

Progression of Milestones in Physical Education

|   | Gymnastics  | Gymnastics   | Striking & Fielding Games   | Invasion Games  | Invasion Games  | Net and Court  |
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| R   | <p><b>Autumn 1 - Gymnastics Proficiency</b><br/>                     I can copy and create shapes.<br/>                     I can complete a straight jump, frog jump and bunny hop.<br/>                     I can balance.<br/>                     I can travel, balance and jump using apparatus.<br/>                     I can make a simple sequence.</p>  |  |   | <p><b>Autumn 2 - Ball Skills</b><br/>                     I can send a ball or bean bag to a partner.<br/>                     I can catch using cup hands.<br/>                     I can find someone in space and send a ball towards them.<br/>                     I can send and receive whilst moving into a space.<br/>                     I can block a moving ball to stop it landing in my space.<br/>                     I can follow the rules of the game.</p>  |   | <p><b>Spring 1 - Mini Tennis</b><br/>                     I can keep control of a ball.<br/>                     I try to trap a ball with a racket.<br/>                     I can push a ball with a racket.<br/>                     I can strike a ball into a target area.<br/>                     I try to strike a ball over an object.<br/>                     I can chase a ball that is sent to me.<br/>                     I can follow and move towards a ball.<br/>                     I take part listening to rules.<br/>                     I can take turns when using my tennis skills.</p> |
| <p><b>Knowledge, skills and understanding are further developed through both inside and outside continuous provision in the indoor and outdoor classrooms.</b> These include:<br/> <b>Indoor:</b> Construction, Mathematics, Reading, Malleable and Craft, Role Play, Writing<br/> <b>Outdoor:</b> Mud Kitchen, Bike Track, Construction, Music and Stage, Role Play, Sand, Storytelling, Water</p> |   |  |   |   |   |  |
| Y1  | <p><b>Summer 2- Gymnastics Proficiency</b><br/>                     I can perform a tuck, pike and straddle shape.<br/>                     I know how to perform a straight shape, star shape, side arabesque and standing star rock.<br/>                     I know how to perform a front support and a back support.<br/>                     I know how to perform bunny hops.<br/>                     I know how to perform a bent and straight leg dish and arc.<br/>                     I can perform a travel, turn and twist sequence.<br/>                     I can link my shapes together in a sequence.</p> | <p><b>Spring 2 - Gymnastics</b><br/>                     I can hold different balances with control.<br/>                     I can use different shapes in my balances.<br/>                     I can perform a tucked roll and a straight roll.<br/>                     I know which balances lead into a certain roll.<br/>                     I can link skills together.<br/>                     I can change the shape of the balance with control.<br/>                     I can use different parts of the body to balance.<br/>                     I can balance with different body parts at the top or bottom of the balance.<br/>                     I can link together different types of movement in a sequence.<br/>                     I can talk about my sequence using key vocabulary.</p> | <p><b>Autumn 1 - Scatterball</b><br/>                     I can send and receive different sized balls.<br/>                     I know how to send a ball so that it goes as far as possible.<br/>                     I can receive a ball that has bounced.<br/>                     I can run between cones to gain points.<br/>                     I can retrieve a ball to get an opponent out.<br/>                     I can aim and send a ball towards an opponent.<br/>                     I can dodge out of the way to avoid being hit.<br/>                     I can change direction when running at speed.<br/>                     I know how to send a ball into an open space to gain an advantage.<br/>                     I can use tactics with my team to beat an opponent.<br/>                     I can use sending techniques like rolling, underarm throw or overarm throw.</p> | <p><b>Autumn 2 - Ball Tag</b><br/>                     I can roll a ball accurately towards a target.<br/>                     I can throw an underarm ball accurately towards a target.<br/>                     I can chase after a partner whilst being aware of my surroundings.<br/>                     I can throw a ball at a partner, aiming for their chest down.<br/>                     I can throw a ball with accuracy.<br/>                     I can throw a ball with power.<br/>                     I can combine power and accuracy to knock over a target.<br/>                     I can play a game of ball tag.<br/>                     I understand the rules of ball tag.<br/>                     I can keep track of the score during a game.</p> | <p><b>Spring 1 - Multiskills</b><br/>                     I can move with control.<br/>                     I can work as a member of a team to use a parachute.<br/>                     I can show balance and coordination in a range of movements.<br/>                     I can roll a ball to a partner using control.<br/>                     I can trap/block a moving ball.<br/>                     I can demonstrate agility while moving around an area,<br/>                     I can send a ball accurately by locating space.<br/>                     I can balance on one leg and send an object.<br/>                     I can balance on one leg and receive an object.<br/>                     I can take part in competitive games and show good sportsmanship.</p> | <p><b>Spring 1 - Mini-tennis</b><br/>                     I can send a ball to a partner.<br/>                     I can strike a moving ball with my hand.<br/>                     I can strike a moving ball using a racket.<br/>                     I can strike a ball over an object.<br/>                     I can catch a ball.<br/>                     I can trap a ball.<br/>                     I can defend my area using a forehand and frying pan technique.</p>   |
