

Chiltern Primary School PE Progression Map

Together, over time, we are proud to learn to make a difference, to ourselves and others.

Our Vision: To ensure every child at Chiltern Primary reaches their full potential, including having all the experiences that will help them access the next stages in their education and life:

- At Chiltern, each child gets the very best of an education to prepare the children for the next stage of their life in the 21st century. **Our curriculum provides a range of enrichment activities and experiences to address the whole child.**
- We welcome everyone to our school, and foster a sense of immediate belonging, celebrating wider diversity and tolerance in our community. **We seek to celebrate difference and diversity so everyone feels welcome.**
- We provide a tailored, sequenced, National Curriculum that focusses on delivering a breadth of hands on experiences, practical learning, resilience-building and regular revision and retrieval of core vocabulary and skills that can be applied to all subjects. **Being able to articulate our understanding to others is a vital life skill – our curriculum develops the use of subject specific vocabulary and discussion as a key tool to developing, and extending, social capital.**

Collectively, we will provide the very best, high-quality, immersive education for all, within our safe, nurturing and inclusive environment.

Everyone is known and valued, with all needs being acknowledged, supported, and met from any starting point.

This will set in motion the development and love of life-long learning; the building of healthy, positive relationships and confidence in establishing broader hobbies and interests for their futures in the wider world by:

- Explicitly teaching carefully planned, sequenced opportunities across the years that encourage excellence in every subject, no matter what a child's prior experience; creating a sense of intrigue to inspire and enhance outcomes further.

- Purposefully building up skills and knowledge through the retrieval of core vocabulary, experiences and projects across the years that deepen understanding of a subject for all: day by day; week by week; year by year. This inclusive curriculum will help any child overcome any barrier to success they might have.
- Securing Quality First Teaching from all adults by aiming high for all pupils; knowing their starting points and providing a measured, personalised version of the National Curriculum, which underpins all we do.

What we want physically educated children at Chiltern to achieve

At Chiltern, we want to give children the opportunity to develop their skills, knowledge and understanding so they can perform with confidence across a range of sports and activities, as well as to develop enjoyment of physical activity so that they go on to lead active and healthy lives. We want to ensure that all children have access to a range of resources, so that they have the opportunity to try a variety of sports and activities to build their experience and to give them a variety of ways to apply and develop the skills they have.

The physical skills include ensuring that children improve their agility, balance and coordination through early years and Key Stage One and can begin applying these skills to sports and activities in Key Stage Two. Furthermore, we want children to learn to develop their *social abilities* by encouraging leadership through developing others, teamwork and motivation; their *personal abilities* through taking responsibility for their learning and embracing challenges; their *creative abilities* through adapting to situations within activities, as well as adapting their own games and rules; *thinking skills* through analysing performances and making good decisions; as well as developing their *health and fitness*, through knowing how to be fit and healthy and understanding all the benefits this leads to. We want to make sure that all children make at least good progress, from whatever their starting point, in all of these areas.

We believe physical education, as well as developing important physical abilities, can play a central role in children's health and well-being, provide them with interpersonal skills that can be used in all aspects of life, help them embrace challenges as well as providing them with a multitude of experiences and lots of enjoyment!

The National Expectations:

The National Curriculum for PE in England was introduced by the Department of Education in 2014. The curriculum aims to inspire all pupils to succeed and excel in competitive sport and other physically demanding activities, as well as providing opportunities for pupils to become physically confident in a way which supports their health and fitness.

The national curriculum for PE aims to ensure all pupils:

Develop competence to excel in a broad range of physical activities.

Are physically active for sustained periods of time.

Engage in competitive sports and activities.

Lead healthy, active lives.

The curriculum will teach children to develop fundamental movement skills in Key Stage One, by giving them a range of opportunities to extend their agility. Balance and coordination, individually and with others. They should be able to engage in competitive and cooperative physical activities, in a range of increasingly challenging situations. In Key Stage Two children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success.

Key Stage One National Curriculum Expectations

Pupils should be taught to:

- 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

Key Stage Two National Curriculum Expectations

Pupils should be taught to:

- 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)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges, both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and Water Safety

All schools must provide swimming instruction in either Key Stage One or Key Stage Two.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

Intent

We provide a safe and supportive environment for children to flourish in a range of different sports and physical activities. We also understand the importance and opportunity of using PE to develop children's personal, social, creative and thinking skills. All children have the opportunity to be physically active for sustained periods of time, we have a healthy food policy, we have a variety of PE equipment that we add to on a regular basis to ensure children have a wide range of activities in which they can develop their skills and experiences. We teach for progression in order to make sure that all children's progress can be considered good or better by the time they leave Chiltern, we do this by differentiating activities and through teaching the children ways they can adapt the activities to better compete and improve against themselves and others. We provide opportunities for children to learn how to stay safe in the water and swim at least 25 metres in Year 4 and further opportunities for those children who haven't achieved this in Year 5. We do these things in order to strive to create a culture which aims to inspire children to enjoy PE, develop interpersonal skills and make progress in their physical abilities and ultimately for children to take responsibility for their own development, so that they continue in becoming active and healthy citizens for their lives after Chiltern.

Implementation

Each lesson consists of the revisiting of prior knowledge and vocabulary, direct teaching of new skills and vocabulary, analysis of new learning and application. This is achieved at levels that are appropriate to the children's current ability. Children learn skills to adapt the activity to their current ability level, whether that is through using different equipment, changing the task, using other children to help or challenge them, but encouraging them to take ownership of an activity, which helps engagement as well as development. Through the careful sequencing of lessons, we aim to develop a wide range of abilities that can be applied to a wide range of sports, giving the children skills that will be useful to them both now and in the future. Children are given further opportunity to use and develop these skills in after school clubs, as well as a wide range of competitions throughout the year, and many children also participate in clubs outside of school, giving them even more opportunity to develop and put their talents to use.

Impact

At Chiltern, we want to give children the opportunity to develop their skills, knowledge and understanding so they can perform with confidence across a range of sports and activities, as well as to develop enjoyment of physical activity so that they go on to lead active and healthy lives. We want to ensure that all children have access to a range of resources, so that they have the opportunity to try a variety of sports and activities to build their experience and to give them a variety of ways to apply and develop the skills they have.

The physical skills include ensuring that children improve their agility, balance and coordination through early years and Key Stage One and can begin applying these skills to sports and activities in Key Stage Two. Furthermore, we want children to learn to develop their *social abilities* by encouraging leadership through developing others, teamwork and motivation; their *personal abilities* through taking responsibility for their learning and embracing challenges; their *creative abilities* through adapting to situations within activities, as well as adapting their own games and rules; *thinking skills* through analysing performances and making good decisions; as well as developing their *health and fitness*, through knowing how to be fit and healthy and understanding all the benefits this leads to. We want to make sure that all children make at least good progress, from whatever their starting point, in all of these areas.

We believe physical education, as well as developing important physical abilities, can play a central role in children's health and well-being, provide them with interpersonal skills that can be used in all aspects of life, help them embrace challenges as well as providing them with a multitude of experiences and lots of enjoyment!

Learning in PE will be enjoyed across the school. Teachers will have high expectations and quality evidence will be presented in a variety of forms. Children will use PE vocabulary accurately, alongside a progression in their technical skills. They will be confident using a range of equipment and be able to apply their fundamental skills to a variety of activities. Children will see that PE, and the benefits of it, extend beyond school, with skills that are transferrable to a range of situations. They will be confident in their physical abilities and know how to improve their learning, wherever they are along that journey and go on to lead happy and healthy lives. The reinforcement of skills year-on-year will allow children to take this knowledge with them to secondary school and beyond. We also want to make sure children develop the interpersonal skills that are so important in building character and this is an area that PE creates incredible opportunities to achieve, where children can also develop their creativity, personal, social and cognitive skills on a regular basis.

