

Nursery					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>locomotion 1</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others Work and play cooperatively and take turns with others. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Fine motor skills</p> <p>Work and play cooperatively and take turns with others. Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing.</p>	<p>Gymnastics-travelling, stopping, making shapes</p> <p>Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Demonstrate strength, balance and coordination when playing.</p>	<p>Dance-Circus</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. Explore and engage in music making and dance, performing solo or in groups. Watch and talk about dance and performance art, expressing their feelings and responses. Listen attentively, move to and talk about music, expressing their feelings and responses.</p>	<p>Yoga</p> <p>Demonstrate strength, balance and coordination when playing. Combine different movements with ease and fluency.</p>	<p>Stability 1</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Demonstrate strength, balance and coordination when playing Work and play cooperatively and take turns with others.</p>

Reception					
Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Fundamental movement skills 1 Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Go up steps and stairs, or climb up apparatus, using alternate feet. Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Dance- Nursery Rhymes Skip, hop, stand on one leg and hold a pose for a game like musical statues. Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. Explore and engage in music making and dance, performing solo or in groups. Watch and talk about dance and performance art, expressing their feelings and responses. Listen attentively, move to and talk about music, expressing their feelings and responses.</p>	<p>Target games 1 Show a preference for a dominant hand. Work and play cooperatively and take turns with others. Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Select and use activities and resources, with help when needed. Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Gym- Rocking and rolling Demonstrate strength, balance and coordination when playing. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p>	<p>Net and Wall games Increasingly follow rules, understanding why they are important. Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Stability 2 (static and dynamic balance) Combine different movements with ease and fluency. Progress towards a more fluent style of moving, with developing control and grace. Start taking part in some group activities which they make up for themselves, or in teams.</p>

Year 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gym- pathways small and long	Dance- The toys (planning sent to Chris) old unit but links <i>I can move to music</i> <i>I can copy simple dance moves</i>	Gym Wide, narrowed, curled rolling and balancing <i>I can balance on different parts of the body with support</i> <i>I can make a dish and arch shape with my body</i> <i>I can make a tuck and straddle shape with my body</i>	Dance- animals (dance to school) <i>I can change speed and level when dancing.</i>	OAA (Enrich)	Dance- under the sea <i>I can describe what I have done or what I have seen others do</i>
Outdoor	Movement skills 2 <i>I can strike a ball some of the time</i>	Net and Wall skills 1 <i>I can take part in different games</i> <i>I can send a ball towards a target</i> <i>I can jump from one or both feet</i> <i>I can catch different objects some of the time</i>	Invasion skills 1 <i>I can take part in different games</i> <i>I can take part in different games</i> <i>I can catch different objects some of the time</i>	Strike and Field skills 1 <i>I can take part in different games</i> <i>I can send a ball towards a target</i> <i>I can strike a ball some of the time</i> <i>I can jump from one or both feet</i> <i>I can catch different objects some of the time</i>	Target games 2 <i>I can send a ball towards a target</i> <i>I can jump from one or both feet</i>	Athletics 2 <i>I can strike a ball some of the time</i>

Year 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Dance- Fire of London <i>I can move to music</i> <i>I can perform a simple dance in a group</i>	Gymnastics- pathways: straight, curving. <i>I can perform a variety of jumps; hop, jump, skip (no rope)</i>	Dance mini beasts <i>I can copy and also create my own dance moves to match the theme of the dance</i>	Gym- stretching and curling <i>I can balance on a range of points independently</i> <i>I can perform the front and back support</i>	Dance pirates) <i>I can change speed, level and rhythm when dancing</i> <i>I can evaluate a performance and say how it could be improved</i>	OAA (Enrich)
Outdoor	Movement skills 3 <i>I can run quickly and change direction</i>	Net and Wall skills 2 <i>I can take part in different competitive and cooperative games</i> <i>I can demonstrate defensive tactics (getting in the way of the attacker, staying near to the goal, being aggressive)</i>	Invasion 2 <i>I can take part in different competitive and cooperative games</i> <i>I can demonstrate attacking tactics (taking up good positions, avoiding the defenders, making quick decisions)</i>	Strike and Field 2 <i>I can take part in different competitive and cooperative games</i> <i>I can demonstrate attacking tactics (taking up good positions, avoiding the defenders, making quick decisions)</i> I can strike a ball with a racquet or bat accurately	Target games 3 I can catch different balls most of the time with one or two hands. <i>I can throw underarm or overarm into a range of targets (hoop, net, goal)</i>	Tri golf I can strike a ball with a racquet or bat accurately

