

	2-3	F1	F2	Y1	Y2	Y3	Y4	Y5	Y6
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Knowledge	Children can acknowledge when they need support and use gestures or words to ask for it. They will try things independently but may not always succeed first time. They are starting to manage their own self care and hygoience.	Children can communicate their needs. They know to seek an adult when needing help. The recognise the effects of exercise n their bodies. They can attend to their own self care and self- hygiene.	Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing	Gymnastics-watch and discuss others performances using simple gymnastic vocab. Dance-Watch and discuss my own and others work. Listen to feedback given to themselves and others. Athletics-Explore the different techniques used in running, jumping and throwing activities. Watch and discuss my own and others performances. Invasion-Explore simple attacking and defending tactics Net and wall-Explore simple and attacking and defending tactics Throwing and Catching-Explore simple attacking and defending tactics for throwing and catching games Striking and Fielding-	Gymnastics-describe my own and others performance with an understanding of simple gymnastic vocabulary Dance-Describe my own and others work and understand feedback they have been given Athletics- show some of the different techniques used in running, jumping and throwing activities. Describe my own and others performances. Invasion-Practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving Net and wall- practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving	Gymnastics-identify the difference between own and others performance using simple gymnastic vocabulary. Dance-comment on own and others work and respond to feedback positively Athletics- Know and understand the different techniques used in running, jumping and throwing activities. Discuss differences between their own and others performances, suggesting improvements Invasion- Begin to understand and use simple techniques for attacking and defending. Understand simple techniques when sending and receiving in a variety of activities	Swimming-Understand simple personal survival techniques and how they relate to water safety. Gymnastics-use a number of gymnastic actions to create a fluent sequence. Describe similarities and differences between own and others between own and others work, making suggestions for improvement Dance-understand strengths and weaknesses in others performances understand how different compositional devices affect performance Athletics-Become to use some basic tactics and strategies to improve athletic performances. Demo some running, jumping and throwing techniques Invasion-Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others	Gymnastics-Use creativity and imagination when planning sequences. Know how to improve own and others performances Dance-Describe basic compositional devices seen in performance. Make basic changes based on feedback. Athletics-Identify strengths and weaknesses of own and others performances. Know and use basic tactics and strategies used in competitive situations Invasion-Know the rules of some games. Identify some strengths and weaknesses in own performance and that of others Net and wall – Explain when to	Gymnastics- Understand how effective sequencing of skills can improve performance. Use feedback from self and others to improve performance. Dance- Understand different performances, demo good knowledge of composition. Adapt performances based on feedback Athletics-Analyse own performance and that of others. Use skills, tactics, and strategies in competitive situations Invasion- Know the rules of a variety of games and analyse own performance and that of others . Net and wall-Know the rules of a variety of net and wall games and analyse
				Explore simple	Throwing and	Net and wall- Begin	Net and wall- Explain	change tactics in	your own



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		striking and fielding	and defending tactics	techniques for	Identify some strengths	some strengths and	
		games.	in a variety of	attacking and	and weaknesses in own	weaknesses in own	Throwing and
			throwing and catching	defending in net	performance and that of	performance and	Catching-Know the
		Attacking and	activities and simple	and wall games.	others	that of others.	rules of a variety of
		Defending-Explore	techniques for sending				throwing and
		simple attacking and	and receiving	Throwing and	Throwing and Catching –	Throwing and	catching games and
		defending tactics for		Catching-Begin to	Explain when to change	Catching-Know the	analyse own
		different games	Striking and Fielding-	understand and use	tactics in competitive	rules of throwing	performance and
			Practise using simple	simple tactics for	situations. Identify some	and catching games,	that of others.
		Multiskills	attacking and	attacking and	strengths and weaknesses	Identify some	
		Recognise and talk	defending tactics in a	defending in	in own performance and	strengths and	Striking and
		about what they can	variety of striking and	throwing and	that of others.	weaknesses in own	Fielding-Know the
		do	fielding activities and	catching games.		performance and	rules of a variety of
			simple techniques for	Understand simple	Striking and Fielding-	that of others.	striking and fielding
			sending and receiving.	techniques used	Explain when to change		games and analyse
				when sending and	tactics in competitive	Striking and	own performance
			Attacking and	receiving, in a	situations. Identify some	Fielding-Know the	and that of others.
			Defending- Practise	variety of activities.	strengths and weaknesses	rules of some	
			using simple attacking	Striking and	in own performance and	striking and fielding	Attacking and
			and defending tactics	Fielding-Begin to	that of others.	games. Identify	Defending-Know
			in a variety of	understand and use		some strengths and	the rules of a variety
			activities and simple	simple tactics for	Attacking and Defending-	weaknesses and	of games and
			techniques for sending	attacking and	Explain when to change	own performance	analyse own
			and receiving	defending in striking	tactics in competitive	and that of others.	performance and
				and fielding games.	situations. Identify some		that of others whilst
			Multi-skills	Understand simple	strengths and weaknesses	Attacking and	attacking and
			Make choices and	techniques used	in own performance and	Defending-Know	defending.
			decisions	when fielding and	that of others	the rules of some	0.11
				batting in a variety		games. Identify	Outdoor and
				of activities.	Outdoor and Adventurous	some strengths and	Adventurous
				Attacking and	Activities-Explain some simple tactics and	weaknesses in own performance and	Activities- Modify and adapt
				Defending-Begin to	simple factics and strategies that could be	that of others.	performance based
				understand and use	u u u u u u u u u u u u u u u u u u u	that of others.	
				simple tactics for	used to overcome problems and challenges.	Outdoor and	on self and peer assessment. Use
				attacking and	Show some cooperation	Adventurous	tactics and
				defending in	skills when working as a	Activities-Select	strategies
				different games.	team.	appropriate thinking	effectively to
				Understand simple	team.	skills to complete a	complete challenges
				techniques used		challenge and utilise	complete chanenges
				when sending and		feedback to	
				receiving, in a		improve	
				variety of activities.		performance.	
				variety of activities.		performance	