	Reception/KS1	LKS2	UKS2
Athletics	<p>Children can:</p> <p>R</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • I know how to describe how the body feels when still and when exercising. <p style="text-align: center;">Running</p> <ul style="list-style-type: none"> • I know how to run in different ways for a variety of purposes. <p style="text-align: center;">Jumping</p> <ul style="list-style-type: none"> • I know how to jump in a range of ways, landing safely. <p style="text-align: center;">Throwing</p> <ul style="list-style-type: none"> • I know how to roll equipment in different ways. • I know how to throw underarm. • I know how to throw an object at a target. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to control my body 	<p>Children can:</p> <p>Y3</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • I know how to recognise and describe the effects of exercise on the body. • I know the importance of strength and flexibility for physical activity. • I know how to explain why it is important to warm up and cool down. <p style="text-align: center;">Running</p> <ul style="list-style-type: none"> • I know how to identify and demonstrate how different techniques can affect my performance. • I know how to focus on my arm and leg action to improve my sprinting technique. 	<p>Children can:</p> <p>Y5</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • I know and understand the reasons for warming up and cooling down. • I know how to explain some safety principles when preparing for and during exercise. <p style="text-align: center;">Running</p> <ul style="list-style-type: none"> • I know how to accelerate from a variety of starting positions and select my preferred position. • I know how to identify my reaction times when performing a sprint start. • I know how to continue to practise and refine my technique for sprinting, focusing on an effective sprint start. • I know how to select the most suitable

	<p>when performing a sequence of movements.</p> <ul style="list-style-type: none"> I know how to participate in simple games. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to talk about what I have done. I know how to talk about what others have done. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Run, space, safely 	<ul style="list-style-type: none"> I know how to begin to combine running with jumping over hurdles. I know how to focus on trail leg and lead leg action when running over hurdles. I know how to understand the importance of adjusting running pace to suit the distance being run. <p style="text-align: center;">Jumping</p> <ul style="list-style-type: none"> I know how to use one and two feet to take off and to land with. I know how to develop an effective take-off for the standing long jump. I know how to develop an effective flight phase for the standing long jump. I know how to land safely and with control. <p style="text-align: center;">Throwing</p> <ul style="list-style-type: none"> I know how to throw with greater control and accuracy. I know how to show increasing control in my overarm throw. I know how to perform a push throw. I know how to continue to develop 	<p>pace for the distance and my fitness level in order to maintain a sustained run.</p> <ul style="list-style-type: none"> I know how to identify and demonstrate stamina, explaining its importance for runners. <p style="text-align: center;">Jumping</p> <ul style="list-style-type: none"> I know how to improve techniques for jumping for distance. I know how to perform an effective standing long jump. I know how to perform the standing triple jump with increased confidence. I know how to develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. I know how to land safely and with control. I know how to measure the distance and height jumped with accuracy. I know how to investigate different jumping techniques. <p style="text-align: center;">Throwing</p>
	<p>Y1</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body feels before, during and after exercise. I know how to carry and place equipment safely. <p style="text-align: center;">Running</p> <ul style="list-style-type: none"> I know how to vary my pace and speed when running. I know how to run with a basic technique over different distances. I know how to show good posture and balance. I know how to jog in a straight line. 		

	<ul style="list-style-type: none"> • I know how to change direction when jogging. • I know how to sprint in a straight line. • I know how to change direction when sprinting. • I know how to maintain control as I change direction when jogging or sprinting. <p style="text-align: center;">Jumping</p> <ul style="list-style-type: none"> • I know how to perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • I know how to perform a short jumping sequence. • I know how to jump as high as possible. • I know how to jump as far as possible. • I know how to land safely and with control. • I know how to work with a partner to develop the control of their jumps. <p style="text-align: center;">Throwing</p> <ul style="list-style-type: none"> • I know how to throw underarm and 	<p>techniques to throw for increased distance.</p> <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform learnt skills and techniques with control and confidence. • I know how to compete against self and others in a controlled manner. <ul style="list-style-type: none"> • Evaluate • I know how to watch, describe and evaluate the effectiveness of a performance • I know how to describe how my performance has improved over time <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Teamwork, relay <p>Y4</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • I know how to describe how the body reacts at different times and how this affects performance. • I know how to explain why exercise is good for your health. • I know some reasons for warming up and cooling down. 	<ul style="list-style-type: none"> • I know how to perform a fling throw. • I know how to throw a variety of implements using a range of throwing techniques. • I know how to measure and record the distance of my throws. • I know how to continue to develop techniques to throw for increased distance. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to consistently perform and apply skills and techniques with accuracy and control. • I know how to take part in competitive games with a strong understanding of tactics and composition. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to choose and use criteria to evaluate own and others' performance. • I know how to explain why I have used particular skills or techniques, and the effect they have had on my performance. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Pace, accuracy, communication,
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overarm.

- I know how to throw a ball towards a target with increasing accuracy.
- I know how to improve the distance I know how to throw by using more power.

Compete/Perform

- I know how to begin to perform learnt skills with some control.
- I know how to engage in competitive activities and team games.

Evaluate

- I know how to watch and describe performances.
- I know how to begin to say how they can be improved.

Vocabulary

- Speed

Y2

Health and Fitness

- I know how to recognise and describe how the body feels during and after different physical activities.
- I know how to explain what I need

Running

- I know how to confidently demonstrate an improved technique for sprinting.
- I confidently demonstrate an improved technique for sprinting.
- I know how to perform a relay, focusing on the baton changeover technique.
- I know how to speed up and slow down smoothly.

Jumping

- I know how to learn how to combine a hop, step and jump to perform the standing triple jump.
- I know how to land safely and with control.
- I know how to begin to measure the distance jumped.

Throwing

- I know how to perform a pull throw.
- I know how to measure the distance of my throws.
- I know how to continue to develop techniques to throw for increased

sprint.

Y6

Health and Fitness

- I understand the importance of warming up and cooling down.
- I know how to carry out warm-ups and cool-downs safely and effectively.
- I understand why exercise is good for health, fitness and well-being.
- I know ways to become healthier.

Running

- I know how to recap, practise and refine an effective sprinting technique, including reaction time.
- I know how to build up speed quickly for a sprint finish.
- I know how to run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
- I know how to accelerate to pass other competitors.
- I know how to work as a team to competitively perform a relay.

to stay healthy.

Running

- I know how to run at different paces, describing the different paces.
- I know how to use a variety of different stride lengths.
- I know how to travel at different speeds.
- I know how to begin to select the most suitable pace and speed for distance.
- I know how to complete an obstacle course.
- I know how to vary the speed and direction in which I am travelling.
- I know how to run with basic techniques following a curved line.
- I know how to maintain and control a run over different distances.

Jumping

- I know how to perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to the same foot or one foot to the opposite foot.

distance.

Compete/Perform

- I know how to perform and apply skills and techniques with control and accuracy.
- I know how to take part in a range of competitive games and activities.

Evaluate

- I know how to watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.
- I know how to modify my use of skills or techniques to achieve a better result.

Vocabulary

- Combination, transition

- I know how to confidently and independently select the most appropriate pace for different distances and different parts of the run.
- I know how to demonstrate endurance and stamina over longer distances in order to maintain a sustained run.

Jumping

- I know how to develop the technique for the standing vertical jump.
- I know how to maintain control at each of the different stages of the triple jump.
- I know how to land safely and with control.
- I know how to develop and improve their techniques for jumping for height and distance and support others in improving their performance.
- I know how to perform and apply different types of jumps in other contexts.
- I know how to set up and lead jumping activities including measuring the jumps with confidence and accuracy.

Throwing

- I know how to combine different jumps together with some fluency and control.
- I know how to jump for distance from a standing position with accuracy and control.
- I know how to investigate the best jumps to cover different distances.
- I know how to choose the most appropriate jumps to cover different distances.
- I know that the leg muscles are used when performing a jumping action.

Throwing

- I know how to throw different types of equipment in different ways, for accuracy and distance.
- I know how to throw with accuracy at targets of different heights.
- I know how to investigate ways to alter my throwing technique to achieve greater distance.

Compete/Perform

- I know how to perform learnt skills with increasing control.
- I know how to compete against



- I know how to perform a heave throw.
- I know how to measure and record the distance of their throws.
- I know how to continue to develop techniques to throw for increased distance and support others in improving their personal best.
- I know how to develop and refine techniques to throw for accuracy.

Compete/Perform

- I know how to perform and apply a variety of skills and techniques confidently, consistently and with precision.
- I know how to take part in competitive games with a strong understanding of tactics and composition.

