



# OBS PE PROGRESSION

## EARLY LEARNING GOALS

Pupils should be taught to:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

At Old Basford School we use Development Matters, Birth to Five Matters and the Early Learning Goals as guidance to support the carefully planned curriculum we have designed and created especially for the children in our school community. These documents provide an overview of how children learn and develop and they guide our team to make informed decisions based on what each individual child needs to learn and be able to do next.

### Physical Development (Summary of Statutory Educational Programme)

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

### Continuous Provision

In continuous provision, children will: explore different ways to move and balance using the trim trail in the outdoor learning environment and a wide range of physical equipment such as balls, bats, balance boards, hoops and skipping ropes. They will be encouraged to create their own games using this equipment and understand what keeps them healthy. The children will have access to a range of bikes that show progression and build on skills, from scooters, to trikes, balance bikes and two wheels. They will be encouraged to look after themselves by taking calculated risks and understanding the importance of wearing a helmet when riding a two-wheel bike.

### Focused Learning

Physical Development						
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery Skills N1</b>			To climb up on to basic apparatus	To begin to develop cycling skills using trikes and scooters	To climb up on to basic apparatus	To begin to develop cycling skills using trikes and scooters  To climb up on to basic apparatus
<b>N2</b>	To climb apparatus safely.  To climb up on to basic apparatus	To copy dance moves and to move to different kinds of rhythms.  To continue to develop cycling skills using trikes and scooters  To develop balance skills on basic apparatus	To move in different ways, e.g. climbing, running, jumping etc. in order to develop gross motor skills.  Use large muscle movements to make marks, wave flags and use outdoor equipment	Using balancing apparatus.  To balance and hold a pose on one leg.	To run skilfully and be able to negotiate space.  To become more competent in their cycling skills using trikes and scooters  To use a range of movements to move their bodies – crawl, walk, run, hop and jump.	To become more competent in their cycling skills using trikes and scooters  To use a range of movements to move their bodies across a plank or piece of apparatus– crawl, walk, run, hop and jump.
<b>Reception Skills</b>		To use climbing equipment safely and competently.  To negotiate space effectively.	To be able to balance and coordinate safely.  To negotiate space effectively.  To become more competent in their cycling skills using balance bikes and two wheelers  To refine a range of movements including rolling, hopping, skipping and climbing	To throw and catch with a large ball.  To move in a more fluent way developing overall body strength within dance and gymnastics  To develop core strength and good posture		To show good control and co-ordination in large and small movements.  To throw and catch with a smaller ball.  To develop overall body strength and agility in sports
<b>Nursery Knowledge N1</b>			To know how to climb up on to basic apparatus	To understand how to use trikes and scooters	To know how to climb up on to basic apparatus	To understand how to use trikes and scooters  To know how to climb up on to basic apparatus

<b>N2</b>		To know how to climb apparatus safely.  To know how to climb up on to basic apparatus	To know some dance moves.  To know some basic cycling skills  To understand how to balance on basic apparatus	To understand how to move in different ways, e.g. climbing, running, jumping  To understand how large muscle movements can help build body strength	To know how to use balancing apparatus.  To know how to balance and hold a pose on one leg.	To understand how to run skilfully and be able to negotiate space.  To understand more complex skills to develop their cycling skills using trikes and scooters  To know a range of movements can be used to move their bodies – crawl, walk, run, hop and jump.	To understand more complex skills to develop their cycling skills using trikes and scooters  To know a range of movements can be used to move their bodies across a plank or apparatus – crawl, walk, run, hop and jump.
<b>Reception Knowledge</b>			To know how to use climbing equipment safely and competently.  To know how to negotiate space effectively.	To know how to be able to balance and coordinate safely.  To know how to negotiate space effectively.  To understand how to become more competent in their cycling skills using balance bikes and two wheelers  To understand how to refine a range of movements including rolling, hopping, skipping and climbing	To know how to throw and catch with a large ball.  To understand how to move in a more fluent way developing overall body strength within dance and gymnastics  To understand that developing core strength will help with fitness and good posture		To understand how to demonstrate good control and co-ordination in large and small movements.  To know how to throw and catch with a smaller ball.  To understand how to develop overall body strength and agility in sports
<b>Key Vocabulary</b>	<b>Tier 1:</b>	walk, run, jog, jump, ride	walk, run, jog, jump, ride	walk, run, jog, jump, ride	walk, run, jog, jump, ride	walk, run, jog, jump, ride	walk, run, jog, jump, ride
	<b>Tier 2:</b>	climb, throw, catch, roll, high, low, hop, skip, crawl	climb, throw, catch, roll, high, low, hop, skip, crawl	climb, throw, catch, roll, high, low, hop, skip, crawl, leap, chase	climb, throw, catch, roll, high, low, hop, skip, crawl, leap, chase	climb, throw, catch, roll, high, low, hop, skip, crawl, leap, chase	climb, throw, catch, roll, high, low, hop, skip, crawl, leap, chase
	<b>Tier 3:</b>	balance, grip, bounce	balance, grip, bounce	balance, grip, bounce	balance, grip, bounce, sweat, elongate, persevere, propel, powerful, stealthy	balance, grip, bounce, sweat, determined, steep, elongate, persevere, propel, compete, powerful, stealthy	balance, grip, bounce, sweat, determined, steep, elongate, persevere, propel, compete, powerful, stealthy
<b>ELGs</b>		<b>Gross Motor Skills.</b> *Negotiate space and obstacles safely, with consideration for themselves and others. *Demonstrate strength, balance and coordination when playing. *Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					

