



# Holy Cross Catholic Primary School

PE progression Statements and end of year outcomes

	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
Year 1	<ul style="list-style-type: none"> <li>Explore gymnastic actions and shapes Move in different ways, showing changes in speed, direction and level Create and perform sequences/routines by linking actions together Understand how they feel before, during and after exercise</li> <li>Move apparatus safely Copy and describe how others perform To develop technique and control in the barrel, straight and forward roll.</li> </ul>	<ul style="list-style-type: none"> <li>Explore different ways of moving using a range of body parts, and respond imaginatively to a variety of stimuli Move expressively, confidently and safely in space</li> <li>Use speed, level and direction when creating movements Create and repeat short dances with a clear start, middle and end</li> <li>Perform short routines which include a range of actions Recognise simple changes to their body during exercise, specifically breathing and heart beat Copy other children's actions, describe the movements used by others and talk about how they could be more expressive in dance</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a rolling ball</li> <li>I am beginning to send and receive a ball with my hands</li> <li>I can catch a ball after one bounce</li> <li>I am beginning to send and receive a ball with my feet</li> <li>I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>I can throw an object towards a target I can track a ball in a controlled and balanced movement I can coordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>Move more confidently when performing different types of travel</li> <li>Practise fundamental skills in a range of individual and team activities</li> <li>Choose skills that are suited to the practise</li> <li>Describe what others are doing</li> <li>Describe the skill they have been practising</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can listen to others</li> <li>I can work cooperatively with a partner</li> <li>I can communicate simple instructions</li> <li>I can suggest ideas to solve tasks</li> <li>I can show fair play</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a mediumsized ball with some consistency</li> <li>I can sometimes catch a beanbag and a medium-sized ball</li> <li>I can track a ball</li> <li>I know how to score points</li> <li>I can push a ball using my hand and an object</li> <li>I can recognise changes in my when I do exercise</li> </ul>

Year 2	<ul style="list-style-type: none"> <li>Link combinations of different actions and balances together Develop different ways of creating a sequence – similar</li> </ul>	<ul style="list-style-type: none"> <li>Explore and perform a range of actions with control and coordination, responding imaginatively to a</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can track a ball and stop it</li> <li>I can pass a ball to a partner using my</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes</li> </ul>	<ul style="list-style-type: none"> <li>Refine and link fundamental skills consistently.</li> <li>Explore different ways of travelling</li> <li>Choose speed and</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I am developing underarm and overarm throwing skills</li> <li>I can sometimes hit a</li> </ul>
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	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
	<ul style="list-style-type: none"> <li>actions/shapes or different actions/shapes Describe how their bodies feel during different types of exercise – high intensity, low intensity, continuous and stop/start Lift and move equipment safely Improve their performance by listening to advice and watching others To demonstrate different take off and landings when performing jumps</li> </ul>	<ul style="list-style-type: none"> <li>variety of stimuli Remember, repeat and link a variety of actions Create movement phrases which communicate a theme, idea, feeling or mood Select and vary basic compositional ideas Describe how they feel when taking part in dance Give reasons for warming-up and cooling down Describe others dances and actions they have used, and take steps to improve their own work</li> </ul>	<p>hands</p> <ul style="list-style-type: none"> <li>I can pass a ball to a partner using my feet.</li> <li>I can catch a ball passed to me, without a bounce</li> <li>I can describe how my body feels during exercise</li> </ul>	<p>dribble a ball with my hands and feet</p> <ul style="list-style-type: none"> <li>I can send and receive a ball using both kicking and throwing skills</li> <li>I can describe how my body feels during exercise</li> </ul>	<p>distance and vary them depending on the task</p> <ul style="list-style-type: none"> <li>Recognise and describe how their bodies feel before, during and after exercise.</li> <li>Identify skills and tactics that are performed well.</li> <li>Use what they have seen to improve their own performance</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can work with a partner and am beginning to work in a small group</li> <li>I can share my ideas and help to solve tasks</li> <li>I can listen to others</li> <li>I can reflect on when I was successful at solving challenges</li> </ul>	<p>ball using a racket</p> <ul style="list-style-type: none"> <li>I know how to score points and can remember the score</li> <li>I can track a ball and stop it</li> <li>I can apply these skills in a variety of simple games</li> <li>I can use some simple tactics</li> <li>I can describe how my body feels during exercise</li> </ul>

