

Y1 DANCE Copy and explore basic body actions demonstrated by the teacher. Compose and link movement phrases to make simple dances with clear beginning, middle and end.

Y1 GAMES/ATHLETICS Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking. Run at different speeds, jump with accuracy.

Y2 DANCE Can link several movements together with control and co-ordination. Compose and perform dance phrases and short dances that express communicate moods, ideas and feelings.

Y2 GYMNASTICS Perform a variety of actions with increasing control. Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.

Y2 GAMES/ATHLETICS Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control. Vary skills and show some understanding of simple tactics

Year 1

Year 2

Y1 GYMNASTICS Perform basic gymnastic actions like traveling, rolling and jumping. Link & repeat basic gymnastic actions.

Y4 GAMES/ATHLETICS/OAA Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations. Adapt throw, running pace or action to allow them to reduce times/ increase distance. Use a map with confidence to navigate around a route.

Y3 DANCE Apply basic compositional ideas to create dance which convey feelings and emotions. Link actions to make dance phrases, working with a partner and in a small group.

Year 3

Y3 SWIMMING To swim a distance of 25m. To know how to keep safe in and around water.

Y3 GYMNASTICS Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel. Plan and perform a movement sequence showing contrasts in speed, level and direction

Year 4

Y4 DANCE Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group. Remember, perform and evaluate short dance phrases

Y4 GYMNASTICS Explore different combinations of apparatus to look at shape, balance and travel. Begin to develop a longer and more varied movement phrase with smooth, planned links between actions.

Y3 GAMES/ATHLETICS/OAA Perform the basic skills needed for the games with control and consistency. Throw with accuracy and power, into a target, difference between sprinting and running. Use maps and diagrams to orientate themselves around a course.

Year 5

Y5 DANCE Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group. Use different compositional ideas to create motifs incorporating unison, canon, action and reaction

Y5 GYMNASTICS Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.

Y5 GAMES/ATHLETICS/OAA Try to make things difficult for an opponent by directing the ball to space, at different speeds or heights. Adapt skills and techniques to allow them to reduce speed/increase distance. Move confidently through familiar and less familiar environments.

Year 6

Y6 DANCE Extend compositional skills incorporating a wider range of dance styles and forms. Compose, develop and adapt motifs to make dance phrases and use these in longer dances.

Y6 GYMNASTICS Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy. Repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction.

Y6 GAMES/ATHLETICS/OAA Combine and perform skills with control, adapting them to meet the needs of the situation. Strength, stamina and speed when running, jumping and throwing, know rules, judge events. Work confidently in changing environments, adapt quickly.