



PE Progression of Skills

	EYFS	YEAR 1	YEAR 2`	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Dance	Actions: explore	Actions: copy,	Actions: accurately	Actions: create	Actions: respond	Actions:	Actions: show
	how my body	remember and	remember, repeat	actions in response	imaginatively to a	choreograph	controlled
	moves. Copy basic	repeat actions to	and link actions to	to a stimulus	range of stimuli	dances by using,	movements which
	body actions and	represent a theme.	express an idea.	individually and in	related to character	adapting and	express emotion
	rhythms.	Create my own	Dynamics: develop	groups.	and narrative.	developing actions	and feeling.
	Dynamics: explore	actions in relation	an understanding of	Dynamics: use	Dynamics: change	and steps from	Dynamics: explore,
	actions in response	to a theme.	dynamics.	dynamics	dynamics	different dance	improvise and
	to music and an	Dynamics: explore	Space: develop the	effectively to	confidently within a	styles.	combine dynamics
	idea.	varying speeds to	use of pathways	express an idea.	performance to	Dynamics:	to express ideas
	Space: begin to	represent an idea.	and travelling	Space: use direction	express changes in	confidently use	fluently and
	explore pathways	Space: explore	actions to include	to transition	character.	dynamics to express	effectively on my
	and the space	pathways within my	levels.	between	Space: confidently	different dance	own, with a partner
	around me and in	performance.	Relationships:	formations.	use changes in	styles.	or in a small group.
	relation to others.	Relationships: begin	explore working	Relationships:	level, direction and	Space: confidently	Space and
	Performance:	to explore actions	with a partner using	develop an	pathway.	use direction and	relationships: use a
	perform short	and pathways with	unison, matching	understanding of	Relationships: use	patterning to	variety of
	phrases of	a partner.	and mirroring.	formations.	action and reaction	express different	compositional
	movement in front	Performance:	Performance:	Performance:	to represent an	dance styles.	principles when
	of others.	perform on my own	develop the use of	perform short, self-	idea.	Relationships:	creating my own
		and with others to	facial expressions in	choreographed	Performance:	confidently use	dances.
		an audience.	my performance	phrases showing an	perform complex	formations, canon	Performance:
				awareness of	dances that	and unison to	demonstrate a clear
				timing.	communicate	express a dance	understanding of
					narrative and	idea.	timing in relation to
					character well,	Performance:	the music
					performing clearly	perform dances	and other dancers
					and fluently.	expressively, using	throughout my
						a range of	performance
						performance skills,	
						showing accuracy	
						and fluency	
Fundamentals		Running: explore	Running:	Running: change	Running: change		
		changing direction	demonstrate	direction. Show an	direction quickly		





running at different speeds.the sprinting action. Jumping: developthe sprinting technique and apply it to relay events.an understanding of speed and pace in relation to distance. Develop power and speed in the relation to distance.fluency and co- ordination when understanding of pace and use it to develop their own and others sprinting fumping, jumping and leaping forthe sprinting action. technique when jumping for jumping for jumping: develop sprinting technique.fluency and co- ordination when relation to distance. Develop power and speed in the sprinting technique.fluency and co- ordination when understanding of pace and use it to develop their own and others sprinting technique when jumping for and leaping forfluency and co- ordination when vents.demonstrate a clear understanding of pace and use it to pace and use it to develop speed in the jumping technique.fluency and co- ordination when vents.demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique whenidentified technique hopping, jumping and leaping forfuency and skipping and leaping forfuency and co- ordination when technique whenfuency and co- ordination whendemonstrate a clear understanding of pace and use it to develop speed in theidentified technique and leaping forfuency and skipping jumping forjumping for jumping forfuency and pace in speed in the jumping: developfor the event. jumping: explorejumping: develop power, control and					1		
