

Gymnastics. Dance. Striking & Fielding.  
Invasion Games. Swimming. Athletics.

# EYFS

**CURIOSITY**

**HONESTY**

Explore fundamental movements and path ways.

Develop core strength & stability

Develop gross & fine motor skills (throwing and catching)

Develop spatial awareness

Understand taking turns, keeping score and playing by the rules

Introduce object control using a variety of equipment

Create our own movement sequences

# Year 1

**COURAGE**

**IMAGINATION**

Develop fundamentals (ABC)

Explore sending and receiving using hands and feet

Understand the terms opponent & teammate

Introduce 'Sportsman ship'

# Year 2

**RESPECT**

**DETERMINATION**

Show good shape and positioning  
Develop moving in time to music

Develop sending & receiving skills

Consolidate throwing and catching skills and using hand – eye coordination to control a ball

Consolidate fundamentals (ABC)

Develop take off/landings

Understand how to be safe in & around water

Understand basic tactics for attacking & defending

Create a show contrasts in simple dances

Understand the difference between defence and attack

# Year 3

**PROBLEM SOLVING**

**TEAMWORK**

Explore balance on small and large body parts

Explore Body Shapes (Wide, Narrow, curled)

Exploring moving in time to the music

Perform and link movements with control

Develop throwing and catching

Explore a variety of jumps

# Year 4

**DECISION MAKING**

**TEAMWORK**

Explore different speeds & levels in dance and create a simple sequence

Perform a dance with rhythm and expression

Extend the ability to choose appropriate actions or a sequence

Develop balances on different body parts, rolls, jumps and co-ordination

Develop throwing over arm and push throw

Develop jumping for height and distance

Develop running for speed and distance

Understand how to compete in a 'sporting' way

Work alone or with teammates to gain points or possession

Explore different speeds, levels & direction when choreographing a dance routine

# Year 5

**SELF BELIEF**

**DETERMINATION**

**RESPECT**

Pass to teammates at appropriate times

Develop passing

Introduce dribbling & shooting

Combine & apply skills in games

Develop batting and bowling skills

Refine balances, rolls, jumps when travelling

Refine movement sequences showing contrasts within a performance

Refine throwing over arm and push throw

Refine jumping for height and distance

Refine running for speed and distance

Swim confidently & competently over >25m

Use range of swimming strokes effectively

Understand how to be safe in & around water

Develop tactics for attacking & defending

Develop take off/landings

# Year 6

**SELF BELIEF**

**DETERMINATION**

**RESPECT**

Develop running for sprinting and relay

Choreograph complex, well executed sequences

Apply tactics to outwit opponents

Refine racket skills

Extend batting & bowling skills

Refine dribbling

Create and refine a short choreography using different speeds, levels, direction and expression

Develop throwing for javelin

Develop jumping for triple jump

Develop running for sprinting and relay

Choreograph complex, well executed sequences

Apply tactics to outwit opponents

Refine racket skills

Extend batting & bowling skills

Refine dribbling

Create and refine a short choreography using different speeds, levels, direction and expression

**SELF BELIEF**

**DETERMINATION**

**RESPECT**

Create a short choreography using different speeds, levels, direction and expression

Choreograph complex, well executed sequences

Refine floor sequences, varying speed, levels and body rotation

Develop throwing for shot put

Develop jumping for long jump

Develop running for sprinting and long distance

Develop tactics for batting/fielding

Refine batting & bowling