| Y2  | <p><b>Autumn 1 - Gymnastics Proficiency</b><br/>                     I can perform a dish to arch transition.<br/>                     I can perform front and back supports.<br/>                     I can perform rebound jumps.<br/>                     I can perform consecutive donkey kicks.<br/>                     I can perform a tuck round to shoulder stand.</p>   | <p><b>Spring 2 – Gymnastics</b><br/>                     I can show a variety of shapes whilst showing control<br/>                     I can move using small and large body parts<br/>                     I can walk, stride, hop and bounce on hands or feet.<br/>                     I can use small body parts to take weights and show high and low balanced positions.<br/>                     I can use different parts of the body to balance.</p>   | <p><b>Autumn 1 - Danish Longball</b><br/>                     I can use agility to dodge a person or a ball.<br/>                     I can send a ball with accuracy towards a target.<br/>                     I can play a conditioned game of longball.<br/>                     I can roll a ball accurately to a partner.<br/>                     I can work as a team to retrieve a ball.</p>   | <p><b>Summer 2 - Multiskills</b><br/>                     I can run, jump, skip and jog with coordination and balance.<br/>                     I can tag by touching someone or by pulling an item away from someone.<br/>                     I know that creating a tactic will help you to win a game.<br/>                     I can use a tactic to defend and attack.<br/>                     I can use a bounce pass, underarm pass and overarm pass.</p>  | <p><b>Spring 1 Hockey</b><br/>                     I know how to move and hold my hockey stick.<br/>                     I can send a ball using a push technique.<br/>                     I can send a ball and move into space.<br/>                     I can send a ball over a long distance.<br/>                     I can move towards a goal and shoot.<br/>                     I can receive a ball.</p>  | <p><b>Spring - Badminton</b><br/>                     I know how to move towards an object to strike it.<br/>                     I can perform a defensive swing with a racket.<br/>                     I know when to perform a defensive swing.<br/>                     I can perform a swing shot using a shuttlecock.<br/>                     I can perform a rally with a moving object.</p>  |

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|    | <p>I can roll a ball to a partner with control.</p> <p>I can link different jumps together.</p> <p>I can hold a japana stretch.</p> <p>I can hold an arabesque balance.</p> <p>I can bunny hop over a bench.</p> <p>I can travel alongside a hoop.</p> <p>I can create a sequence using a range of skills that link.</p> <p>I can evaluate another performance.</p>   | <p>I can balance with different parts of the body being at the top.</p> <p>I can roll safely in a variety of ways.</p> <p>I know the difference between small and large body parts.</p> <p>I can vary the shape of the balance whilst being in control.</p> <p>I can safely jump, hop and bounce from one position to another.</p> <p>I can jump safely from two feet to one foot and from one foot to two feet.</p> <p>I can safely twist from two feet to two feet.</p> <p>I can show what I have learnt in this unit by creating my own sequence.</p>   | <p>I can work as a team to create a tactic for fielding.</p> <p>I can play a game of Danish longball in small groups.</p> <p>I can accurately throw a ball to get a player out.</p> <p>I can use fielding techniques in a full game of Danish longball.</p> <p>I can use batting and running techniques in a full game of Danish longball.</p>   | <p>I can send and receive a ball with accuracy.</p> <p>I can work as part of a team.</p>   | <p>I can dribble with a ball.</p>   | <p>I know how to move my body to strike a shuttle with a racket</p> <p>I can perform a swing shot to strike a shuttlecock over a net.</p> <p>I can perform a swing, forehand and an overhead shot to strike an object.</p> <p>I can perform drop serve shot.</p> <p>I can perform a return shot towards a partner.</p> <p>I can perform badminton skills in competitive way.</p>   |
| Y3 | <p><b>Autumn 1 - Gymnastics Proficiency</b></p> <p>I know how to perform a split and cat leap.</p> <p>I know how to perform a japana.</p> <p>I know how to perform a straight, tucked and straddle roll.</p> <p>I know how to jump on the box using a hurdle step.</p> <p>I know how to perform a shoulder stand.</p> <p>I know how to perform a tuck, star, straight, 1/2 turn and wolf jump from 3 different heights.</p> <p>I can perform a routine in a competition.</p>  | <p><b>Spring 2 – Gymnastics</b></p> <p>I can show a variety of shapes whilst being under control.</p> <p>I can move using small and large body parts safely.</p> <p>I can walk, stride, bounce and hop on feet or hands and feet and slide on different body parts.</p> <p>I can vary the types of balances I can perform.</p> <p>I know which small parts of the body can take weights and show high and low balanced positions.</p> <p>I can twist from two feet to two feet under control.</p> <p>I understand when I need to use turning jumps in my routines and sequences.</p> <p>I can plan and perform a sequence using up 6 moves.</p> <p>I know how to link moves together and show control when performing.</p> <p>I can link together a jump, safe landing and roll action showing different combinations of shapes.</p> | <p><b>Autumn 1 - Cricket</b></p> <p>I can perform the correct technique when striking a ball.</p> <p>I can perform a bowl using the correct technique.</p> <p>I can strike a moving ball using accuracy.</p> <p>I know when to change the amount of power to strike a ball.</p> <p>I can perform a sprint run with a partner.</p> <p>I know when to communicate with a partner to run or not.</p> <p>I can perform as a batter, wicket keeper, fielder and deep fielder.</p> <p>I can perform as part of a team when creating a tactic.