body moves at different speeds. Balancing: and balance. With some control and balance. Explore stability and landing adfey. Jumping: demonstrate demonstrate control in takie demonstrate demonstrate control in takience, height and in different speeds.Balancing: demonstrate tomping: hopping actions.and hopping: hopping: tomping: turn a skipping turn a skipping imping: distance, height and in different speeds.Balancing: demonstrate turn a skipping turn a skipping turn a skipping turn a skipping turn a skipping: turn a skipping: turning ar ope.Running: develop an understading of speed and pace in running terkely pace and use it to develop terking and skipping and dispring for turning: develop turning: develop turning: develop turning: develop turning: develop turning: develop turning: develop turning: develop technique when jumping: develop technique when iumping: develop turning: develop turnin		0.0					
Athletics different speeds. demonstrate good decelerate. Balancing: different speeds. skills. different speeds. <thd< th=""><th></th><th></th><th></th><th></th><th></th><th></th><th></th></thd<>							
AthleticsBalancing: move with some control and balance; Explore stability and balance winen Jumpingbalance winen performing other performing other performing other performing other performing other balance and control slipping and bopping: link hopping scions. slibl. slibl. slibl. slipping and and landing safely. Jumping demonstrate demonstrate Jumping: demonstrate Jumping: demonstrate Jumping: demonstrate and landing wine pipming for stripping: show co- ordination when performing other jumping: demonstrate splore science splore slipping: show co- ordination when splore science splore scienceBalancing: cace clearate, Balancing: cace cl			,	Ũ			
AthleticsRunning: evelop speeds.Running: develop indifferent speeds.Running: develop imping: develop im				demonstrate	accelerate and		
Athleticsname and balance.demonstrate balance stability and balance stability and balance stability and jumping:demonstrate balance when jumping and hopping: link balance and control balance and control balance and control balance and control balance and control jumping and skills.demonstrate skills.<		-	when running.		decelerate.		
AthleticsRunning: exploreRunning: exploreRunning: developRunning: dev		with some control	Balancing:	performing other	Balancing:		
AthleticsIanding safely. Jumping: demonstrate control in take off and landing when jumping. distance, height and Hopping: begin to explore hopping in different directions. Skipping: show co- ordination when turning at differenthopping: link hopping at a turn a skipping rope.when performing other fundamental skills. Jumping and hopping and jumping actions. with other fundamental skills. Skipping: show co- ordination when turning at different turning at different turning at different turning at ope.when performing other fundamental hopping and hopping and jumping actions. with other fundamental skills. Skipping: consistently skip in a rope.Running: explore demonstrate directions. Skipping: single and double bounce when jumping at differentRunning: develop panning: develop and skipping actions.Running: develop an understanding of speed and pace in relation to distance, running for gumping at actions.Running: develop appling in grope.Running: develop appling in grope.Running: develop an understanding of speed and pace in relation to distance. prevelop power and speed and pace in ranging at actions.Running: develop applit to relay panel applit to relay printing develop speed in the sprinting action.Running: develop applit to relay panel and skipping and sk		and balance.	demonstrate	fundamental skills.	demonstrate good		
Jumping: demonstrate control in take off and landing when jumping: dimong: explore ordination when thythm to jump explore hosping in different turning a rope.jumping: and hopping actions. skills. Jumping and hopping and hopping and jumping actions with other fundamental skills. Skipping: consistently skip in a rope.jumping and hopping and hopping and hopping and iumping actions with other fundamental skills. Skipping: consistently skip in a rope.Jumping and hopping and hopping and iumping actions with other fundamental skills. Skipping: consistently skip in a rope.Ruming: explore fundamental skills.Ruming: explore fundamental skills.AthleticsRunning: explore single and double poung in a rope.Running: develop speeds.Ruming: develop fundamental skills.Ruming: apply fundamental skills.Ruming: apply fundamental skills.AthleticsRunning: explore single and double poung a different jumping in a rope.Running: develop fundamental skills.Ruming: apply fundamental skills.Ruming: apply fundamental skills.AthleticsRunning: explore running at different speeds.Running: develop jumping: develop jumping: develop and skipping a running at different fundamental skills.Ruming: apply fundamental skills.Ruming: apply fundamental skills.AthleticsRunning: explore running at different speeds.Running: develop fundamental skills.Ruming: apply fundamental skills.Ruming: apply fundamental skills.AthleticsRunning: explore running at different speeds.Ruming: develop 		Explore stability and	balance when	Jumping and	balance and control		
