

Year 3	Ball skills	Dodgeball	Tennis
	<ul style="list-style-type: none"> • I can catch different sized objects with increasing consistency with two hands. • I can dribble a ball with control. • I can persevere when learning a new skill. I can provide feedback using key words. • I can show a variety of throwing techniques. • I can throw with accuracy and increasing consistency to a target. • I can track the path of a ball that is not sent directly to me. 	<ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play fairly. • I can provide feedback using key words. • I can throw with some accuracy and I am beginning to catch with some consistency. • I understand the aim of the game. • I work co-operatively with my group to self-manage games. 	<ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play fairly. • I can provide feedback using key words. • I can return a ball to a partner. • I can use basic racket skills. • I understand the aim of the game. • I understand the benefits of exercise. • I work cooperatively with my group to self-manage games.
	Fundamentals	Dance	Athletics
	<ul style="list-style-type: none"> • I am able to jump and turn a skipping rope. I can change direction quickly. • I can identify when I was successful. • I can link hopping and jumping actions. • I demonstrate balance when performing other fundamental skills. 	<ul style="list-style-type: none"> • I am respectful of others when watching them perform. • I can provide feedback using key words. I can repeat, remember and perform a dance phrase. • I can use counts to keep in time with a partner and group. • I can use dynamic and expressive qualities in relation to an idea. 	<ul style="list-style-type: none"> • I am developing jumping for distance. • I can identify when I was successful. • I can take part in a relay activity, remembering when to run and what to do. • I can throw a variety of objects, changing my action for accuracy and distance.

- I understand how the body moves differently at different speeds.
- I understand why it is important to warm up.

Football

- I am beginning to use simple tactics.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can dribble, pass, receive and shoot the ball with some control.
- I can find space away from others and near to my goal.
- I can provide feedback using key words.
- I can track an opponent to slow them down.
- I understand my role as an attacker and as a defender.
- I work co-operatively with my group to self-manage games.

Gymnastics

- I can work with a partner and in a small group, sharing ideas.
- I create short dance phrases that communicate the idea.

Handball

- I am learning the rules of the game and am beginning to use them honestly.
- I can defend an opponent to slow them down.
- I can find space away from others and near to my goal.
- I can provide feedback using key words.
- I can throw, catch, dribble and shoot the ball with some control.
- I understand my role both as a defender and as an attacker.
- I work co-operatively with my group to self-manage games.

Yoga

- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.

Cricket

- I am able to bowl a ball towards a target.
- I am beginning to strike a bowled ball after a bounce.
- I am developing an understanding of tactics and I am beginning to use them in game situations.
- I am learning the rules of the game and I am beginning to use them honestly.
- I can persevere when learning a new skill. I can provide feedback using key words.
- I can use overarm and underarm throwing, and catching skills.
- I work co-operatively with my group to self-manage games.

OAA

- I can adapt sequences to suit different types of apparatus.
- I can choose actions that flow well into one another.
- I can choose and plan sequences of contrasting actions.
- I can complete actions with increasing balance and control.
- I can move in unison with a partner.
- I can provide feedback using key words. I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.

- I can copy and link yoga poses together to create a short flow.
- I can describe how yoga makes me feel.
- I can move from one pose to another in time with my breath.
- I can provide feedback using key words.
- I can work with others to create a flow including a number of poses.
- I show some stability when holding my yoga poses.

- I am developing map reading skills.
- I can follow and give instructions. I can listen to and am accepting of others' ideas.
- I can plan and attempt to apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges and am beginning to understand why.
- I can work collaboratively with a partner and a small group

Year 4	Ball Skills	Basketball	Athletics
	<ul style="list-style-type: none"> • I can accurately use a range of throwing techniques to throw to a target. • I can catch different sized objects with increasing consistency with one and two hands. • I can consistently track the path of a ball that is not sent directly to me. • I can dribble a ball with increasing control and co-ordination. • I can persevere when learning a new skill. • I can provide feedback using key terminology and understand what I need to do to improve 	<ul style="list-style-type: none"> • I can delay an opponent and help to prevent the other team from scoring. • I can dribble, pass, receive and shoot the ball with increasing control. • I can move to space to help my team to keep possession and score goals. • I can provide feedback using key terminology and understand what I need to do to improve. • I can use simple tactics to help my team score or gain possession. • I share ideas and work with others to manage our game. • I understand the rules of the game and I can use them often and honestly 	<ul style="list-style-type: none"> • I can demonstrate the difference in sprinting and jogging techniques. • I can explain what happens in my body when I warm up. • I can identify when I was successful and what I need to do to improve. • I can jump for distance with balance and control. • I can throw with some accuracy and power to a target area. • I show determination to improve my personal best. • I support and encourage others to work to their best.
	Fundamentals	Netball	Golf
	<ul style="list-style-type: none"> • I can change direction quickly under pressure. 	<ul style="list-style-type: none"> • I can use simple tactics to help my team score or gain possession. 	<ul style="list-style-type: none"> • I can hold all equipment correctly.