</p> <p>I can perform as part of a team in Kwik Cricket.</p>  | <p><b>Autumn 2 - Netball</b></p> <p>I can move using speed and agility.</p> <p>I know different attacking and defending techniques.</p> <p>I know how to perform a chest pass, bounce pass and shoulder pass.</p> <p>I can pass a netball to a moving partner using a chest or shoulder pass.</p> <p>I know the correct shooting technique in netball.</p> <p>I can work with a partner to attack the goal.</p> <p>I know tactics to attack and defend.</p> <p>I can intercept a ball</p> <p>I can play an adapted version of netball.</p> <p>I can apply my learning in a game of netball.</p>  | <p><b>Summer 2 – Football</b></p> <p>I can dribble the ball with my feet, keeping it under control.</p> <p>I can move in a variety of directions whilst keeping the ball under control.</p> <p>I can change direction with the ball whilst moving.</p> <p>I can turn with the ball using different surfaces of the foot.</p> <p>I can keep my knee bent when changing direction, to be able to push away with speed.</p> <p>I understand where I need to contact the ball to pass it correctly.</p> <p>I know how to stand and approach the ball to pass it.</p> <p>I can aim a pass at a partner over a short distance.</p> <p>I can play a competitive match of football.</p>   | <p><b>Spring 1 - Tennis</b></p> <p>I know how to strike a ball accurately to help gain a point.</p> <p>I know to return a ball before it hits the ground more than once.</p> <p>I know that a forehand, backhand, a volley and a serve are all key skills in tennis.</p> <p>I can send a ball to a target.</p> <p>I can return a bouncing ball.</p> <p>I can send a ball over a net to my partner.</p> <p>I can perform an attacking shot.</p> <p>I can perform a defensive shot.</p>  |
| Y4 | <p><b>Autumn 1 - Gymnastics Proficiency</b></p> <p>I can support myself using tension when balancing.</p> <p>I can link balances to travelling skills.</p> <p>I can perform core proficiency number 4.</p> <p>I can perform jumps and balances at a height.</p> <p>I can perform a headstand using support.</p> <p>I know how to use flexibility within gymnastics.</p> <p>I can use momentum to perform rotation skills.</p> <p>I can link skills together to create a sequence.</p> <p>I can perform a routine to music.</p> <p>I can perform a routine as part of a group.</p> | <p><b>Summer 2 – Gymnastics</b></p> <p>I can vary the types of balances I can perform.</p> <p>I know which small parts of the body can take weights and show high positions using different combinations.</p> <p>I can tell the difference between point and patch balances.</p> <p>I can tell the difference between a leap and a jump.</p> <p>I can safely land/jump and understand how to cushion my landing.</p> <p>I know and understand the safety implications involved in various types of rolling and show rolling sideways in curled and stretched shapes.</p> <p>I can twist from two feet to two feet under control.</p>   | <p><b>Autumn 1 - Rounders</b></p> <p>I can catch a rounders ball using the correct technique.</p> <p>I can send a rounders ball underarm and overarm with accuracy.</p> <p>I can strike a ball using the correct batting technique.</p> <p>I can strike a ball to a chosen location by changing my body position.</p> <p>I can use a long barrier to stop a rolling ball.</p> <p>I know where I need to throw the ball to when fielding.</p> <p>I can read where the batter is running to and know the best way to get them out.</p> <p>I know how best to get a batter out.</p> <p>I can use fielding techniques to stump a player out.</p> | <p><b>Autumn 2 - Basketball</b></p> <p>I can perform a show and go and a triple treat.</p> <p>I can pass a ball accurately using, chest pass, bounce pass, shoulder pass and overhead pass.</p> <p>I know how to intercept the 4 basic passes.</p> <p>I can dribble with control and pass the ball into space whilst looking to score.</p> <p>I know how to shoot towards a target.</p> <p>I know how to rebound a ball that doesn't reach a target area.</p> <p>I know how to attack and defend as part of a team.</p> <p>I know how to use the opposition's strengths and weaknesses to create an effective tactic.</p> <p>I know how to referee a small-sided game.</p> | <p><b>Spring 1 - Tag Rugby</b></p> <p>I can attack as an individual and in a group.</p> <p>I can dodge a defender as I run towards the try-line.</p> <p>I can throw a ball accurately to a partner whilst running forward.</p> <p>I can defend a ball using the space.</p> <p>I know the passing rule in tag rugby.</p> <p>I know how to carry the ball as a team towards the try-line.</p> <p>I know how to run into space when attacking.</p> <p>I know how to change direction quickly to help me to defend.</p> <p>I can use the width of the pitch to dodge away from a defender.</p> <p>I can change the direction and speed of my running.</p> <p>I can use attacking skills to work as a team to progress towards the try-line.</p> | <p><b>Spring 1 - Badminton</b></p> <p>I can perform a forehand and backhand shot.</p> <p>I can return a shuttlecock using a forehand technique, overhead clear shot and a drive shot.</p> <p>I can perform a smash and clear shot in isolation.</p> <p>I can serve.</p> <p>I can aim to land the shuttlecock in different areas of the court.</p> <p>I can play a simplified game of badminton.</p> <p>I can create a rally with a partner using each of the 4 shots.</p> <p>I can create a scoring system for a simplified game of badminton.</p> <p>I can perform fair umpiring skills.</p> <p>I can choose an appropriate shot for the situation.</p> |

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|    | <p>I can perform skills from Proficiency 3 using equipment as support.</p> <p>I can perform skills from Proficiency 3 independently.</p>   | <p>I can use different parts of the body to balance when I am high and low.</p> <p>I can start to support a partner when they are performing a balance.</p> <p>I can link together a jump, safe landing, and rolling action showing different combinations of shapes.</p>   | <p>I can strike a rounders ball and run on to a base, being aware of where my team-mates are.</p> <p>I can play different fielding positions (base, backstop, bowler, deep fielder).</p> <p>I can use fielding, batting and running techniques in a full game of rounders.</p>   | <p>I know the defensive techniques: blocking, shadowing, and boxing out.</p>   | <p>I can use defending skills within a team to prevent my opponent scoring a try.</p>  | <p>I know how to apply the rules of badminton to my advantage.</p>   |