Year 3	<ul style="list-style-type: none"> <li>Improve the range and quality of the actions, shapes and movements they perform</li> <li>Apply their range of skills on the floor and on apparatus Choose appropriate actions that link well together Describe a performance and comment on its quality and effectiveness Discuss how and why they have improved Demonstrate the importance of strength and flexibility in</li> </ul>	<ul style="list-style-type: none"> <li>Explore and perform a range of actions individually or with a partner, showing good body control and fluency Respond imaginatively to a stimulus to create original movements Create short movement phrases which have a simple structure</li> <li>Perform with expression and rhythm on their own and with others Prepare for and recover from dance activity</li> </ul>	<ul style="list-style-type: none"> <li>I understand the aim of the game</li> <li>I am learning the rules of the game and I am beginning to use them</li> <li>I can throw with some accuracy and catch with some consistency</li> <li>I can begin to return to the ready position to defend myself</li> <li>I can use simple tactics</li> <li>I can identify when I was successful</li> </ul>	<p>Handball -</p> <ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it.</li> <li>Describe key movements and</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities as well as developing balance, agility and coordination.</li> <li>Use their bodies and a variety of equipment with greater control and co-ordination.</li> <li>Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance.</li> <li>Recognise and describe what their bodies feel like during different types of</li> </ul>	<p>Cricket -</p> <ul style="list-style-type: none"> <li>To develop throwing a ball over arm.</li> <li>To develop a range of throwing and striking skills.</li> <li>To develop bowling a ball.</li> <li>To choose simple tactics when playing a game.</li> <li>To recognize and identify the parts of performance that needs improving.</li> </ul>
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	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
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	<ul style="list-style-type: none"> <li>gymnastics Talk about the effects that exercise has on their bodies</li> <li>To develop the straight, barrel, and forward roll. To develop the straight, tuck and star jump</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of descriptive language to describe and evaluate dance Suggest ways of improving their own performance and movements</li> <li>To understand and begin to use canon and unison</li> <li>To understand and use formations</li> </ul>		<p>evaluate how effective performance is</p> <ul style="list-style-type: none"> <li>Use their ability to evaluate others to improve their own work.</li> </ul>	<p>activities.</p> <ul style="list-style-type: none"> <li>Choose skills and equipment to help them meet the challenges set.</li> <li>Use their ability to evaluate others to improve their own work.</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can follow and give instructions</li> <li>I can communicate ideas and listen to others</li> <li>I can work with a partner and small group</li> <li>I can plan and attempt to apply strategies to solve problems</li> <li>I can reflect on when and why I was successful at solving challenges</li> <li>I am developing map reading skills</li> </ul>	
Year 4	<ul style="list-style-type: none"> <li>Develop a wider range of actions shapes such as inverted movements Create a sequence that follows guidelines set out by the teacher Adapt and change a sequence using apparatus, space, speed and direction Describe how their performance is affected by changes to the body during a lesson</li> <li>Talk about the performance of others and themselves and suggest how they can</li> </ul>	<ul style="list-style-type: none"> <li>Explore, create and use a range of actions, responding to a range of stimuli Use simple</li> <li>compositional ideas to create and develop movement phrases Perform more complex actions and phrases which convey a theme, mood, feeling or character</li> <li>Know and describe the importance of warming up and cooling down</li> <li>Describe key aspects of their own and others</li> </ul>	Swimming	<p>Handball -</p> <ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> <li>Know when speed,</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques required for running, jumping and throwing.</li> <li>Use and adapt techniques and equipment to develop performance.</li> <li>Know and explain their ideas.</li> <li>Know which parts of their performance needs to be improved.</li> <li>Know when and why speed, strength and stamina are important in athletics.</li> </ul>	<p>Tri Golf -</p> <ul style="list-style-type: none"> <li>To send a ball toward a target using Tri Golf equipment</li> <li>To send a ball toward a target using a putter with some consistency and control</li> <li>To send a ball toward a target using a chipper with some consistency and control</li> <li>To understand the correct club for the distance to target</li> <li>To show good game management whilst attempting a task</li> </ul>