- I can explain what happens when I exercise.
- I can identify when I was successful and what I need to do to improve.
- I can link hopping and jumping actions with other fundamental skills.
- I can work with others to complete skipping challenges.
- I demonstrate good balance and control when performing other fundamental skills.
- I understand and can demonstrate how and when to speed up and slow down when running

Gymnastics

- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can identify some muscle groups used in gymnastic activities.
- I can plan and perform sequences with a partner that

- I understand the rules of the game and I can use them often and honestly.
- I can defend one on one and know when to win the ball.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can move to space to help my team to keep possession and score goals.
- I can pass, receive and shoot the ball with increasing control.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I share ideas and work with others to manage our game.

Dance

- I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography.
- I can provide feedback using appropriate language relating to the lesson.
- I can respond imaginatively to a range of stimuli relating to character and narrative.

- I can provide feedback using key terminology and understand what I need to do to improve.
- I can show how to aim using a putting club.
- I can strike a ball with increasing consistency.
- I can use different actions for different shots.
- I share ideas and work with others to manage our game.

Rounders

- I am able to bowl a ball with some accuracy, and consistency.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can communicate with my teammates to apply simple tactics.

- include a change of level and shape.
- I can provide feedback using appropriate language relating to the lesson.
 - I can safely perform balances individually and with a partner.
 - I can watch, describe and suggest possible improvements to others' performances and my own.
 - I understand how body tension can improve the control and quality of my movements.

Tag Rugby

- To develop throwing, catching and running with the ball.
- To develop an understanding of how to defend using tagging rules.
- To begin to use the 'forward pass' and 'offside' rule.
- To develop movement skills to dodge a defender.
- To track an opponent and begin to defend as a team.
- To apply the rules and skills you have learnt and play in a tag rugby tournament.

- I can use changes in timing and spacing to develop a dance.
- I can use counts to keep in time with others and the music.
- I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.
- I show respect for others when working as a group and watching others perform.

Fitness

- I can collect and record my scores and identify areas I need to improve.
- I can use key points to help me to improve my sprinting technique. I share ideas and work with others to manage activities.
- I show balance when changing direction at speed.
- I show control when completing activities to improve balance.
- I show determination to continue working over a period of time.
- I understand there are different areas of fitness and that each

- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I can use overarm and underarm throwing and catching skills with increasing accuracy.
- I share ideas and work with others to manage our game.

OAA

- I can accurately follow and give instructions.
- I can confidently communicate ideas and listen to others.
- I can identify key symbols on a map and use a key to help navigate around a grid.
- I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges.

		area challenges my body differently.	<ul style="list-style-type: none">• I can work collaboratively and effectively with a partner and a small group
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	Football	Dodgeball	Cricket
Year 5	<ul style="list-style-type: none"> • I can communicate with my team and move into space to keep possession and score. • I can dribble, pass, receive and shoot the ball with some control under pressure. • I can identify when I was successful and what I need to do to improve. • I can often make the correct decision of who to pass to and when. • I can use tracking and intercepting when playing in defence. • I understand the need for tactics and can identify when to use them in different situations. • I understand the rules of the game and I can use them most of the time to play honestly and fairly. • I understand there are different skills for different situations and I am beginning to apply this 	<ul style="list-style-type: none"> • I am developing a wider range of skills and I am beginning to use these under some pressure. • I can identify when I was successful and what I need to do to improve. • I can throw accurately at a target. • I can work co - operatively with others to manage our game. • I understand the need for tactics and can identify when to use them in different situations. • I understand the rules of the game and I can apply them honestly most of the time. • I understand there are different skills for different situations and I am beginning to use these. 	<ul style="list-style-type: none"> • I am developing a wider range of fielding skills and I am beginning to use these under some pressure. • I can identify when I was successful and what I need to do to improve. • I can strike a bowled ball with increasing consistency. • I can work co - operatively with others to manage our game. • I understand the need for tactics and can identify when to use them in different situations. • I understand the rules of the game and I can apply them honestly most of the time. • I understand there are different skills for different situations and I am beginning to use this. <p style="text-align: center;">Athletics</p>

	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • can create and perform sequences using apparatus, individually and with a partner. • I can lead a partner through short warm - up routines. • I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. • I can use feedback provided to improve my work. • I can use set criteria to make simple judgments about performances and suggest ways they could be improved. • I can use strength and flexibility to improve the quality of a performance. • I can work safely when learning a new skill to keep myself and others safe. <p style="text-align: center;">Handball</p> <ul style="list-style-type: none"> • I can lead others and contribute my ideas to group work. 	<p style="text-align: center;">Yoga</p> <ul style="list-style-type: none"> • I am confident to lead others through poses and flows. • I can create a yoga flow working safely with a partner. • I can identify how different activities can benefit my physical health. • I can move with control from one pose to another demonstrating good balance. • I can provide feedback to others using key terminology. • I can use feedback provided to improve my work. • I can use my breath to move from pose to pose. • I show strength and flexibility whilst holding yoga poses. <p style="text-align: center;">Volleyball</p> <ul style="list-style-type: none"> • I am developing a wider range of skills and 	<ul style="list-style-type: none"> • I can choose the best pace for a running event. • I can identify good athletic performance and explain why it is good. • I can perform a range of jumps showing some technique. • I can show control at take -off and landing in jumping activities. • I can take on the role of coach, official and timer when working in a group. • I can use feedback to improve my sprinting technique. • I persevere to achieve my personal best. • I show accuracy and power when throwing for distance. <p style="text-align: center;">Tennis</p> <ul style="list-style-type: none"> • I am developing a wider range of skills and I am beginning to use these under some pressure.
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- I use feedback provided to improve my work.
- I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I communicate with my team and move into space to help to maintain possession.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules and can apply them honestly most of the time including when refereeing.

