

Year group	Discipline	Skills
Year 1	ABC/Ball Skills	<ul style="list-style-type: none"> Follow the leader – jumps, hops, skips Respond to different stimuli with a range of actions Copy and explore basic body actions demonstrated by the teacher Copy simple movement patterns from each other and explore the movement Throw and catch a ball with a partner Move fluently, changing direction and speed easily and avoiding collisions Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking
	Dance	<ul style="list-style-type: none"> Compose and link movement phrases to make simple dances with clean beginning, middle and end. Practise and repeat their movement phrases and perform them in a controlled way
	Gym	<ul style="list-style-type: none"> Perform basic gymnastic actions like traveling, rolling and jumping Manage the space safely, showing good awareness of each other, mats and apparatus Pupils link simple actions and skills Make up simple movement phrases in response to simple tasks. Link & repeat basic gymnastic actions Perform movement phrases with control and accuracy
	Athletics	<ul style="list-style-type: none"> Follow marked tracks in familiar environment. Run at different speeds, jump with accuracy, use a small range of techniques
	Tri Golf	<ul style="list-style-type: none"> Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming Use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions
Year 2	ABC	<ul style="list-style-type: none"> Move smoothly from a position of stillness to a travelling movement move smoothly and in a controlled way from one position of stillness to another
	Ball Skills	<ul style="list-style-type: none"> Pass a ball accurately to a partner over a variety of distances Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control
	Football, Rugby	<ul style="list-style-type: none"> They vary skills and show some understanding of simple tactics, choose and use tactics to suit different situations React to situations in a way that helps their partners and makes it difficult for their opponents
	Gym, Dance	<ul style="list-style-type: none"> Perform a variety of actions with increasing control repeat accurately sequences of gymnastic actions Choose, use and vary simple compositional ideas to create and perform a sequence Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end
	Athletics	<ul style="list-style-type: none"> Change speed and direction, link running and jumping, throw accurately Choose when to run and when to jump. Select which throwing technique to use for accuracy and distance
	Tri Golf	<ul style="list-style-type: none"> They can talk about differences between their own and others' performance and suggest improvements
Year 3	Football / Hockey	<ul style="list-style-type: none"> 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
	Netball / Basketball	<ul style="list-style-type: none"> Travel whilst bouncing a ball showing control 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 Use a range of skills with increasing control
	Dance	<ul style="list-style-type: none"> 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 Perform short dances with expression, showing an awareness of others when moving
	Gym	<ul style="list-style-type: none"> Perform a competent forward roll, rug roll, shoulder roll Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel practise an action or short sequence of movements, and improve the quality of the actions and transitions show control, accuracy and fluency of movement when performing actions on their own and with a partner
	Athletics	<ul style="list-style-type: none"> Throw with accuracy and power, into a target, difference between sprinting and running, different roles in groups
	Swimming	<ul style="list-style-type: none"> Use their arms and legs in the correct manner for the chosen stroke.
Year 4	Tennis	<ul style="list-style-type: none"> In pairs, make up a game and play a simple rallying game.
	Football / Hockey	<ul style="list-style-type: none"> In small groups make up a game with simple rules. Use a range of learnt techniques to ensure fair play and that they know how to score goals and win the game. Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful
	Netball / Basketball	<ul style="list-style-type: none"> Travel with a ball showing increasing control using both hands and feet. Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team. Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations. Use a range of different skills with increasing control and skill

	Dance	<ul style="list-style-type: none"> Respond and perform with a partner, demonstrating actions that link with fluency and accuracy Respond to the stimuli through the appropriate language, creating their own ideas and movement phrases Use a range of actions and begin to combine movement phrases and patterns Begin to respond within a small group of partnership, to speed and level.
	Gym	<ul style="list-style-type: none"> Perform a range of rolls with control and accuracy Explore different combinations of apparatus to look at shape, balance and travel. Know how to utilize 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.
	Athletics	<ul style="list-style-type: none"> Increase the distance when they are running, organizing and preparing themselves, take different roles within a running sequence. Choose with throw, running pace or action to complete to allow them to reduce their times/ increase distance within areas of athletics.
	Swimming	<ul style="list-style-type: none"> Link arms and legs correctly to allow effective propulsion across the pool.
	Tennis	<ul style="list-style-type: none"> Effectively play a competitive net/wall game Keep and use rules they are given Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights
Year 5	Football / Hockey	<ul style="list-style-type: none"> Travel with a ball showing changes of speed and directions using either foot or hand. use a range of techniques when passing, eg high, low, bounced, fast, slow
	Netball / Basketball	<ul style="list-style-type: none"> Keep a game going using a range of different ways of throwing Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights
	Dance	<ul style="list-style-type: none"> Respond to a variety of stimuli showing a range of actions performed with control and fluency Think about character and narrative ideas created by the stimulus, and respond through movement 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
	Gym	<ul style="list-style-type: none"> Perform a range of rolls including backwards roll consistently. perform a range of actions and agilities with consistency, fluency and clarity of movement 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.
	Athletics	<ul style="list-style-type: none"> Sustain and maintain running speed, improve on personal target Choose pace for running and carry through an event
	Swimming	<ul style="list-style-type: none"> Link the correct arm and leg movement for front and back strokes.
	Tennis	<ul style="list-style-type: none"> Effectively play a competitive net/wall game Keep and use rules they are given Try to make things difficult for their opponent by directing the ball to space, at different speeds and heights
	Cricket / Rounders	<ul style="list-style-type: none"> Keep a game going using a range of different ways of throwing Strike a ball with intent and throw it more accurately when bowling and/or fielding
Year 6	Football / Hockey	<ul style="list-style-type: none"> Dribble effectively around obstacles. Show precision and accuracy when sending and receiving Perform skills with accuracy, confidence and control Combine and perform skills with control, adapting them to meet the needs of the situation
	Netball / Basketball	<ul style="list-style-type: none"> They 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
	Dance	<ul style="list-style-type: none"> Perform a variety of dance styles with accuracy and consistency Explore, improvise and choose appropriate material to create new motifs in a chosen dance style Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns
	Gym	<ul style="list-style-type: none"> 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
	Athletics	<ul style="list-style-type: none"> Strength, stamina and speed when running, jumping and throwing, know rules Adapt skills and techniques to different challenges and equipment
	Swimming	<ul style="list-style-type: none"> Swim 25 metres unaided Show which breathing techniques to use for the particular strokes.
	Tennis	<ul style="list-style-type: none"> Play recognized version of net game showing tactical awareness and knowledge of rules and scoring.
	Cricket / Rounders	<ul style="list-style-type: none"> Hit the ball with purpose, varying the speed, height and direction Hit the ball from both sides of the body Use different ways of bowling