## OBS Achievement Aspirations- 'Ride'

### **N1: To ride a tricycle.**

Milestone 1: To experiment with ride on toys.

Milestone 2: To steer a tricycle and use feet to push along the ground.

### **N2: To ride a balance bike.**

Milestone 1: To ride a tricycle independently

Milestone 2: To sit on a balance bike and walk/run with it.





### **F2: To ride a bike independently.**

Milestone 1: To ride a balance bike.

Milestone 2: To pedal a bike with adult support.

Milestone 3: To begin to pedal a bike independently, keeping balance for several metres.

F2







Introduction to PE	Handling Small Apparatus	Gymnastics	INDOOR Games	Athletics for Sports Day	Dance skills
<p>To be able to find a safe space with support and then independently.</p> <p>To follow instructions and respond to whistles for stopping and moving around the hall. (games like Simon says)</p> <p>To move in a variety of ways. Hopping, walking on toes, jogging, skipping.</p> <p>To change the speed of movement.</p> <p>To move at different heights.</p>	<p>To hold move and balance a bean bag with different parts of the body.</p> <p>Move in a variety of ways whilst balancing a beanbag.</p> <p>To roll a large and small ball to a partner.</p> <p>To bounce and catch a ball with increasing accuracy.</p> <p>To throw and roll a ball at a target.</p> <p>To begin to catch beanbags and a variety of balls.</p>	<p>Recognise and copy contrasting actions (small/tall, narrow/wide)</p> <p>Travel in different ways e.g. like different animals.</p> <p>Hold still shapes and simple balances.</p>  <p>Begin to move with control and care.</p> <p>To understand and practice the correct landing technique and land from a simple jump.</p>  <p>To perform simple rolls.</p>  <p>Hold still shapes and simple balances.</p>  <p>Carry out simple stretches</p>	<p>To start throwing under and over arm.</p> <p>Bounce and catch large balls working towards one handed bouncing for dribbling.</p> <p>To use small bats for balancing beanbags and balls.</p> <p>To play games that involve moving in different directions and dodging such as dooby scarecrow.</p> <p>To work cooperatively with a partner and a small team. E.g. pass the ball races.</p>	<p>Run at different speeds.</p> <p>To run/race in a straight line for racing on a track.</p> <p>To take part in a variety of races using skills taught through the year (obstacle races e.g. going through a hoop)</p> <p>To run past the finish line.</p> <p>To participate in a Sports Day.</p> <p>To jog for an extended period of time for stamina..</p>	<p>Begin to move with control and care.</p> <p>Copy and repeat simple dance actions e.g. point toes, tap feet, wave hands, bending, stretching</p> <p>Vary the speed of their actions.</p> <p>Travel in different ways, changing direction and speed. <i>Jogging, crawling, skipping, hopping, shuffling, sidestepping, tip-toe walking, chase</i></p> <p>Begin to respond appropriately to different musical styles.</p> <p>To copy and perform a simple sequence.</p> <p>To think about their feeling when dancing.</p>