	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
	<ul style="list-style-type: none"> <li>be improved To develop the straight barrel, forward and straddle roll. To develop the shoulder stand</li> </ul>	<ul style="list-style-type: none"> <li>dances suggesting ways to improve further</li> <li>To use canon and unison and use it to represent an idea To use formations and timing to represent the stimuli</li> </ul>		<p>strength and stamina are important in games</p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can accurately follow and give instructions</li> <li>I can reflect on when and why I was successful at solving challenges</li> <li>I can work effectively with a partner and a small group</li> <li>I can identify key symbols on a map and use a key to help navigate around a grid</li> <li>I can plan and apply strategies to solve problems</li> </ul>	
Year 5	<ul style="list-style-type: none"> <li>Perform shapes, actions and movements consistently Link shapes, actions and movements together fluently Use mirroring and matching when working with a partner Adapt a sequence to suit a change in equipment and apparatus Understand the key elements of a warm up and talk about how a warm up has an impact on performance Understand and explain why regular physical activity is good for general health Use knowledge of how to perform to evaluate their own and others' performances To develop the straight, barrel, forward,</li> </ul>	<ul style="list-style-type: none"> <li>Explore, perform and combine actions and ideas in a variety of different dance styles Create dances using compositional ideas on their own and with others Perform confidently and expressively using a variety of performance skills Plan and deliver their own warm-up and cool down activities. Know and explain the importance of preparing for and recovering from activity</li> <li>Describe, analyse and evaluate their own and others routines To use unison and canon when creating and linking poses.</li> <li>To appropriately select the use of formations and timing to represent the stimuli</li> </ul>	<ul style="list-style-type: none"> <li>I am developing a range of skills and I am beginning to use these under some pressure</li> <li>I understand the need for tactics</li> <li>I understand the rules of the game and I can use them to play fairly</li> <li>I understand there are different skills for different situations and I am beginning to use this</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through short warmup routines</li> </ul>	<p>Handball -</p> <ul style="list-style-type: none"> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and apply skills more consistently in activities</li> <li>Choose and use information to evaluate their own and others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</li> </ul>	<ul style="list-style-type: none"> <li>Develop a broader range of techniques for running, jumping and throwing</li> <li>Know how to apply the correct technique to different pieces of equipment</li> <li>Choose and apply skills more consistently in activities</li> <li>Apply their knowledge to evaluate their own and others work</li> <li>Know and understand the key principles of a warm up and how it can affect the quality of performance</li> <li>Demonstrate that they understand the principles of a warm up by choosing appropriate activities for the events that are going to participate in</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can reflect on when and how I was</li> </ul>	<p>Cricket -</p> <ul style="list-style-type: none"> <li>To bowl a ball with increasing accuracy to a partner</li> <li>To evaluate their own and others performance.</li> <li>To hit the ball accurately into space.</li> <li>To use basic principles of batting and fielding when playing a game.</li> <li>To develop fielding skills of retrieving, stopping and throwing a ball.</li> </ul>

	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1)  Handball (KS2)	Athletics + OAA  (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
	<ul style="list-style-type: none"> <li>straddle and backward roll. To be able to perform the shoulder stand and show progressions of a handstand</li> </ul>				<p>successful at solving challenges, and alter my methods in order to improve</p> <ul style="list-style-type: none"> <li>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy</li> <li>I can use critical thinking to approach a task</li> <li>I can orientate and map</li> <li>I can navigate around a course using a map</li> </ul>	