Evaluate

- I know how to thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.

Vocabulary

- Technique

myself and others.

Evaluate

- I know how to watch and describe performances, and use what I see to improve my own performance.
- I know how to talk about the differences between my work and that of others.

Vocabulary

- Direction



	KS1	LKS2	UKS2
Dance	<p>R</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body feels when still and when exercising. <p>Dance Skills</p> <ul style="list-style-type: none"> I know how to join a range of different movements together. I know how to change the speed of my actions. I know how to change the style of my movements. I know how to create a short movement phrase which demonstrates their own ideas. <p>Compete/Perform</p> <ul style="list-style-type: none"> I know how to control my body when performing a sequence of movements. <p>Evaluate</p> <ul style="list-style-type: none"> I know how to talk about what I have done. I know how to talk about what others have done. <p>Vocabulary</p> <ul style="list-style-type: none"> Dance, movement, music 	<p>Y3</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe the effects of exercise on the body. I know the importance of strength and flexibility for physical activity. I know how to explain why it is important to warm up and cool down. <p>Dance Skills</p> <ul style="list-style-type: none"> I know how to begin to improvise with a partner to create a simple dance. I know how to create motifs from different stimuli. I know how to begin to compare and adapt movements and motifs to create a larger sequence. I know how to use simple dance vocabulary to compare and improve work. I know how to perform with some awareness of rhythm and expression. <p>Compete/Perform</p> <ul style="list-style-type: none"> I know how to develop the quality of the actions in their performances. I know how to perform learnt skills and techniques with control and confidence. 	<p>Y5</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know and understand the reasons for warming up and cooling down. I know how to explain some safety principles when preparing for and during exercise. <p>Dance Skills</p> <ul style="list-style-type: none"> I know how to identify and repeat the movement patterns and actions of a chosen dance style. I know how to compose individual, partner and group dances that reflect the chosen dance style. I know how to show a change of pace and timing in my movements. I know how to develop an awareness of my use of space. I know how to demonstrate imagination and creativity in the movements I devise in response to stimuli. I know how to use transitions to link motifs smoothly together. I know how to improvise with confidence, still demonstrating fluency across the sequence.

	KS1	LKS2	UKS2
	<p>Y1</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> Describe how the body feels before, during and after exercise. Carry and place equipment safely. <p>Dance Skills</p> <ul style="list-style-type: none"> I know how to copy and repeat actions. I know how to put a sequence of actions together to create a motif. I know how to vary the speed of my actions. I know how to use simple choreographic devices such as unison, canon and mirroring. I know how to begin to improvise independently to create a simple dance. <p>Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform using a range of actions and body parts with some coordination. I know how to begin to perform learnt skills with some control. <p>Evaluate</p> <ul style="list-style-type: none"> I know how to watch, describe and evaluate the effectiveness of a 	<ul style="list-style-type: none"> I know how to compete against myself and others in a controlled manner. <p>Evaluate</p> <ul style="list-style-type: none"> I know how to watch, describe and evaluate the effectiveness of a performance. I know how to describe how my performance has improved over time. <p>Vocabulary</p> <ul style="list-style-type: none"> Choreograph, unison, repetition <p>Y4</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body reacts at different times and how this affects performance. I know how to explain why exercise is good for your health. I know some reasons for warming up and cooling down. <p>Dance Skills</p> <ul style="list-style-type: none"> I know how to identify and repeat the movement patterns and actions of a chosen dance style. I know how to compose a dance that reflects the chosen dance style. I know how to confidently improvise 	<ul style="list-style-type: none"> I know how to ensure my actions fit the rhythm of the music. I know how to modify parts of a sequence as a result of self and peer evaluation. I know how to use more complex dance vocabulary to compare and improve work. <p>Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform my own longer, more complex sequences in time to music. I know how to consistently perform and apply skills and techniques with accuracy and control. <p>Evaluate</p> <ul style="list-style-type: none"> I know how to choose and use criteria to evaluate my own and others' performances. I know how to explain why I have used particular skills or techniques, and the effect they have had on my performance. <p>Vocabulary</p> <ul style="list-style-type: none"> Pace, timing, interpretation.

	KS1	LKS2	UKS2
	<p>performance.</p> <ul style="list-style-type: none"> I know how to describe how my performance has improved over time. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Sequence, repeat <p>Y2</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe how the body feels during and after different physical activities. I know how to explain what I need to stay healthy. <p style="text-align: center;">Dance Skills</p> <ul style="list-style-type: none"> I know how to copy, remember and repeat actions. I know how to create a short motif inspired by a stimulus. I know how to change the speed and level of my actions. I know how to use simple choreographic devices such as unison, canon and mirroring. I know how to use different transitions within a dance motif. I know how to move in time to music. 	<p>with a partner or on my own.</p> <ul style="list-style-type: none"> I know how to compose longer dance sequences in a small group. I know how to demonstrate precision and some control in response to stimuli. I know how to begin to vary dynamics and develop actions and motifs in response to stimuli. I know how to demonstrate rhythm and spatial awareness. I know how to change parts of a dance as a result of self-evaluation. I know how to use simple dance vocabulary when comparing and improving work. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform and create sequences with fluency and expression. I know how to perform and apply skills and techniques with control and accuracy. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to watch, describe and evaluate the effectiveness of 	<p>Y6</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to understand the importance of warming up and cooling down. I know how to carry out warm-ups and cool-downs safely and effectively. I know how to understand why exercise is good for health, fitness and wellbeing. I know ways I know how to become healthier. <p style="text-align: center;">Dance Skills</p> <ul style="list-style-type: none"> I know how to identify and repeat the movement patterns and actions of a chosen dance style. I know how to compose individual, partner and group dances that reflect the chosen dance style. I know how to use dramatic expression in dance movements and motifs. I know how to perform with confidence, using a range of movement patterns. I know how to demonstrate strong and controlled movements

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> I know how to improve the timing of my actions. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform sequences of my own composition with coordination. I know how to perform learnt skills with increasing control. I know how to compete against myself and others. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to watch and describe performances, and use what I see to improve my own performance. I know how to talk about the differences between my work and that of others. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Perform, patterns 	<p>performances, giving ideas for improvements.</p> <ul style="list-style-type: none"> I know how to modify my use of skills or techniques to achieve a better result. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Partner, structure 	<p>throughout a dance sequence.</p> <ul style="list-style-type: none"> I know how to combine flexibility, techniques and movements to create a fluent sequence. I know how to move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. I know how to show a change of pace and timing in my movements. I know how to move rhythmically and accurately in dance sequences. I know how to improvise with confidence, still demonstrating fluency across my sequence. I know how to dance with fluency and control, linking all movements and ensuring that transitions flow. I know how to demonstrate consistent precision when performing dance sequences. I know how to modify some elements of a sequence as a result of self and peer evaluation. I know how to use complex dance vocabulary to compare and improve

	KS1	LKS2	UKS2
			<p>work.</p> <p>Compete/Perform</p> <ul style="list-style-type: none"> • I know how to link actions to create a complex sequence using a full range of movement. • I know how to perform the sequence in time to music. • I know how to perform and apply a variety of skills and techniques confidently, consistently and with precision. <p>Evaluate</p> <ul style="list-style-type: none"> • I know how to thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements. <p>Vocabulary</p> <ul style="list-style-type: none"> • Improvisation, reaction, motifs.