| Y5 | <p><b>Autumn 1 - Gymnastics Proficiency</b></p> <p>I can perform advanced skills and link them together to music.</p> <p>I can perform skills from proficiency 3 showing tension, strength and balance.</p> <p>I know and can explain the correct technique for all 10 skills in proficiency 3.</p> <p>I can perform a handstand and headstand showing strength and tension.</p> <p>I can perform a free headstand and handstand changing my leg position.</p> <p>I can perform a teddy bear roll, a forward roll and a cartwheel independently.</p> <p>I can perform point and patch balances at a height.</p> <p>I can perform a squat on and a dismount skill.</p> <p>I know how to change my body in different types of bridges.</p> | <p><b>Spring 2 – Gymnastics</b></p> <p>I can vary the types of balances I can perform.</p> <p>I know which small parts of the body can take weights and show high and low balances positions using different combinations.</p> <p>I know when I need to use turning jumps in their routines and sequences.</p> <p>I know how to link moves together and show control and body tension when performing.</p> <p>I know how to roll safely and under control in a variety of different ways.</p> <p>I can use different parts of the body to balance when I am high and low.</p> <p>I can support my partner when performing a handstand and know the safety implications.</p> <p>I can link together moves with a partner and show unison and canon.</p> <p>I can perform a sequence of moves under control</p> <p>I know how to link moves together and show control and body tension when performing.</p> | <p><b>Autumn 1 - Danish Longball</b></p> <p>I know the skills needed for dodgeball.</p> <p>I know how the rules of dodgeball and longball are similar.</p> <p>I know how to shoot using hand over head, under arm scoop, two hand over head, and side shot.</p> <p>I can send a ball at a moving target.</p> <p>I know how to negotiate obstacles.</p> <p>I know the rules of Danish Longball.</p> <p>I know an effective tactic.</p> <p>I can use a tactic to gain advantage for the team.</p> <p>I know when to attempt to score and when it is safe to attempt a run.</p> <p>I can compete against others using effective tactics.</p>  | <p><b>Autumn 2 - Handball</b></p> <p>I can move into space and then pass a ball.</p> <p>I can intercept another player.</p> <p>I can perform a jump shot, lob shot, and spin shot.</p> <p>I can use a dribble step sequence</p> <p>I know how to work with a teammate to defend possession.</p> <p>I can swipe a ball from my opponent.</p> <p>I know how to mark my opponent to prevent a goal.</p> <p>I can block a shot with my body.</p> <p>I can shoot against a goalkeeper.</p> <p>I know how to use tactics to play a fair game of handball and bench ball.</p> <p>I know how to participate in a competitive game of handball and bench ball.</p>  | <p><b>Spring 1 - Hockey</b></p> <p>I can dribble a ball showing control .</p> <p>I can dribble a ball whilst moving fast.</p> <p>I can send a ball accurately using a push pass.</p> <p>I can shoot a ball using accuracy.</p> <p>I can make the ball move at different paces.</p> <p>I can use the right amount of power to send to a partner.</p> <p>I can send and receive a ball avoiding a defender.</p> <p>I can tackle safely.</p> <p>I can pass a ball through a gate to a partner.</p> <p>I know the rules of hockey and how to apply them to a game.</p> | <p><b>Spring 1 - Tennis</b></p> <p>I can use a tennis racket to guide and control a ball.</p> <p>I can balance a ball on a racket when moving at speed.</p> <p>I can bounce a ball in the air to myself with control.</p> <p>I can return a ball using an open palm.</p> <p>I can use a tennis racket to return a ball.</p> <p>I can perform a forehand and backhand return.</p> <p>I can participate in a rally using a tennis racket in a designated space.</p> <p>I can begin to think of tactics to prevent my partner from returning the ball.</p> <p>I can use spatial awareness and communication to take part in a doubles tennis match.</p> <p>I can create a tactic in a doubles tennis match.</p> <p>I can serve to begin a tennis match.</p> <p>I can strike the ball with accuracy to aim for a specific part of the court.</p> |
| Y6 | <p><b>Autumn 1 - Gymnastics Proficiency</b></p> <p>I can perform skills alone and with partner support.</p> <p>I can perform individual skills as part of a group.</p> <p>I can perform and link skills using travelling skills.</p> <p>I can create a routine from a set list to music.</p> <p>I can perform skills with control and tension.</p> <p>I can help to coach others whilst critiquing.</p> <p>I can create and perform a skilled gymnastics routine.</p> <p>I can add ideas and link more advanced skills together to create a gymnastics routine with equipment.</p>   | <p><b>Spring 2 – Gymnastics</b></p> <p>I can use a range of different parts of the body to balance when I am high and low.</p> <p>I can perform a range of individual balances (dish, arch, shoulder, stork, needle, arabesque, headstand).</p> <p>I know when I need to use turning jumps in my routines and sequences.</p> <p>I know how to link moves together and show control and body tension when performing.</p> <p>I can perform a spin (1/2, full).</p> <p>I can perform a range of partner balances.</p> <p>I can perform a range of rolls safely (log, egg, shoulder, teddy bear, forwards/backwards).</p>  | <p><b>Autumn 1 - Rounders</b></p> <p>I can accurately throw a ball under and overarm.</p> <p>I can catch a ball that has been thrown to me over and underarm.</p> <p>I can catch a ball that is falling from a height.</p> <p>I can strike a moving ball with a tennis racket or rounders bat.</p> <p>I can alter my technique to hit a target.</p> <p>I can retrieve a rolling ball.</p> <p>I can plan where to throw a ball to have the best chance of stumping an opponent out.