

Dance

Developing Skills

CORE

Respond to different stimuli and music with a range of actions

Copy and explore basic body actions demonstrated by the teacher and movement patterns from each other

Use space safely, showing good control, co-ordination and awareness

Selecting & applying skills & tactics

CORE

Compose and link movement phrases to make simple dances with a clear beginning, middle and end

Practise and repeat their movement phrases and perform them in a controlled way

Perform with some sense of timing, rhythm and expression

WORKING DEEPER

Create longer dance phrases which show clear ideas and use of dynamics, direction and level, performing actions with increasing control, co-ordination and rhythm

Games

Developing Skills

CORE

Throw and catch a ball with a partner

Move fluently, changing direction/speed easily and avoiding collisions

Use an underarm throw with control to reach a target

Bounce a ball in a controlled manner, using one hand

Roll the ball accurately to a partner

Use their feet to dribble a ball with increasing control

Kick the ball to a partner or at a target with accuracy and control

Use a racket to strike the ball to a partner

Selecting & applying skills & tactics

CORE

Choose and use skills effectively for particular games

Use skills in different ways in different games and try to win by changing the way they use skills in response to their opponents' actions

WORKING DEEPER

Use a variety of skills (passing, striking, rolling and kicking) with more accuracy, power and speed, showing an understanding of simple tactics

Gymnastics

Developing Skills

CORE

Perform a range of basic gymnastic shapes with strength and control

Manage the space safely, showing good awareness of each other, mats and apparatus

Move confidently using changes of speed, level and direction, combining different ways of travelling in a sequence

Show control and balance when jumping and landing

Perform and link balances with control and strength

Perform rocking and rolling actions with strength and control

Selecting & applying skills & tactics

CORE

Make up simple movement phrases in response to simple tasks

Link and repeat basic gymnastic actions and perform movement phrases with control and accuracy

WORKING DEEPER

Perform key actions with increased strength, control and flexibility, demonstrating fluency when linking movements together

Create and adapt movement patterns to include a range of actions, apparatus and a partner

Athletics

Developing Skills

CORE

Land safely, with control and balance when performing a range of jumps

Know the correct running technique and use it in short or long distance races

Perform the basic technique for the underarm throw

Throw a variety of objects with increasing accuracy into or at a target

Know the basic rules and safety requirements for different events

Selecting & applying skills & tactics

CORE

Select the appropriate jump to achieve the greatest distance

Select the appropriate amount of power when throwing to reach a target

Select the correct pace for a short and long distance race

WORKING DEEPER

Perform jumping, throwing and running actions with increased power and strength to improve time and increase distance

Outdoor Adventurous Activities

Developing Skills

CORE

Follow marked tracks in a familiar environment

Selecting & applying skills & tactics

CORE

Choose which way to follow route, by self or in a group

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Describe what they have done

Watch others and say what they are doing

Use simple terminology to describe key features and technique

WORKING DEEPER

Identify how performance or technique may differ and offer simple suggestions on how to improve

Knowledge and understanding of fitness and health

CORE

Describe how their bodies feel when still and when exercising

Talk about how to exercise safely

Describe what happens to heart rate and breathing rate during exercise

Dance

Developing Skills

CORE

Link several movements together with control and coordination

Talk about different stimuli and music as the starting point for creating dance phrases and short dances

Explore actions in response to stimuli and explore ideas, moods and feelings by experimenting with actions, dynamics, directions, levels and a growing range of possible movements

Selecting & applying skills & tactics

CORE

Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings

Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness

WORKING DEEPER

Perform a wider range of actions with expression, control and fluency and improvise freely when translating ideas into actions

Games

Developing Skills

CORE

Pass a ball accurately to a partner over a variety of distances

Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run

To throw and roll a ball accurately at a high, low, stationary and moving target

To move to a better position to catch a ball

Retrieve a rolling or bouncing ball with control and co-ordination

To dribble a ball using their feet showing a change of speed and direction

Send a ball to a moving and stationary target using their feet

To bounce a ball up and down on a racket with control

Use a racket to strike the ball accurately and with control to a partner

Selecting & applying skills & tactics

CORE

Vary skills and show some understanding of simple tactics

To choose the skills and ideas that meet the needs of a specific game

To apply basic tactics to a situation to help a partner and make it difficult for their opponent

