



	Games	Dance	Gymnastics
<b>Year 1</b>	<p>Throw and catch a ball with a partner (catching with both hands)</p> <p>Move fluently by changing direction and speed easily, avoiding collisions and stopping safely.</p> <p>Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking</p> <p>Choose and use skills effectively for particular games, understand the concepts of aiming, hitting into space</p> <p>Take the ball to a good position for aiming, use skills in different ways in different games</p> <p>Hit a ball with a bat.</p> <p>I can kick more accurately in different ways</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Use movement to reflect the mood of the music</p> <p>I can copy more complex dance moves. I can make up a short dance.</p> <p>I can dance imaginatively.</p>	<p>Use simple apparatus safely and with confidence</p> <p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing. I can climb safely.</p> <p>I can copy a sequence of movements</p> <p>I roll, curl, travel and balance in different ways,</p>
<b>Year 2</b>	<p>Pass a ball accurately to a partner over a variety of distances</p> <p>Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control and use these in a game</p> <p>Show a good awareness of others in running, chasing and avoiding games</p> <p>Make simple decisions about when and where to run</p> <p>Vary skills and show some understanding of simple tactics</p> <p>Choose and use tactics to suit different situations</p>	<p>Watch and describe dance phrases and dances, and use what they learn to improve their own performance</p> <p>Change rhythm, speed, level and direction.</p> <p>Dance with control and co-ordination.</p> <p>Make a sequence by linking sections together.</p> <p>Link some movement to show a mood or feeling.</p>	<p>Use simple apparatus safely and with confidence</p> <p>Watch, copy and describe what other have done, with increasing detail</p> <p>Improve their work using information they have gained by watching and listening</p> <p>Use contrast in sequences.</p> <p>Movements are controlled.</p> <p>Think of more than one way to create a sequence which follows a set of „rules“.</p> <p>Work on my own and with a partner to create a sequence.</p>

	Participate in team games, developing simple tactics for attacking and defending.  Stay in a "zone" during a games  Follow rules					
	<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>OAA</b>	<b>Swimming</b>
<b>Year 3</b>	<p>I can throw and catch with control when under limited pressure. I know and use rules fairly to keep games going.</p> <p>I am aware of space, when playing a game and use it for attacking and defending.</p> <p>I am aware of teammates and the opposition and am starting to use tactics in light of this.</p> <p>I can use the correct technique to throw overarm. I can throw and catch a ball, whilst moving..</p> <p>I can demonstrate a range of throwing actions using a variety of objects.</p> <p>I can run fast, medium and slow speeds; changing speed and direction, when asked</p>	<p>Improvise freely, on their own or with a partner</p> <p>Translate ideas into a dance</p> <p>Create and link phrases using a simple dance structure</p> <p>Perform dances with an awareness of rhythm on their own or in a group</p>	<p>Improve the quality of their actions, body shapes and balance</p> <p>Select appropriate actions and consolidate simple ideas</p> <p>I can explain how strength and suppleness affect performances</p> <p>Evaluate their work and quality of their performance</p> <p>Recognise how their work can be improved</p> <p>I can use a greater number of my own ideas for movement in response to a task.</p> <p>.</p>	<p>I can perform a basic pull throw.</p> <p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p>	<p>I can follow a map in a familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route safely.</p>	