</p> <p>I know and understand the rules of rounders.</p> <p>I can use fielding techniques to stump a player out.</p> <p>I can use different tactics created by my team.</p> <p>I can use fielding techniques in a full game of rounders.</p> | <p><b>Autumn 2 - Netball</b></p> <p>I can maintain correct body position when performing different passes.</p> <p>I know and understand the footwork rule.</p> <p>I can use different netball passes with a partner to move the ball towards the goal zone.</p> <p>I can defend using the L technique.</p> <p>I can move into space to receive a pass.</p> <p>I can use the fake-away tactic to receive a ball in space away from a defender.</p> <p>I know the positions in netball and where each player can go on the court.</p> <p>I know the offside rule in netball.</p> <p>I can use tactics to defend and intercept.</p> <p>I can drive into space to receive the ball from opponents.</p> | <p><b>Spring 1 - Football</b></p> <p>I can send and receive using a strong technique.</p> <p>I can dribble and control a ball through multiple path ways.</p> <p>I know and perform a half volley and a volley with control.</p> <p>I know how to control a ball from height.</p> <p>I know how to control a ball from chest, knee and foot.</p> <p>I can critique weaknesses and strengths when creating tactics.</p> <p>I know how to coach others showing fairness and a full understanding of the rules.</p> <p>I know how tactics improve performance.</p>    | <p><b>Spring 1 - Badminton</b></p> <p>I can strike using an open hand.</p> <p>I can strike a moving shuttlecock with a racket using an under arm swing.</p> <p>I can strike a shuttlecock over an obstacle using a forehand and backhand.</p> <p>I can identify and perform the swing, overhead clear, back hand serve and smash.</p> <p>I can perform a swing, overhead clear, back hand serve and smash with the correct amount of power during a rally.</p> <p>I can perform all shots, at the appropriate time whilst using the correct technique.</p> <p>I can perform a serve over a net using the correct technique and move to attempt to return it.</p>   |

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|  |  | <p>I can travel in different ways (stepping - straight and bent leg, leaping - scissor, cat, 2 to 1, stag).<br/>I can link together a jump, safe landing, and rolling action showing different combinations of shapes.<br/>I can performing advanced gymnastics skills (cartwheel, round off, walkovers).</p> | <p>I can use batting and running techniques in a full game of rounders.</p> | <p>I can participate in a full game of High-5 netball.</p> |  | <p>I know when to return a shot using an attacking or defensive shot.<br/>I know how to gain a point against an opponent.<br/>I can perform with a partner to create and carry out a tactic.<br/>I can understand the rules of Badminton England.<br/>I can perform fair umpiring skills.<br/>I can choose an appropriate shot for the appropriate situation.</p> |
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## Progression of Milestones in Physical Education

|    | Athletics   | Athletics  | Dance  | OAA/Swimming  | Forest School   |
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| R  | <p><b><u>Obstacles and Running</u></b><br/>I can perform different movement races staying in my lane.<br/>I know how to compete against others fairly.<br/>I can run and throw in the correct direction.<br/>I can change my speed to sprint and walk.<br/>I know when to change my speed in a race.<br/>I can perform different skills in an obstacle race.<br/>I can listen and follow instructions.<br/>I can perform throwing and jumping for distance.<br/>I can link different skills together as part of an obstacle race.</p> | <p><b><u>Spring 2 - Throwing &amp; Jumping</u></b></p> <ul style="list-style-type: none"> <li>I can perform a jump using balance.</li> <li>I can perform 2 jumps linked together.</li> <li>I can perform in a jumping race.</li> <li>I can throw in the correct direction.</li> <li>I can perform an overarm and underarm throw.</li> <li>I know that different equipment needs to be thrown differently.</li> <li>I can perform a bean bag and ball throw.</li> <li>I can use the flamingo technique to skip with a hoop.</li> <li>I can perform a skip with and without equipment.</li> <li>I can perform in a jumping and throwing completion.</li> <li>I know how to take turns and wait my turn.</li> <li>I know how to follow rules of a competition.</li> </ul> | <p><b><u>Summer 2 – Dance</u></b><br/>I can perform body actions.<br/>I can move different body parts in a variety of ways.<br/>I can experiment with my own movements.<br/>I can show a range of different body shapes.<br/>I can move at different speeds.<br/>I can remember some patterns of movement.<br/>I can move safely in my own space, using changes of speed, level and direction.<br/>I can move and combine two actions together.<br/>I can skip, hop and stand on one leg for a few seconds.<br/>I can move around looking at changing speed and direction.<br/>I can move with control in different ways.<br/>I can begin to move with developing control and grace.<br/>I can find new ways of moving.<br/>I can repeat simple movement patterns.<br/>I can be creative in the way I move around.<br/>I can combine movements together with ease and fluency<br/>I can use and remember different patterns of movement and perform them to music.</p> |   | <p><b><u>Autumn – Spring 1</u></b><br/>I understand how to stay and play safely in the woods.<br/>I can take turns and think critically with others.<br/>I can solve problems using outdoor equipment.<br/>I can help to build a den.<br/>I can create outdoor art using natural materials.<br/>I can sit quietly and listen for bird sounds.<br/>I understand how to stay safe around a fire.</p> <p><b><u>Spring 2 – Summer</u></b><br/>I can weave using natural materials.<br/>I can safely use tools to dig in the soil.<br/>I can recognise different mini-beasts.<br/>I can use different senses to recognise objects.<br/>I can identify understand my own emotions.<br/>I can navigate around an obstacle course.<br/>I can create a home for an insect.<br/>I can approach a fire safely.</p> |