## KS1 NATIONAL CURRICULUM

Pupils should be taught to:



- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns



### YEAR 1

GYMNASTICS	INDOOR GAMES	DANCE SKILLS	GYMNASTICS	CREATIVE DANCE	INDOOR GAMES
<p>Recognise and copy contrasting actions (small/tall, narrow/wide)</p> <p>Travel in different ways, changing direction and speed e.g. hopping</p> <p>Hold still shapes and simple balances.</p>  <p>Begin to move with control and care.</p> <p>To understand and practice the correct landing technique and land from a simple jump.</p>  <p>To perform simple rolls.</p>  <p>Carry out simple stretches</p> <p><i>Experience large apparatus with a focus on balance and challenge by choice.</i></p>	<p>Throw underarm with increasing accuracy.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing.</p> <p>Learn catching techniques and practice to improve consistency.</p> <p>Run at different speeds.</p> <p>Navigate space safely.</p>	<p>Copy and repeat simple dance actions e.g. point toes, tap feet, wave hands, bending, stretching</p> <p>Put a sequence of actions together to create a motif (movement phrase) lead by an adult lead.</p> <p>Vary the speed of their actions.</p> <p>Introduce simple choreographic devices: Unison – in time for simple actions as a small group. Canon – performing a simple action one after another in small groups Mirroring – simple actions with a partner.</p> <p>Travel in different ways, changing direction and speed. <i>Jogging, crawling, skipping, hopping, shuffling, sidestepping, tip-toe walking, chase</i></p> <p>Begin to move with control and care.</p> <p>Move in opposing ways e.g. soft then sharp.</p>	<p>Recognise and copy contrasting actions (small/tall, narrow/wide)</p> <p>Travel in different ways, changing direction and speed e.g. skipping</p> <p>Hold still shapes and simple balances.</p>  <p>Begin to move with control and care.</p> <p>To understand and practice the correct landing technique and land from a stretch jumps and star jumps.</p>  <p>To perform simple rolls.</p>  <p>Carry out simple stretches.</p> <p>To link two moves together e.g. One foot stand then star jump.</p> <p><i>Experience large apparatus with a focus on balance and challenge by choice.</i></p>	<p>Review Year 1 Dance Skills. This unit allows for cross curricular work and should link to your topic.</p> <p>Respond to a stimuli e.g. music, photos, poem, story.</p> <p>Begin to show emotion in their movements.</p> <p>Perform sequences for an audience.</p> <p>Begin to feedback on the performance of peers.</p> <p>Begin to improvise independently and create a simple dance sequences.</p>	<p>Using hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Throw underarm and overarm.</p> <p>Catch and bounce a ball using both dominant and non-dominant hands.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>To work cooperatively with a partner and a small team.</p> <p>Follow simple rules to play games, including team games e.g. team races moving ball overhead until last person who runs to the front.</p> <p>Engage in competitive activities and team games.</p>
THROW, CATCH, TRACK & MOVE	FOOTBALL		HOCKEY	ATHLETICS	TENNIS & CRICKET
<p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p>	<p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forward and backwards with control and fluency)</p>		<p>Using hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p>	<p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p>	<p>Using hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p>

<p>Practise accurate throwing and consistent catching.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forward and backwards with control and fluency)</p> <p>Pass the ball to another player in a game.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Engage in competitive activities and team games.</p>	<p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forward and backwards with control and fluency)</p> <p>Pass the ball to another player in a game.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Engage in competitive activities and team games.</p>	<p>Begin to use space in a game.</p> <p>Engage in competitive activities and team games.</p> <p>Follow simple rules to play games, including team games.</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Pass the ball to another player in a game.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Engage in competitive activities and team games.</p> <p>Follow simple rules to play games, including team games.</p>
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**YEAR 2**