	KS1	LKS2	UKS2



	KS1	LKS2	UKS2
Games	<p>R</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body feels when still and when exercising. <p>Striking and Hitting a Ball</p> <ul style="list-style-type: none"> I know how to hit a ball with a bat or racquet. <p>Throwing and Catching a Ball</p> <ul style="list-style-type: none"> I know how to roll equipment in different ways. I know how to throw underarm. I know how to throw an object at a target. I know how to catch equipment using two hands. <p>Travelling with a Ball</p> <ul style="list-style-type: none"> I know how to move a ball in different ways, including bouncing and kicking. I know how to use equipment to control a ball. <p>Passing a Ball</p> <ul style="list-style-type: none"> I know how to kick an object at a target. <p>Using Space</p>	<p>Y3</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe the effects of exercise on the body. I know the importance of strength and flexibility for physical activity. I know how to explain why it is important to warm- up and cool-down. <p>Striking and Hitting a Ball</p> <ul style="list-style-type: none"> I know how to demonstrate successful hitting and striking skills. I know how to develop a range of skills in striking (and fielding where appropriate). I know how to practise the correct batting technique and use it in a game. I know how to strike the ball for distance. <p>Throwing and Catching a Ball</p> <ul style="list-style-type: none"> I know how to throw and catch with greater control and accuracy. 	<p>Y5</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know and understand the reasons for warming up and cooling down. I know how to explain some safety principles when preparing for and during exercise. <p>Striking and Hitting a Ball</p> <ul style="list-style-type: none"> I know how to use different techniques to hit a ball. I know how to identify and apply techniques for hitting a tennis ball. I know how to explore when different shots are best used. I know how to develop a backhand technique and use it in a game. I know how to practise techniques for all strokes. I know how to play a tennis game using an overhead serve. <p>Throwing and Catching a Ball</p> <ul style="list-style-type: none"> I know how to consolidate different ways of throwing and

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> • I know how to move safely around the space and equipment. • I know how to travel in different ways, including sideways and backwards. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to play a range of chasing games. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know how to follow simple rules. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to control my body when performing a sequence of movements. • I know how to participate in simple games. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to talk about what I have done. • I know how to talk about what others have done. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Ball, throw, catch, game, team <p>Y1</p> <p style="text-align: center;">Health and Fitness</p>	<ul style="list-style-type: none"> • I know how to practise the correct technique for catching a ball and use it in a game. • I know how to perform a range of catching and gathering skills with control. • I know how to catch with increasing control and accuracy. • I know how to throw a ball in different ways (e.g. high, low, fast or slow). • I know how to develop a safe and effective overarm bowl. <p style="text-align: center;">Travelling with a Ball</p> <ul style="list-style-type: none"> • I know how to move with the ball in a variety of ways with some control. • I know how to use two different ways of moving with a ball in a game. <p style="text-align: center;">Passing a Ball</p> <ul style="list-style-type: none"> • I know how to pass the ball in two different ways in a game situation with some success. <p style="text-align: center;">Possession</p> <ul style="list-style-type: none"> • I know how to keep and win back 	<p>catching, and know when each is appropriate in a game.</p> <p>Travelling with a Ball</p> <ul style="list-style-type: none"> • I know how to use a variety of ways to dribble in a game with success. • I know how to use ball skills in various ways, and begin to link together. <p style="text-align: center;">Passing a Ball</p> <ul style="list-style-type: none"> • I know how to pass a ball with speed and accuracy using appropriate techniques in a game situation. <p style="text-align: center;">Possession</p> <ul style="list-style-type: none"> • I know how to keep and win back possession of the ball effectively in a team game. <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> • I know how to demonstrate an increasing awareness of space. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to choose the best tactics for attacking and defending.

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> • I know how to describe how the body feels before, during and after exercise. • I know how to carry and place equipment safely. <p style="text-align: center;">Striking and Hitting a Ball</p> <ul style="list-style-type: none"> • I know how to use hitting skills in a game. • I know how to practise basic striking, sending and receiving. <p style="text-align: center;">Throwing and Catching a Ball</p> <ul style="list-style-type: none"> • I know how to throw underarm and overarm. • I know how to catch and bounce a ball. • I know how to use rolling skills in a game. • I know how to practise accurate throwing and consistent catching. <p style="text-align: center;">Travelling with a Ball</p> <ul style="list-style-type: none"> • I know how to travel with a ball in different ways. • I know how to travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. <p style="text-align: center;">Passing a Ball</p>	<p>possession of the ball in a team game.</p> <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> • I know how to find a useful space and get into it to support teammates. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to use simple attacking and defending skills in a game. • I know how to use fielding skills to stop a ball from travelling past them. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know how to apply and follow rules fairly. • I know how to understand and begin to apply the basic principles of invasion games. <ul style="list-style-type: none"> • I know how to play a striking and fielding game fairly. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to develop the quality of the actions in my performances. • I know how to perform learnt skills 	<ul style="list-style-type: none"> • I know how to shoot in a game. • I know how to use fielding skills as a team to prevent the opposition from scoring. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know when to pass and when to dribble in a game. • I know how to devise and adapt rules to create my own game. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to consistently perform and apply skills and techniques with accuracy and control. • I know how to take part in competitive games with a strong understanding of tactics and composition. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to choose and use criteria to evaluate own and others' performance. • I know how to explain why I have used particular skills or techniques, and the effect they

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> I know how to pass the ball to another player in a game. I know how to use kicking skills in a game. <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> I know how to use different ways of travelling in different directions or pathways. I know how to run at different speeds. I know how to begin to use space in a game. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> I know how to begin to use the terms attacking and defending. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> I know how to follow simple rules to play games, including team games. I know how to use simple attacking skills such as dodging to get past a defender. I know how to use simple defensive skills such as marking a player or defending a space. <p style="text-align: center;">Compete/Perform</p>	<p>and techniques with control and confidence.</p> <ul style="list-style-type: none"> I know how to compete against self and others in a controlled manner. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to watch, describe and evaluate the effectiveness of a performance. I know how to describe how my performance has improved over time. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Opposition, control. <p>Y4</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body reacts at different times and how this affects performance. I know how to explain why exercise is good for your health. I know some reasons for warming up and cooling down. <p style="text-align: center;">Striking and Hitting a Ball</p>	<p>have had on my performance.</p> <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Forehand, backhand, dribble, shoot, pass. <p>Y6</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to understand the importance of warming up and cooling down. I know how to carry out warm-ups and cool-downs safely and effectively. I know how to understand why exercise is good for health, fitness and wellbeing. I know ways I know how to become healthier. <p style="text-align: center;">Striking and Hitting a Ball</p> <ul style="list-style-type: none"> I know how to hit a bowled ball over longer distances. I know how to use good hand-eye

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> I know how to perform using a range of actions and body parts with some coordination. I know how to begin to perform learnt skills with some control. I know how to engage in competitive activities and team games. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to watch and describe performances. I know how to begin to say how they could improve. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Defence, attack, underarm, overarm. 	<ul style="list-style-type: none"> I know how to use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. I know how to accurately serve underarm. Build a rally with a partner. I know how to use at least two different shots in a game situation. I know how to use hand-eye coordination to strike a moving and a stationary ball. <p style="text-align: center;">Throwing and Catching a Ball</p> <ul style="list-style-type: none"> I know how to develop different ways of throwing and catching. <p style="text-align: center;">Travelling with a Ball</p> <ul style="list-style-type: none"> I know how to move with the ball using a range of techniques showing control and fluency. <p style="text-align: center;">Passing a Ball</p> <ul style="list-style-type: none"> I know how to pass the ball with increasing speed, accuracy and success in a game situation. <p style="text-align: center;">Possession</p> <ul style="list-style-type: none"> I know how to occasionally contribute towards helping their 	<p>coordination to be able to direct a ball when striking or hitting.</p> <ul style="list-style-type: none"> I know how to understand how to serve in order to start a game. <p style="text-align: center;">Throwing and Catching a Ball</p> <ul style="list-style-type: none"> I know how to throw and catch accurately and successfully under pressure in a game. <p style="text-align: center;">Travelling with a Ball</p> <ul style="list-style-type: none"> I know how to show confidence in using ball skills in various ways in a game situation, and link these together effectively. <p style="text-align: center;">Passing a Ball</p> <ul style="list-style-type: none"> I know how to choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. <p style="text-align: center;">Possession</p> <ul style="list-style-type: none"> I know how to keep and win back possession of the ball effectively and in a variety of ways in a team game. <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> I know how to demonstrate a good awareness of space.
Y2	<p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe how the body feels during and after different physical activities. I know how to explain what they need to stay healthy. 		

