

Skill Area	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>FMS</p>	<p>Throw underarm and overarm and understand how to do this.</p> <p>Dribble a ball</p> <p>Jump from one spot to another</p> <p>Understand how a jump and hop are different</p> <p>Know a range of jump types</p>	<p>Year 1</p> <p>Throw underarm and overarm to someone else accurately.</p> <p>Dribble in a controlled way and direction</p> <p>Jump from one spot to another without falling over</p> <p>Carry out different types of jumps confidently</p> <p>Know when to jog and sprint</p>	<p>Year 3</p>	<p>Year 5</p>
	<p>Know how jogging and sprinting is different</p>	<p>Year 2</p> <p>Throw underarm and overarm to someone else accurately at a distance.</p> <p>Dribble with increased control around an area.</p> <p>Jump from different levels without falling over.</p> <p>Carry out a range of jumps with more confidence and control</p> <p>Change from jog to sprint with control.</p>	<p>Year 4</p>	<p>Year 6</p>
<p>Key Vocabulary</p>	<p>Balance, Jump, Land , Catch , Gallop , Control , Send, Receive , Ready position, Overarm , Underarm , Slide, Dodge, Jog Skip, Bounce, Travel, Trap, Accuracy, Sprint</p>			

Gymnastics	<p>*In the EYFS Gymnastics and dance will be taught in unison. *</p> <p>To travel around a space in a range of ways</p> <p>Change body shape to help move in different ways.</p> <p>Begin to learn how to balance alone and with partner</p> <p>To move rhythmically to music and to move in appropriate ways such as fast and slow to the music.</p> <p>Begin to make sequences with a partner</p>	Year 1	Year 3	Year 5
	<p style="text-align: center;">Year 2</p> <p>Advanced control when doing a balance alone and in group balances</p> <p>Increased length and creativity in sequence of balances</p> <p>Learn more advanced balances which include advanced strength and teamwork.</p> <p>Create longer and more complex sequences of balances.</p> <p>Support own body weight on different parts of the body</p>	Year 4	Year 6	

Perform sequences that include travelling over and under a partner

Use apparatus to create fluent and controlled sequences

Improve and refine sequences ensuring clear start and finishing positions

Perform routines to a consistent count to ensure flow

Know what body conditioning means and why gymnasts need to condition their bodies to be able to perform their routines.

Understand how to perform different balances that look good aesthetically.

Be able to create a basic sequence using the balances learnt in the lessons.

		<p>Perform sequences with clear start and finish positions</p> <p>Change direction using a variety of turns</p>	<p>Know the different ways of travelling in gymnastics, understand why we need to use them and use them in routines.</p> <p>Know the difference between counter balance, and counter tension.</p> <p>Understand how we can create effective counter and supported balances with our partners.</p> <p>Able to incorporate different counter balances into our routines.</p>	<p>Intersperse moves in canon and in unison</p> <p>Demonstrate different dynamics (changes of level, speed and direction)</p> <p>Hold highly controlled balances (counter and counter tension) on a variety of points and patches</p> <p>Perform a small group sequence using synchronisation; unison, canon or mirroring.</p>
<p>Key Vocabulary</p>	<p>Balance, posture, 360 degree turn, Body weight, Symmetrical, Asymmetrical , Poise, Unison Fluent, Refine, Flow, Canon, Dynamics, Counter tension, Synchronization, Mirroring</p>			
<p>Dance</p>	<p><i>*See above</i></p>	<p>Year 1</p> <p>Move safely and creatively in a space</p> <p>Change level, speed, rhythm and direction</p> <p>Change level, speed, rhythm and direction with consistency</p> <p>Dance with control and coordination</p> <p>Perform a short dance with a partner that shows use of level, direction and unison</p> <p>Make up a short dance with a partner</p>	<p>Year 3</p> <p>Show good timing, control, posture and extension</p> <p>Show changes in level and pathway</p> <p>Perform a group and solo dance that are controlled and coordinated</p> <p>Perform routines with good timing and controlled posture and extension</p> <p>Perform using canon and changes in formation in solo, paired and group routines.</p>	<p>Year 5</p> <p>Perform a motif in unison</p> <p>Show excellent timing during level/pathway/directional changes</p> <p>Use chance choreography</p> <p>Perform a controlled and highly coordinated dance solo, in pairs and in a group.</p> <p>Show use of canon, unison, and mirror image and changed in formation level and direction with good control.</p> <p>Improve performances based on feedback given</p>

