

	Year 1 and 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	KS1 Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	LKS2 Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Begin to compare their performances with previous ones and demonstrate improvement to achieve their personal best.		UKS2 Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Evaluate Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	<ul style="list-style-type: none"> - Agility - Balance - Coordination 	<ul style="list-style-type: none"> - To teach the 5 basic shapes (tuck, straddle, pike, star and straight). - Introduce the ideas of flexibility, strength, technique, control and balance. - Introduce balancing, rolling and jumping - Introduce benches and low tables. 	<ul style="list-style-type: none"> - Explore different ways of presenting the body in this way. - Floor based. - To link the 5 basic shapes together using different ways of travelling. - Perform movements. - To develop the ideas of flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> - To link the 5 basic shapes together using different ways of travelling. - Introduce more complex apparatus. Perform and evaluate movements own work. - Introduce mirroring. - To continue to develop the ideas of flexibility, strength, technique, control and balance. - Select elements to incorporate in to a controlled sequence. 	<ul style="list-style-type: none"> - Work in cannon and unison. - Perform using the floor and apparatus and different levels; perform and evaluate own and others' work. - To secure the ideas of flexibility, strength, technique, control and balance.

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Games	KS1 Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. perform dances using simple movement patterns.	LKS2 Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; compare their performances with previous ones and demonstrate improvement to achieve their personal best.		UKS2 Demonstrate understanding of attacking and defending in competitive play. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; Evaluate Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

	<ul style="list-style-type: none"> - Team games - Invasion games – simple tactics for attack and defend 	<ul style="list-style-type: none"> - Recognise players that play well and why - Use a range of techniques when passing (high, low, bounce, fast, slow) - Change direction and speed - Keep and use simple rules they are given 	<ul style="list-style-type: none"> - Show a degree of consistency and control in games - Play with greater speed and flow - Know and explain the skills they are confident with and can use well 	<ul style="list-style-type: none"> - Perform skills with accuracy, confidence and control - Know the difference between attacking and defending skills - Find and use space to help their team - Know how to mark and defend their goal 	<ul style="list-style-type: none"> - Use a variety of tactics to keep the ball e.g. changing speed or direction - Evaluate what parts of a performance could be improved - Combine and perform skills with greater speed and control, reacting to meet the needs of the game - Choose and use different formations to suit the needs of the game - Choose when to pass, travel, or keep possession and make progress towards goal - Recognise and describe best points / areas of improvement in an individual's and team performance
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Athletics	KS1 Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	LKS2 Use running, jumping, throwing and catching in isolation and in combination. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		UKS2 Use running, jumping, throwing and catching in isolation and in combination. Continue to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	- Master basic movements (running, jumping, throwing, catching)	- To be able to run consistently and smoothly. - To explore different styles of jumping. - To demonstrate throwing techniques with a range of different objects.	- To be able to run consistently and smoothly over a given distance. - To explore different styles of jumping, starting to show control of the landing. - To demonstrate throwing techniques with a range of different objects, beginning to show control of aim and direction.	- To be able to run consistently and smoothly over a given distance, changing pace when appropriate. - To explore different styles of jumping, showing control of the landing. Combine with a run into a jump.	- To be able to run consistently and smoothly over a range of distances, changing pace when appropriate. - Introduce running techniques including use of arms and legs. - To explore different styles of jumping, showing control of the landing. - Combine with a range of movements into a jump.

	Year 1 and 2	Year 3	Year 4	Year 5	Year 6
Dance	KS1 Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.	LKS2 Begin to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Perform dances using a range of movement patterns. Look at previous performances and demonstrate improvement to achieve their personal best.		UKS2 Continue to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns. Evaluate their performances with previous ones and demonstrate improvements and areas for development, to then achieve their personal best.	
	- Form simple movement patterns	- To interpret a story by copying movements and gestures to represent mood and emotion.	- To create and then interpret a short story, generating and linking movements and gestures	- To generate, link and perform a range of movements in a controlled manner showing smooth transitions.	- To create and then interpret a short story, generating and linking movements and gestures. - Increase the number of movements presented in a sequence. - Perform sequences with control, showing smooth transitions.