AthleticsRunning: explore running at different running a rope.Running: develop the sprinting adifferent in different directions.Running: develop speed ad pace in paping is develop speed ad pace in pace ad use it to develop the sprinting etcino speed and pace in paping is develop speed and pace in paping is develop speed ad pace in pace ad use it to develop the sprinting develop speed and pace in pace ad use it to develop the sprinting etcino speed and pace in pace ad use it to develop the sprinting etcino speed and pace in pace ad use it to develop the sprinting etcino speed and pace in pace ad use it to develop the sprinting technique sprinting technique when pare ad use is to pace ad use it to develop technique when pace ad use it to develop technique when pare ad use is to pace ad use it to develop technique when pare ad use it to develop technique when pace ad use it to develop technique when		landing safely.	performing	hopping: link	when performing		
Athleticscontrol in take off and landing whe jumping.demonstrate jumping for distance, height and Hopping: begin to different directions.Skipping: jump and turn a skipping rope.Jumping and hopping actions with other fundamental skills.Jumping and hopping actions with other a rope.Jumping and hopping actions with other fundamental skills.Jumping and hopping actionsAthleticsRunning: explore running at different single and double bounce when jumping. ar orope.Running: develop the sprinting action. Jumping: developRunning: develop the sprinting apply it to relayRunning: develop running for speed in apply it to relayRunning: develop running for speed in an understanding of pace and use it to and others sprinting technique and speed samp actions.Running: develop running for speed in apply it to relayRunning: develop speed in the sprinting technique. speed in the sprinting technique speed in the sprinting and idenser.Running: develop running for speed in apply it to relayRunning: develop speed in the sprinting technique.Running: develop running for speed in and others sprinting technique when jumping forRunning: develop speed in the sprinting technique.Running: develop running for beever.Running: develop runn		Jumping:	movements.	jumping and	other fundamental		
Athleticsand landing when jumping.jumping for distance, height and in differentturn a skipping rope.hopping: link hopping adions jumping actions with other fundamental skills.keyspine skills. Skipping: consistently skip in a rope.keyspine skills. skipping: skipping: skipping: skipping: spine skippingkeyspine skiels. skipping: spine skipping speeds.keyspine skipping speeds.keyspine skipping speeds.keyspine ski		demonstrate	Jumping:	hopping actions.	skills.		
AthleticsRunning: explore explore hopping in different directions.Running: explore in different directions.Running: explore distance, height and in different directions.Running: explore fundamental skills.Running: appe.Running: appe.AthleticsRunning: explore running at different speeds.Running: develop jumping and jumping actions.Running: develop the sprinting ators.Running: develop and different the sprinting ators.Running: develop and different the sprinting actions.Running: develop and different the sprinting ators.Running: develop and different the sprinting ators.Running: develop and different the sprinting ators.Running: develop and different and spiping: develop and different speeds.Running: develop and different and scipping and different speeds.Running: develop and different and scipping and different speeds.Running: develop and different and scipping and leaping forRunning: develop and scipping and heaping forRunning: develop and sciepsion and scipping distance in a rangeRunning: develop and sciepsion and sciepsion and sciepsion and distance in a rangeRunning: develop and sciepsion and sciepsion <b< th=""><th></th><th>control in take off</th><th>demonstrate</th><th>Skipping: jump and</th><th>Jumping and</th><th></th><th></th></b<>		control in take off	demonstrate	Skipping: jump and	Jumping and		