| Y1 | <p><b><u>Summer 1 - Obstacles and Races</u></b><br/>I know how to chase a partner.<br/>I know how to run, hop and hopscotch at different speeds.<br/>I know how to use agility when hopping, running and hopscotch.<br/>I know how to play a running game fairly.<br/>I can perform in a competitive competition.<br/>I can perform hopping, running and hopscotch.<br/>I know how to run over an obstacle.<br/>I can perform as part of a team.<br/>I know how to use and move equipment safely.</p>                                 | <p><b><u>Spring 2 – Throwing</u></b><br/>I can perform a bean bag throw, quoit throw, tennis ball throw and a football throw using an over arm and under arm technique.<br/>I know how to change my power to throw a bean bag further.<br/>I know how to change my throwing technique for different equipment.<br/>I can perform a throwing relay as part of a team.</p>   | <p><b><u>Summer 1 – Dance</u></b><br/>I can use space safely.<br/>I can confidently travel on my feet in different ways and recognise directions.<br/>I can change direction with control.<br/>I can vary the speed of my movements.<br/>I can show a variety of shapes using control of my body.<br/>I can move using small and large body parts safely.<br/>I can walk, stride, hop and bounce on feet and hands and slide on different body parts.<br/>I can safely jump, hop or bounce from one position to another.</p>   | <p><b><u>Summer 2 - OAA</u></b><br/>I can work as part of a team to achieve a goal.<br/>I can take part in an under over race.<br/>I can communicate effectively with my peers.<br/>I can work in a group to problem solve.<br/>I can communicate effectively with my team, showing listening skills.<br/>I can evaluate my performance.<br/>I can read a map.<br/>I can find treasure using a map.<br/>I can work together and use communication skills.</p> | <p><b><u>Autumn 1</u></b><br/>I can use different twigs to make a tripod.<br/>I can use natural colours in my Hapa Zome art.<br/>I can use art to show my emotions.<br/>I can use square breathing to reflect on my feelings.<br/>I can use observation to look for evidence of bird life.<br/>I understand how to be safe around an outdoor fire.<br/>I know what type of fuel helps to build a fire.</p>  |

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|    |   | <p>I can perform a throw for distance with a bean bag, quoit, tennis ball, football and dodge ball.</p> <p>I can perform against others whilst changing my technique.</p> <p>I know how to compete fairly and follow the rules.</p>  | <p>I can jump from one foot to two feet and from one foot to the other foot whilst landing safely.</p> <p>I can twist from two feet to two feet with control.</p> <p>I can link together different movements I have learnt under control.</p> <p>I can perform these movements to music.</p>  |   |   |
| Y2 | <p><b>Summer 1 - Obstacles and Races</b></p> <p>I can run at different speeds.</p> <p>I can perform running using awareness.</p> <p>I know when to change my running speed.</p> <p>I can step over an obstacle and hurdle.</p> <p>I can run over an obstacle and hurdle.</p> <p>I can perform the correct technique when running over an obstacle and hurdle.</p> <p>I know how to handle equipment safely.</p> <p>I know how to create an imaginative obstacle course.</p> <p>I can perform different running styles on an obstacle course and during races.</p> <p>I know how to comment on my own performance to get better.</p>   | <p><b>Spring 2 Jumping</b></p> <p>I know how to perform a kangaroo jump for speed.</p> <p>I know how to perform a vertical jump for height.</p> <p>I know how to perform a bunny hop for distance.</p> <p>I know how to perform a standing long jump.</p> <p>I can perform 1-1, 2-1, 2-2, 1a - 1b jumps.</p> <p>I can perform jumps consecutively.</p> <p>I can link jumps.</p> <p>I know which jump to use to compete against others.</p>   | <p><b>Summer 1 – Dance</b></p> <p>I can perform basic body actions and movements.</p> <p>I can move using different body parts.</p> <p>I can show a range of body shapes.</p> <p>I can move at different speeds and heights.</p> <p>I can move safely into space using changes of speed, levels and direction.</p> <p>I can move with control.</p> <p>I can show a variety of shapes using control of my body.</p> <p>I can vary the movement whilst changing speed or direction.</p> <p>I can be creative in the way I move.</p> <p>I can remember and repeat simple movement patterns.</p> <p>I can link actions and movements together.</p> <p>I can use movements that express ideas, mood and feeling.</p>   | <p><b>Summer 2 - OAA</b></p> <p>I can use teamwork to achieve a goal.</p> <p>I can use balance, coordination and agility.</p> <p>I can communicate with my team without using my voice.</p> <p>I can use different movement skills to perform actions.</p> <p>I can work well as part of a team.</p> <p>I can find and identify different orienteering points.</p> <p>I can use the information to move to another point.</p> <p>I know and understand the 4 compass points.</p> <p>I can follow compass points on a course.</p> <p>I can follow instructions given as compass points.</p>  | <p><b>Autumn 2 – Forest School</b></p> <p>I can use clay and twigs to make a hedgehog.</p> <p>I can use items in nature to display how I am feeling.</p> <p>I can safely use different tools.</p> <p>I can use a peeler to peel bark off twigs.</p> <p>I can climb trees safely.</p> <p>Display endurance when running a set distance.</p> <p>I know when it is not safe to light a fire.</p> <p>I can cook basic food over an outdoor fire.</p>                              |