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						Outdoor and Adventurous Activities-identify strengths and weaknesses in their own and others performance in performance in OAA activities. Communicate effectively and work with others to meet the challenge.			
<u>Skills</u> Cycle A	Start to run safely Squat with steadiness to place an object on the ground Rise to my feet without using hands Pull themselves on to play equipment Confidently climb on bigger apparatus needing	Stand on one foot Catch a large ball Move freely in a number of ways Run skilfully and negotiate space Use one handed tools confidently Hold a pen between thumb and two fingers Hold a pencil near the point and use with good control	Gross Motor: Negotiate space safely and take others into consideration Demonstrate strength, balance and coordination when playing Move energetically: dancing, running, skipping etc Fine Motor: Use tripod grip when writing	Gymnastics- Experience linking actions to create simple gymnastics sequences incorporating direction, level and speed Dance- Explore basic dance actions e.g. travel, jump, balance as simple linking actions Athletics- Explore simple skills and techniques of running, jumping and throwing, experience	Gymnastics- Perform a basic gymnastic sequence on the floor incorporating changes in level Dance- Practise and repeat actions and perform them in a controlled way, linking simple actions independently Athletics- Begin to show simple skills and techniques when running, jumping and throwing. Participate in competitive	Gymnastics- Select and link actions to create a basic gymnastic sequence, incorporating apparatus and the floor. Include movements that change direction, level and speed Dance Perform basic dance actions with control and co- ordination e.g. travel, jump, gesture, stillness, balance. Link simple actions to create a	Gymnastics- Create and demonstrate a longer sequence with a range of actions incorporating apparatus and the floor. Work effectively within a group sequence Dance- Use a number of dance actions to create a fluent performance and work effectively within a group dance Athletics- Perform showing some good technique when performing athletic activities. Show enthusiasm for	Gymnastics- Perform showing a good level of skill and imagination in individual and group pieces Dance- Apply basic compositional ideas to create choreography. Perform showing basic phrasing and efficiency (no wasted energy when body moves) Athletics- Show basic levels of speed, strength and	Gymnastics- Perform sequences showing competence, fluency and control both individually and within a group Dance- Utilise different compositional ideas to improve choreography. Perform showing expression and imagination Athletics- Show variations in speed,



