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	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball Skills and Games	Roll and stop a ball with control. Throw and catch a bean bag independently.	Bounce and catch a medium sized ball independently with control. Throw and catch a medium sized ball independently with control. Learn the difference between attacking and defending. Listen to others when working together.	Bounce and catch a medium sized ball with a partner using control. Throw and catch a medium sized ball with a partner using control. Dribble a ball using hands, feet and sticks. Learn how to attack and defend. Begin to work as a team by respecting differences in ability.	Use skills with coordination and control. Link ball skills. Begin to apply previously taught ball skills in an attacking and defending situation. Begin to learn the basic rules for ball games. Develop working as a team member by supporting each other. Begin to understand how to compete with each other in a controlled manner.	Begin to use skills with coordination and control in a game situation. Begin to link ball skills in a game situation. Develop previously taught ball skills in an attacking and defending situation. Develop understanding of the basic rules for ball games. Develop communications when working as a team member. Develop understanding of how to compete with each other in a controlled manner.	Use skills with coordination and control in a game situation. Link ball skills in a game situation. Apply previously taught ball skills in an attacking and defending situation. Understand and begin to adhere to the rules for ball games. Begin to communicate effectively when working as a team member. Understand how to compete with each other in a controlled manner.	Effectively use skills with coordination and control in a game situation. Identify, switch and use the correct ball skills in a game situation. Confidently use previously taught ball skills in an attacking and defending situation. Apply the rules for ball games and adhere to correctly. Communicate effectively when working as a team. Compete with and against each other in a controlled manner.
Gymnastics	Travel in different directions. Travel in different ways. Move into a space.	Travel in different directions. Travel at different speeds. Link two movements when travelling.	Confidently travel in different directions, at different speeds and link movements. Balance, move and jump correctly when using equipment.	Link movements to make a sequence and confidently travel in different	Confidently link movements to make a sequence. Begin to incorporate changes of direction of travel and speeds in a sequence.	Develop linking moves fluently in a sequence. Incorporate changes of direction of travel and	Confidently link moves fluently in a sequence. Confidently incorporate changes of direction of travel

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	Balance with control. Jump and land on two feet.	Travel at two different heights in a sequence. Balance on one foot. Balance and move correctly on equipment. Jump from equipment and land correctly. Understand how to use and move equipment safely.	Balance on different parts of the body using control. Balance with a partner Develop a range of gymnastic moves. Choose and use a variety of gymnastic actions to make a sequence. Understand how to use equipment safely. Begin to move equipment safely. Travel across equipment in a variety of ways.	directions and at different speeds. Explore using turns when travelling Confidently balance, move and jump correctly when using equipment. Work with a partner to create a sequence of gymnastic moves. Use equipment safely. Move equipment safely.	Begin to link moves fluently in a sequence. To explore using turns to change direction when travelling on equipment. Confidently balance, move and jump on a range of equipment. Work as a group to create a sequence of gymnastic moves. Use and move equipment safely.	speeds in a sequence both on and off equipment. Explore using turns to change direction when travelling on equipment. Use a range of equipment in a sequence. Links skills with control, technique, co-ordination and fluency. Work as a group to create a sequence of moves. Evaluate own work and that of others.	and speeds in a sequence both on and off equipment. Confidently use turns to change direction when travelling on equipment. Confidently link skills with control, technique, co-ordination and fluency. Work as a group to create a sequence of moves. Evaluate own work and that of others.
Dance	Change direction during travelling. Link travelling movements together. Use spaces and different heights.	Change direction during travelling with different moves. Link travelling moves together and change	Explore different levels, speeds, and directions of movement. Confidently link dance movements together. Learn and perform simple dance phrases.	Explore dance movements and create patterns of movement. Work with a partner to	Identify and practise the patterns and actions of chosen dance style. Demonstrate different movements to different styles of music		

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	Listen to music and link two moves together.	direction and levels. Link moves together using a variety of moves. Explore basic body patterns and movements to music. Use a variety of moves that change speed and direction. Link together dance moves with gestures and changing direction in time to music.	Learn simple dances movements with good body shape and position. Develop a range of dance movements with confidence. Work to music, creating movements that show rhythm and control.	create simple dance patterns. Confidently perform simple dance phrases. Perform a dance with rhythm and expression. Use knowledge of dance to create a story in small groups. Create and confidently perform an individual dance that reflects the chosen dance style. Develop precision of movement. Work with a group to create a dance piece using a range of movement patterns. Perform and evaluate own and others' work.	Create an individual dance that reflects the chosen dancing style. Create partnered dances that reflect the dancing style. Confidently create and perform a dance as a group, using a range of different movements, and dance styles. Create a dance that represents different styles of music. Perform in front of others and analyse own and others' performance.		