	KS1	LKS2	UKS2
	<p style="text-align: center;">Striking and Hitting a Ball</p> <ul style="list-style-type: none"> • I know how to strike or hit a ball with increasing control. • I know how to learn skills for playing striking and fielding games. • I know how to position the body to strike a ball. <p style="text-align: center;">Throwing and Catching a Ball</p> <ul style="list-style-type: none"> • I know how to throw different types of equipment • I know how to throw in different ways, for accuracy and distance. • I know how to throw, catch and bounce a ball with a partner. • I know how to use throwing and catching skills in a game. • I know how to throw a ball for distance. • I know how to use hand-eye coordination to control a ball. • I know how to vary types of throw used. <p style="text-align: center;">Travelling with a Ball</p> <ul style="list-style-type: none"> • I know how to bounce and kick a ball whilst moving. 	<p>team to keep and win back possession of the ball in a team game.</p> <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> • I know how to make the best use of space to pass and receive the ball. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to use a range of attacking and defending skills and techniques in a game. • I know how to use fielding skills as an individual to prevent a player from scoring. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know how to vary the tactics they use in a game. Adapt rules to alter games. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform and apply skills and techniques with control and accuracy. • I know how to take part in a range of competitive games and activities. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to watch, describe and 	<p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to think ahead and create a plan of attack or defence. • I know how to apply knowledge of skills for attacking and defending. • I know how to work as a team to develop fielding strategies to prevent the opposition from scoring. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know how to follow and create complicated rules to play a game successfully. • I know how to communicate plans to others during a game. • I know how to lead others during a game. <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform and apply a variety of skills and techniques confidently, consistently and with precision. • I know how to take part in competitive games with a strong understanding of tactics and composition.

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> • I know how to use kicking skills in a game. • I know how to use dribbling skills in a game. <p style="text-align: center;">Passing a Ball</p> <ul style="list-style-type: none"> • I know how to pass the ball in different ways. <p style="text-align: center;">Using Space</p> <ul style="list-style-type: none"> • I know how to use different ways of travelling at different speeds and following different pathways, directions or courses. • I know how to change speed and direction whilst running. • I know how to begin to choose and use the best space in a game. <p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • I know how to begin to use and understand the terms attacking and defending. • I know how to use at least one technique to attack or defend to play a game successfully. <p style="text-align: center;">Tactics and Rules</p> <ul style="list-style-type: none"> • I know how to understand the importance of rules in games. • I know how to use at least one 	<p>evaluate the effectiveness of performances, giving ideas for improvements.</p> <ul style="list-style-type: none"> • I know how to modify my use of skills or techniques to achieve a better result. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Possession. 	<p>Evaluate</p> <ul style="list-style-type: none"> • I know how to thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Hand-eye co-ordination.

	KS1	LKS2	UKS2
	<p>technique to attack or defend to play a game successfully.</p> <p>Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform sequences of their own composition with coordination. • I know how to perform learnt skills with increasing control. • I know how to compete against self and others. <p>Evaluate</p> <ul style="list-style-type: none"> • I know how to watch and describe performances, and use what I see to improve my own performance. • I know how to talk about the differences between their work and that of others. <p>Vocabulary</p> <ul style="list-style-type: none"> • Co-ordination, tactics, release, agility. 		

	KS1	LKS2	UKS2



	KS1	LKS2	UKS2
Gymnastics	<p>R</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body feels when still and when exercising. <p>Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to create a short sequence of movements. I know how to roll in different ways with control. I know how to travel in different ways. I know how to stretch in different ways. I know how to jump in a range of ways from one space to another with control. I know how to begin to balance with control. I know how to move around, under, over, and through different objects and equipment. <p>Rolls</p> <ul style="list-style-type: none"> I know how to perform a curled 	<p>Y3</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe the effects of exercise on the body. I know the importance of strength and flexibility for physical activity. I know how to explain why it is important to warm up and cool down. <p>Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to choose ideas to compose a movement sequence independently and with others. I know how to link combinations of actions with increasing confidence, including changes of direction, speed or level. I know how to develop the quality of their actions, shapes and balances. I know how to move with coordination, control and care. I know how to use turns whilst travelling in a variety of ways. I know how to use a range of jumps in their sequences. 	<p>Y5</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know and understand the reasons for warming up and cooling down. I know how to explain some safety principles when preparing for and during exercise. <p>Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to select ideas to compose specific sequences of movements, shapes and balances. I know how to adapt their sequences to fit new criteria or suggestions. I know how to perform jumps, shapes and balances fluently and with control. I know how to confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. I know how to confidently use equipment to vault in a variety of ways.

	KS1	LKS2	UKS2
	<p>side roll (egg roll)</p> <ul style="list-style-type: none"> • I know how to perform a Log roll (pencil roll) • I know how to perform a teddy bear roll <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • I know how to perform a straight jump • I know how to perform a tuck jump • I know how to perform a jumping Jack • I know how to perform a half turn <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> • I know how to perform a bunny hop <p style="text-align: center;">Travelling & Linking Actions</p> <ul style="list-style-type: none"> • I know how to perform a tiptoe, step, jump and hop <p style="text-align: center;">Shapes and Balances</p> <ul style="list-style-type: none"> • I know how to perform standing balances <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to control my body when performing a sequence of movements. 	<ul style="list-style-type: none"> • I know how to begin to use equipment to vault. • I know how to create interesting body shapes while holding balances with control and confidence • I know how to begin to show flexibility in movements <p style="text-align: center;">Rolls</p> <ul style="list-style-type: none"> • I know how to perform a crouched forward roll Forward roll from standing Tucked backward roll <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • I know how to perform a straight jump • I know how to perform a tuck Jump • I know how to perform a jumping Jack • I know how to perform a star Jump • I know how to perform a straddle Jump • I know how to perform a pike Jump • I know how to perform a straight jump half turn • I know how to perform a cat leap <p>Vault – with springboard and vault or</p>	<ul style="list-style-type: none"> • I know how to apply skills and techniques consistently. • I know how to develop strength, technique and flexibility throughout performances. • I know how to combine equipment with movement to create sequences <p style="text-align: center;">Rolls</p> <ul style="list-style-type: none"> • I know how to perform a forward roll from standing • I know how to perform a straddle forward roll • I know how to perform a pike forward roll • I know how to perform a tucked backward roll • I know how to perform a backward roll to straddle <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • I know how to perform a straight jump • I know how to perform a tuck jump • I know how to perform a jumping jack • I know how to perform a star jump • I know how to perform a straddle

	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> I know how to participate in simple games. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Balance, equipment, shapes. <p>Y1</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body feels before, during and after exercise. I know how to carry and place equipment safely. <p style="text-align: center;">Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to create and perform a movement sequence. I know how to copy actions and movement sequences with a beginning, middle and end. I know how to link two actions to make a sequence. I know how to recognise and copy contrasting actions (small/tall, narrow/wide). I know how to travel in different ways, 	<p style="text-align: center;">other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> I know how to perform a hurdle step onto springboard I know how to perform a squat on vault I know how to perform a star jump off I know how to perform a tuck jump off I know how to perform a straddle jump off I know how to perform a pike jump off <p style="text-align: center;">Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> I know how to perform a handstand I know how to perform a lunge into handstand I know how to perform a cartwheel <p style="text-align: center;">Travelling & Linking Actions</p> <ul style="list-style-type: none"> Tiptoe, step, jump and hop I know how to perform hopscotch I know how to skip I know how to perform chassis steps 	<p>jump</p> <ul style="list-style-type: none"> I know how to perform a pike jump I know how to perform a stag jump I know how to perform a straight jump half-turn I know how to perform a straight jump full-turn I know how to perform a cat leap I know how to perform a cat leap half-turn I know how to perform a split leap <p style="text-align: center;">Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> I know how to perform a hurdle step onto springboard I know how to perform a squat on vault I know how to perform a straddle on vault I know how to perform a star jump off I know how to perform a tuck jump off I know how to perform a straddle jump off I know how to perform a pike jump