Dance

- I show respect for others when working as a group and watching others perform.
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- I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can use the rules to referee a game.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use these.

Fitness

- I can analyse my fitness scores to identify areas for improvement.
- I can choose the best pace for a running event and maintain speed.
- I can encourage and motivate others to work to their personal best.

- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this

OAA

- I am inclusive of others and can share job roles.
- I can navigate around a course using a map.
- I can orientate a map confidently.
- I can reflect on when I was successful at solving challenges

- I show respect for others when working as a group and watching others perform.
- I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.
- I can suggest ways to improve my own and other people's work using key terminology.
- I can use counts when choreographing to stay in time with others and the music.
- I can use feedback provided to improve my work.

- I can identify how different activities can benefit my physical health.
- I can work with others to manage activities.
- I understand the different components of fitness and how to test them.
- I understand what my maximum effort looks and feels like and I am determined to achieve it

and alter my methods in order to improve.

- I can use critical thinking to approach a task.
- I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy

	Tag Rugby	Netball	Badminton
Year 6	<ul style="list-style-type: none"> • I can create and use space to help my team. • I can pass and receive the ball with increasing control under pressure. • I can select the appropriate action for the situation and make this decision quickly. • I can tag opponents individually and when working within a unit. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others strengths and areas for development and can suggest ways to improve. 	<ul style="list-style-type: none"> • I can create and use space to help my team. • I can pass, receive and shoot the ball with increasing control under pressure. • I can select the appropriate action for the situation and make this decision quickly. • I can use marking, and/or interception to improve my defence. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others strengths and areas for development and can suggest ways to improve 	<ul style="list-style-type: none"> • I can select the appropriate action for the situation and make this decision quickly. • I can use a wider range of skills with increasing control under pressure. • I can use feedback provided to improve the quality of my work. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others strengths and areas for development and can suggest ways to improve

OAA

- I am inclusive of others, can share job roles and lead when necessary.
- I can orientate a map efficiently to navigate around a course.
- I can pool ideas within a group, selecting and applying the best method to solve a problem.
- I can use critical thinking skills to form ideas and strategies to solve challenges.
- I can work effectively with a partner and a group to solve challenges.
- With increasing accuracy, I can reflect on when and how I am successful at solving challenges and alter my methods in order to improve.

Gymnastics

- I can combine and perform gymnastic actions, shapes and balances with control and fluency.
- I can create and perform sequences using compositional devices to improve the quality.
- I can lead a small group through a short warm-up routine.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can work collaboratively with others to create a sequence.
- I understand how to work safely when learning a new skill.
- I understand what counter balance and counter tension is and can show examples with a partner.

Athletics

- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for distance using good technique. I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

Basketball

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use the rules of the game honestly and consistently.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand when to use different styles of defence in game situations.

Golf

- I can identify different areas of the golf course.
- I can show control of distance when chipping and putting.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve

Rounders

- I can strike a bowled ball with increasing consistency.
- I can use a wider range of skills with increasing control under pressure.
- I can use the rules of the game consistently to play fairly. I can work collaboratively with others to get batters out.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand and can apply some tactics in the game as a batter, bowler and fielder.

	<i>Fitness</i>	<i>Dance</i>	<i>Yoga</i>
	<ul style="list-style-type: none"> • I can change my running technique to adapt to different distances. • I can collect, record and analyse scores to identify areas where I have made the most improvement. • I can work with others to organise, manage and record information at a station. • I encourage and motivate others to work to their best. • I understand that there are different areas of fitness and how this helps me in different activities. • I understand the different components of fitness and ways to test and develop them. • I work to my maximum consistently when presented with challenges. 	<ul style="list-style-type: none"> • I can choreograph a dance and work safely using a prop. • I can lead a small group through a short warm -up routine. • I can perform dances confidently and fluently with accuracy and good timing. • I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. • I can use appropriate language to evaluate and refine my own and others' work. • I can use feedback provided to improve the quality of my work. • I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances 	<ul style="list-style-type: none"> • I am confident to lead others, demonstrating poses and teaching them my flow. • I can use feedback provided to improve the quality of my work. • I can use my breath to transition from one pose to another with control. • I can use yoga poses to improve my flexibility, strength and balance. • I choose poses which link easily from one to the other to help my sequence flow. • I recognise my own and others strengths and areas for development and can suggest ways to improve. • I understand that there are different areas of fitness and how this helps me in different activities.