DANCE SKILLS	GYMNASTICS	INDOOR GAMES	CREATIVE DANCE	GYMNASTICS	INDOOR GAMES
<p>Copy, <b>remember</b> and repeat simple dance actions e.g. point toes, tap feet, wave hands, bending, stretching, turning</p> <p>Put a sequence of actions together to create a motif (movement phrase) lead by an adult lead.</p> <p>Vary the speed of their actions.</p> <p>Develop simple choreographic devices:</p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Travel in a variety of ways e.g. hopping, skipping, hop scotch, walking on toes.</p> <p>Perform rolls.</p>  <p>Combat rolls.</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p>	<p>Review Year 2 Dance Skills. This unit allows for cross curricular work and should link to your topic.</p> <p>Respond and create a short motif inspired by a stimuli e.g. music, photos, poem, story.</p> <p>Show emotion in their movements.</p> <p>Perform sequences for an audience.</p> <p>Feedback on the performance of peers.</p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Travel in a variety of ways, including simple leaps like Cat Leap.</p> 	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p>

<p>Unison – in time for simple actions as a group and as a class.</p> <p>Canon – performing a simple action one after another in groups and as a class.</p> <p>Mirroring – actions with a partner with accuracy.</p> <p>Travel in different ways, changing direction, <b>level</b> and speed.</p> <p><i>Jogging, crawling, skipping, hopping, shuffling, sidestepping, tip-toe walking, chase, hand and feet walking, rolling</i></p> <p>Move with control and care.</p>	<p>Hold a still shape whilst balancing on different points of the body.</p>  <p>Bottom balance and one foot stand with foot in front, to the side and behind.</p> <p>Jump in a variety of ways and land with increasing control and balance. <i>Stretch, Star, Tuck, Half turn.</i></p> <p>Move with increasing control and care.</p> <p>Climb onto and jump off the equipment safely. Land in the 'motorbike' position without wobbling.</p> <p>Link three movements together and perform with control.</p>	<p>Use throwing and catching skills in a game.</p> <p>Use hand-eye coordination to control a ball using both dominant and non-dominant hand.</p> <p>Vary types of throw used.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Work cooperatively within a team.</p> <p>Experience leading a team.</p>	<p>Improvise independently and create a simple dance sequences.</p> <p>Use dance to tell a story or show your mood.</p>	<p>Learn to roll to stand from rocking.</p>  <p>Hold a still shape whilst balancing on different points of the body. Children to invent own balances in addition to taught ones.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Move with increasing control and care.</p>	<p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used.</p> <p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>Know how to pass the ball in different ways.</p> <p>Begin to use and choose the best space in a game.</p> <p>Begin to use and understand the terms defending and attacking.</p> <p>Understand the importance of rules in games.</p>
THROW, CATCH, TRACK & MOVE	FOOTBALL	HOCKEY	ATHLETICS	TENNIS & CRICKET	
<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used.</p> <p>Know how to pass the ball in different ways.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Begin to use and choose the best space in a game.</p> <p>Begin to use and understand the terms defending and attacking.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>	<p>Use kicking skills.</p> <p>Use dribbling skills.</p> <p>Know how to pass the ball in different ways.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to use and choose the best space in a game.</p> <p>Begin to use and understand the terms defending and attacking.</p>	<p>Use dribbling skills in a game.</p> <p>Be able to hold a Hockey stick</p> <p>To have control of the Hockey stick</p> <p>Know how to pass the ball in different ways.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to use and choose the best space in a game.</p> <p>Begin to use and understand the terms defending and attacking.</p> <p>Begin to see how you shoot</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and jump over a hurdle</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Understand fitness and work on stamina</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p> <p>Understand working individually and as a team</p>	<p>Strike or hit a ball with increasing control.</p> <p>How to hold a racquet/Ball</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Balance a ball/Bean bag on the Racquet</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Take turns passing the ball from one to another</p> <p>Use hand-eye coordination to control a ball.</p>	

Understand the importance of rules in games. Use at least one technique to attack or defend	Use at least one technique to attack or defend to play a game successfully. Understand the importance of rules in games.	Understand the importance of rules in games. Use at least one technique to attack or defend	Understand the importance of rules in games.
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### KS2 NATIONAL CURRICULUM





Pupils should be taught to:


- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### SWIMMING

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.