	KS1	LKS2	UKS2
	<p>changing direction and speed.</p> <ul style="list-style-type: none"> • I know how to hold still shapes and simple balances. • I know how to carry out simple stretches. • I know how to carry out a range of simple jumps, landing safely. • I know how to move around, under, over, and through different objects and equipment. • I know how to begin to move with control and care. <p style="text-align: center;">Rolls</p> <ul style="list-style-type: none"> • I know how to perform a log roll (controlled) • I know how to perform a curled side roll (egg roll) (controlled) • I know how to perform a teddy bear roll (controlled) <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • I know how to perform a straight jump • I know how to perform a tuck jump • I know how to perform a jumping Jack • I know how to perform a half 	<ul style="list-style-type: none"> • I know how to perform a straight jump half turn • I know how to perform a cat leap <p style="text-align: center;">Shapes and Balances</p> <ul style="list-style-type: none"> • I know how to perform large and small body part balances, including standing and kneeling balances • I know how to perform a balance on apparatus • I know how to perform matching and contrasting partner balances • I know how to perform pike, tuck, star, straight and straddle • I know how to perform a front and back support <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform and develop the quality of the actions in my performances. • I know how to perform and perform learnt skills and techniques with control and confidence. • I know how to compete against myself and others in a controlled manner. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Combination 	<p>off</p> <ul style="list-style-type: none"> • I know how to perform a squat through vault <p style="text-align: center;">Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> • I know how to perform a lunge into handstand • I know how to perform a lunge into cartwheel • I know how to perform a lunge into round-off <p style="text-align: center;">Travelling & Linking Actions</p> <ul style="list-style-type: none"> • I know how to perform a tiptoe, step, jump and hop • I know how to perform hopscotch • I know how to skip • I know how to perform chassis steps • I know how to perform straight jumps, half turns, a straight jump full turn and a cat leap • I know how to perform a cat leap half turn Pivot <p style="text-align: center;">Shapes and Balances</p> <ul style="list-style-type: none"> • I know how to perform 1, 2, 3 and 4-point balances I know how to

	KS1	LKS2	UKS2
	<p>turn</p> <ul style="list-style-type: none"> I know how to perform a cat spring <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> I know how to perform a straight jump off springboard <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> I know how to perform a bunny hop I know how to perform a front support wheelbarrow with partner <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> I know how to perform a tiptoe, step, jump and hop I know how to hopscotch I know how to skip I know how to gallop <p>Shapes and Balances</p> <ul style="list-style-type: none"> I know how to perform standing balances I know how to perform kneeling balances I know how to perform a pike, tuck, star, straight and straddle shapes 	<p>Y4</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> I know how to describe how the body reacts at different times and how this affects performance. I know how to explain why exercise is good for your health. I know some reasons for warming up and cooling down. <p>Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to create a sequence of actions that fit a theme. I know how to use an increasing range of actions, directions and levels in their sequences. I know how to move with clarity, fluency and expression. I know how to show changes of direction, speed and level during a performance. I know how to travel in different ways, including using flight. I know how to improve the placement and alignment of body parts in 	<p>perform balances on apparatus</p> <ul style="list-style-type: none"> I know how to perform part body weight partner balances I know how to perform pike, tuck, star, straight and straddle shapes I know how to perform a front and back support <p>Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform my own longer, more complex sequences in time to music. I know how to consistently perform and apply skills and techniques with accuracy and control. <p>Vocabulary</p> <ul style="list-style-type: none"> Flexibility, timing. <p>Y6</p> <p>Rolls</p> <ul style="list-style-type: none"> I know how to perform a forward roll from standing I know how to perform a straddle forward roll I know how to perform a pike forward roll

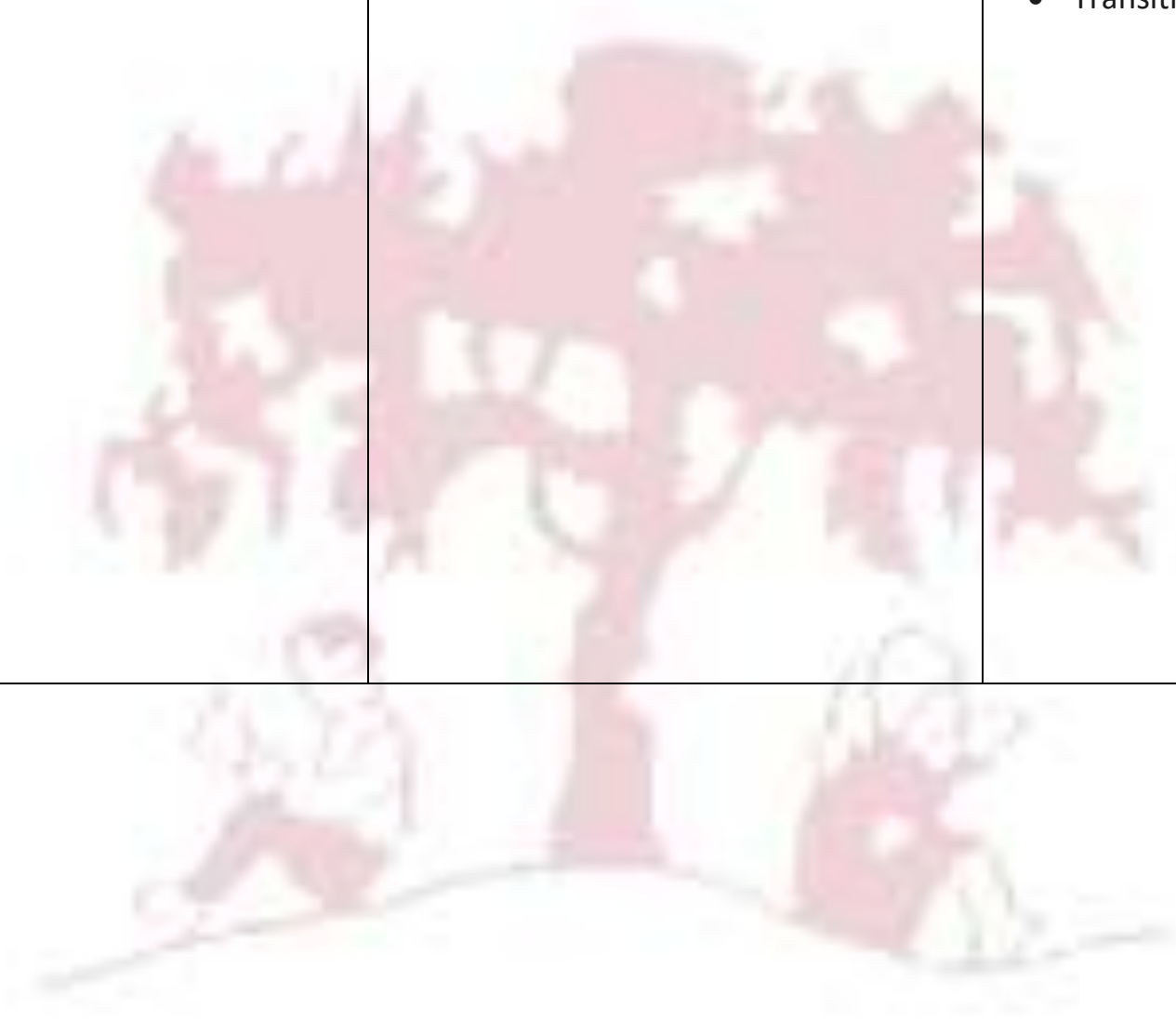
	KS1	LKS2	UKS2
	<p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> I know how to perform using a range of actions and body parts with some coordination. I know how to begin to perform learnt skills with some control. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Sequence, repeat. <p>Y2</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> I know how to recognise and describe how the body feels during and after different physical activities. I know how to explain what they need to stay healthy. <p style="text-align: center;">Acquiring and Developing Skills in Gymnastics (General)</p> <ul style="list-style-type: none"> I know how to copy, explore and remember actions and movements to create their own sequence. I know how to link actions to make a sequence. I know how to travel in a variety of ways, including rolling. I know how to hold a still shape whilst 	<p>balances.</p> <ul style="list-style-type: none"> I know how to use equipment to vault in a variety of ways. I know how to carry out balances, recognising the position of their centre of gravity and how this affects the balance. I know how to begin to develop good technique when travelling, balancing and using equipment. I know how to develop strength, technique and flexibility throughout performances. <p style="text-align: center;">Rolls</p> <ul style="list-style-type: none"> I know how to perform a forward roll from standing I know how to perform a straddle forward roll I know how to perform a tucked backward roll I know how to perform a backward roll to straddle <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> I know how to perform a straight jump I know how to perform a tuck jump 	<ul style="list-style-type: none"> I know how to perform a dive forward roll I know how to perform a tucked backward roll I know how to perform a backward roll to straddle I know how to perform a backward roll to standing pike I know how to perform a pike backward roll <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> I know how to perform a straight jump I know how to perform a tuck jump I know how to perform a jumping jack I know how to perform a star jump I know how to perform a straddle jump I know how to perform a pike jump I know how to perform a stag jump I know how to perform a straight jump half-turn I know how to perform a straight jump full-turn I know how to perform a cat leap I know how to perform a cat leap