	Year 3					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
indoor 2021- covered gymnastics linking together symmetry dance- ancient Egypt swimming (3mw- all units)	Swimming 	Gymnastics- linking together <i>I can balance on one to four points in different ways</i> <i>I can perform a forwards, tuck and pencil roll</i> <i>I can combine up to 4 actions into a routine</i>	Dance- film (ancient Egypt) Dance to school <i>I can create and perform sequences of actions and repeat them</i>	Gymnastics – symmetry <i>I can perform a side support</i> <i>I can land safely on two feet</i> <i>I can make simple assessments of a performance based on a criteria</i>	Dance-Around the world (dance to school) <i>I can change speed, level and rhythm when dancing</i> <i>I can help create and perform a dance in a group</i>	OAA (Enrich) <i>I can follow a map</i> <i>I can use clues to follow a route</i>
outdoor	Invasion games Tag Rugby <i>I can take part in a range of sports</i> <i>I can demonstrate defending tactics by staying close to the attacker</i>	Net wall games Dodgeball <i>I can take part in a range of sports</i> <i>I can reliably strike a ball in a range of sports e.g. cricket, tennis, hockey</i> <i>I can throw underarm or overarm as part of a team game</i> <i>I can catch different balls with two hands or one hand when moving and stationary</i>	Invasion games Hockey <i>I can take part in a range of sports</i> <i>I can demonstrate defending tactics by staying close to the attacker</i> <i>I can continue a rally with a partner (who may be an adult)</i>	Athletics <i>I can take part in a range of sports</i> <i>I can take part in the long jump (recording my personal best.)</i> <i>I can run in sprints and over longer distances (maintaining a steady speed)</i> <i>I can use the correct technique to start a sprint</i>	striking and fielding Cricket <i>I can take part in a range of sports</i> <i>I can reliably strike a ball in a range of sports e.g. cricket, tennis, hockey</i> <i>I can throw underarm or overarm as part of a team game</i>	Health and fitness

	Year 4					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
indoor	<p>Dance- Romans <i>I can create phrases and repeat them</i></p>	<p>Health related fitness <i>I can run in sprints and over longer distances</i> <i>I can show teamwork by working in a small team to complete a challenge</i></p>	<p>Gymnastics- Under and over <i>I can perform the bridge</i> <i>I can perform a forwards and backwards roll with control</i> <i>I can land safely on one or two feet</i> <i>I can combine up to 6 actions into a routine</i></p>	<p>Dance Space <i>I can create dance moves which are clear and fluent</i> <i>I can help create and perform a dance in a group which has clear, repeated phrases and matches the music</i></p>	<p>Gymnastics -counter <i>I can perform the Arabesque balance with control</i> <i>I can perform counter balances with a partner</i> <i>I can make simple assessments of a performance based on a criteria and say how I could go about improving them</i></p>	<p>(OAA Enrich) <i>I can follow a more demanding map</i> <i>I can use clues to follow a route</i> <i>I can show teamwork by working in a small team to complete a challenge</i></p>
outdoor	<p>Invasion games Basketball <i>I can take part in a range of sports independently</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i></p>	<p>Invasion games football <i>I can take part in a range of sports independently</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i></p>	<p>Invasion games Netball <i>I can take part in a range of sports independently</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i> <i>I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions</i> <i>I can catch as part of a team game reliably</i></p>	<p>Athletics <i>I can develop my jumping technique so it is consistent and controlled</i> <i>I can take part in the long jump increasing my personal best</i> <i>I can show correct technique for Javelin and shot put</i> <i>I can run in sprints and over longer distances</i> <i>I can begin to combine my sprinting with low hurdles</i></p>	<p>Net/Wall Tennis <i>I can take part in a range of sports independently</i> <i>I can reliably strike a ball in a range of sports (e.g. cricket, tennis, hockey) showing awareness of direction, the target and team members</i></p>	<p>Striking and fielding Rounders <i>I can reliably strike a ball in a range of sports (e.g. cricket, tennis, hockey) showing awareness of direction, the target and team members</i> <i>I can throw underarm or overarm as part of a team game making quick decisions</i> <i>I can catch as part of a team game reliably</i></p>

