and accepts decisions
	Summer 1
Dance - Fire of London	<ul style="list-style-type: none"> to move safely and creatively in space to dance in time and unison to show different levels and pathways in travelling to work in pairs cooperatively to give feedback
Movement Skills 2	<ul style="list-style-type: none"> demonstrates agility, balance and coordination self motivated and displays self confidence applies basic skills competently in a range of physical activities
	Summer 2
Dance - The Toys	<ul style="list-style-type: none"> can follow simple movement patterns at different levels demonstrates leadership skills is physically confident and makes a purposeful contribution
striking and fielding games	<ul style="list-style-type: none"> able to work safely within a defined space communicates effectively and works well with others shows awareness of boundaries and rules

Year Two

Topic	Autumn 1
Target Games 3	has started to link skills to perform actions and sequences of movement know what success looks like in self and others applies basic skills competently in a range of physical activities
basic gymnastics skills 2	has started to link skills to perform action and sequence of movement knows what success looks like self and others applies basic skills competently in a range of physical activities
	Autumn 2
invasion game skills 2	understands some principles of attacking and defending manages feelings and behaviour well applies attacking and defending skills within activities which require them
gymnastics spinning turning and twisting	demonstrates agility, balance and coordination knows what success looks like in self and others is physically confident and makes a purposeful contribution
	Spring 1
movement skills 3	able to work safely within a defined space manages feelings and behaviour well demonstrates sporting values
gymnastics pathways, straight, zigzag	demonstrates agility, balance and coordination knows what success looks like self and others is physically confident and makes a purposeful contribution

Year Two

	Spring 2
Dance Around the world	can follow simple movement patterns at different levels and speeds demonstrates leadership skills is physically confident and makes a purposeful contribution
net and wall games skills 2	has started to link skills to perform actions and sequences of movement communicates effectively and works well with others demonstrates understanding and interpretation of rules and accepts decisions
	Summer 1
Athletics	can warm up safely prior to exercise and sustain performance can comment on the work of others using technical language demonstrates sporting values
Dance - under the sea	can move safely and creatively in space can dance in time and unison can use a different levels and pathways in travelling can work in pairs showing good cooperation can give useful feedback to a partner
	Summer 2
Dance - The Circus	has started to link skills to perform in a series of movements is self motivated and displays self confidence is physically confident and makes a purposeful contribution
striking and field games 2	able to work safely within a defined space communicates effectively and works well with others shows awareness of boundaries and rules

Year Three

Topic	Autumn 1
basic gymnastics skills	<p>demonstrates agility, balance, coordination and precision</p> <p>evaluates the work of others using correct technical language</p> <p>is self motivated and physically confident engaging in competitive sport</p> <p>can perform different gymnastics shapes</p> <p>can hold positions with stability and control</p> <p>can move safely on apparatus</p>
netball	<p>understands how to work alongside others when attacking and defending</p> <p>able to recognise success in self and others</p> <p>understands rules and accepts decisions made</p> <p>can combine skills fluently and effectively in a task</p> <p>can pass a netball in a variety of ways</p> <p>can identify the main aspects of a good performance and suggest improvements</p> <p>can start to play high five related games</p>
	Autumn 2
gymnastics - receiving body weight	<p>demonstrates agility, balance, coordination and precision</p> <p>evaluates the work of others using correct technical language</p> <p>is self motivated and physically confident engaging in competitive sport</p> <p>can take weight on patches</p> <p>can create asymmetrical shapes in balances</p>
handball	<p>understands how to work alongside others when attacking and defending</p> <p>communicates effectively and listens to others</p> <p>is self motivated and physically confident engaging in competitive sport</p> <p>can send and receive a handball successfully</p>

Year Three

	Spring 1
Dance - Egyptians	<ul style="list-style-type: none"> can show good timing posture and extension to show changes in level and pathway when travelling to work cooperatively and respond to feedback to show use of mirror images and changes in levels to use canon to improve a performance based on feedback
health related fitness	<ul style="list-style-type: none"> to warm up and sustain performance over a period of time to recognise success in self and others enjoys competing and challenging one self demonstrate the basic understanding of what stamina is can sustain physical activity over a period of time
	Spring 2
dance - vikings	<ul style="list-style-type: none"> can show good timing posture and extension to show changes in level and pathway when travelling to work cooperatively and respond to feedback to show use of mirror images and changes in levels to use canon to improve a performance based on feedback
football	<ul style="list-style-type: none"> links skills to perform actions and sequences in a range of movements demonstrates leadership skills, is self motivated and engages in competitive sport demonstrates understanding of rules and accepts decisions made can identify components to pass a ball accurately can demonstrate teamwork when playing against an opponent