Year 6	<ul style="list-style-type: none"> <li>Link actions shapes and movements more fluently</li> <li>Select effectively from a wider range of shapes, actions and movements</li> <li>Use their knowledge of how to develop a sequence to produce a more complex performance Understand the importance of an effective warm up and cool down Develop and lead effective warm up routines Talk about the benefits of leading an active lifestyle Use appropriate and relevant language to describe how others are performing Give advice and make suggestions to help others improve To develop the straddle, forward and</li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Explore, combine and perform a range of actions with fluency and control Create, link and structure sections and whole dance routines Select and use basic compositional ideas when creating and adapting their dances Leads and takes part in an effective dance specific warm-up</li> <li>Understand how taking part in dance is good for health and well being</li> <li>Evaluate and refine the standard of their own and others work To use canon and unison to improve the impact of a dance To effectively select the use of formations and timing to represent the stimuli</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>I can use a range of skills in a game situation</li> <li>I can select the appropriate action for the situation</li> <li>I can use the rules of the game consistently</li> <li>I understand the need for tactics and when would be appropriate to apply them</li> <li>I can lead a small group through a short warm up routine</li> <li>I can identify my own and other's strengths and areas for development and can suggest ways to improve</li> </ul>	<p>Handball - Choose, combine and perform skills more fluently and effectively</p> <p>Understand, choose and apply a range of tactics and strategies more consistently</p> <p>Use these tactics and strategies more consistently in similar games</p> <p>Understand why exercise is good for their fitness, health and well-being</p> <p>Understand the need to prepare properly for games</p> <p>Develop their ability to evaluate their own and others work and suggest ways to improve it</p>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently.</li> <li>Understand and apply techniques to different pieces of equipment with more consistency.</li> <li>Understand the need to prepare properly for athletic activities.</li> <li>Understand why exercise is good for health, fitness and well-being.</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>I can work effectively with a partner and a group</li> <li>I can use critical thinking to form ideas</li> <li>I can pool ideas within a group, selecting and</li> </ul>	<p>Tri Golf-</p> <ul style="list-style-type: none"> <li>To send a ball toward a target using Tri Golf equipment</li> <li>To send a ball toward a target using a putter with increased consistency and control</li> <li>To send a ball toward a target using a chipper with increased consistency and control</li> <li>To be able to understand and select the correct club for the distance to target</li> <li>To show good game management whilst attempting a task</li> </ul>
	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
	<ul style="list-style-type: none"> <li>backward roll. To be able to perform the progressions of a handstand and a cartwheel.</li> </ul>				<ul style="list-style-type: none"> <li>applying the best method to solve a problem</li> <li>I can reflect on when and how I successful at solving challenges, and alter my methods in order to improve</li> <li>I can orientate and map efficiently to navigate around a course.</li> </ul>	