but less	To climb on	Use a range of small	competition against	activities, against self		collaborating and	athletic events.	stamina linked to
unaided later	apparatus	tools successfully	self and others	and against others	Athletics-	competing with each other	Begin to apply basic	different athletic
on.	suitable for age				Demonstrate simple		tactics and	events. Understand
	unaided.	Show accuracy and		Invasion- Practise	skills and techniques		strategies to	when to apply
Push myself		care when drawing		fundamental	when running,	Invasion- Perform	competitive	tactics and
along on a	To jump off small		Invasion-Perform	movement skills and	jumping and	fundamental movement	situations	strategies in
three wheeled	apparatus safely			begin to show some	throwing, varying	skills in isolation and in		competitive
scooter.	landing	To participate	simple fundamental	control & co-	them to suit the	combination with good	Invasion-Play a	situations
		confidently and	movement skills	ordination. Participat	different activities.	control & co-	number of games	Invasion-
Begin to show	To climb	independently in a	movement skills	e in competitive	Enjoy participating	ordination. Perform a	with a basic skill	Experience a
balance on a	confidently up	range of physical	demonstrating some	activities, individually	in competitive	range of games techniques	level as an effective	number of games
balance bike	and down steps	activities like	demonstrating some	or in team games	activities, against	with increasing control and	team member	demonstrating a
	one foot at a time	throwing, catching,	accuracy (Agility: run,		self and against	co-ordination		good level of skill.
		running, kicking.		Net and Wall- Practise	others	Net and Wall- Perform	Net and Wall- Play a	Begin to have an
Try to kick or	To start to use a		jump, hop,	fundamental		fundamental movement	number of net and	impact on the game
catch a large	balance bike using	To do these things	alvia Delement stati	movement skills and	Invasion-	skills in isolation and in	wall games with a	Net and Wall-
ball large ball	their feet as a	demonstrating	skip, Balance: static,	begin to show some	Practise	combination with good	basic skill level as an	
	guide and move it	balance and	dynamic, Coordinatio	control & co-	fundamental	control & co-	effective team	Experience a
Turn pages in a	around the track	coordination.		ordination. Enjoy	movement skills and	ordination. Perform a	member	number of net and
book	in the correct		n: roll, catch, strike,	competing against	begin to show some	range of games techniques	Throwing and	wall games
	direction			others, individually or	control & co-	with increasing control and	Catching Play a	demonstrating a
Show control in	1	To pedal a two-	dribble, kick)	in team games	ordination. Enjoy	co-ordination	number of throwing	good level of skill.
using tools		wheeler bike without			competing against		and catching games	Begin to have an
		stabilizers and guide it	Net and Wall- Practise	Throwing and	others, individually	Throwing and Catching	with a basic skill	impact on the game
To walk upstain	S	safely and confidently	fundamental	Catching Practise	or in team games	Perform fundamental	level as an effective	Throwing and
or downstairs		around the area.	movement skills and	fundamental		movement skills in	team member	Catching Experience
holding onto a			begin to show some	movement skills and	Net and Wall-	isolation and in		a number of
rail		To sit sit on the carpet	control & co-	begin to show some	Perform	combination with good		throwing and
		for an extended	ordination. Participat	control & co-	fundamental	control & co-	Attacking and	catching games
		period of time	e in competitive	ordination. Participat	movement skills in	ordination. Perform a	Defending Play a	demonstrating a
			activities, individually	e in competitive	isolation and in	range of games techniques	number of different	good level of skill.
		To sit comfortably on	or in team games	activities, individually	combination with	with increasing control and	games with a basic	Begin to have an
		a chair with my feet	Throwing and	or in team games	good control & co-	co-ordination	skill level and	impact on the game
		positioned correctly.	Catching Explore		ordination. Perform		knowledge of	
			fundamental	Attacking and	a range of games		attacking and	Attacking and
			movement skills and	Defending Practise	techniques with	Attacking and Defending	defending	Defending
			experience	fundamental	increasing control	Perform fundamental	principles. Be an	Experience a
			competitive activities,	movement skills and	and co-ordination	movement skills in	effective team	number of games
			individually or in team	begin to show some	Thursday	isolation and in	member	demonstrating a
			games	control & co-	Throwing and	combination with good		good level of skill.
				ordination.	Catching Practise	control & co-ordination.	Outdoor of	Begin to have an
			Attacking and	Participate in	fundamental	Perform a range of games	Outdoor and	impact on the game
			Defending Explore	competitive activities,	movement skills and	techniques with increasing	Adventurous	as an attacker and a
					begin to show some	control and co-ordination	Activities	defender



		fundamental movement skills and experience competitive activities, individually or in team games Multiskills Perform simple fundamental movement skills demonstrating some accuracy (Agility: run, jump, hop, skip, Balance: static, dynamic, Coordination: roll, catch, strike, dribble, kick)	individually or in team games Multiskills Create, remember and perform simple fundamental movement skill sequences (Agility: run, jump, hop, skip, Balance: static, dynamic, Coordination: roll, catch, strike, dribble, kick)	control & co- ordination. Enjoy competing against others, individually or in team games Attacking and Defending Practise fundamental movement skills and begin to show some control & co- ordination. Enjoy competing against others, individually or in team games Outdoor and Adventurous Activities Develop techniques to support yourself and others when undertaking OAA	Outdoor and Adventurous Activities Identify strength, speed and stamina in OAA activities. Begin to apply techniques to support self and others when undertaking OAA activities (balance, counter-balance, timing, spotting) Swimming To swim forwards and backwards for 25 m To understand about water safety To demonstrate water safety	Use a range of skills to experience OAA activities and work as an effective team member	Outdoor and Adventurous Activities Use a range of skills to be successful within OAA activities. Begin to demonstrate leadership skills
				and others when			