Hopping: begin to explore hopping in different directions. Skipping: show co- ordination when turning a rope. Use rhythm to jump continuously in a French ropein different distance, height and in different distance, height and in different or single and double bounce when jumping in a rope.jumping actions with other fundamental skills. Skipping: consistently skip in a rope.Running: explore single and double bounce when jumping in a rope.Running: develop running at different technique and speeds.Running: develop speed and pace in running at different speeds.Running: develop jumping, hopping and skipping and skipping it to relay pumping and a rotor.Running: develop speed in the sprinting develop technique when jumping in a rope.Running: develop speed and pace in runing for relay changeovers. speed and pace in relation to distance, runing for givming ind arope.Running: develop speed and pace in relation to distance, relation to distance, pace and use it to develop technique when jumping idevelop technique when jumping idevelop technique and and skipping and leaping forRunning carian and different speed in relay changeovers.Running: develop speed in the speed in the sprinting technique. Jumping: develop technique when jumping idevelop technique when jumping forRunning: caria change speed in relay changeovers.Running: carian and speed in relay changeovers.Running: carian and speed in relay changeovers.Running: carian and speed in relay changeovers.Running carian and speed in relay changeovers.Running: carian and speed in relay changeovers.<		and landing when	jumping for	turn a skipping	hopping: link		
AthleticsRunning: explore running at different jumping: develop balance whilstRunning: develop jumping: develop jumping: develop and kippingRunning: develop technique and apply it to relay perst.Running: develop jumping: develop jumping: develop and skippingRunning: develop technique and speed in the sping forRunning: develop technique and speed in the sping develop technique and speed in the sping forRunning: develop technique and speed in the sping develop technique and speed in the sping forRunning: develop technique and speed in the sping develop technique and speed in the sping develop jumping: develop technique and speed in the sping forRunning: develop speed in the sping develop technique and speed in the sping develop sping for distance and height.Running: develop sping for distance in a rangeRunning: develop sping: develop speed in the sping develop speed in the speed spiroprivate technique when speed spiroprivate technique when speed in the sping develop speed in the sping develop speed in the speed spiroprivate technique when speed spiroprivate technique when speed in the speed spiroprivate technique when speed spiroprivate technique when speed spiroprivate technique when speed spiroprivate technique when speed spiroprivate technique when speed spiroprivate technique when speed spiroprivate 		jumping.	distance, height and	rope.	hopping and		
AthleticsRunning: explore running at different speeds.Running: explore adifferent different distance, height and jumping nd a ctions.Running: develop and skipping actions.Running: develop and skipping actions.Running: develop and skipping actions.Running: develop and skipping actions.Running: develop and skipping actions.Running: develop and skipping apping: develop balance whilst and skippingRunning: develop and skipping actions.Running: develop apping: develop and skipping actions.Running: develop apping: develop and skippingRunning: develop and skippingRunning: develop and skippingRunning: develop apping: developRunning: develop and skippingRunning: develop and skippingRu		Hopping: begin to	in different		jumping actions		
Skipping: show co- ordination when turning a rope. Use rhythm to jump continuously in a French ropeSkipping: distance, height and in different directions.Skipping: consistently skip in a rope.Skipping: consistently skip in a rope.Skipping: a rope.Skipping: consistently skip in a rope.Skipping: a rope.Skippi		explore hopping in	directions.		with other		
ordination when turning a rope. Use rhythm to jump continuously in ahopping for distance, height and in different directions.consistently skip in a rope.key prope single and double bounce when jumping in a rope.consistently skip in a rope.key prope single and double bounce when jumping in a rope.consistently skip in a rope.key prope single and double bounce when jumping in a rope.Running: develop an understanding of speeds.Running: develop jumping in a rope.Running: develop a nunderstanding of speed and pace in relation to distance.Running: apply develop an understanding of relation to distance.Running: apply developRunning: develop an understanding of speed and pace in relation to distance.Running: apply develop an understanding of relation to distance.Running: develop relation to distance.Running: develop relation to distance.Running: develop relation to distance.Running develop relation to distan		different directions.	Hopping:		fundamental skills.		
