

	Autumn term		Spring term		Summer term	
EYFS	Physical Development (Gross Motor Skills)					
	Body Management	Speed Agility Travel	Swimming	Manipulation and Co-ordination	Body Management	Manipulation and Co-ordination
	Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.	Travel with some control and coordination. Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare for an anticipate movement in a variety of situations.	Water confidence	Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities in different ways	Explore a variety of rolling, sliding and slithering. Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations. Participate in a variety of small group co-operative activities.	Coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. Skip in isolation and with rope.
	Gymnastics	Dance	Dance	Gymnastics	Co-operatively Solve Problems	Speed Agility Travel
Develop confidence in fundamental movements. To experience jumping, sliding, rolling, moving over, under and on apparatus. To develop coordination and gross motor skills.	Recognise that actions can be reproduced in time to music; beat patterns and different speeds. Perform a wide variety of dance actions both similar and contrasting. Copy, repeat, and perform simple movement patterns.	Count and move to beats of 8. Copy and repeat movement patterns. Work as an individual, in partners, and as a group.	Develop confidence in fundamental movements. To learn and refine a variety of shapes, jumps, balances and rolls. To link simple balance, jump and travel actions	Organise and match various items, images, colours and symbols. Work with a partner to listen, share ideas, question and choose. Collect, distinguish and differentiate colours and create a shape as a team. Move confidently and cooperatively in space. Travel in a range of ways.	Participate in a variety of agility-based activities moving and controlling objects. Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc. Relate body movements to music and percussion beats.	
Year ½ A	Attack Defend Shoot	Hit Catch Run	Swimming	Attack Defend Shoot	Run Jump Throw	Run Jump Throw
	Practice basic movements including running, jumping, throwing and catching. To begin to engage in competitive activities. To experience opportunities to improve agility, balance and coordination	Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a range of balls and objects.	Swimming	Recognise rules and apply them in competitive and cooperative games. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.	Develop power, agility, coordination and balance over a variety of activities. Throw and handle a variety of objects. Begin to negotiate obstacles showing increased control of body and limbs.	Increase stamina and core strength needed to undertake athletics activities. Take part in a broad range of opportunities to extend strength, balance, agility and coordination. Cooperate with others to carry out more complex physical activities.

	Gymnastics	Dance	Gymnastics	Hit Catch Run	Send & Return	Send & Return
	Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry basic apparatus. To recognise like actions and link.	Respond to a range of stimuli and types of music. Explore space direction, levels and speeds. Experiment creating actions and performing movements with different body parts	To perform a range of basic gymnastic actions showing control. To introduce turn, twist, spin, rock and roll and link these into movement patterns. To perform longer movement phrases and link with confidence	Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.	Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects such as balls and beanbags. Select and apply skills to beat the opposition.
Year ½	Attack Defend Shoot	Gymnastics	Swimming	Swimming	Run Jump Throw	Send and Return
	Can send and receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills e.g. dribbling and passing.		Water Confidence		Improve power, agility, coordination and balance over a variety of activities. Can throw and handle a variety of objects with increased accuracy. Can negotiate obstacles showing increased control of body and limbs.	Make it difficult for their opponent to score a point. Begin to choose specific tactics appropriate to the situation. Transfer net/wall skills to volleyball style games. Improve agility and coordination and use in a game.
	Gymnastics	Dance	Gymnastics	Hit Catch Run	Send and Return	Attack Defend Shoot
B	Describe and explain how performers can transition and link gymnastic elements. Perform with control and consistency basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring	Describe and explain how performers can transition and link shapes and balances. Perform basic actions with control and consistency at different speeds and on different levels. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform short movement sequences to music	Develop body management through a range of floor exercise. Use core strength to link recognised gymnastics elements e.g. back support half twist. Attempt to use rhythm while performing a sequence.	To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games	Track the path of a ball over a net and move towards it. Begin to hit and return a ball using hands and rackets using some consistency. Play modified net/wall games throwing, catching and sending over a net.	Select and apply a small range of simple tactics. Recognise good quality in self and in others. Work with others to build basic attacking play.
Year 3 / 4	Swimming	Swimming	Tag Rugby	Tennis	Cricket	Rounders
			Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game	Identify and describe some rules of tennis. To serve to begin a game. To explore forehand hitting.		Play simple rounders games. To apply some rules to games. To develop and use simple rounders skills.