## Robins Lane Primary School

Outdoor Physical Education Curriculum Map

2019-2020

	<b>Ball skills (KS1)</b> Basketball / Netball (KS2)	<b>Sending and receiving (KS1)</b> Hockey (KS2)	<b>Invasion (KS1)</b> Tag Rugby (KS2)	<b>Ball skills (KS1)</b> Football (KS2)	<b>Athletics + OAA</b>	<b>Net and Wall (KS1)</b> Tennis (KS2)
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Year 1	<ul style="list-style-type: none"> <li>I can throw an object towards a target</li> <li>I can track a ball in a controlled and balanced movement</li> <li>I can co-ordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball towards a target</li> <li>I can stop a rolling ball I am beginning to send and receive a ball with my hands</li> <li>I can catch a ball after one bounce I am beginning to send and receive a ball with my feet I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>I am beginning to dribble a ball with my hands and feet I know who is on my team</li> <li>I can send and receive a ball</li> <li>I can stay with another player when defending</li> <li>I can dodge</li> <li>I can help my team to score</li> <li>I can find space I know how to score points</li> </ul>	<ul style="list-style-type: none"> <li>I can throw an object towards a target I can track a ball in a controlled and balanced movement I can coordinate my body to send and receive a ball</li> <li>I am beginning to dribble a ball with my hands and feet I can recognise changes in my body when I do exercise</li> </ul>	<ul style="list-style-type: none"> <li>Move more confidently when performing different types of travel</li> <li>Practise fundamental skills in a range of individual and team activities Choose skills that are suited to the practise Describe what others are doing</li> <li>Describe the skill they have been practising</li> </ul>	<ul style="list-style-type: none"> <li>I can throw and push a ball in a variety of ways</li> <li>I can sometimes catch a beanbag and a medium – sized ball</li> <li>I can track balls and other equipment send to me</li> <li>I can throw and hit a ball in a variety of ways</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes dribble a ball with my hands and feet</li> <li>I can send and receive a ball using both kicking and throwing skills</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can track a ball and stop it</li> <li>I can pass a ball to a partner using my hands</li> <li>I can pass a ball to a partner using my feet. I can catch a ball passed to me, without a bounce</li> <li>I can describe how my body feels during exercise</li> </ul>	<ul style="list-style-type: none"> <li>I can sometimes dribble a ball with my hands and feet I know who is on my team and I can attempt to send the ball to them</li> <li>I can move with a ball towards goal I can dodge and find space away from the other team</li> <li>I can stay with another player to try and prevent them from getting the ball</li> <li>I know how to score points and can remember the score</li> </ul>	<ul style="list-style-type: none"> <li>I can roll a ball to hit a target</li> <li>I can co-ordinate my body to track a ball and stop it</li> <li>I can sometimes dribble a ball with my hands and feet I can send and receive a ball using both kicking and throwing skills</li> <li>I can describe how my body feels during exercise</li> </ul>	<ul style="list-style-type: none"> <li>Refine and link fundamental skills consistently.</li> <li>Explore different ways of travelling</li> <li>Choose speed and distance and vary them depending on the task</li> <li>Recognise and describe how their bodies feel before, during and after exercise.</li> <li>Identify skills and tactics that are performed well.</li> <li>Use what they have seen to improve their own performance</li> </ul>	<ul style="list-style-type: none"> <li>I can show awareness if opponents when playing games</li> <li>I can roll and hit a ball</li> <li>I can apply these skills in a variety of simple games</li> <li>I can work with a partner to improve my skill</li> <li>I know how to score points and can remember the score</li> </ul>
Year 3	<p>Basketball -</p> <ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and</li> </ul>	<ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> </ul>	<ul style="list-style-type: none"> <li>Improve and consolidate the standard of skills and techniques</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with some control I am learning the rules</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities as well as developing balance,</li> </ul>	<ul style="list-style-type: none"> <li>I can return a ball to a partner</li> <li>I can use basic racket skills</li> </ul>

