



	Athletics	Dance	Games-Invasion	Games – Racket	Games – Strike & Field	Gymnastics	Outdoor & Adventurous
EYFS	<ul style="list-style-type: none"> I can move my body forwards by walking, running, jogging, skipping and crawling A jump is lifting both of my feet off the floor Throwing means an object will move from my hand to a target 	<ul style="list-style-type: none"> Dance is where I move my body in different ways to create shapes I can dance to music I need space to move safely 	<ul style="list-style-type: none"> Balls can be used to roll and throw Balls can be different sizes In football I use my feet to kick a ball 	<ul style="list-style-type: none"> A bat can be used to hit a ball 	<ul style="list-style-type: none"> If I hit a ball it can move If I throw a ball I can aim it at a target 	<ul style="list-style-type: none"> A hop is on one leg, a jump can be on one or two leg I can make shapes using my body I can balance on one leg 	
Year 1	<ul style="list-style-type: none"> Running means I need to move my legs quicker If I pump my arms, I can go faster I bend my knees to help me land safely on two feet Objects I can throw are a beanbag or tennis ball 	<ul style="list-style-type: none"> A motif is a single dance movement Moving my arms, legs and body in different ways can create a motif I can make high and low movements <p>FOCUS: DANCE THROUGH TRADITIONAL TALES</p>	<ul style="list-style-type: none"> Travelling means I can move in different directions Passing (a ball) means I am giving it to someone else and that could be with my hands or with my feet I can play games using balls or other equipment 	<ul style="list-style-type: none"> A racket can be used to hit a ball 	<ul style="list-style-type: none"> A bat can be used to hit a ball I can throw a ball for someone else to catch 	<ul style="list-style-type: none"> I can use a mat when I am doing gymnastics so my body is protected A roll is performed on the floor and a jump is where I take off I can bend my knees when I land to make it safer Log and teddy are types of rolls I can travel using a hop, skip or jump I can create different shapes with my body 	
Year 2	<ul style="list-style-type: none"> I know that if I change my running speed I can go slower and faster. An athletics track is an area marked out with lines that I run on A long jump means to jump as far as I can Objects I can throw are as a howler 	<ul style="list-style-type: none"> Motifs can be used to create a sequence of movements When I dance to music, I need to change the speed of my movements so I am ‘in time’ Mirroring can be used when working with a partner <p>FOCUS: TRADITIONAL FOLK DANCING</p>	<ul style="list-style-type: none"> Games have rules that I need to follow I can score goals or points in a game A team is where you play with a group of people and you are all on the same side 	<ul style="list-style-type: none"> I hold a racket by the handle I need to keep my eye on the ball 	<ul style="list-style-type: none"> An underarm throw is where by hand is lower than my waist Bowling is where I throw a ball to my partner and they hit is back to me 	<ul style="list-style-type: none"> There are different types of rolls, jumps and turns A log roll is where I keep my body really straight and roll across a mat A teddy bear roll is where I sit down and roll onto my back with my legs apart Straight and tuck are types of jumps A cat spring helps me to travel across a mat I can balance and hold shapes 	
Year 3	<ul style="list-style-type: none"> Pumping my arms and driving my legs forward helps to run faster. A hurdle is something I jump over I need an effective ‘take off’ and ‘flight phase’ when jumping for distance. Objects I can throw are a discus and a javelin 	<ul style="list-style-type: none"> Different themes can be used in dance to tell a story through movement Linking single dance moves together creates a sequence of dance moves which I can perform Rhythm means I am dancing in time to the music <p>FOCUS: DANCE GENRES (ROCK, BOLLYWOOD, MJ, CONTEMPORARY, STREET)</p>	<ul style="list-style-type: none"> ‘Dribbling’ means I move with the ball with some control I pass the ball to another team member by kicking it Attacking means I am trying to score points Defending means I am trying to stop someone from scoring points When defending, I can tackle to stop a player attacking or regain possession of the ball A goalie is the only player that can use their hands Football is played on a football pitch 11 a side. <p>FOCUS - FOOTBALL</p>	<ul style="list-style-type: none"> I need to stand in a ‘ready position’ A forearm stroke is where I hit the ball on my strong side I need to turn my body to do a backhand 	<ul style="list-style-type: none"> In cricket and rounders, I use a bat to strike the ball An overarm throw is where I have my arm above my head Striking a ball is the same as hitting a ball Fielding is when I run and collect a ball and throw it back If I catch the ball that has been hit (before it touches the ground) then the batter is out 	<ul style="list-style-type: none"> When I perform a forward roll, I need to tuck in my chin. When I perform a backwards roll, I need to spot my hands Vaults can be used to jump off Star, straddle and pike are all jumps that I can perform A lunge is where I push one leg forwards and balance before I perform a handstand Balancing is where I control my whole body not to fall 	<ul style="list-style-type: none"> Teamwork is where I need to work with others to complete a task Good communication means that I need to talk to people and take turns Instructions can help me to complete task A map tells me where I need to go