| Y3 | <p><b>Summer 1 - Cross Country</b></p> <p>I can use coordination to collect objects while running.</p> <p>I can show a quick reaction time when starting a race.</p> <p>I can use stamina to complete tasks over a period of time.</p> <p>I can work as a team to complete a paarlauf task.</p> <p>I can adjust my stride to hurdle over different objects.</p> <p>I can create an achievable yet challenging hurdle course.</p> <p>I can create a racing order for a paarlauf race.</p> <p>I know how a paarlauf race works and how to create tactics for winning.</p> <p>I can throw different objects using the correct javelin technique.</p> <p>I can throw a javelin with accuracy.</p> <p>I can be a supportive team member.</p> <p>I can take part in a competitive carousel showing sportsmanship.</p> | <p><b>Spring 2 - Throwing and Jumping</b></p> <p>I can perform a speed bounce, vertical high jump, javelin and chest push.</p> <p>I know how to compete in a speed bounce, vertical high jump, javelin and chest push event using athletic rules.</p> <p>I know how to change my technique for different disciplines.</p> <p>I can perform a speed bounce using agility and balance.</p> <p>I can perform a vertical high jump using power.</p> <p>I can perform a javelin throw using accuracy and power.</p> <p>I can perform a chest push using momentum.</p> | <p><b>Summer 1 – Dance</b></p> <p>I can work creatively and imaginatively.</p> <p>I can explore a range of different movement patterns in time to music.</p> <p>I can respond creatively to the stimulus.</p> <p>I can perform dances with fluency and control.</p> <p>I can remember and repeat simple movement patterns.</p> <p>I can link actions into a dance sequence.</p> <p>I can work creatively with a partner in unison.</p> <p>I can structure simple movement patterns individually and then together.</p> <p>I can respond and move to a range of different music and changes in tempo.</p> <p>I can work in small groups to plan, prepare and perform a dance routine.</p> <p>I can choose my own movements to create patterns.</p> <p>I can perform a full dance routine with 4 or 5 elements.</p> | <p><b>Summer 2 – Swimming</b></p> <p>I can swim at least 25 meters.</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>I can use a range of strokes effectively.</p> <p>I can perform safe self-rescue in different water based situations.</p> <p>I can perform front crawl by entering each arm into the water then pulling back to the 'pocket'.</p> <p>I can kick my legs slightly under the water level in front crawl and back stroke.</p> <p>I can breathe every 2-4 strokes when performing front crawl.</p> <p>I can ensure my arms enter the water little finger first in back stroke.</p> <p>I can perform the correct arm action in breast stroke.</p> <p>I can perform the correct leg action in breast stroke.</p> | <p><b>Spring 1 – Forest School</b></p>  |
| Y4 | <p><b>Summer 1 – Running</b></p> <p>I can use pump/swing my arms fast (hip to lip) when running, keep my head still and keep my body trunk upright.</p> <p>I can stand in the correct stance while holding the javelin/vortex.</p> <p>I can throw a javelin/vortex while standing in the correct stance.</p> <p>I can throw a javelin/vortex using the correct stance and rotating my hips forward.</p> <p>I can run over an obstacle/hurdle at some speed.</p>   | <p><b>Spring 2 - Throwing and Jumping</b></p> <p>I can perform a standing long jump and shot-put throw.</p> <p>I can perform a long jump with a run up.</p> <p>I can perform a shot put with accurate technique.</p> <p>I know how to improve my technique to gain a longer distance for my long jump and shot-put throw.</p> <p>I can perform in my own competition that I created for long jump and shot put.</p>  | <p><b>Summer 1 – Dance</b></p> <p>I can work creatively and imaginatively in partnership with others.</p> <p>I can select a range of different movement patterns in time to music.</p> <p>I can be creative in how I move.</p> <p>I can remember and repeat movement patterns.</p> <p>I can work creatively and imaginatively in a pair.</p> <p>I can perform movements with control in time to the music.</p>  | <p><b>Summer 2 – Swimming</b></p> <p>I can swim at least 25 meters.</p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>I can use a range of strokes effectively.</p> <p>I can perform safe self-rescue in different water based situations.</p> <p>I can perform front crawl by entering each arm into the water then pulling back to the 'pocket'.</p> <p>I can kick my legs slightly under the water level in front crawl and back stroke.</p> <p>I can breathe every 2-4 strokes when performing front crawl.</p> <p>I can ensure my arms enter the water little finger first in back stroke.</p>   | <p><b>Spring 2 – Forest School</b></p> <p>I can create a game to play safely with friends.</p> <p>I can use rope to create tripod structures for den building.</p> <p>I can use clay to create a light holder.</p> <p>I can create a collage using natural resources.</p> <p>I can use a bill hook and cut safely with a partner.</p> <p>I know what the fire triangle is and the elements used to make a fire.</p> <p>I can prepare food and cook it safely on the fire.</p> |



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|    | <p>I can run over an obstacle/hurdle with speed and control.<br/>I can stand in the correct stance for shot put.<br/>I can push a tennis ball using the correct shot put stance and rotating my hips forward.<br/>I can be a supportive team member.<br/>I can take part in a competitive carousel showing sportsmanship.</p>   | <p>I know how to compete in a jumping and shot-put relay.<br/>I know how to run a long distance.<br/>I know how to change my pace for different distances.<br/>I can perform the correct technique for a baton change.</p>   | <p>I can choose movements that I have already explored to create my own movement pattern.<br/>I can perform basic movements in unison with my group.<br/>I can structure simple movement patterns in time to the music, adapting to changes in tempo.<br/>I can link actions into a sequence individually and in a group.<br/>I can add expression to my movements.<br/>I can use canon and unison to vary the movements in the routine.<br/>I can watch and understand what people are trying to put across in their dance and be able to discuss.<br/>I can perform a full dance routine with 5 or 6 elements.</p>  | <p>I can perform the correct arm action in breast stroke.<br/>I can perform the correct leg action in breast stroke.</p>  |  |