Year 5						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
indoor	Gymnastics- rolls <i>I can combine up to 8 movements into a routine</i> <i>I can perform a head stand</i> <i>I can perform the splits</i>	Leadership <i>I can show teamwork by helping out team mates who need</i>	Dance-British Values <i>I can create phrases which support the theme and repeat them</i> <i>I can create dance moves which are clear, fluent and imaginative</i>	Gymnastics-canon/sync <i>I can evaluate my own performance and that of peers using appropriate terminology on occasions</i> <i>I can match and mirror movements</i> <i>I can perform the splits</i>	Dance- Dance through the ages can help create and perform a dance in a group which has clear, repeated phrases and matches the music (some movements in unison and some not)	Health and fitness <i>I can evaluate my own performance and that of peers using appropriate terminology on occasions</i>
outdoor	Invasion games Hockey <i>I can demonstrate attacking tactics by making good decisions during the game and working as part of an attacking unit to win the game</i>	Invasion games Tag Rugby <i>I can catch as part of a team game reliably both stationary and on the move</i> <i>I can demonstrate attacking tactics by making good decisions during the game and working as part of an attacking unit to win the game</i>	invasion games Dodgeball <i>I can throw a range of passes (bounce, chest, overhead) as part of a team game</i> <i>I can catch as part of a team game reliably both stationary and on the move</i>	Athletics <i>I can consistently combine my sprinting with low hurdles showing good technique</i> <i>I can show correct technique for Javelin and shot put (increasing my personal best)</i> <i>I can take part in jump events (e.g. long jump, vertical jump) increasing my personal best</i>	striking and fielding cricket <i>I can catch as part of a team game reliably both stationary and on the move</i> <i>I can show teamwork by helping out team mates who need</i>	OAA (Enrich) <i>I can show teamwork by helping out team mates who need</i> <i>I can use clues to follow a route</i>

	Year 6					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
indoor	<p>Dance- The Haka <i>I can choose my own style, music and dance moves</i></p>	<p>Health related fitness <i>I can show leadership skills by taking charge of a group to lead a challenge</i> <i>I can run in sprints and sustain pace over longer distances</i></p>	<p>Gymnastics- counter balance and tension <i>I can perform a handstand</i> <i>I can perform a range of different rolls with control and extension</i> <i>I can combine up to 10 movements into a routine</i></p>	<p>Dance- World war 2 dance to school <i>I can create and develop dances in which are imaginative and in specific styles</i></p>	<p>Gymnastics- Flight <i>I can perform a cartwheel</i> <i>I can perform a round off</i> <i>I can land safely on one or two feet following a half or full turn</i> <i>I can evaluate my own performance and peers using appropriate terminology</i></p>	<p>OAA (Enrich) <i>I can change my route if there is a problem</i> <i>I can show leadership skills by taking charge of a group to lead a challenge</i></p>
outdoor	<p>Invasion games Basketball <i>I can defend in a range of sports showing awareness of space, tactics and communication with others</i> <i>I can demonstrate attacking tactics by showing awareness of space, tactics and communication with others</i> <i>I can throw a range of passes (bounce, chest, overhead) as part of a team game beginning to show some disguise through feints etc</i> <i>I can catch as part of a team game whilst under pressure</i></p>	<p>Invasion games football <i>I can defend in a range of sports showing awareness of space, tactics and communication with others</i> <i>I can demonstrate attacking tactics by showing awareness of space, tactics and communication with others</i></p>	<p>invasions games Netball <i>I can defend in a range of sports showing awareness of space, tactics and communication with others</i> <i>I can demonstrate attacking tactics by showing awareness of space, tactics and communication with others</i> <i>I can throw a range of passes (bounce, chest, overhead) as part of a team game beginning to show some disguise through feints etc</i> <i>I can catch as part of a team game whilst under pressure</i></p>	<p>Athletics <i>I can run in sprints and sustain pace over longer distances</i> <i>I can develop efficiency when running as a team for the relay with changeover skills</i> <i>I can take part in the jump events (e.g. long jump, vertical jump) increasing my personal best</i> <i>I can show correct technique for Javelin and shot put (increasing my personal best)</i></p>	<p>Net/Wall Tennis</p>	<p>Striking and fielding Rounders <i>I can demonstrate attacking tactics by showing awareness of space, tactics and communication with others</i></p>