Year Three

	Summer 1
Cricket	has a sense of anticipation has an awareness of space and others is reflective and able to recognise success in self and others demonstrates specific tactical awareness can position oneself with a stance to receive a bowled ball
Swimming	based from swimming teachers
	Summer 2
dodgeball	understands how to work alongside others when attacking and defending works well with others in a range of contexts demonstrates own understanding and interpretation of rules and accepts decisions can develop an effective throwing technique
Swimming	

Year Four

Topic	Autumn 1
basic gymnastics skills 2	<p>performs with control and poise</p> <p>evaluates the work of others using the correct technical language</p> <p>is self motivated and physically confident and actively engages in competitive sports</p> <p>can perform a jump using the correct technique</p> <p>can turn whilst jumping</p> <p>can perform a safe and controlled landing</p>
Swimming	based from swimming lessons
	Autumn 2
gymnastics arching and bridging	<p>performs with control and poise</p> <p>evaluates the work of others using the correct technical language</p> <p>is self motivated and physically confident and actively engages in competitive sports</p> <p>can support body weight on hands and feet only</p> <p>can spin from one means of support to another</p>
Swimming	
	Spring 1
basketball	<p>demonstrates agility balance coordination and precision</p> <p>evaluates the work of others using the correct technical language</p> <p>is self motivated and physically confident and actively engages in competitive sports</p> <p>can demonstrate the triple threat position</p> <p>can develop basic ball handling skills</p>
hockey	<p>demonstrates agility balance coordination and precision</p> <p>evaluates the work of others using the correct technical language</p> <p>is self motivated and physically confident and actively engages in competitive sports</p> <p>applies skills effectively in different situations and within a range of physical activities</p> <p>can control a hockey stick and dribble a ball in a race</p>

Year Four

	Spring 2
tennis	links skills to perform actions and sequences of movement reflective and able to recognise success in self and others demonstrates specific tactical performance and awareness can you take a ready position can you move into good positions to strike a ball
outdoor and adventurous activities	demonstrates agility balance coordination and precision thinks creatively to find solutions to challenges is self motivated and physically confident and actively engages in competitive sports can communicate effectively with team mates
	Summer 1
Dance - Romans	performs with control and poise thinks creatively to find solutions to challenges applies skills effectively in different situations and within a range of physical activities can move in unison can demonstrate teamwork
rounders	links skills to perform actions and sequences of movement demonstrates leadership using tactical and performance awareness demonstrates understanding and interpretation of rules and accepts decisions can send and receive a tennis ball using good catching and throwing can demonstrates tactical awareness whilst playing a small sided game

Year Four

	Summer 2
athletics	<p>warms up prior to exercise and is able to sustain performance over periods of time</p> <p>works well with others in a range of contexts</p> <p>enjoys competing and challenging himself to improve</p> <p>can use correct technique to start a sprint</p> <p>can develop coordination to improve speed</p>
dance - strictly come dancing	<p>performs with control and poise</p> <p>thinks creatively to find solutions to challenges</p> <p>applies skills effectively in different situations and within a range of physical activities</p> <p>understands the importance of a warm up and cool down</p> <p>can copy repeat and remember a range of actions using coordination balance control and strength</p>

Year Five

Topic	Autumn 1
dance - the victorians	to develop a cont motif to focus on timing in unison to use level of changes, pathways and directions to complete team work and good communication to include use of mirror image to include canon to give useful feedback to a group to improve own performance based on feedback
netball	links skills to perform actions and sequences of movement works well with others in a range of contexts demonstrates specific tactical/performance awareness can send and receive a netball in different ways
	Autumn 2
dance - best of British	performs with control and poise thinks creatively to find solutions to challenges applies skills effectively in different situations within a range of physical activities can copy repeat and remember dance motifs can state why a warm up is important
handball	understands how to work alongside others when attacking and defending communicates effectively and listens to others is self motivated and physically confident and actively engages in competitive situations can be in a good position ready to move quickly and receive the ball before sending it