	<p>Ball skills (KS1)</p> <p>Basketball / Netball (KS2)</p>	<p>Sending and receiving (KS1)</p> <p>Hockey (KS2)</p>	<p>Invasion (KS1)</p> <p>Tag Rugby (KS2)</p>	<p>Ball skills (KS1)</p> <p>Football (KS2)</p>	<p>Athletics + OAA</p>	<p>Net and Wall (KS1)</p> <p>Tennis (KS2)</p>
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	<ul style="list-style-type: none"> <li>techniques</li> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it.</li> <li>Describe key movements and evaluate how effective performance is</li> <li>Use their ability to evaluate others to improve their own work.</li> <li>To develop the bounce and chest pass and begin to recognise when to use them.</li> <li>To be able to perform a jump stop and pivot.</li> </ul>	<ul style="list-style-type: none"> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what stamina is and suggest ways of improving it</li> <li>Describe key movements and evaluate the effectiveness of a performance</li> <li>Use their ability to evaluate others to improve their own work</li> </ul>	<ul style="list-style-type: none"> <li>Improve the ability to link movements together</li> <li>Choose and use basic tactics and strategies</li> <li>Know and describe the short term effects that different types of exercise have on the body</li> <li>Known what agility is and suggest ways of improving it</li> <li>Describe key movements and evaluate how effective performance is</li> <li>Use their ability to evaluate others to improve their own work.</li> <li>I can pass and receive the ball with some control</li> <li>I can move with a ball towards goal with increasing control</li> </ul>	<ul style="list-style-type: none"> <li>of the game and I am beginning to use them</li> <li>I can move with a ball towards goal with increasing control</li> <li>I understand my role as an attacker and as a defender</li> <li>I can move into space to help my team</li> <li>I can defend an opponent</li> <li>I understand why it is important to warm up</li> <li>I can identify when I was successful</li> </ul>	<ul style="list-style-type: none"> <li>agility and coordination.</li> <li>Use their bodies and a variety of equipment with greater control and co-ordination.</li> <li>Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance.</li> <li>Recognise and describe what their bodies feel like during different types of activities.</li> <li>Choose skills and equipment to help them meet the challenges set.</li> <li>Use their ability to evaluate others to improve their own work.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the aim of the game</li> <li>I am learning the rules of the game and I am beginning to use them</li> <li>I understand why it is important to warm up</li> <li>I can identify when I was successful</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>Netball -</li> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> <li>Know when speed,</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques</li> <li>Devise, use and adapt rules when playing and making their own games</li> <li>Use and adapt tactics in different situations</li> <li>Know and explain their tactical ideas and plans</li> <li>Know which parts of their performance need to improve</li> <li>Recognise which activities develop speed, strength and stamina</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with increasing control</li> <li>I understand the rules of the game and I can use them often</li> <li>I can help my team keep possession and score goals when I play in attack</li> <li>I can delay and help prevent the other team from scoring when I play in defence</li> <li>I can use simple tactics to help my team score or gain possession</li> <li>I can explain what</li> </ul>	<ul style="list-style-type: none"> <li>Develop the range and consistency of skills and techniques required for running, jumping and throwing.</li> <li>Use and adapt techniques and equipment to develop performance.</li> <li>Know and explain their ideas.</li> <li>Know which parts of their performance needs to be improved.</li> <li>Know when and why speed, strength and stamina are important in athletics.</li> </ul>	<ul style="list-style-type: none"> <li>I can sometimes play a continuous game</li> <li>I can use a range of basic racket skills</li> <li>I can return to the ready position to defend my own court</li> <li>I understand the rules of the game and I can use them often</li> <li>I can explain what happens in my body when I warm up</li> <li>I can identify when I was successful and what I need to do to improve</li> </ul>