WORKING DEEPER

Throw the ball accurately to a team member in small game situations, making good decisions when choosing when, where and how to pass

Gymnastics

Developing Skills

CORE

Explore different ways of travelling, including using hands to support weight

Perform a range of jumps demonstrating good control and balance during take-off and landing

Perform a range of balances with strength and stillness

Perform rolling actions with increasing accuracy, strength and flexibility

Perform a range of actions in a sequence, demonstrating fluency and control

Perform a range of basic gymnastic shapes with improving strength, flexibility and control

Selecting & applying skills & tactics

CORE

Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end

Adapt the sequence to include apparatus or a partner

Use different combinations of floor, mats and apparatus, showing control, accuracy and fluency

WORKING DEEPER

Adapt and improve the actions and linking movements to improve the quality of the sequence to produce a controlled, fluent and well organised performance

Athletics

Developing Skills

CORE

Explore and develop different take-off and landing techniques

Perform the two-handed push technique, using strength and power to increase distance

Throw a ball accurately to a near, far, high and low target

Know the basic rules and safety requirements for different events

Know, describe and perform the correct running technique in short and long distance races

Selecting & applying skills & tactics

CORE

Select which throwing technique to use for accuracy and distance

Select the appropriate skill to achieve the greatest distance

Select and perform running events with the correct pace

WORKING DEEPER

Start to adapt technique or an action to improve distance and time achieved

Outdoor Adventurous Activities

Developing Skills

CORE

Use simple plans and diagrams of familiar environments

Selecting & applying skills & tactics

CORE

Use skills to solve a basic challenge or problem

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Talk about differences between their own and others' performance

Suggest improvements based on observations

WORKING DEEPER

Use key terminology when discussing and describing actions and when making suggestions on how to improve quality

Knowledge and understanding of fitness and health

CORE

Understand how to exercise and describe how their bodies feel during different activities

Dance

Developing Skills

CORE

Improvise freely with a partner translating ideas from stimuli to movement

Explore and develop new actions while working with a partner or a small group

Perform a range of movements with control and fluency

Remember, repeat and perform simple movements, phrases and routines which show some dynamic and expressive qualities

Perform short dances with expression, showing an awareness of others when moving

Selecting & applying skills & tactics

CORE

Know how to link actions to make dance phrases, working with a partner and in a small group

Describe what makes a good dance phrase

WORKING DEEPER

Know how to apply basic compositional ideas to create dances which convey feelings and emotions

Games

Developing Skills

CORE

Use a range of skills to help them keep possession and control of the ball

Perform the basic skills needed for the games with control and consistency

To dribble the ball with control, showing a change of speed and direction

To pass and throw the ball accurately to a team member, making good decisions when choosing when, where and how to pass within a game

Know the basic rules of the game

Use a basic batting position when striking the ball, showing some awareness of ball placement

Selecting & applying skills & tactics

CORE

Use a range of skills to keep possession and make progress towards a goal, on their own and with others

Choose good places to stand when receiving, and give reasons for their choice

Choose and use a range of simple actions and tactics to suit the situation

WORKING DEEPER

Perform an advancing range of skills with accuracy and control, showing an ability to adapt them to meet the demands of the game

Gymnastics

Developing Skills

CORE

Perform a competent forward roll, dish to arch roll and shoulder roll

Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel

Perform a range of standing and lying shapes with strength and control

Selecting & applying skills & tactics

CORE

Plan and perform a movement sequence showing contrasts in speed, level and direction

Devise and perform a gymnastic sequence, showing a clear beginning, middle and end

Adapt a sequence to include different levels, speeds or directions

Work well on their own and contribute to pair sequences

WORKING DEEPER

Begin to develop a longer and more varied sequence with smooth linking actions, using a range of apparatus to enhance the movements