Year 4	<ul style="list-style-type: none"> Sprinting means I am running as fast as I possibly can A relay is where you are part of a team and you pass a ‘baton’ When I jump a hurdle, my ‘lead leg’ goes first and my ‘trail leg’ follows A triple jump uses a hop, skip and jump. A ‘pull throw’ is a technique when throwing a javelin 	<ul style="list-style-type: none"> A sequence of dance movements creates a movement pattern Choreograph means to create a movement pattern that can be repeated and modified to create a dance A dance can be performed <p>FOCUS: MOVIE DANCE</p>	<ul style="list-style-type: none"> Using ‘space’ in a game means I am moving to receive a ball To intercept (a ball) means that I am getting the ball back or regaining possession A defensive line is used when defending The ball must travel backwards when passing to another player on my team I pull a tag to make a tackle Rugby is played on a rugby pitch To score a try, I need to place the ball on or past the try line <p>FOCUS - RUGBY</p>	<ul style="list-style-type: none"> A serve starts the game An underarm serve is where the ball/shuttlecock is hit below waist height A rally is where a ball/shuttlecock goes back and forth 	<ul style="list-style-type: none"> I can use a ‘tee’ to hit a ball from I stand in front of the wicket when I bat in cricket A bowler bowls balls overarm to the batter Kwik cricket is a cricket game I run between the wickets (or target) to score runs I can be caught out or stumped out of the game in cricket A wicket keeper stands behind the batters wicket 	<ul style="list-style-type: none"> Linking movements in gymnastics is called a sequence A handstand and a cartwheel can be used to travel Chassis steps, half turns and full turns can be used to link movements 	<ul style="list-style-type: none"> A map has symbols and keys that tell me what things are Orienteering means that I am going from one place to another using a map I need to follow a map carefully so I don’t get lost
Year 5	<ul style="list-style-type: none"> A sprint race means I need to run as fast as I can Pacing myself in a longer distance race means going a steady speed A long jump can be performed from standing or running Throwing the discus is called a ‘flying throw’ Passing the baton in a relay is called a ‘changeover’ 	<ul style="list-style-type: none"> I know that transition means to go from one dance move to another to form a sequence Spatial awareness is where I need to be mindful of other dancers space in my group There are different dance styles A dance can be performed on a stage <p>FOCUS: DANCE GENRES REVISIT (ROCK, BOLLYWOOD, MJ, CONTEMPORARY, STREET)</p>	<ul style="list-style-type: none"> There are 7 players on a team I can hold the ball for 3 seconds I must defend 1 meter away When defending I can ‘man to man’ mark which means to mark one single player out of the game to stop them getting the ball I dodge players to get past them Netball is played on a netball court Players wear bibs with their position on A netball match starts with a centre pass <p>FOCUS - NETBALL</p>	<ul style="list-style-type: none"> An overarm serve in tennis is where I throw the ball up and hit it whilst it is falling back down towards me When I serve, I need to aim so that the ball lands in a certain area I know badminton is played with a shuttlecock 	<ul style="list-style-type: none"> I need to protect my stumps from being hit in cricket If I am out it means that my go is over Sometimes the wickets are called stumps In rounders there are 4 bases To score a rounder I need to run all the way round An underarm bowl is used in rounders A back stop stands behind the batter and returns the ball to the bowler 	<ul style="list-style-type: none"> Forward rolls can be performed in pike Backwards rolls can be finished off on straddle A routine is where I have linked some gymnastic movements together A routine might include a roll, jump and traveling using linking steps 	<ul style="list-style-type: none"> A compass helps me to navigate myself and tells me where North is The 4 points of a compass are North, East, South & West I can follow directional instructions including clockwise, anti-clockwise, 90°, 180° and 360° turns;