AthleticsRunning: explore running at different jumping in a rope.Running: develop running at different jumping: develop jumping: develop jumping: develop jumping and actions.Running: develop apply it to relay apply it to relay powel painting technique.Running: develop running at different speeds.Running: develop jumping and actions.Running: develop apply it to relay pumping: developRunning: develop apply it to relay speed in the speed in the speed in the speed in the speed in the speed in the glanding. Explore speed in the glanding. Explore glanding. Explore and leaping for an deleaping forRunning: develop apply it to relay speed in the speed in		Skipping: show co-	demonstrate		Skipping:		
AthleticsRunning: explore single and double bounce when jumping in a rope.Running: develop the sprinting and leaping for and leaping forRunning: develop speed and leaping forRunning: develop the sprinting to contained when jumping in a rope.Running: develop speed and pace in the sprinting to contained when an understanding of speed and pace in the sprinting to contained when speed in the sprinting technique. Speed in the sprinting technique speed and pace in the sprinting technique. Speed in the sprinting technique. Speed in the sprinting technique. Speed and pace in technique when sprinting technique. Speed in the sprinting technique. Speed and pace in technique when sprinting technique.Running: develop technique. Speed in the sprinting technique. Speed and pace in technique.Running: develop technique. Speed in the sprinting technique. Speed and technique.Running: develop technique.Running: develop technique.Running: develop technique.Running: develop technique.Running: de		ordination when	hopping for		consistently skip in		
AthleticsRunning: explore single and double bounce when jumping in a rope.Running: develop the sprinting action.Running: develop the sprinting and thers sprinting the sprinting technique.Running: develop the sprinting action.Running: develop the sprinting technique.Running: develop the sprinting technique.Running: develop the sprinting technique.Running: develop technique.Running: develop technique.Running: develop technique.Running: develop technique.Running: develop technique.Running: develop technique.		turning a rope. Use	distance, height and		a rope.		
French ropeSkipping: explore single and double bounce when jumping in a rope.Skipping: explore single and double bounce when jumping in a rope.Running: developRunning: developIdemonstrate a clearAthleticsRunning: developJumping: developJumping: developJumping: developthe sprinting action.the sprintingan understanding of technique andfluency and co-demonstrate a clearJumping: developJumping: developjumping, hoppingapply it to relayrelation to distance.running for speed in relay changeovers.pace and use it to develop their ownJumping andactions.Jumping: developspeed in theEffectively applyand others sprinting technique.Ianding. ExploreExplore safelytechnique when jumping forsprinting technique.speeds appropriate for the event.Jumping: develop Jumping: developand leaping fordistance and height.distance in a rangetechnique when technique whenJumping: explorepower, control and		rhythm to jump	in different				
AthleticsRunning: explore running at different jumping in a rope.Running: develop the sprinting action. jumping: developRunning: develop the sprinting apply it to relay events.Running: develop an understanding of running for speed in pace and use it to develop their own and others sprinting and skipping and skipping and leaping for and leaping forRunning: develop the sprinting for an understand and skipping i umping: developRunning: develop the sprinting the sprinting apply it to relay events.Running: develop an understanding of relation to distance. Develop power and spreed in the spreed in the sp		continuously in a	directions.				