Athletics

Developing Skills

CORE

Throw with accuracy and power, changing the action or technique according to the distance or target

Run with correct technique and speed according to the distance

Perform the relay change over with simple technique, remembering what to do and when to run

Perform a two-footed jump with control and know what to do to increase the distance jumped

Selecting & applying skills & tactics

CORE

Choose the correct skill or technique to achieve the greatest distance or best result

WORKING DEEPER

Apply simple tactics to running events to create the greatest chance of success

Outdoor Adventurous Activities

Developing Skills

CORE

Use maps and diagrams to orientate themselves around a course

Selecting & applying skills & tactics

CORE

Respond appropriately when task/environment changes and plan responses

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Describe and comment on their own performance and that of others

Make simple suggestions to improve quality

Use appropriate terminology to analyse and evaluate performance

WORKING DEEPER

Use the success criteria to analyse performance and suggest improvements based on what they see

Knowledge and understanding of fitness and health

CORE

Suggest appropriate warm up ideas

Work in a responsible and safe manner

Recognise changes in body temperature, heart rate and breathing

Know why strength and suppleness are important in sport

Swimming

Swimming - stroke

CORE

Swim up to 25 metres in water unaided showing co-ordination

Swimming - breathing

CORE

Choose which breathing technique they can use to allow them to complete the distance quickly

Dance

Developing Skills

CORE

Perform with a partner or small group, demonstrating actions that link with fluency and accuracy

Use simple compositional ideas to create their own ideas and movement phrases, showing changes in speed and levels.

Explore, create and use a range of actions, responding to a range of stimuli.

Selecting & applying skills & tactics

CORE

Begin to design their own movement phrases that respond to stimuli or emotion

Remember, perform and evaluate short dance phrases, showing an understanding and an awareness of others

Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group

WORKING DEEPER

Plan, practise and combine a wider range of actions to create a longer dance phrase showing a difference between level, speed and direction

Games

Developing Skills

CORE

Dribble a ball with increasing control and speed using hands, feet or equipment.

Know and use a range of skills that allow them to keep possession of the ball, before successfully passing to a member of their team.

Know and perform basic defending skills to prevent an opponent getting the ball.

Use a range of passes with the correct technique when passing the ball.

WORKING DEEPER

Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations

Selecting & applying skills & tactics

CORE

Know the basic rules of the game, how to score goals and win the game.

Choose where they should position themselves to be a defender and an attacker

Use and adapt appropriate tactical ideas in different situations.

Select, use and vary the actions, skills and techniques used to suit the activity or task.

WORKING DEEPER

Perform an advancing range of skills with accuracy and control repeatedly in a range of situations, applying skills in a tactical manner

Gymnastics

Developing Skills

CORE

Perform a range of rolls with control and accuracy

Explore different combinations of apparatus to look at shape, balance and travel and know how to utilise this equipment to enhance their movements

Practise and refine an action or short sequence showing quality movement phrases, combining different actions for effect

Begin to perform with a partner or group

Perform a wider range of shapes and jumps with strength and control, linking them together with fluency and demonstrating precision and control on landing.

Selecting & applying skills & tactics

CORE

Begin to develop a longer and more varied movement phrase with smooth, planned links between actions

Perform a sequence where the children combine speed, level, direction and a variety of shapes

Work individually, with a partner or in a group to select and adapt simple actions to create and structure a sequence.

WORKING DEEPER

Perform more technically advanced actions with control, stability and accuracy and use these actions to enhance the quality of a longer sequence

Athletics

Developing Skills

CORE

Know the basic technique for the relay change over and use it during the relay race.

Use a one footed or two footed take off correctly to gain maximal height or distance.

Perform the correct running and sprinting technique over various distances, showing an awareness of pace.

Perform a one handed over arm throw with the correct technique to achieve maximum distance.