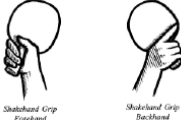
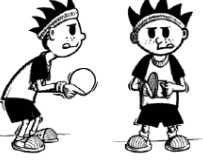
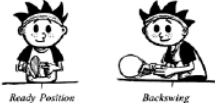
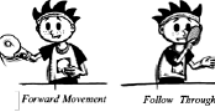
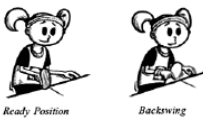



### YEAR 3



GYMNASTICS	DANCE SKILLS	INDOOR BALL GAMES	DODGEBALL	CREATIVE DANCE	GYMNASTICS
<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Develop the quality of their actions, shapes and balances. Perform an arabesque.</p>  <p>Move with coordination, control and care e.g. performing Dish and Arch positions.</p>  <p>Use turns whilst travelling in a variety of ways. Perform half turn jumps and spins and add a half turn to the cat leap.</p> <p>Use a range of jumps in their sequences and link two without pausing.</p>	<p>Copy, remember and repeat dance actions e.g. turning, chase, leap</p> <p>Put a sequence of actions together to create a motif (movement phrase) including choreographic devices such as unison, canon and mirroring.</p> <p>Travel in different ways, changing direction, level and speed.</p> <p>Move accurately with control and care.</p> <p>Transfer weight to show balance including skills such as arabesque and pirouette.</p> <p><b>Learn and perform a range of dance skills that reflect different dances styles. Jazz, Ballet, Street.</b></p> <p><b>Perform with some awareness of rhythm and expression.</b></p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p>	<p>This unit allows for cross curricular work and should link to your topic.</p> <p>Respond and create motifs inspired by a range of stimuli e.g. music, photos, poem, story.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use dance to tell a story that shows your mood and emotion</p> <p>Perform sequences for an audience with some awareness of rhythm and expression.</p> <p>Feedback on the performance of peers using dance vocabulary and offering constructive advice.</p> <p><b>Begin to improvise with a partner to create a simple dance.</b></p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Perform more challenging rolls e.g. Circle (Teddy Bear) Roll.</p>  <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care. Perform a roll linking Dish and Arch without head or feet lowering.</p>  <p>Use turns whilst travelling in a variety of ways.</p>

<p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Begin to show flexibility in movements.</p> <p>Choose ideas to compose a movement sequence independently and with others.</p>		<p>Use fielding skills to stop a ball from travelling past them.</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p>			<p>Use a range of jumps, balance, rolls and tuns in their sequences.</p> <p>Perform for an audience (peers).</p> <p>Prepare for vaulting by weight bearing (Bunny Hops see below), and holding tuck position on feet with hands flat in front on the mat.</p> 
<b>TAG RUGBY</b>	<b>BASKETBALL</b>	<b>FOOTBALL</b>	<b>TENNIS</b>	<b>ATHLETICS</b>	<b>ROUNDERS</b>
<p>Develop different ways of throwing and catching.</p> <p>Move with the ball using a range of techniques showing control and fluency and different speeds.</p> <p>Pass the ball with increasing speed, accuracy.</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Run at different speeds to get past defenders</p>	<p>Throw and catch with greater control and accuracy. Under arm</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use the dribbling, bouncing with one hand to move with the ball</p> <p>Find a useful space and get into it to support teammates.</p> <p>Learn the correct technique to shoot the ball</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p>	<p>Move with the ball in a variety of ways</p> <p>Pass the ball with the inside of foot.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Shoot the ball in a variety of different ways inside of foot and laces</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are used.</p> <p>Develop a backhand technique and use it in a game situation.</p> <p>Practise techniques for all strokes.</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and jump over a hurdle</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Understand fitness and work on stamina</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p> <p>Understand working individually and as a team</p> <p>Apply and try to improve existing running, throwing and jumping skills</p> <p>Improve Stamina</p> <p>Demonstrate increasing control and coordination when running and performing a jump or throw</p> <p>Perform the standing long jump using the correct technique to achieve the furthest possible distance</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch underarm with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Right technique to roll a ball</p> <p>Retrieve a ball</p>

				Compete against self and others in a controlled manner and demonstrate noticeable improvements to achieve their personal best	
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**YEAR 4**