| Y5 | <p><b>Summer 1 - Cross Country and Hurdles</b><br/>I know when to change my pace to allow me to run for longer.<br/>I know how to encourage others to complete a short course.<br/>I can chase others using a faster pace.<br/>I can complete a long-distance course showing I can hold a pace.<br/>I can create and maintain a personal best on different courses<br/>I can complete a long-distance course using the Fartlek technique.<br/>I can complete a mile run showing I can change pace.<br/>I can run over an obstacle using a longer stride.<br/>I can change my step sequence to adapt to the type of hurdle I am running over.<br/>I can combine pace, coordination and speed when running over a hurdle.<br/>I can pass a relay baton using an up-sweep, down sweep and push pass.</p> | <p><b>Spring 2 - Javelin, shot put, discus and jumping</b><br/>I can perform and link all types of jumps.<br/>I can compete using all types of jumps.<br/>I can use a step sequence to perform different types of jumps.<br/>I know the correct technique to use for a javelin, shot put, frisbee and discus throw.<br/>I can throw a javelin, shot put, frisbee and discus with a step sequence.<br/>I can throw a javelin, shot put, frisbee and discus with precision.<br/>I know how to compete against others following the sports hall athletic rules.</p> | <p><b>Summer 1 – Dance</b><br/>I can use fundamental shapes and actions (jump, hops, balancing).<br/>I can perform a range of basic movements (unison, gesture, canon).<br/>I can remember and repeat movement patterns and perform them in time to music.<br/>I can respond to a stimulus to create new movements with a partner.<br/>I can perform dances in different styles in response to a stimuli.<br/>I can confidently perform movements that express ideas, mood and feeling.<br/>I can perform more complex movements in unison with my group.<br/>I can help choreograph a small group dance.<br/>I can remember movements in a routine without being prompted.<br/>I can create and perform fluent dance routines (5-6 elements).<br/>I can plan and prepare a dance routine in a small group.<br/>I can discuss strengths and areas for improvement of dance routines using key vocabulary.<br/>I can perform dances with control to the rhythm and in the style of the music.<br/>I can evaluate and refine my own work.</p> | <p><b>Summer 2 – Swimming</b><br/>I can swim at least 25 meters.<br/>I can swim competently, confidently and proficiently over a distance of at least 25 meters.<br/>I can use a range of strokes effectively.<br/>I can perform safe self-rescue in different water based situations.<br/>I can perform front crawl by entering each arm into the water then pulling back to the 'pocket'.<br/>I can kick my legs slightly under the water level in front crawl and back stroke.<br/>I can breathe every 2-4 strokes when performing front crawl.<br/>I can ensure my arms enter the water little finger first in back stroke.<br/>I can perform the correct arm action in breast stroke.<br/>I can perform the correct leg action in breast stroke.</p> | <p><b>Summer 1 – Forest School</b><br/>I can make a friendship bracelet with wool.<br/>I can work in a group to design and create a den.<br/>I can evaluate my den building based on my design.<br/>I can make a clay pinch pot in the style of The Mayans.<br/>I can create a painting using natural resources such as charcoal, mud and teabags.<br/>I can create an obstacle course and direct a friend around it.<br/>I can create a seed bomb and choose a place for it to grow.<br/>I can use a bow saw safely to create objects for a game.</p> |
| Y6 | <p><b>Summer 1 - Cross Country and Hurdles</b><br/>I can demonstrate different running paces.<br/>I can change cadence to run over obstacles.<br/>I can display endurance when running a set distance.<br/>I can competitively run against others.<br/>I can demonstrate a running formation.<br/>I can use running tactics to win.<br/>I can analyse a team's skills and help them to win.</p>   | <p><b>Spring 2 - Discus and Triple Jump</b><br/>I know and use the techniques for standing long jump, vertical jump, running long jump and rebound jump.<br/>I know how to perform triple jump from standing and running.<br/>I can link three of the jumps together to make a sequence.<br/>I know and use throwing techniques for shotput, javelin, hammer and discus.<br/>I know and use a step sequence as part of my throwing technique.<br/>I know how to increase distance by changing pace, cadence and gait.</p>  | <p><b>Summer 1 – Dance</b><br/>I can explore a variety of different movement patterns in time to music.<br/>I can work creatively and imaginatively using music as stimuli.<br/>I can remember and repeat movement patterns and perform them in time to music without being prompted.<br/>I can respond to a stimulus to create new movements with a partner and adapt movements to suit the needs of the performance.<br/>I can perform dances being aware of changes in tempo to stay in time to the music.</p>   | <p><b>Summer 2 – OAA</b><br/>I can use teamwork to achieve a goal.<br/>I can use balance, coordination and agility.<br/>I can communicate with my team without using my voice.<br/>I can use different movement skills to perform actions.<br/>I can work well as part of a team.<br/>I can find and identify different orienteering points.<br/>I can use the information to move to another point.<br/>I know and understand the 4 compass points.<br/>I can follow compass points on a course.<br/>I can follow instructions given as compass points.</p>  | <p><b>Summer 2 – Forest School</b></p>   |

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|  |  | <p>I can use good form and endurance to compete in a set distance race.</p> | <p>I can watch and understand what people are trying to put across in their dance and be able to discuss.<br/>I can respond to the music and create new movements that reflect the style of music.<br/>I can choreograph a group dance using new ideas from each week.<br/>I can remember movements in a routine in unison with members of the group.<br/>I can create and perform fluent dance routines (5-6 elements) in a style that matches the music or stimuli.<br/>I can discuss strengths and areas for improvement of dance routines and comment on the mood, feeling or idea of the dance.<br/>I can perform dances with control to the rhythm and in the style of the music.</p> |  |  |
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