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Key Vocabulary Cycle A	Walk, run, catch, jump, fast, slow	Walk, run, catch, jump, skip, hop, fast slow,	Walk, run, jog, throw, target, jump, hop, skip, fast, pass Forward,backwrads, sideways, bench, mats, table, roll, long, slow, on,off, stretch, curl, tuck, body, tall, small, shape, hold, still, bounce, travel, copy	Throw, high, low, skip, aim, fast, slow, safely, step, bounce, jump, leap, hop, repeat, run, target, overarm underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, evaluate, improve Avoiding, tracking, rolling, striking, bouncing, catching, opposite, team, rebound, follow, aim, speed, direction, passing, control, shooting, scoring Place, pull, stretch, push, hop, skip, step, spring, crawl, still, slowly, tall, long, wide, narrow, up, down, forwards, high, low, elbows, bottom, back, around, through, extension, roll, copy, pathway, along, jump, land, balance, tension,	Throw, high, low, skip, aim, fast, slow, safely, step, bounce, jump, leap, hop, repeat, run, target, overarm underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, evaluate, improve Avoiding, tracking, rolling, striking, bouncing, catching, opposite, team, rebound, follow, aim, speed, direction, passing, control, shooting, scoring In front, speed, slow, fast, wide, shape, narrow, long, lan, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards zig zag, angular, under,	Sling, pull, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, under arm, overarm, heartbeat, pulse rate, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, diagonal, approach, speed, relay Possession, scoring goals, keeping score, making space, pass/send/receive, dribble, travel, back up, support, space, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally Flow, explosive,	Sling, pull, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, under arm, overarm, heartbeat, pulse rate, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, diagonal, approach, speed, relay Possession, scoring goals, keeping score, making space, pass/send/receive, dribble, travel, back up, support, space, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally 90 degrees, 180 degrees,	Sprint, team, distance, measure, height, target, pacing, rhythm, obstacles, leading leg, hurdle, throwing, speed, accuracy, take off, stamina, time, projector, release, performance, accuracy, take off, distance, target, time, position, measure, control, height, run up, hurdles Possession, passing, dribbling, shooting, shield, width, depth, support, marking, covering, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting,	Sprint, team, distance, measure, height, target, pacing, rhythm, obstacles, leading leg, hurdle, throwing, speed, accuracy, take off, stamina, time, projector, release, performance, accuracy, take off, distance, target, time, position, measure, control, height, run up, hurdles Possession, passing, dribbling, shooting, shield, width, depth, support, marking, covering, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings,
				curved, straight, zigzag, shape, over, hang, grip Travel, stillness, direction, space, beginning, middle, end,	through, behind, tension, copy, smooth, sequence, height Travel, stillness, direction, space, beginning, middle,	symmetrical, asymmetrical, combination, evaluate, improve, stretch, refine, adapt, pathway, contrasting, curled, stretched, suppleness,	leaving, approaching, balance, forwards, backwards, combine, rotation, against, towards, across, evaluate, improve, height, strength, suppleness, stamina,	stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles, rally Dynamics, combination,	rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley,



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feelings, body parts,	end, feelings, body	strength, inverted, jump,	speed, level, wide, tucked,	contrasting, control,	overhead, singles,
levels, directions,	parts, levels,	land, over, under	straight, twisted,	mirroring, matching,	doubles, rally
pathways, speed,	directions, pathways,		constructive, points, twist,	accurately, refine,	
rhythm	speed, rhythm	Space, repeat, dance	turn, safety, refine, away	evaluate, display,	Cooperate,
		phrase, improvisation,		asymmetry,	audience,
		character, gesture,	Space, repeat, dance	performance, create,	assessment,
		repetition, action and	phrase, improvisation,	symmetry,	elements, twist,
		reaction, myth, legend,	character, gesture,	refinements,	obstacles, refine,
		costume, prop, pattern	repetition, action and	assessment,	aesthetically,
			reaction, myth, legend,	suppleness, strength,	criteria, judgement,
			costume, prop, patter	cool down, warm up,	tension, inverted,
				muscles, joints,	judje, dynamics,
				explore, rotation, spin,	combination, canon,
				turn, shape, landing,	counter tension,
				take off, flight	counter balance,
					criteria,
				Dance style,	performance,
				technique, formation,	imaginative,
				pattern, rhythm,	parallel, creativity,
				variation,	flight, timing
				improvisation, unison,	
				canon, action,	Dance style,
				reaction, motif,	technique,
				phrase, interpret,	formation, pattern,
				exploration	rhythm, variation,
					improvisation,
					unison, canon,
					action, reaction,
					motif, phrase,
					interpret,
					exploration