		Year 2	Year 4	Year 6
Key Vocabulary	Dance ,Timing, Perform, Beat, Creative, Speed, Level, Rhythm, Direction			
Tag Rugby	<p>To understand the rules of tagging and how to we can take off tags effectively.</p> <p>To be able to follow the correct procedure after removing a tag from someone’s belt.</p> <p>To know how we move in rugby</p> <p>To know how to pass in rugby.</p> <p>To be able to use all the skills we have learnt over the term – to play a range of tag rugby match based activities.</p>	<p>Year 1</p> <p>To know the basic rules of tag rugby</p> <p>To confidently carry the ball correctly when running.</p> <p>To begin to pass the ball with accuracy and more power.</p> <p>To be able to use all the skills we have learnt over the term – to play a range of tag rugby match based activities.</p>	<p>Year 3</p> <p>To be able to complete a successful pass to our teammates with good technique.</p> <p>To know why it is important to be able to get around an opponent.</p> <p>To pass a ball to a partner when we are running.</p> <p>To be able to use all the skills we have learnt over the term – to play a range of tag rugby match based activities.</p>	Year 5
		<p>Year 2</p> <p>To understand the correct positioning and technique behind rugby passes.</p> <p>To pass with increasing power and accuracy</p> <p>To begin to start passing a ball to a partner when we are running.</p>	<p>Year 4</p> <p>To understand what we need to do to effectively dodge an opponent.</p> <p>To be able to complete a basic dodging movement effectively against a static opponent.</p> <p>To know how we pass a ball to a partner when we are running.</p>	Year 6

		To begin to understand the importance of being able to get around an opponent. To be able to use all the skills we have learnt over the term – to play a range of tag rugby match based activities.	To understand when we should pass the ball to a teammate when against an opponent. To be able to effectively pass the ball to a partner whilst moving against an opponent before getting tagged.	
Key Vocabulary	Pass, Dodge, Intercept			
Tennis	Know how to hold a tennis racket and aim of game Hit a ball of a cone - hand eye co- ordination Catching a bouncing ball coming towards yourself. Move to catch ball Introduced to forehand and practice this	Year 1 Show more attention to grip and stance when preparing to hit the ball. Hit a ball over the net using forehand Increased awareness of where the ball is going and practice aim for hitting. Begin to hit an airborne ball with one hand	Year 3 <ul style="list-style-type: none"> To continue developing technical aspects of different shots To continue developing an awareness of where the ball is and moving towards the ball to hit it To begin hitting with a partner trying to form little rallies To further understand the rules of tennis and begin playing by them 	Year 5 <ul style="list-style-type: none"> To be able to switch shots with greater control and ease. To develop spatial awareness on court - where are good areas to be in; where aren't To be able to hold longer rallies with our partners To constantly be aware of the rules and be able to apply them when playing matches
		Year 2 Show good grip and stance when holding a racket. Increased aim when using forehand over the net Learn how to volley Increased awareness of where ball is coming		
Key Vocabulary	Consistent, Volley, Stance, Forehand, Backhand, Opponent, Intercept			