			principles and play within simpler rules.			
	Athletics	Gymnastics	Gymnastics	Dance	Netball	OAA
	Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force	Modify actions independently using different pathways, directions, and shapes. Consolidate and improve the quality of movements and gymnastics actions. Relate strength and flexibility to the actions and movements they are performing. To use compositional ideas to improve sequence work – unison.	Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work through jumps and leaps. Show increasing flexibility in shapes and balances.	Practise different sections of a dance aiming to put together a performance. Perform using facial expressions. Perform with a prop.	Perform some basic netball skills such as passing and catching using recognised throws. To use space efficiently to build attacking play. To implement the basic rules.	
Year 3/4 B	Swimming	Swimming	Tag Rugby	Tennis		Rounders
			Consistently perform basic tag rugby skills. Implement rules and develop tactics in competitive situations. To increase speed and build endurance during game play.	Explore different shots e.g. forehand backhand. Work to return the serve. Demonstrate different court positions in game play.		Develop the range of rounders skills that can apply in a competitive context. Choose and use a range of simple tactics in isolation and game. Identify different positions in rounders and the roles of those positions.
	Athletics	Gymnastics	Gymnastics	Dance	Netball	OAA
	Use running, jumping and throwing stations and investigate in small groups different way of performing these activities. Using a variety of equipment, ways of measuring and time, comparing the effectiveness of different styles of runs, jumps and throws.	Become increasingly competent and confident to perform skills more consistently. Able to perform in time with a partner and group. Use compositional ideas in sequences such as changes in height, speed and direction.	Develop and increased range of body actions and shapes to include in a sequence. Define muscles groups needed to support the core of their body. Refine taking weight on small and large body parts e.g hand and shoulder.	Work to include freeze frames in routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position.	Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skill such as marking and footwork.	
Year 5/6	Swimming	Swimming	Tag Rugby	Tennis	Cricket	Rounders
				Introduce volley and overhead shots. Apply new		Link together a range of skills and use in

A			Apply catching and quick passing in one movement. To select and apply appropriate skills in games. To begin to play effectively. To increase power and strength of passes, moving the ball over longer distances.	shots to games. Play with others in games. Further explore tennis service rules.		combinations. Collaborate with a team to choose, use and adapt rules. Recognise how fitness applies to rounders.
	Gymnastics	Athletics	Gymnastics	Dance	Netball	OAA
	Create longer, more complex sequences and adapt performances. Take the lead in a group when preparing a sequence. Develop symmetry individually and with others. Evaluate performances and select a component for improvement.	Sustain pace over different distances. Work as a relay team maintaining maximum pace. Perform a range of jumps and throws with power and accuracy.	Take responsibility for warm ups. Perform more complex actions with consistency. Use feedback to improve. Remember and repeat more complex sequences.	Perform different styles of dance fluently and clearly. Refine and improve dances. Work collaboratively to compose simple dances. Suggest ideas for improvement.	Use specific skills in games. To begin to play efficiently in different positions within the court both attack and defense. To increase power and strength of passes, moving the ball over longer distances.	
Year 5/6	Swimming	Athletics	Tag Rugby	Tennis	Cricket	Rounders
		. Become confident and expert in a range of techniques. Apply strength and flexibility to a broad range of throwing , running and jumping. Demonstrate improvements in self and others. Judge accurately across a range of activities.	Choose and implement a range of tactics. Combine and perform more complex skills. Observe, analyse and record performances. Suggest, plan and lead warmups in small groups	Develop backhand shots. Introduce the lob. Use tennis-scoring systems. Continue to develop doubles games.		Apply rules consistently in conditioned games. Play small sided games. Use a range of tactics for attacking and defending in different roles
	Gymnastics	Gymnastics	Dance	Basketball	Netball	OAA
B	Lead group warm ups with an appreciation of strength and flexibility. Demonstrate accuracy, clarity and consistency within movement. Design sequences independently and in groups. Arrange own apparatus to develop ideas	Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve.	Work collaboratively to include more complex compositional ideas. Develop motifs and incorporate into self composed dances. Talk about styles of dance with understanding and language.	Apply aspects of fitness to the game. Choose and implement strategies. Grasp more technical aspects of the game.	Work as a team to improve tactics and gameplay. Play within the rules using blocking skills for shots and passes. Develop defensive skills.	Explore ways of communicating. Navigate and solve problems from memory. Develop and use trust to complete tasks under pressure.