CREATIVE DANCE	GYMNASTICS	TABLE TENNIS	DANCE SKILLS	GYMNASTICS	SWIMMING
<p><b>Review Year 4 Dance Skills.</b> This unit allows for cross curricular work and should link to your topic.</p> <p>Respond and create motifs inspired by a range of stimuli e.g. music, photos, poem, story.</p> <p>Compare and adapt movements and motifs to create a larger sequence.</p> <p>Use dance to tell a story that shows varying moods and emotions</p> <p>Perform sequences for an audience with rhythm, expression and dynamics.</p> <p><b>Confidently improvise with a partner or on their own.</b></p> <p>Feedback on the performance of peers using dance vocabulary and offering constructive advice.</p> <p><b>Change parts of a dance as a result of self or peer evaluation.</b></p> <p><b>Compose longer dance sequences in a small group.</b></p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p>  <p>Travel in different ways, including using flight.</p>  <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances e.g. Front Support flip to Back Support.</p>  <p>Move with clarity, fluency and expression.</p>	<p>To learn and perform the Grip and Ready position.</p>   <p>To learn and perform Forehand drive with increasing accuracy.</p>   <p>To learn and perform Backhand drive with increasing accuracy.</p>   <p>To complete a Basic rally.</p> <p>Learn to perform a Service and return.</p>	<p>Remember and repeat dance actions e.g. turning, chase, leap, jumps, pose</p> <p>Put a sequence of actions together to create a motif (movement phrase) using patterns and actions of a chosen dance style.</p> <p>Travel in different ways, changing direction, level and speed to introduce a variety dynamics*. (* the energy, effort, force or weight applied to a movement).</p> <p>Transfer weight <b>with precision</b> to show balance including skills such as arabesque and pirouette.</p> <p><b>Compose a dance that reflects the chosen dance style.</b></p> <p><b>Demonstrate precision and some control when executing skills.</b></p> <p><b>Demonstrate rhythm and spatial awareness.</b></p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Travel in different ways, including using flight. Understand the difference between jumps and leaps (1 footed versus 2 footed take off) children to create their own leaps and jumps.</p> <p>Perform rolls working towards a roll to sit.</p>  <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Perform balance previously taught off the ground (benches). <i>Also perform Arch shape across the bench so correct position of centre clearly demonstrated.</i></p> <p>Develop strength, technique and flexibility throughout performances e.g. lever holds. (Just lift bottom first and aim for bottom, legs and feet off)</p> 	<p>Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance.</p> <p>Use floats to swim longer distances with a more controlled leg kick. Join in all swimming activities confidently.</p> <p>Put face under the water and blow bubbles (begin to do this whilst swimming). Explore how to move in and under water.</p> <p>Recognise how swimming affects breathing. Identify and describe differences between different leg and arm actions.</p> <p>Understand water can be dangerous and repeat what to do when in difficulty.</p>

	<p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p>	<p>Service throw</p>  <p>To participate in games both in single and doubles.</p>		<p>Perform a take off for vaulting, run. Leap to 2 feet then immediate stretch jump and controlled landing. Then bunny hops over benches.</p>  <p>Link a variety of skills.</p> <p>Show changes of direction, speed and level during a performance.</p>	
BASKETBALL	TAG RUGBY	HOCKEY	TENNIS	ATHLETICS	CRICKET
<p>Develop different ways of throwing and catching.</p> <p>Move with the ball using a range of techniques showing control and fluency.</p> <p>Pass the ball with increasing speed, Bounce Pass/ Chest pass.</p> <p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p> <p>Use the dribbling, bouncing with one hand to move with the ball</p>	<p>Develop different ways of throwing and catching.</p> <p>Move with the ball using a range of techniques showing control and fluency and different speeds.</p> <p>Pass the ball with increasing speed, accuracy.</p> <p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Learn a variety of passing techniques</p> <p>Demonstrate a good awareness of space.</p> <p>Lead others during a game.</p> <p>Learn a variety of different ways to move with the ball</p> <p>Understand attacking and defending</p> <p>Learn different shots to play,</p> <p>Understand the rules of the game</p> <p>How to move in time to strike a ball</p> <p>Understand the scoring system</p> <p>Track the ball</p>	<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p>Demonstrate a good awareness of space.</p> <p>Lead others during a game.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Learn different shots to play, Forehand, Backhand and Volley</p> <p>Understand the rules of the game of tennis, in, out, over a net, 1 bounce on your side</p> <p>How to move in time to strike a ball</p> <p>Understand the scoring system</p> <p>Track the ball</p>	<p>Recognise and name a variety of different athletic events and techniques</p> <p>Apply and try to improve existing running, throwing and jumping skills</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p> <p>Show increasing control and co-ordination when running, at different speeds</p> <p>Jump in different ways</p> <p>Combine and apply new skills and techniques with increasing success, control and fluency when participating in running, jumping and throwing activities and games</p> <p>Work on improving stamina</p> <p>Work effectively as part of a team.</p>	<p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and stationary</p> <p>Develop different ways of throwing and catching.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch underarm with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p>