	KS1	LKS2	UKS2
	<p>balancing on different points of the body.</p> <ul style="list-style-type: none"> • I know how to jump in a variety of ways and land with increasing control and balance. • I know how to climb onto and jump off the equipment safely. • I know how to move with increasing control and care. <p style="text-align: center;">Rolls</p> <ul style="list-style-type: none"> • I know how to perform a log roll (controlled) • I know how to perform a curled side roll (egg roll) (controlled) • I know how to perform a teddy bear roll (controlled) • I know how to perform a rocking forward roll I know how to perform a crouched forward roll <p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • I know how to perform a straight jump • I know how to perform a tuck jump • I know how to perform a jumping Jack • I know how to perform a half Turn 	<ul style="list-style-type: none"> • I know how to perform a jumping jack • I know how to perform a star jump • I know how to perform a straddle jump • I know how to perform a pike jump • I know how to perform a straight jump half-turn • I know how to perform a straight jump full-turn • I know how to perform a cat leap • I know how to perform a straight jump <p style="text-align: center;">Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> • I know how to perform a hurdle step onto springboard • I know how to perform a squat on vault • I know how to perform a straddle on vault • I know how to perform a star jump off • I know how to perform a tuck jump off • I know how to perform a straddle over vault 	<p>half-turn</p> <ul style="list-style-type: none"> • I know how to perform a split leap • I know how to perform a cat leap full-turn • I know how to perform a stag leap <p style="text-align: center;">Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> • I know how to perform a hurdle step onto springboard • I know how to perform a squat on vault • I know how to perform a straddle on vault • I know how to perform a star jump off • I know how to perform a tuck jump off • I know how to perform a straddle jump off • I know how to perform a pike jump off • I know how to perform a squat through vault • I know how to perform a straddle over vault

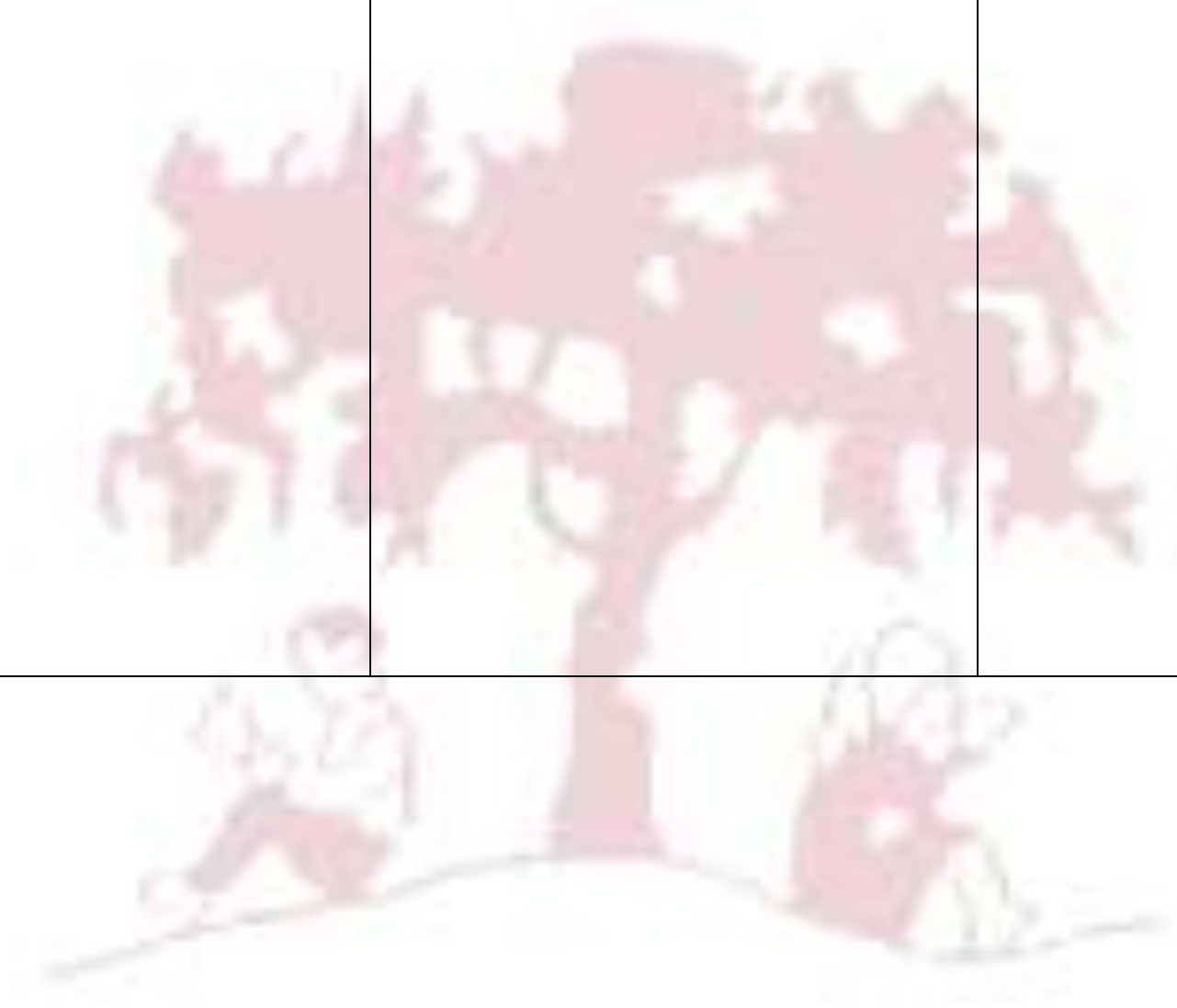
	KS1	LKS2	UKS2
	<ul style="list-style-type: none"> • I know how to perform a cat Spring • I know how to perform a cat spring to straddle <p>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</p> <ul style="list-style-type: none"> • I know how to perform a hurdle step onto springboard • I know how to perform a straight jump off springboard • I know how to perform a tuck jump off springboard <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> • I know how to perform a bunny hop • I know how to perform a front support wheelbarrow with partner T-lever • I know how to perform a scissor kick <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> • I know how to perform a tiptoe, step, jump and hop • I know how to perform hopscotch • I know how to skip • I know how to gallop • I know how to perform a straight jump half-turn 	<p>jump off</p> <ul style="list-style-type: none"> • I know how to perform a pike jump off <p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> • I know how to perform a lunge into handstand • I know how to perform a lunge into cartwheel <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> • I know how to perform a tiptoe, step, jump and hop • I know how to perform hopscotch • I know how to skip • I know how to perform chassis steps • I know how to perform a straight jump half turn • I know how to perform a straight jump full turn • I know how to perform a cat leap • I know how to perform a cat leap half turn • I know how to perform a pivot <p>Shapes and Balances</p> <ul style="list-style-type: none"> • I know how to perform 1,2,3 and 4-point balances 	<p>Handstands, Cartwheels and Round-offs</p> <ul style="list-style-type: none"> • I know how to perform a lunge into cartwheel • I know how to perform a lunge into round-off Hurdle step • I know how to perform a hurdle step into cartwheel Hurdle step into round-off <p>Travelling & Linking Actions</p> <ul style="list-style-type: none"> • I know how to perform a tiptoe, step, jump and hop • I know how to hopscotch • I know how to skip • I know how to perform chassis steps • I know how to perform a straight jump half turn • I know how to perform a straight jump full turn • I know how to perform a cat leap • I know how to perform a Cat leap halfturn • I know how to perform a Cat leap full turn • I know how to perform a pivot <p>Shapes and Balances</p>

	KS1	LKS2	UKS2
	<p style="text-align: center;">Shapes and Balances</p> <ul style="list-style-type: none"> • I know how to perform standing balances • I know how to perform kneeling balances • I know how to perform large body part balances • I know how to perform balances on apparatus • I know how to perform balances with a partner • I know how to perform pike, tuck, star, straight and straddle shapes • I know how to perform a front and back support <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform sequences of my own composition with coordination. • I know how to perform learnt skills with increasing control. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Patterns, control, perform. 	<ul style="list-style-type: none"> • I know how to perform balances on apparatus • I know how to perform balances with and against a partner • I know how to perform a pike, tuck, star, straight and straddle shapes • I know how to perform a front and back support <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to perform and create sequences with fluency and expression. • I know how to perform and apply skills and techniques with control and accuracy. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Criteria, evaluate. 	<ul style="list-style-type: none"> • I know how to perform 1, 2, 3 and 4-point balances • I know how to perform a balances on apparatus • I know how to develop technique, control and complexity of part-weight partner balances • I know how to perform group formations • I know how to perform pike, tuck, star, straight and straddle shapes • I know how to perform front and back support <p style="text-align: center;">Compete/Perform</p> <ul style="list-style-type: none"> • I know how to link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music. • I know how to perform and apply a variety of skills and techniques confidently, consistently and with precision. • I know how to begin to record my peers' performances, and evaluate these.