AthleticsRunning: explore running at different jumping in a rope.Running: develop the sprinting action. jumping: developRunning: develop the sprinting apply it to relay events.Running: develop an understanding of running for speed in pace and use it to develop their own and others sprinting and skipping and skipping and leaping for and leaping forRunning: develop the sprinting for an understand and skipping i umping: developRunning: develop the sprinting the sprinting apply it to relay events.Running: develop an understanding of relation to distance. Develop power and spreed in the spreed in the sp		French rope	Skipping: explore				
AthleticsRunning: exploreRunning: developRunning: developIumping: developJumping: developgaply it to relayrelation to distance.running for speed inpace and use it toJumping andactions.Jumping: developspeed in theEffectively applyand others sprintingIanding. ExploreExplore safelytechnique whensprinting technique.speeds appropriatetechnique.hopping, jumpingjumping forjumping forJumping: developfor the event.Jumping: developand leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and							
AthleticsRunning: explore running at different speeds.Running: develop the sprinting action. Jumping: develop jumping, hopping and skipping and landing. ExploreRunning: develop the sprinting action. Jumping and landing. ExploreRunning: develop the sprinting action. Jumping for actions.Running: develop the sprinting the sp			bounce when				
running at different speeds.the sprinting action. Jumping: developthe sprinting technique and apply it to relay events.an understanding of speed and pace in relation to distance. Develop power and speed in the relation to distance.fluency and co- ordination when understanding of pace and use it to develop their own and others sprinting fumping, jumping and leaping forthe sprinting action. technique when jumping for jumping for jumping: develop sprinting technique.fluency and co- ordination when relation to distance. Develop power and speed in the sprinting technique.fluency and co- ordination when understanding of pace and use it to develop their own and others sprinting technique when jumping for and leaping forfluency and co- ordination when vents.demonstrate a clear understanding of pace and use it to pace and use it to develop speed in the jumping technique.fluency and co- ordination when vents.demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique whenidentified technique hopping, jumping and leaping forfuency and skipping and leaping forfuency and co- ordination when technique whenfuency and co- ordination whendemonstrate a clear understanding of pace and use it to develop speed in theidentified technique and leaping forfuency and skipping jumping forjumping for jumping forfuency and pace in speed in the jumping: developfor the event. jumping: explorejumping: develop power, control and			jumping in a rope.				
running at different speeds.the sprinting action. Jumping: developthe sprinting technique andan understanding of speed and pace influency and co- ordination whendemonstrate a clear understanding of pace and use it toJumping: develop balance whilst jumping and landing. Explorejumping: dovelop actions.the sprinting technique whenan understanding of speed and pace influency and co- ordination whendemonstrate a clear understanding of pace and use it toInding. Explore hopping, jumping and leaping forExplore safely distance and height.technique when distance in a rangesprinting technique. Jumping: developfor the event. Jumping: exploreJumping: develop power, control and	Athletics	Running: explore	Running: develop	Running: develop	Running: develop	Running: apply	Running:
Jumping: develop balance whilstjumping, hopping and skippingapply it to relay events.relation to distance. Develop power and speed in therunning for speed in relay changeovers.pace and use it to develop their own and others sprinting and others sprinting technique whenImping: develop jumping, jumping and leaping forjumping for distance and height.jumping for distance in a rangerelation to distance. pevelop power and speed in the sprinting technique.running for speed in relay changeovers.pace and use it to develop their own and others sprinting technique whenImping: develop and leaping forExplore safely distance and height.technique when distance in a rangespeed in the sprinting technique.Effectively apply speeds appropriatetechnique.Imping: develop and leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and		running at different		the sprinting			demonstrate a clear
Jumping: develop balance whilstjumping, hopping and skippingapply it to relay events.relation to distance. Develop power and speed in therunning for speed in relay changeovers.pace and use it to develop their own and others sprintingImping and landing. Exploreactions.Jumping: develop technique whenspeed in theEffectively applyand others sprinting events.Inding. ExploreExplore safelytechnique whensprinting technique.speeds appropriatetechnique.Ind leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and		speeds.	Jumping: develop	technique and	speed and pace in	ordination when	understanding of
balance whilstand skippingevents.Develop power andrelay changeovers.develop their ownjumping andactions.Jumping: developspeed in theEffectively applyand others sprintinglanding. ExploreExplore safelytechnique whensprinting technique.speeds appropriatetechnique.hopping, jumpingjumping forjumping forJumping: developfor the event.Jumping: developand leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and		Jumping: develop		apply it to relay	relation to distance.	running for speed in	pace and use it to
jumping and actions. Jumping: develop speed in the Effectively apply and others sprinting technique. hopping, jumping for jumping for distance and height. distance in a range technique when Jumping: develop technique when					Develop power and	e .	develop their own
Ianding. ExploreExplore safelytechnique whensprinting technique.speeds appropriatetechnique.hopping, jumpingjumping forjumping forJumping: developfor the event.Jumping: developand leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and		jumping and		Jumping: develop			
hopping, jumpingjumping forjumping forJumping: developfor the event.Jumping: developand leaping fordistance and height.distance in a rangetechnique whenJumping: explorepower, control and							
and leaping for distance and height. distance in a range technique when Jumping: explore power, control and							
distance.		distance.				technique and	, ,



		Throwing: explore throwing for distance and accuracy.	Throwing: develop overarm throwing for distance	of approaches and take off positions. Throwing: explore the technique for a pull throw.	jumping for distance. Throwing: explore power and technique when throwing for distance in a pull and heave throw	rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put	technique in the triple jump. Throwing: develop power, control and technique when throwing discus and shot put.