					Throw a ball in different ways (e.g. high, low, fast, slow)
					Right technique to roll a ball
					Retrieve a ball

**YEAR 5**

SWIMMING	GYMNASTICS	DODGEBALL	DANCE SKILLS	GYMNASTICS
<p>Swim between 10m and 20m unaided in shallow water, using one stroke.</p> <p>Begin to swim 10m-15m unaided using a second stroke.</p> <p>Put face in water and breath correctly when swimming in one identifiable stroke.</p> <p>Use a float to aid their swimming and confidence in deeper water. Use a float to develop leg and arm techniques.</p> <p>Begin to explain how to keep safe whilst in water and what dangers should be identified</p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Perform and link a variety of rolls working toward a full Forward Roll to Stand.</p>  <p>Perform jumps, shapes, and balances fluently and with control. Examples include Stag (see below) jump and leap. Performing Stretch jumps and half turn jumps to land kneeling up.</p>  <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of balance e.g. Frog Balance.</p>  <p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions e.g. perform to music using dance to enhance the performance.</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Use attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Apply and follow rules fairly.</p> <p>Understand and apply the basic principles of invasion games.</p>	<p>Remember and repeat dance actions e.g. turning, chase, leap, jumps, pose, <b>step ball change, pas de bourrée, pivot step</b></p> <p>Travel in different ways, changing direction, level and speed to introduce a variety dynamics*. (* the energy, effort, force or weight applied to a movement).</p> <p>Transfer weight with precision to show balance including skills such as arabesque and pirouette.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Demonstrate precision and control when executing skills.</p> <p><b>Show a change of pace and timing in their movements.</b></p> <p><b>Develop an awareness of their use of space.</b></p> <p><b>Begin to vary formation.</b></p> <p><b>Use transitions to link motifs smoothly together.</b></p> <p><b>Ensure their actions fit the rhythm of the music.</b></p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Perform jumps, shapes, rolls and balances fluently and with control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of balance.</p>  <p>Select ideas to compose specific sequences of movements, rolls, shapes and balances. Focusing on appropriate linking so two low moves together and ease of transition between.</p> <p>Adapt their sequences to fit new criteria or suggestions e.g. working with a partner and performing in unison.</p> <p>Apply skills and techniques consistently.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p><u>Compare their performance with a previous one by videoing and watching. Set targets for improvement then video again and discuss improvements.</u></p>

		<p>Apply skills and techniques <u>consistently</u>.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Perform for an audience and feedback to peers.</p>			
BASKETBALL	FOOTBALL	HOCKEY	TENNIS	ATHLETICS	ROUNDERS
<p>Throw and catch accurately and successfully under Chest pass, bounce pass on the move and different heights</p> <p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Correct shooting technique</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Dribble the ball at different speeds and directions.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>	<p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p> <p>A variety of ways to pass into a space for a teammate</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Learn a variety of techniques to shoot and score</p> <p>Learn how to dribble at a variety of different speeds whilst keeping the ball in controll</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>	<p>Use different techniques to hit a ball.</p> <p>Explore when different shots are used.</p> <p>Use a variety of ways to dribble in a game with success.</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Keep and win back possession of the ball effectively in a team game.</p> <p>Demonstrate an increasing awareness of space.</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Devise and adapt rules to create their own game.</p>	<p>Identify and know about a variety of athletic events and techniques</p> <p>Apply and develop existing running, throwing and jumping skills</p> <p>Practise and improve reaction times and identify an effective sprint start</p> <p>Demonstrate a sound technique for a sprint start to improve the acceleration phase</p> <p>Develop and improve their running technique for sprinting, showing good coordination and control</p> <p>Demonstrate stamina in order to maintain a sustained run</p> <p>Show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy</p> <p>Compete against self and others with confidence and demonstrate noticeable improvements to achieve their personal best.</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p>	<p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving ball</p> <p>Develop different ways of throwing and catching.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Learn how to bowl overarm</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch underarm with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Right technique to roll a ball</p> <p>Retrieve a ball</p>