	KS1	LKS2	UKS2
			<p data-bbox="1765 188 1944 225">Vocabulary</p> <ul data-bbox="1592 236 1816 272" style="list-style-type: none"><li data-bbox="1592 236 1816 272">• Transitions.



	KS1	LKS2	UKS2



	KS1	LKS2	UKS2
Outdoor Adventurous Activities	NA	<p>Y3</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> • I know how to recognise and describe the effects of exercise on the body. • I know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down. <p>Trails</p> <ul style="list-style-type: none"> • I know how to orientate myself with increasing confidence and accuracy around a short trail. <p>Problem-Solving</p> <ul style="list-style-type: none"> • I know how to identify and use effective communication to begin to work as a team. • I know how to identify symbols used on a key. <p>Preparation and Organisation</p> <ul style="list-style-type: none"> • I know how to begin to choose equipment that is appropriate for an activity. <p>Communication</p>	<p>Y5</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> • I know and understand the reasons for warming up and cooling down. • I know how to explain some safety principles when preparing for and during exercise. <p>Trails</p> <ul style="list-style-type: none"> • I know how to start to orientate themselves with increasing confidence and accuracy around an orienteering course. • I know how to design an orienteering course that can be followed and offers some challenge to others. • I know how to begin to use navigation equipment to orientate around a trail. <p>Problem-Solving</p> <ul style="list-style-type: none"> • I know how to use clear communication to effectively complete a particular role in a team. • I know how to complete orienteering activities both as part

	KS1	LKS2	UKS2
		<ul style="list-style-type: none"> • I know how to communicate with others. <p style="text-align: center;">Compete and Perform</p> <ul style="list-style-type: none"> • I know how to begin to complete activities in a set period of time. • I know how to begin to offer an evaluation of personal performances and activities. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to watch, describe and evaluate the effectiveness of a performance. • I know how to describe how my performance has improved over time. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Trail, symbols, evaluate, self-confidence. <p>Y4</p> <p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • I know how to describe how the body reacts at different times and how this affects performance. • I know how to explain why 	<p>of a team and independently.</p> <ul style="list-style-type: none"> • I know how to identify a key on a map and begin to use the information in activities. <p style="text-align: center;">Preparation and Organisation</p> <ul style="list-style-type: none"> • I know how to choose the best equipment for an outdoor activity. • I know how to create an outdoor activity that challenges others. • I know how to create a simple plan of an activity for others to follow. • I know how to identify the quickest route to accurately navigate an orienteering course. <p style="text-align: center;">Communication</p> <ul style="list-style-type: none"> • I know how to communicate clearly and effectively with others. • I know how to work effectively as part of a team. • I know how to successfully use a map to complete an orienteering course. • I know how to begin to use a

	KS1	LKS2	UKS2
		<p>exercise is good for your health.</p> <ul style="list-style-type: none"> • I know some reasons for warming up and cooling down. <p style="text-align: center;">Trails</p> <ul style="list-style-type: none"> • I know how to orientate myself with accuracy around a short trail. • I know how to create a short trail for others with a physical challenge. • I know how to start to recognise features of an orienteering course. <p style="text-align: center;">Problem-Solving</p> <ul style="list-style-type: none"> • I know how to communicate clearly with other people in a team, and with other teams. • I have experience of a range of roles within a team and begin to identify the key skills required to succeed at each. • I know how to associate the meaning of a key in the context of the environment. <p style="text-align: center;">Preparation and Organisation</p> <ul style="list-style-type: none"> • I know how to try a range of equipment for creating and completing an activity. • I know how to make an informed 	<p>compass for navigation.</p> <p style="text-align: center;">Compete and Perform</p> <ul style="list-style-type: none"> • I know how to complete an orienteering course on multiple occasions, in a quicker time due to improved technique. • I know how to offer a detailed and effective evaluation of both personal performances and activities. • I know how to improve a trail to increase the challenge of the course. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to choose and use criteria to evaluate my own and others' performances. • I know how to explain why they have used particular skills or techniques, and the effect they have had on their performance. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Navigate, criteria, topographic map. <p>Y6</p> <p style="text-align: center;">Health and Fitness</p>

	KS1	LKS2	UKS2
		<p>decision on the best equipment to use for an activity.</p> <ul style="list-style-type: none"> I know how to plan and organise a trail that others can follow. <p style="text-align: center;">Communication</p> <ul style="list-style-type: none"> I know how to communicate clearly with others. I know how to work as part of a team. I know how to begin to use a map to complete an orienteering course. <p style="text-align: center;">Compete and Perform</p> <ul style="list-style-type: none"> I know how to complete an orienteering course more than once and begin to identify ways of improving completion time. I know how to offer an evaluation of both personal performances and activities. I know how to start to improve trails to increase the challenge of the course. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> I know how to watch, describe and evaluate the effectiveness of 	<ul style="list-style-type: none"> I know how to understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. I know how to understand why exercise is good for health, fitness and wellbeing. I know ways I know how to become healthier. <p style="text-align: center;">Trails</p> <ul style="list-style-type: none"> I know how to orientate myself with confidence and accuracy around an orienteering course when under pressure. I know how to design an orienteering course that is clear to follow and offers challenge to others. I know how to use navigation equipment (maps, compasses) to improve the trail. <p style="text-align: center;">Problem-Solving</p> <ul style="list-style-type: none"> I know how to use clear communication to effectively complete a particular role in a

	KS1	LKS2	UKS2
		<p>performances, giving ideas for improvements.</p> <ul style="list-style-type: none"> I know how to modify my use of skills or techniques to achieve a better result. <p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> Orientate, communicate 	<p>team.</p> <ul style="list-style-type: none"> I know how to compete in orienteering activities both as part of a team and independently. I know how to use a range of map styles and make an informed decision on the most effective. <p style="text-align: center;">Preparation and Organisation</p> <ul style="list-style-type: none"> I know how to choose the best equipment for an outdoor activity. I know how to prepare an orienteering course for others to follow. I know how to identify the quickest route to accurately navigate an orienteering course. I know how to manage an orienteering event for others to compete in. <p style="text-align: center;">Communication</p> <ul style="list-style-type: none"> I know how to communicate clearly and effectively with others when under pressure. I know how to work effectively as part of a team, demonstrating leadership skills when necessary. I know how to successfully use a

	KS1	LKS2	UKS2
			<p>map to complete an orienteering course.</p> <ul style="list-style-type: none"> • I know how to use a compass for navigation. • I know how to organise an event for others. <p style="text-align: center;">Compete and Perform</p> <ul style="list-style-type: none"> • I know how to complete an orienteering course on multiple occasions, in a quicker time due to improved technique. • I know how to offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance. • I know how to listen to feedback and improve an orienteering course from it. <p style="text-align: center;">Evaluate</p> <ul style="list-style-type: none"> • I know how to thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.

	KS1	LKS2	UKS2
			<p data-bbox="1765 193 1944 225">Vocabulary</p> <ul data-bbox="1588 240 1984 272" style="list-style-type: none"><li data-bbox="1588 240 1984 272">• Leadership, technique.