Athletics	Move freely with pleasure and confidence Jump from 1 foot to 2 feet Jump 2 feet to 2 feet Jump over an obstacle Roll an object at a target Throw a ball at a target	Year 1 Run at different speeds Change speed and direction whilst running Improve jumping technique to increase height and distance Include a 'run up' to a jump Use legs and correct placement of feet to achieve distance when throwing	Year 3 Demonstrate basic stamina Sustain physical exertion over time Demonstrate a good sprinting technique Notice their improvements and progress	Year 5 Sustain pace over longer distances when running Use an overarm and underarm throw with control and good accuracy Perform a triple jump Complete relay changeover skills
		Year 2 Coordinate a run with a jump Jump with control and good timing Throw in a variety of ways with some accuracy	Year 4 Use the correct technique to start a sprint Combine sprinting with low hurdles Jump hurdles consistently with control Throw overarm with accuracy Throw underarm with accuracy	Year 6 Understand the importance and benefits of physical activity Sustain stamina for longer periods of time Completes aerobic activities/exercises Investigate footwork and techniques when running
Key Vocabulary	Travel, Throw, Jump, Height, Speed, Direction, Sprint, Run up, Distance, Control, Timing, Accuracy, React			
Netball		Year 1	Year 3 Being able to pass, catch, and recognise the open gates Begin to pass while under pressure Introducing positions to children and knowing where each player can and cannot move.	Year 5 Improve on our passing skills and be aware of movement off the ball. Using different techniques and sticking with what works best for me To further develop our awareness of space and what it means to be free Participate in a 3v3/4v4/5v5 netball match.

		<p align="center">Year 2</p>	<p align="center">Year 4</p> <p>Improving passing and catching skills.</p> <p>Using more power and accuracy in passes.</p> <p>To understand how to use a bounce pass.</p> <p>Improving our passing while under pressure.</p> <p>Improve understanding of the rules of netball and the positions.</p> <p>Introduce dribbling</p>	<p align="center">Year 6</p> <p>To begin understanding the different roles in a netball team</p> <p>To utilise and understand man marking when defending</p> <p>Continue to develop our passing skills by using different ranges of passing and identifying which pass works best and when.</p> <p>Improving passing while under pressure.</p> <p>Participate in a 3v3/4v4/5v5 netball match.</p> <p>Successfully take part in a Netball match.</p>
<p>Key Vocabulary</p>	<p>Pass, Receive, Goal shooter, Goal attack, Wing attack, Centre, Wing defence, Goal defence, Goal keeper</p>			
<p align="center">Hockey</p>		<p align="center">Year 1</p>	<p align="center">Year 3</p> <p>Know how to correctly hold a hockey stick and the different types of dribbling.</p> <p>Know how to pass and receive the ball in hockey.</p> <p>Able to make accurate passes over a short distance to teammates whilst stationary.</p> <p>Know the basic types of tackling in hockey and able to attempt a tackle using the correct technique.</p>	<p align="center">Year 5</p> <p>Understand the importance of the skills being looked at, and how they might affect a game situation.</p> <p>Able to make accurate passes to teammates using different techniques. Are also able to apply correct receiving techniques when being passed to.</p> <p>Understand what the correct technique is for tackling and begin to understand when each tackle should be used.</p>