Year 6	<ul style="list-style-type: none"> • I know when in a sprint race that I should have a ‘sprint start’ and ‘sprint finish’ • I know a standing start is used in long distance races • I know a crouch start is used in sprinting races • I know in between hurdles, I need to have a consistent stride pattern. • I know that endurance and stamina mean to keep going • I know that a push throw is using a shot putt 	<ul style="list-style-type: none"> • I know dancing in unison means that I perform the same dance as others at the same time • I know that canon means that each dancer takes it in turns to perform the dance motif • I know a theatre is where a dance can be performed in front of an audience <p>FOCUS: DANCE THROUGH THE DECADES</p>	<ul style="list-style-type: none"> • There are 11 players on a hockey team • Hockey is played on an Astro turf pitch • I can dribble the ball to move up the pitch • I can pass the ball to another player using a push pass, slap, hit or reverse sweep • I can make a tackle when I am defending • I can score a goal if the ball is inside the D • If the ball touches my feet, then the ball is given to the opposition. <p>FOCUS – HOCKEY</p> <hr/> <ul style="list-style-type: none"> • A warm up helps my heart to beat faster, which raises my blood flow so that oxygen can be carried around my body to my muscles ready for exercise • Invasion games could include: football, hockey, netball, basketball, tag rugby and they have their own sets of rules and playing areas • Speed, movement, direction and control are important when playing an invasion game. • I can create rules for my own game. 	<ul style="list-style-type: none"> • I know what a shuttlecock is. • An overhead shot in badminton is where I hit the shuttlecock up high and to the back of the court • A drop shot in badminton is where I place the shuttlecock just over the net in an attempt to fool the opposition • A net is used to separate each side • The playing areas for tennis and badminton are called courts 	<ul style="list-style-type: none"> • Balls hit that roll over a boundary scores 4 runs • Balls hit directly over the boundary scores 6 runs • A wide ball is where the bowler bowls a ball too far away from the batter • The crease is the area that the batter must stand to be in • A fielder can stump the wickets and the batter is out if they are not stood in their crease • 2 batters work in pairs • There are 6 balls in an over 	<ul style="list-style-type: none"> • Music can be used to perform gymnastics • Having balance and control of my body will help me perform better • Stretching my body before exercise is important so that I don’t pull any muscles • Neat presentation of my whole body shape is important when presenting a gymnastics routine 	<ul style="list-style-type: none"> • Orienteering is where I use a map and navigate myself to different places • There are different outdoor adventurous activities that I can take part in such as: Abseiling, climbing, and walking.

Swimming

Year 4	<ul style="list-style-type: none"> • Safe entry and exit to the pool. • Identify an open water hazard (lake, river etc) • Hold a star float on back. • Swim 12 metres (width) with or without aids. • Begin to push and glide.
Year 5	<ul style="list-style-type: none"> • Jump in, submerge, surface, shout for help and swim back to point of entry. • Use a range of strokes effectively over 12 metres. • Push and glide in a streamlined position.
Year 6	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively (front crawl, backstroke and breaststroke • Perform self-safe rescue

National Curriculum Swimming Objectives

All schools must provide swimming instruction either in key stage 1 or key stage 2.

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