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Athletics	Show differences in running at speed and jogging. Explore footwork patterns. Perform basic jumps. Explore different methods of throwing.	Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Explore different methods of throwing. Practise short distance running.	Run with agility and confidence at different speeds Learn different jumping techniques. Explore how to throw different objects in a variety of ways. Hurdle an obstacle and maintain effective running style. Run for distance. Complete an obstacle course with control and agility.	Run confidently in different directions and at different speeds. Improve throwing techniques. Reinforce jumping techniques. Confidently hurdle an obstacle. Understand the relay race and how to pass the baton. Choose and understand appropriate running techniques and when they are used. Know the difference between long and short distance running.	Select and maintain a running pace for different distances. Practise throwing with power and accuracy, using targets. Throw safely. Demonstrate a good running technique. Confidently explore different footwork patterns. Confidently understand which technique is most effective and when they are to be used. Utilise all the skills learnt in a competitive situation. Compete in a mini-competition, recording scores.	Use the correct techniques to run at speed. Develop the ability to run for distance. Throw with accuracy and power to different targets. Identify and apply the techniques to run a relay race. Confidently explore different footwork patterns, and apply in the correct situation. Confidently understand and improve techniques. Learn how to use skills to improve jumping and throwing for distance. Demonstrate good techniques in a competitive situation.	Investigate running styles and changes of speed. Practise throwing with power and accuracy. Throw safely and with understanding. Demonstrate good running technique in a competitive situation. Confidently explore and use all the different footwork patterns. Understand which technique is most effective when jumping for distance. Utilise all the skills learnt and use in a competitive situation. Compete against others' in a number of running/relay races, and different distances.

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						Compete against other class members in running races.	
Outdoor and Adventurous	Learn about maps and how to follow a simple trail.	Identify positions on simple maps and diagrams of familiar environments. Use simple maps and diagrams to follow a trail.	Confidently identify positions on simple maps. Confidently use a map to follow a trail. Work and discuss with others, sharing ideas. Learn and explore equipment for different tasks.	Orientate simple maps and plans. Mark control points in correct positions on a map or plan. Co-operate and share roles within a group. Listen to each other's ideas when planning a task. Take responsibility for a role within the group.	To confidently orientate simple maps and plans. To confidently mark control points on a map or plan To listen and share ideas when planning a task. To take responsibility within a group To confidently learn rules and keep others safe To select correct equipment and use correctly To choose effective strategies	Explore how to draw maps and plans. Explore how to use a compass. Begin to plan an orienteering challenge for others'. Plan and share roles within the group based on each other's strengths. Understand individuals' roles and responsibilities.	Confidently draw maps and plans and set trails for others to use. Confidently use a compass. Confidently plan an Orienteering Challenge for others. Understand m individuals' strengths and select tasks accordingly. Adapt ideas if they are not working. Confidently work safely with equipment and

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				Recognise that some outdoor adventurous activities can be dangerous. Learn to follow rules to keep self and others safe. Select appropriate equipment/route/people to solve a problem successfully. Explore effective strategies and change ideas if they are not working.	To confidently change ideas and plans if they are not working.	Adapt roles or ideas if they are not working. Recognise and talk about the dangers of tasks. Recognise how to keep themselves and others safe. Plan strategies to solve problems/plan routes/follow trails/build shelters.	know dangers/risks. Confidently plan, and implement strategies.
Swimming				Swim competently, confidently and proficiently using a range of strokes effectively (e.g. front crawl, backstroke and breaststroke). Perform safe self-rescue in different water-			

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				based situations.			
Evaluating	Comment on their own performance.	Comment on their own and others performance. Give comments on how to improve.	Comment on their own and others performance. Give comments on how to improve. Use appropriate vocabulary when giving feedback.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.	Watch and describe performances accurately. Confidently learn from others on how they can improve their skills. Comment on tactics and techniques to help improve performances. Make suggestions on how to improve their work, commenting on similarities and differences.	Watch and describe performances accurately. Confidently learn from others on how they can improve their skills. Comment on tactics and techniques to help improve performances. Make suggestions on how to improve their work, commenting on similarities and differences.
Healthy Lifestyles and Fitness	Begin to describe the effect exercise has on the body.	Begin to describe the effect exercise has on the body and explain the benefits of a warm-up. Explain the importance of exercise.	Begin to describe the effect exercise has on the body and explain the benefits of a warm-up. Explain the importance of exercise and a healthy lifestyle. Confidently describe the effect exercise has on the body.	Begin to describe the effect exercise has on the body and explain the importance of exercise and a healthy lifestyle. Begin to understand the need to warm	Describe the effect exercise has on the body. Explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.	Describe the effect exercise has on the body, and name the food groups. Explain the importance of exercise and a healthy lifestyle, and wellbeing. Understand the need to warm up and cool down.	Describe the effect exercise has on the body, and name the food groups. Explain the importance of exercise and a healthy lifestyle, and wellbeing. Understand the need to warm up and cool down.

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