OAA	Problem solving: explore activities where I have to make my own decisions. Navigational skills: explore moving in space and following a path. Communication: develop confidence in expressing myself				And heave throw Problem solving: plan independently and in small groups, implementing a strategy with increased success. Navigational skills: identify key symbols on a map and follow a route. Communication: confidently communicate ideas and listen to others.		Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem. Navigational skills: orientate a map efficiently to navigate around a course with multiple points. Communication: inclusively communicate with others, share job roles and lead when necessary
Gymnastics	Shapes: show contrast with my body including wide/narrow, straight/curved. Balances: explore shapes in stillness using different parts of my body.	Shapes: explore basic shapes straight, tuck, straddle and pike. Balances: perform balances making my body tense, stretched and curled.	Shapes: explore using shapes in different gymnastic balances. Balances: remember, repeat and link combinations of gymnastic balances.	Shapes: explore matching and contrasting shapes. Balances: explore point and patch balances and transition smoothly into and out of them.	Shapes: develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand.	Shapes: perform shapes consistently and fluently linked with other gymnastic actions. Inverted movements: explore progressions of a cartwheel.	Shapes: combine and perform gymnastic shapes more fluently and effectively. Inverted movements: develop control in progressions of a



Rolls: explore	Rolls: explore	Rolls: explore	Rolls: develop the	Balances: develop	Balances: explore	cartwheel bridge
rocking and rolling.	barrel, straight and	barrel, straight and	straight, barrel, and	control and fluency	symmetrical and	and shoulder
Jumps: explore	forward roll	forward roll and put	forward roll.	in individual and	asymmetrical	stand
jumping safely	progressions.	into sequence	Jumps: develop	partner balances.	balances.	Balances: explore
	Jumps: explore	work.	stepping into shape	Rolls: develop the	Rolls: develop	counter balance
Balance: explore	shape jumps,	Jumps: explore	jumps with control.	straight, barrel,	control in the	and counter
shapes in stillness	including jumping	shape jumps and		forward and	straight, barrel,	tension.
using different	off low apparatus.	take off		straddle roll and	forward, straddle	Rolls: develop
parts of my body.		combinations.		perform them with	and backward roll.	fluency and
Flexibility: explore				increased control.	Jumps: select a	consistency in the
shapes and actions	Agility: change			Jumps: develop	range of jumps to	straddle, forward
to stretch my body.	direction whilst			control in	include in sequence	and backward roll.
Strength: explore	running.			performing and	work.	Jumps: combine
taking weight on	Balance: explore			landing rotation		and perform a
different body	balancing in more			jumps.		range of gymnastic
parts.	challenging					jumps more fluently
Strategy: explore	activities with some					and effectively.
my own feelings in	success.					
response to an	Co-ordination:					
activity or task.	explore co-					
Agility: explore	ordination when					
changing direction	using equipment.					
safely.	Speed: explore					
Balance: explore	running at different					
balancing whilst	speeds.					
stationary and on	Strength: explore					
the move.	exercises using my					
Co-ordination:	own body weight.					
explore moving	Stamina: explore					
different body parts	moving for longer					
together.	periods of time and					
Speed: explore	identify how it					
moving and	makes me feel.					
stopping with						
control.						



	Strength: explore taking weight on different body parts. Stamina: explore moving for extended periods of time.						