	Ball skills (KS1) Basketball / Netball (KS2)	Sending and receiving (KS1) Hockey (KS2)	Invasion (KS1) Tag Rugby (KS2)	Ball skills (KS1) Football (KS2)	Athletics + OAA	Net and Wall (KS1) Tennis (KS2)
	<p>strength and stamina are important in games</p> <ul style="list-style-type: none"> <li>To develop passing and moving and be able to play within the footwork rule.</li> </ul>	<ul style="list-style-type: none"> <li>Know when speed, strength and stamina are important in games</li> </ul>	<ul style="list-style-type: none"> <li>Know when speed, strength and stamina are important in games</li> <li>I can pass and receive the ball with increasing control</li> <li>I can keep possession and score tries</li> <li>I can delay and help prevent the other team from scoring</li> </ul>	<ul style="list-style-type: none"> <li>happens in my body when I warm up</li> <li>I can identify when I was successful and what I need to do to improve</li> </ul>		
Year 5	<p>Basketball -</p> <ul style="list-style-type: none"> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and apply skills more consistently in activities</li> <li>Choose and use information to evaluate their own and others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</li> <li>To be able to perform a set shot and jump shot.</li> </ul>	<p>Develop and consolidate a broader range of techniques and skills for attacking and defending</p> <p>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</p> <p>Choose and apply skills more consistently in activities</p> <p>Choose and use information to evaluate their own and others' work</p> <p>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</p> <p>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play</p>	<ul style="list-style-type: none"> <li>Choose and apply skills more consistently in activities</li> <li>Develop a broader range of techniques and skills for attacking and defending</li> <li>Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations</li> <li>Choose and use information to evaluate their own/others' work</li> <li>Know and understand the basic principles of warming up, and understand why it is important for a good quality performance</li> <li>Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play.</li> <li>I can pass and receive the ball with increasing control under pressure</li> <li>I know what position I am playing in and how to contribute when attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with some control under pressure I understand the rules of the game and I can use them most of the time I understand there are different skills for different situations and I am beginning to use this</li> <li>I can move into space to help my team I know what position I am playing and how to contribute when attacking and defending</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through a short warm up routines</li> </ul>	<ul style="list-style-type: none"> <li>Develop a broader range of techniques for running, jumping and throwing Know how to apply the correct technique to different pieces of equipment</li> <li>Choose and apply skills more consistently in activities</li> <li>Apply their knowledge to evaluate their own and others work Know and understand the key principles of a warm up and how it can affect the quality of performance</li> <li>Demonstrate that they understand the principles of a warm up by choosing appropriate activities for the events that are going to participate in</li> </ul>	<ul style="list-style-type: none"> <li>I am developing a wider range of skills and I am beginning to use these under some pressure</li> <li>I can use the skills I prefer with increasing consistency</li> <li>I understand the need for tactics and can sometimes apply them</li> <li>I can play cooperatively with a partner</li> <li>I understand the rules of the game and I can use them to play fairly</li> <li>I understand there are different skills for different situations and I am beginning to use this</li> <li>I recognise my own and others strengths and areas for development and can suggest ways to improve</li> <li>I can lead a partner through short warm up routines</li> </ul>

	Ball skills (KS1) Basketball / Netball (KS2)	Sending and receiving (KS1) Hockey (KS2)	Invasion (KS1) Tag Rugby (KS2)	Ball skills (KS1) Football (KS2)	Athletics + OAA	Net and Wall (KS1) Tennis (KS2)
Year 6	<p>Netball -</p> <ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively</li> <li>Understand, choose and apply a range of tactics and strategies more consistently</li> <li>Use these tactics and strategies more consistently in similar games</li> <li>Understand why exercise is good for their fitness, health and well-being</li> <li>Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it</li> <li>To consistently demonstrate passing and moving and be able to play within the footwork rule.</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively Understand, choose and apply a range of tactics and strategies more consistently Use these tactics and strategies more consistently in similar games Understand why exercise is good for their fitness, health and well-being Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills more fluently and effectively Understand, choose and apply a range of tactics and strategies more consistently Use these tactics and strategies more consistently in similar games Understand why exercise is good for fitness, health and well-being Understand the need to prepare properly for games</li> <li>Develop their ability to evaluate their own and others work and suggest ways to improve it. I can pass and receive the ball with increasing control under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with increasing control under pressure I can select appropriate action for the situation I can use the rules of the game consistently I can create and use a variety of tactics to help my team I can create and use space to help my team I can select and apply different movement skills to lose a defender I can lead a small group through a short warm up routine I can identify my own and others' strengths and areas for development and can suggest ways to improve I can use marking, tackling and/or interception to improve my defence</li> </ul>	<ul style="list-style-type: none"> <li>Choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently. Understand and apply techniques to different pieces of equipment with more consistency. Understand the need to prepare properly for athletic activities. Understand why exercise is good for health, fitness and well-being. Develop their ability to evaluate their own and others work and suggest ways to improve it.</li> </ul>	<ul style="list-style-type: none"> <li>I can use a wider range of skills in game situations</li> <li>I can play cooperatively with a partner</li> <li>I can select the appropriate action for situation</li> <li>I can use the rules of the game consistently</li> <li>I can create and sometimes use a variety of tactics</li> <li>I can lead a small group through a short warm up routine</li> <li>I can identify my own and others strengths and areas for development and can suggest ways to improve</li> </ul>