	I know and use rules fairly.					
<b>Year 4</b>	<p>Keep a game going using a range of different ways of throwing</p> <p>Strike a ball with intent (accuracy and control) and throw it more accurately when bowling and/or fielding.</p> <p>I can catch with one hand.</p> <p>I can throw and catch more accurately using underarm and overarm</p> <p>Keep and use rules they are given</p> <p>Try to make things difficult for their opponent by directing the ball to space, at different speeds and height.</p>	<p>Evaluate their own performance and comment on improvements.</p> <p>I can use dance to communicate an idea.</p> <p>I can take the lead when working with a partner or group.</p> <p>I can make sure my dance moves are clear and fluent.</p>	<p>Develop a range of actions, body shapes and include a performance</p> <p>Create gymnastic sequences that meet a theme or set of objectives</p> <p>Make simple judgments on their own and others work</p> <p>Suggest ways performance can be improved.</p> <p>I can adapt sequences to suit different types of apparatus and their partner's ability.</p> <p>I can work in a controlled way.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>Jump for height and distance with control and balance</p> <p>Throw with speed and power and apply appropriate force (push and pull throw)</p> <p>I can link running and jumping activities with some fluency, control and consistency (long jump).</p> <p>I can run over a long distance.</p> <p>I can sprint over a short distance</p>	<p>I can follow a map in a (more demanding) familiar context.</p> <p>I can follow a route accurately, safely and within a time limit.</p>	
<b>Year 5</b>	<p>Travel with a ball showing changes of speed and directions using either foot or hand</p> <p>Use a range of techniques when passing, eg high, low, bounced, fast, slow</p>	<p>Compose dances expressively</p> <p>Organise their own warm up and cool down to suit activities</p> <p>I can work on my movements and refine them.</p>	<p>Perform actions in a fluent and consistent performance</p> <p>Create sequences and adapt</p> <p>Evaluate and improve their own and other work</p>	<p>I can sprint over a short distance with a controlled and effective technique.</p> <p>I can throw in different ways, with increased power, using an increased range of equipment.</p>	<p>I can follow a map in an unknown location.</p> <p>I can use clues and compass directions to navigate a route.</p> <p>I can change my route if there is a problem.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively such as front crawl, backstroke and</p>

	<p>Hit the ball with purpose, varying speed, height and direction</p> <p>Hit the ball from both sides of the body</p> <p>I can gain and keep possession by working as a team.</p> <p>I can use a number of techniques to dribble and shoot.</p> <p>Independently I can find an appropriate place to field.</p> <p>I can vary tactics and adapt skills according to what is happening.</p> <p>I can choose the best tactics for attacking and defending.</p>	<p>I can compose my own dances in a creative and imaginative way.</p> <p>My movements are controlled.</p>	<p>I can include change of speed.</p> <p>I can include change of direction. I can include a range of shapes.</p> <p>I can follow a set of „rules“ to produce a sequence.</p> <p>I can combine action, balance and shape.</p>	<p>I can jump in different ways. I can combine running and jumping. (including long jump and triple jump)</p>	<p>I can change my plan if I get new information.</p>	<p>Perform safe self-rescue in different water-based situations.</p>
<p><b>Year 6</b></p>	<p>Dribble effectively around obstacles</p> <p>Show precision and accuracy when sending and receiving</p> <p>Perform skills with accuracy, confidence and control</p> <p>Combine and perform skills with control, adapting them to meet</p>	<p>Explore, improvise and combine movements</p> <p>Create structure in sections of dance using a range of movement patterns</p> <p>Comment on their own work and the work of others.</p> <p>I can perform to an accompaniment,</p>	<p>Combine and perform gymnastic actions, shapes and balances fluently</p> <p>Evaluate their own work and the work of others and suggest ways to improve</p> <p>I can make complex or extended sequences. I can perform consistently to different audiences.</p>	<p>Can sustain pace over short and longer distances, and use tactics in a race in relation to my own strength.</p> <p>Able to run as part of a relay team working at their maximum speed</p> <p>Can perform a range of jumps and throws demonstrating</p>	<p>I can plan a route and series of clues for someone else.</p> <p>I can plan with others taking account of safety and danger.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively such as front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water-based situations.</p>

	<p>the needs of the situation</p> <p>Play shots on both sides of the body and above their heads in practises and when the opportunity arises in a game use different ways of bowling</p> <p>Play competitive games ( modified where appropriate ) showing tactical awareness of attacking and defending and some knowledge of rules and scoring</p> <p>Respond consistently in the games they play, choosing and using skills which meet the needs of the situation and learn how to evaluate and recognise their own success.</p> <p>I can explain complicated rules.</p> <p>I can make a team plan and communicate it to others.</p> <p>I can lead others in a game situation.</p>	<p>expressively and sensitively.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p> <p>I can develop imaginative dances in a specific style.</p>	<p>My movements are accurate, clear and consistent.</p>	<p>increasing power and accuracy</p> <p>Are able to identify key strengths of a performer when running, jumping and throwing.</p> <p>I am controlled when taking off and landing in a jump. I can throw with accuracy. I can follow specific rules.</p>		
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