		<p>Know why it is important to be able to pass whilst moving.</p> <p>Able to make an attempt at passing to someone whilst moving - may not be accurate.</p> <p>Know how to shoot in Hockey and be able to have an accurate attempt at shooting - may lack sufficient power.</p> <p>Know the key rules of hockey.</p>	<p>Know why it is important to be able to pass whilst moving.</p> <p>Able to make an attempt at passing to someone whilst moving - may not be accurate.</p> <p>Know how to shoot in Hockey and be able to have an accurate attempt at shooting - may lack sufficient power.</p> <p>Know the key rules of hockey.</p>	<p>Able to successfully perform one type of tackle on an attacker - begin to attempt using a variety.</p> <p>Begin to have a smoother transition from dribbling to passing when moving; accurately passing the ball when on the move.</p> <p>Understand the different tactics we need to try and use when shooting, and when we might use these.</p>
		<p>Year 2</p>	<p>Year 4</p> <p>Understand when we might use different dribbling styles in a hockey match.</p> <p>Able to successfully dribble the ball in at least one style using correct technique.</p> <p>Are able to apply correct technique to all their passes whilst stationary.</p> <p>Able to make accurate passes to teammates.</p> <p>Understand what the correct technique is for each type of tackle.</p> <p>Able to successfully perform one type of tackle on an attacker.</p> <p>Understand what we might need to differently to execute passes whilst moving</p> <p>Able to pass to someone whilst moving may lack accuracy.</p> <p>Know how to shoot in Hockey.</p>	<p>Year 6</p> <p>Can change their dribbling automatically depending on the situation without prompt.</p> <p>Able to successfully dribble the ball in a variety of ways - changing between different styles depending on the situation.</p> <p>Are able to complete a variety of different passes accurately with a good amount of power.</p> <p>Can effectively control the ball when receiving using correct technique.</p> <p>Are able to successfully tackle an opponent legally without breaking the rules.</p> <p>Attempt to perform legal tackles on opponents actively avoiding them.</p> <p>Can transition from dribbling to passing more effectively. Further understanding what happens after the ball is released.</p>

			Understand the different tactics we need to try and use when shooting.	<p>Able to complete accurate passes to teammates without slowing down.</p> <p>Able to take accurate shots on goal, attempting to aim for the corners or harder to reach areas for goalkeepers.</p> <p>Are able to make accurate shots on goal whilst moving.</p> <p>Utilise all the skills we have learnt over the term in match situations.</p>
Key Vocabulary	Pass, Receive, Dribbling, Push pass, Slap pass, Hit			
Cricket		Year 1	Year 3	Year 5

		Year 2	Year 4	Year 6
			<p>To know how to hold a cricket bat correctly</p> <p>To know the technique to hit a ball in cricket</p> <p>To know the correct way to throw and catch a ball in cricket – over arm and under arm</p> <p>To begin to learn how to bowl</p> <p>To understand the basic rules in cricket</p>	<p>To hit the cricket ball with direction in mind</p> <p>To hit the cricket ball with more power.</p> <p>To throw with greater power and accuracy</p> <p>To bowl with greater power</p> <p>To learn some cricket tactics for a game situation</p> <p>To play a game of competitive cricket.</p>
Key Vocabulary	Bat, Over arm, Under arm, Bowl, Power, Accuracy, Speed			
OAA		Year 1	Year 3	Year 5
		Year 2	Year 4	Year 6
			<p>Communicate effectively with teammates</p> <p>Work as a team to solve a problem</p> <p>Follow the rules of an activity</p> <p>Navigate around an area by following directions</p> <p>Use a map to follow directions</p>	<p>Think creatively to solve problems in a team</p> <p>Work with a partner to give and follow directions</p> <p>Demonstrate strong teamwork with a good level of communication</p> <p>Develop and refine orienteering and problem solving skills</p> <p>Demonstrate leadership skills</p> <p>Organise teams effectively</p> <p>Communicates with teammates effectively</p>

<p>Volley Ball</p>			<p>Year 5</p> <p>To begin getting used to keeping objects off the ground and in the air - on our own and with a partner</p> <p>To begin understanding the basic rules of volleyball.</p> <p>To identify the different shots in volleyball and practice them with partners - serve/set/dig</p> <p>To begin learning when each shot should be used</p>	<p>Year 6</p> <p>To further our understanding of volleyball rules</p>
<p>Swimming</p>		<p>Year 1</p>	<p>Year 3</p>	<p>Year 5</p>
		<p>Year 2</p> <p>Understand pool safety</p> <p>Swim 5 meters on front and back</p>	<p>Year 4</p> <p>Swim 10 meters on front and back</p>	<p>Year 6</p> <p>Swim 25 meters in each stroke confidently</p> <p>To learn safe self-rescue from a pool</p>