

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills they have already acquired (running, jumping etc)</li> <li>Develop overall body-strength, balance, co-ordination and agility</li> <li>Combine different movements with ease and fluency</li> <li>Further develop and refine a range of ball skills</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</li> <li>Confidently and safely use a range of large and small apparatus indoors and</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch showing a degree of competency, in isolation and in varied environments</li> <li>Demonstrate changes of direction, speed &amp; level</li> <li>Show an awareness of how the body changes/functions during exercise</li> <li>Perform and repeat sequences of movements</li> <li>Displays development FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</li> <li>Use FUNDamentals of movement to achieve success, individually and as a team</li> </ul>	<ul style="list-style-type: none"> <li>Link two or more actions to perform a sequence showing control and co-ordination</li> <li>Demonstrate changes of direction, speed &amp; level during performances or in competitive environments</li> <li>Show an awareness of how the body changes/functions during exercise</li> <li>Perform and repeat sequences of movements</li> <li>Competent in the FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</li> <li>Use FUNDamentals of movement to</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch displaying control and accuracy, in isolation and varied environments</li> <li>Demonstrate changes of direction, speed &amp; level during performances or in competitive environments</li> <li>Demonstrates an understanding of how the body changes/functions during exercise</li> <li>Move in a clear, fluent and expressive manner</li> <li>Plan, perform and repeat sequences of movements</li> <li>Competent in the FUNDamentals of movement (Jog, Sprint, Jump, Hop, Weight on</li> </ul>	<ul style="list-style-type: none"> <li>Utilise changes of direction, speed &amp; level during performances/competition to succeed</li> <li>Select and utilise appropriate tactics and techniques to cause problems for opponents</li> <li>Demonstrates a developed understanding of how the body changes/functions during exercise</li> <li>Create movements that convey a clear stimulus, refining these movements into sequences</li> <li>Displays an understanding of fair play, working well with others and leading a small group</li> <li>Plan, perform &amp; repeat</li> </ul>	<ul style="list-style-type: none"> <li>Uses knowledge of the relationship between the body and exercise to improve various fitness components</li> <li>Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</li> <li>Create complex and well executed sequences containing a variety of gymnastic components</li> <li>Display an understanding of fair play, working well with others and leading a medium sized group</li> <li>Field, defend and attack tactically</li> </ul>	<ul style="list-style-type: none"> <li>Uses knowledge of the relationship between the body and exercise to improve all fitness components</li> <li>Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</li> <li>Create complex, demanding and well executed sequences containing a variety of gymnastic components</li> <li>Display an understanding of fair play, working well with others and leading a large group</li> <li>Field, defend and attack tactically by anticipating</li> </ul>

<p>outdoors, alone and in a group</p> <ul style="list-style-type: none"> <li>• Progress towards a more fluent style of moving, with developing control and grace</li> <li>• Negotiate space and obstacles safely with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul>	<ul style="list-style-type: none"> <li>• With guidance participate displaying respect, fair play and working well with others</li> </ul>	<p>employ simple tactics in varied environments</p> <ul style="list-style-type: none"> <li>• With guidance participate displaying respect, fair play and working well with others</li> </ul>	<p>Hands, Balance &amp; Coordination)</p> <ul style="list-style-type: none"> <li>• Use FUNdamentals of movement to employ simple tactics in varied environments</li> <li>• Displays an understanding of respect, fair play and working well with others</li> </ul>	<p>sequences of movements, experimenting with ways of travelling and complex movements</p> <ul style="list-style-type: none"> <li>• Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)</li> <li>• Change running styles according to distance, with the intention of beating personal best's</li> </ul>	<p>by anticipating the direction of play.</p> <ul style="list-style-type: none"> <li>• Utilise new skills in competitive situations, as an individual or part of a team</li> <li>• Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run</li> </ul>	<p>and reacting to the direction of play.</p> <ul style="list-style-type: none"> <li>• Utilise new skills in competitive situations, as an individual or part of a team</li> <li>• Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)</li> <li>• Swim 25m fluently with controlled strokes (breast stroke, front and back.)</li> </ul>
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