

Explore different speeds, levels & direction when choreography a dance routine

Develop batting and bowling skills

Refine balances, rolls, jumps when travelling

Refine movement sequences showing contrasts within a performance

Refine throwing over arm and push throw

Refine jumping for height and distance

Refine running for speed and distance

Swim confidently & competently over >25m

Use range of swimming strokes effectively

Understand how to be safe in & around water

Develop tactics for batting/fielding

Create a short choreography using different speeds, levels, direction and expression

Choreograph complex, well executed sequences

Refine floor sequences, varying speed, levels and body rotation

Develop throwing for shot pot

Develop jumping for long jump

Develop running for sprinting and long distance

Extend throwing & catching skills by applying them in a game

Introduce passing & receiving

Develop ways to maintain possession of a ball

Understand & use tactics to cause problems for the opposition

 Introduce batting & fielding

Explore moving to the correct beat of music

Introduce small apparatus, jumping safely

Explore balance on small and large body parts

Explore Body Shapes (Wide, Narrow, curled)

Develop flexibility by stretching and curling

Exploring moving to the beat of music

Explore mirroring and copying simple movements

Develop throwing & catching

Explore a variety of jumps

Explore running technique

Compete fairly against self & others

Understand the terms opponent & teammate

Develop fundamental movements & apply in a game

Explore sending and receiving

**Year 1**

**HONESTY**

**DETERMINATION**

Begin to swim 10-20m using one method

Work with a partner/ small group to create simple dance moves

Develop short sequences showing contrasts (Wide/narrow, high/low)

Develop balances on different body parts, rolls and co-ordination

Understand how to climb safely on large apparatus

Develop throwing for height and distance

Develop take off/landings

Develop changing speed and direction

**Year 3**

**TEAMWORK**

**PASSION**

**HONESTY**

Understand how to be safe in & around water

Explore mirroring and copying simple moves

Understand basic tactics for attacking & defending

 Develop sending & receiving skills

 Consolidate throwing & catching

Consolidate fundamental movement skills & apply in game play

**Year 2**

**TEAMWORK**

**RESPECT**

**Year 6**

**SELF BELIEF**

**DETERMINATION**

**RESPECT**

Refine batting & bowling skills

Develop throwing for javelin

Develop jumping for triple jump

Develop running for sprinting and relay

Choreograph complex, well executed sequences

 Apply tactics to outwit opponents

 Refine racket skills

 Extend batting & bowling skills

 Refine dribbling

Create and refine a short choreography using different speeds, levels, direction and expression

Work alone or with teammates to gain points or possession

Develop & apply appropriate tactics

Gymnastics. Dance. Striking & Fielding. Invasion Games. Swimming. Athletics.

Pass to teammates at appropriate times

 Develop passing

Introduce dribbling & shooting

Combine & apply skills in games

Explore different speeds & levels in dance

Develop movement sequences, moving in a clear fluent & expressive manner

Safely use small and large apparatus

Develop balances on different body parts, roll, jumps and co-ordination

Plan & perform sequences individually and with a partner

Develop throwing over arm and push throw

Develop jumping for height and distance

Develop running for speed and distance

**Year 5**

**SELF BELIEF**

**DETERMINATION**

**RESPECT**

Explore fundamental movements

e.g. running, hopping, skipping & jumping

Develop core strength & stability

Develop gross & fine motor skills

Develop spatial awareness

Understand rules, taking turns and keeping score

Introduce object control using a variety of equipment

Refine passing & receiving skills

 Develop racket skills

**HONESTY**

**PASSION**

**TEAMWORK**

**Year 4**

**EYFS**

**PASSION**

**SELF BELIEF**