Selecting & applying skills & tactics

CORE

Choose which throw, running pace or action to complete to allow them to reduce their times/increase distance within areas of athletics

WORKING DEEPER

Use a range of athletic actions and techniques with increased accuracy, consistency and control to improve on personal targets

Outdoor Adventurous Activities

Developing Skills

CORE

Confidently use a map to navigate around a route

Selecting & applying skills & tactics

CORE

Adapt and respond to changes in the environment to allow them to complete the task

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Observe others carefully in relation to the success criteria, and begin to modify and change in response to what they see

Analyse and comment on what they see with increasing clarity

Knowledge and understanding of fitness and health

CORE

With a partner or small group, lead a short warmup routine, recognising what is happening to their body.

Talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy

Swimming

Swimming - stroke

CORE

Swim 25 metres in water unaided showing co-ordination with arms and legs and using some different strokes

Begin to use their arms and legs in the correct manner for their chosen stroke

Begin to understand how to perform safe self-rescue in different water-based situations

Swimming - breathing

CORE

Choose which breathing technique they can use to allow them to complete the distance quickly

Dance

Developing Skills

CORE

Respond to a variety of stimuli showing a range of actions performed with control and fluency

Explore, improvise, and perform actions to suit different dance styles showing a difference between levels, speed and direction.

Selecting & applying skills & tactics

CORE

Create and perform dances using a range of movement patterns in response to a range of stimuli

Use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer

Remember, practise and combine longer, more complex dance phrases

WORKING DEEPER

Create, adapt and produce higher quality routines which suit the music and theme

Games

Developing Skills

CORE

Use a range of techniques when passing, e.g. high, low, bounced, fast, slow

Strike a ball with intent and throw it more accurately when bowling and/or fielding

Dribble the ball using one hand with control and agility to move the ball towards the goal, showing changes of speed and direction.

Make good decisions when choosing to pass or dribble to attack the goal.

Able to defend a player with the ball and a player without the ball, knowing key defending rules.

Know the basic shooting technique and perform with some success; knows the rules regarding shooting and the scoring system for the game.

Selecting & applying skills & tactics

CORE

Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights

Know when to run and when to stop when running to score points in striking based games.

Know how tactics can help them in a game and begin to select and use them effectively.

Apply rules consistently and follow them fairly.

WORKING DEEPER

Perform a range of skills with accuracy, confidence and control, adapting and applying them tactically according to the needs of the situation

Gymnastics

Developing Skills

CORE

Perform a range of rolls including backwards roll consistently

Make similar or contrasting shapes on the floor and apparatus, working with a partner; combine actions and maintain the quality of performance when performing at the same time as a partner

Perform, use and adapt a range of sitting, standing, support and lying shapes in a sequence, showing strength and control.

Perform a variety of jumps demonstrating clear shapes, rotations and control on landing.

Use a range of large and small body parts to perform a number of well controlled balances.

Selecting & applying skills & tactics

CORE

Develop a longer and more varied movement sequence, demonstrating smooth transitions between actions and combine to make a sequence

Perform sequences with changes of speed, level, direction and clarity of shape

Work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.

WORKING DEEPER

Accurately perform a longer sequence with more difficult actions, with an emphasis on good body tension, extension, shape and changes in direction

Athletics

Developing Skills

CORE

Sustain and maintain running speed, improving on personal targets.

Know the correct technique for the relay change over and apply it successfully in a race situation.

Know and follow the key safety rules for throwing events; know how to hold and release the shot putt and javelin, and do so accurately.

Use a range of athletic actions and techniques with increased accuracy, consistency and control.

Selecting & applying skills & tactics

CORE

Choose the correct pace for running over varied distances.

Select the appropriate skill or technique to achieve the greatest distance or the fastest time.