Year Five

	Spring 1
swimming	this will be taken from swimming lessons
gymnastics - matching, mirroring and contrast	demonstrates agility, balance, coordination and precision evaluates the work of others using correct technical language demonstrates specific performance awareness can match a partners moves can perform matching moves within a sequence can start a sequence with a clear starting and finishing positions
	Spring 2
swimming	this will be taken from swimming lessons
football	links skills to perform actions and sequences of movement demonstrates leadership skills demonstrates understanding and interpretation of rules and accepts decisions given can demonstrate the correct technique for dribbling and passing the ball

Year Five

	Summer 1
basic gymnastics skills 1	demonstrate agility, balance, coordination and precision evaluates the work of others using correct technical language demonstrates specific tactical awareness can make a bridge shape and travel in a bridge shape can work in a group
health related fitness	warm up prior to exercise and is able to sustain performance over periods of time reflective and able to recognise success in self and others enjoys competing and challenging himself to improve can understand the benefits of regular exercise can perform a multi stage fitness test can show determination and resilience
	Summer 2
gymnastics - partner work over and under	demonstrate agility, balance, coordination and precision evaluates the work of others using correct technical language demonstrates specific tactical awareness can make a sequence with a partner where at some point roll over the other
cricket	links skills to perform actions and sequences of movement reflective and able to recognise success in self and others demonstrates specific tactical awareness can catch consistently well and under pressure can throw accurately using overarm technique

Year Six

Topic	Autumn 1
basic gymnastics skills 2	<ul style="list-style-type: none"> links skills to perform actions and sequences of movement evaluates the work of others using correct technical language enjoys competing and challenging to improve can work safely and sensibly with a partner and a group
basketball	<ul style="list-style-type: none"> demonstrates agility balance coordination and precision evaluates the work of others using correct technical language is self motivated and physically confident and actively engages in competitive situations can move confidently with a ball can dribble a ball with confidence can manoeuvre the ball competently
	Autumn 2
dance - WW2	<ul style="list-style-type: none"> to develop a count motif to focus on timing and memorising a motif in unison to include level of changes pathways and directions to include use of mirror image and changes in level and direction to complete good team work to use canon unison and mirror imaging
hockey	<ul style="list-style-type: none"> demonstrates agility balance coordination and precision evaluates the work of others using correct technical language applies skills effectively in different situations and within a range of physical activities can control the ball to play a game under pressure can work safely and dribble the ball

Year Six

	Spring 1
gymnastics - flight	links skills to perform actions and sequences of movement evaluates the work of others using correct technical language enjoys competing and challenging to improve can take off from one foot and two gaining elevation from a powerful run
OAA	demonstrates agility balance coordination and precision thinks creatively to find solutions to challenges is self motivated and physically confident and actively engages in competitive situations can use none verbal communications to solve problems
	Spring 2
gymnastics - group sequences	links skills to perform actions and sequences of movement evaluates the work of others using correct technical language enjoys competing and challenging oneself to improve can work in small groups to create rolls in unison can perform a sequence where starting and finishing positions are clearly defined.
tennis	links skills to perform actions and sequences of movement reflective and able to recognise success in self and others demonstrates specific tactical and performance awareness can get into the ready position

Year Six

	Summer 1
athletics	warm up prior to exercise and is able to sustain performance over periods of time works well with others in a range of contexts enjoys competing and challenging to improve can change pace and run at different tempos and sustain pace over longer distances
dance - the haka	focus on good timing and performing motif in unison to include level of changes pathways and directions to use canon unison and mirror imaging to work well in groups to effectively use chance choreography to give feedback to partner and improve performance based on feedback
	Summer 2
dance - films	links skills to perform actions and sequences of movement works well with others in a range of contexts is self motivated and physically confident and actively engages in competitive situations develop the knowledge and understanding of the style of dance used in films
rounders -	links skills to perform actions and sequences of movement demonstrates leadership skills demonstrates understanding and interpretation of rules and accepts decisions given can send and receive a tennis ball using good catching and throwing techniques can demonstrate tactical awareness whilst playing a small sided game