Yoga		Balance: perform balances and poses making my body tense, stretched and curled. Flexibility: explore poses and movements that challenge my flexibility. Strength: explore strength whilst transitioning from one pose to another. Strategy: recognise my own feelings in response to a task or activity.	Balance: remember, copy, and repeat sequences of linked poses. Flexibility: show increased awareness of extension in poses. Strength: demonstrate increased control in performing poses. Strategy: explore controlling my focus and sense of calm				
Invasion Games	Sending & receiving: explore s&r with hands and feet using a variety of equipment. Dribbling: explore dropping and catching with two	Sending & receiving: explore s&r with hands and feet to a partner. Dribbling: explore dribbling with hands and feet.	Sending & receiving: developing s&r with increased control. Dribbling: explore dribbling with hands and feet with increasing control on the move.	Sending & receiving: explore s&r abiding by the rules of the game. Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.	Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch and receive a ball with	Sending & receiving: develop control when s&r under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create	Sending & receiving: s&r consistently using a range of techniques with increasing control under pressure. Dribbling: dribble consistently using a



			Creases estable to	Creases, devialere	foot /object with	ana an fan	non as of to share and
	hands and moving a	Space: recognise	Space: explore	Space: develop	feet/object with	space for	range of techniques
	ball with their feet.	good space when	moving into space	using space as a	increasing success.	themselves and	with increasing
	Space: recognise	playing games.	away from others.	team.	Dribbling: link	others in their	control under
	their own space.	Attacking: explore	Attacking:	Attacking: develop	dribbling the ball	team.	pressure.
	Attacking &	changing direction	developing moving	movement skills to	with other actions	Attacking: use a	Space: move to the
	defending: explore	to move away from	into space away	lose a defender.	and change	variety of	correct space when
	changing direction	a partner.	from defenders.	Explore shooting	direction whilst	techniques to lose	transitioning from
	and tagging games.	Defending: explore	Defending: explore	actions in a range of	dribbling with some	an opponent e.g.	attack to defence or
		tracking and	staying close to	invasion games.	control.	change of direction	defence to attack
		moving to stay with	other players to try	Defending: develop	Space: develop	or speed.	and create and use
		a partner.	and stop them	tracking opponents	moving into space	Defending: develop	space for self and
			getting the ball.	to limit their scoring	to help my team.	tracking and	others.
				opportunities.	Attacking: change	marking with	Attacking:
					direction to lose an	increased success.	confidently change
					opponent with	Explore intercepting	direction to lose an
					some success.	a ball	opponent
					Defending: develop	using one and two	Defending: use a
					defending one on	hands	variety of defending
					one and begin to		skills (tracking,
					intercept.		interception) in
					, ,		game situations
Striking and	Striking: explore			Striking: begin to		Striking: explore	Striking: strike a
Fielding Games	sending a ball to a			strike a bowled ball		defensive and	bowled ball with
	partner.			after a bounce with		driving hitting	increasing accuracy
	Fielding: explore			different		techniques and	and consistency.
	tracking and			equipment.		directional batting.	Fielding: use a
	stopping a rolling			Fielding: explore		Fielding: develop	wider range of
	ball.			bowling to a target		over and underarm	fielding skills with
	Throwing and			and fielding skills to		bowling technique.	increasing control
	catching: explore			include a two-		Develop long and	under pressure.
	rolling, throwing			handed pick up.		short barrier and	Throwing:
	and catching using			Throwing: use		two handed pick	consistently
	a variety			overarm and		up.	demonstrate good
	of equipment			underarm throwing		Throwing:	technique in
				in game situations.		demonstrate good	throwing skills
				an Barrie Situations.		technique when	under pressure.
		1	1		1	Configue When	ander pressure.



			Catching: catch with some consistency in game situations.	using a variety of throws under pressure. Catching: explore catching skills (close/deep and wicket keeping) and apply these with	Catching: consistently demonstrate good technique in catching skills under pressure.
				some consistency in game situations	
Target Games	Throwing: explore throwing using a variety of equipment. Catching: explore catching using a variety of equipment.			Throwing: demonstrate clear technique and accuracy when throwing at a target. Catching (dodgeball): demonstrate good technique and consistency in catching skills. Striking: develop a wider range of striking techniques and begin to use them under pressure.	