**YEAR 6**

CIRCUIT TRAINING- PB	GYMNASTICS	CREATIVE DANCE	GYMNASTICS	SWIMMING	DANCE SKILLS
<p>To participate in a variety of activities to improve personal fitness.</p> <p>To understand the importance of a life long active lifestyle.</p> <p>To take part in Me vs ME style evaluations where you record fitness levels and retest to beat yourself.</p> <p>To improve your confidence and participation by trying a variety of activities that improve health and fitness.</p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Perform challenging balances e.g. Y Balance and Shoulder Stand.</p>  <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>Review Year 5 Dance Skills. This unit allows for cross curricular work and should link to your topic.</p> <p>Compose individual, partner and group dances that reflect the chosen theme.</p> <p>Perform <b>with a confident flare</b> sequences for an audience with rhythm, expression, emotion and dynamics.</p> <p>Feedback on the performance of peers using dance vocabulary and offering constructive advice and <b>adaptations</b>.</p> <p>Change, modify and <b>extend</b> a dance as a result of self or peer evaluation.</p> <p>Demonstrate an awareness of their use of space.</p> <p>Display smooth transitions when composing and performing.</p> <p>Demonstrate imagination and creativity in the movements they devise.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p><b>Consider the audience when developing and performing.</b></p>	<p><b>Example moves in addition to repeating those from previous years.</b></p> <p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances. Confidently use equipment to vault and incorporate this into sequences.</p> <p>Perform in a competition, in class where peers score performances based on precision, control and artistry.</p>	<p>Swim 25m unaided in water using one basic method to achieve this distance.</p> <p>Use two different strokes swimming on both front and back.</p> <p>Control breathing.</p> <p>Swim confidently and fluently both on the surface and under the water.</p> <p>Explain how to remain safe in water and what do if you or someone nearby gets into difficulty.</p>	<p>Revit core dance skills from Y5</p> <p>Compose a dance that reflects the chosen dance style showing:</p> <ul style="list-style-type: none"> <li>• precision and control.</li> <li>• change of pace.</li> <li>• spatial-awareness.</li> <li>• Use a variety of formations.</li> </ul> <p><b>Perform with confidence, using a range of movement patterns</b> (putting the movements/motifs together in specific order e.g repeating a motif at the chorus or a song).</p> <p><b>Demonstrate strong and controlled movements throughout a dance sequence.</b></p> <p><b>Combine flexibility, techniques, transition and movements to create a fluent sequence.</b></p> <p><b>Move rhythmically and accurately in dance sequences.</b></p> <p>Demonstrate <b>consistent</b> precision when performing dance sequences.</p>
FOOTBALL	BASKETBALL	HOCKEY	TENNIS	ATHLETICS	CRICKET
<p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p> <p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p>	<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Show confidence in using ball skills in various ways..</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p>	<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p>Demonstrate a good awareness of space.</p> <p>Lead others during a game.</p> <p>Follow and create complicated rules to play a game successfully.</p>	<p>Identify and know about a variety of athletic events and techniques</p> <p>Apply and develop existing running, throwing and jumping skills</p> <p>Practise and improve reaction times and identify an effective sprint start</p> <p>Demonstrate a sound technique for a sprint start to improve the acceleration phase</p>	<p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving ball</p> <p>Develop different ways of throwing and catching.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Learn how to bowl overarm</p>

<p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending. .</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game</p>	<p>Learn different shots to play, Forehand, Backhand and Volley</p> <p>Understand the rules of the game of tennis, in, out, over a net, 1 bounce on your side</p> <p>How to move in time to strike a ball</p> <p>Understand the scoring system</p> <p>Track the ball</p>	<p>Develop and improve their running technique for sprinting, showing good coordination and control</p> <p>Demonstrate stamina in order to maintain a sustained run</p> <p>Show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy</p> <p>Compete against self and others with confidence and demonstrate noticeable improvements to achieve their personal best.</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch underarm with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p>
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