WORKING DEEPER

Use their knowledge of the rules of individual events to assist with judging and officiating

Outdoor Adventurous Activities

Developing Skills

CORE

Move confidently through familiar and less familiar environments

Selecting & applying skills & tactics

CORE

Adapt skills and strategies as situation demands

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Use observation of others and begin to describe constructively how to refine, improve and modify performance

Refine their own performance from self analysis and in response to comments from others

WORKING DEEPER

Use subject specific terminology when describing and analysing performance

Knowledge and understanding of fitness and health

CORE

Demonstrate activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates

Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature and recovery

Swimming

Swimming - stroke

CORE

Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke

Confidently use their arms and legs in the correct manner for their chosen stroke and explain why they have chosen a particular stroke

Understand and explain how to perform safe self-rescue in different water-based situations

Swimming - breathing

CORE

Choose which breathing technique they can use to allow them to complete the distance quickly

Dance

Developing Skills

CORE

Perform a variety of simple and different movements with good body control and fluency.

Create and develop new motifs in a chosen dance style which portray a clear theme or idea.

Respond imaginatively to a range of stimuli or themes, improvising and adapting movements and patterns.

Change the direction, level, pathway and formation used in routines and movement phrases, including a contrast in actions and speed.

Selecting & applying skills & tactics

CORE

Use and modify a wider range of compositional skills to suit the music, the theme and produce higher quality routines.

Select and use a range of compositional ideas to create motifs that demonstrate their dance idea

WORKING DEEPER

Perform a range of complex movements with control, flexibility and timing, matching the actions to the theme, music and style

Games

Developing Skills

CORE

Dribble effectively around obstacles or opponents, keeping control and possession of the ball.

Throw with precision and accuracy when sending and receiving

Perform skills with accuracy, confidence and control, adapting them to meet the needs of the situation

Use the correct batting stance to successfully strike and place the ball away from an opponent.

Know and follow the rules of the game fairly; use rules tactically to outwit an opponent.

Know and use the correct technique for tackling and regaining possession, and do so within the rules of the game.

Shoot using the correct technique in practice and game situations; know what to do to increase chances of shooting successfully.

Perform a range of dodges and movements to get away from an opponent to successfully receive the ball or create space.

Selecting & applying skills & tactics

CORE

Play, choosing and using skills which meet the needs of the situation

Choose when to pass or dribble, so that they keep possession and make progress towards the goal

Hit the ball with purpose, varying the speed, height and direction

WORKING DEEPER

Perform a wide range of skills with accuracy, speed, confidence and control, adapting them to meet the demands of the situation

Gymnastics

Developing Skills

CORE

Perform a range of rolls showing different entrances and exits

Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy

Perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension

Selecting & applying skills & tactics

CORE

Plan a movement sequence and perform with precision, control and fluency, showing a wide range of actions including variations in speed, levels and directions

Accurately repeat a longer sequence with more difficult actions, with an emphasis on extension, shape and changes in direction

Adapt sequences to include a partner or a small group

WORKING DEEPER

Create increasingly complex routines which include higher level skills and agilities, continually showing excellent control, extension and tension

Athletics

Developing Skills

CORE

Show strength, stamina and speed when running, jumping and throwing

Know rules for a range of events and use knowledge to judge or officiate accurately.

Understand why safety is important in athletic events and abide by the safety rules in all events.

Selecting & applying skills & tactics

CORE

Adapt skills and techniques to different challenges and equipment

WORKING DEEPER

Understand the importance of race strategy in middle distance events and apply simple race tactics successfully to an event

Outdoor Adventurous Activities

Developing Skills

CORE

Work confidently in changing environments, adapt quickly

Selecting & applying skills & tactics

CORE

Devise and put into practice a range of solutions and challenges

Self-Evaluation and Health Awareness

Evaluating and improving performance

CORE

Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance

WORKING DEEPER

Demonstrate sound knowledge and understanding of a technique or tactic as a result of analysis to improve performance

Knowledge and understanding of fitness and health

CORE

Show responsibility for personal warm up programme specific to the activity

Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions

Swimming

Swimming - stroke

CORE

Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke and describe how to use arms and legs together

Confidently use their arms and legs in the correct manner for their chosen stroke and to explain and describe why they have chosen a particular stroke

Understand and explain how to perform safe self-rescue and peer rescue in different water-based situations

Swimming - breathing

CORE

Choose which breathing technique they can use to allow them to complete the distance quickly