

Year 1

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know. 	<p>GYMNASTICS</p> <ul style="list-style-type: none"> • The pupil can bounce, hop, spring and jump using a variety of take-offs and landings. The pupil can demonstrate different stretched balances to show wide and narrow body shapes. • The pupil can transfer work safely from the floor to the apparatus. • The pupil can spin, rock, roll and turn with control on various parts of the body 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	<p>DANCE</p> <ul style="list-style-type: none"> • The pupil can respond to a range of stimuli. • The pupil can communicate their ideas through dance and unfold a character or story. • The pupil can choose appropriate movements to show recognition of different rhythms, dynamics and relationships. 	
	<p>GAMES</p> <ul style="list-style-type: none"> • The pupil knows and can show different ways of using a ball including with a bat. • The pupil can skip with a rope. • The pupil understands how to use apparatus safely for its intended purpose. • The pupil can use and develop their sending, receiving and travelling with skills in games. 	
	<p>ATHLETICS</p> <ul style="list-style-type: none"> • The pupil demonstrates basic jumps and can make up simple combinations with a partner. • The pupil can move at different speeds and change direction with a pivot action. • The pupil can use both underarm and overarm throws with increasing accuracy. 	

Year 2

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know. 	GYMNASTICS <ul style="list-style-type: none"> • The pupil can travel at different heights, different speeds and different directions. • The pupil can balance confidently on different body parts. • The pupil can link movements to create a sequence. • The pupil can perform a limited range of skills with a partner. • The pupil can turn, spin and twist different body parts with control and co-ordination. 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. • The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	DANCE <ul style="list-style-type: none"> • The pupil can demonstrate change and vary their movements to convey emotions. • The pupil can copy and perform simple movements/rhythmic patterns and respond to stimuli • The pupil can use different levels of speed, direction and levels. 	
	GAMES <ul style="list-style-type: none"> • The pupil can throw, catch and bounce balls when standing still and moving. • The pupil can develop and apply skills relevant to specific games. • The pupil can remember, repeat and link combinations of skills in a game. • The pupil can use and vary simple tactics. • The pupil can improve the co-ordination, control and consistency of their actions. 	
	Athletics <ul style="list-style-type: none"> • The pupil can demonstrate a range of take-offs and landings and combine some of them into patterns of jumping. • The pupil can show the difference between running at speed and jogging and be able to maintain a steady rhythm. • The pupil can take part in a relay activity. • The pupil can throw with increasing accuracy using a variety of games equipment. 	

• The pupil can use different techniques for running, jumping and throwing.

Year 3

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know. 	GYMNASTICS <ul style="list-style-type: none"> • The pupil understands and can use change of front and direction. • The pupil can travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes (transferring and receiving body weight safely) • The pupil is able to move into and from a range of travelling, jumping and turning movements with control and accuracy. • The pupil can understand and identify asymmetry and symmetry. • The pupil can identify and use flexible and direct pathways using appropriate movements. 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. • The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	DANCE <ul style="list-style-type: none"> • The pupil can perform dance actions with greater control, fluency and coordination. • The pupil can improvise using a stimulus to create ideas • The pupil can shape movements into a whole dance with simple structure. • The pupil can perform with an awareness of rhythm, dynamic and expressive qualities. 	
	GAMES <ul style="list-style-type: none"> • The pupil has consolidated and improved the quality and consistency of their skills. • The pupil has improved their ability to apply a range of simple tactics. • The pupil can play small sided games. • The pupil can use appropriate skills. • The pupil has developed the range of skills used. 	
	ATHLETICS <ul style="list-style-type: none"> • The pupil can run at fast, medium and slow speeds and be able to change speeds and direction. • The pupil can link combinations of jumps with some fluency and control. • The pupil can confidently take part in a range of relay activities. • The pupil can throw a range of objects and equipment consistently and accurately. 	

Year 4

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know. 	<p>GYMNASTICS</p> <ul style="list-style-type: none"> • Pupils can identify and use different body parts to balance on and know which combinations produce the most stable basis. • The pupil understands how different body parts are capable of transferring and receiving body weight. • The pupil can rotate and roll on different body parts and roll in different directions showing different shapes, speeds and sizes. • The pupil can move into and from a range of skills with control and accuracy 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. • The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	<p>DANCE</p> <ul style="list-style-type: none"> • The pupil is able to develop simple motifs • The pupil can perform dances expressing the mood clearly and fluently • The pupil can remember, refine and repeat dance phrases • The pupil can structure a dance with a partner 	
	<p>GAMES</p> <ul style="list-style-type: none"> • The pupil has consolidated their skills and improved their control and quality of them. • The pupil can vary their skills and employ them appropriately. • The pupil can use, adapt and transfer appropriate principles of play and tactics. • The pupil has developed the range and consistency of their skills in the games played. • The pupil can play in small games using a variety of formations. 	
	<p>ATHLETICS</p> <ul style="list-style-type: none"> • The pupil can run at different speeds smoothly and with consistency. • The pupil can demonstrate different combinations of jumps, showing control, co-ordination and consistency. • The pupil can throw a range of objects in to a target area using a range of techniques with some accuracy and power. 	

Year 5

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know. 	<p>GYMNASTICS</p> <ul style="list-style-type: none"> • The pupil is able to balance on different body parts to create the bridge shapes both as individuals and with a partner. • The pupil understands and demonstrates five basic jumps showing different shapes and directions in the air and show flight from feet to hands to feet. • The pupil can identify and use spinning, rotation and rolling around three different axes. • The pupil adapts, refines and improves specific skills. • The pupil can transfer flight safely onto apparatus • The pupil understands that all gymnastic skills use various combinations of pushing, pulling, swinging and gripping. • 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. • The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	<p>DANCE</p> <ul style="list-style-type: none"> • The pupil is able to translate narrative ideas to movement. • The pupil can show clear changes in mood and dynamics when performing • The pupil can remember and perform the whole dance • The pupil can use a variety of rhythm 	
	<p>GAMES</p> <ul style="list-style-type: none"> • The pupil applies basic tactics and strategies for attacking play. • The pupil can develop new skills relevant to specific games. • The pupil has developed the range and consistency of their skills in games activities. • The pupil can select and apply skills more consistently in specific activities and games. • The pupil can select and apply basic principles of games and apply them to different situations. • The pupil has consolidated their existing skills and is developing new ones. <p>Athletics</p>	

ATHLETICS

- The pupil can run more rhythmically and sustain their pace over longer distances.
- The pupil can throw with greater control and accuracy.
- The pupil can perform a range of jumps showing control and consistency.
- The pupil can demonstrate the basic principles of running (including relays).

Year 6

Knowledge	Skills	Attitude
<ul style="list-style-type: none"> • The pupil compares and evaluates their own performances. • The pupil compares and evaluate the performance of others. • The pupil knows what they need to do to improve their performance. • The pupil knows and understands the fundamentals of the skills and rules required. • The pupil understands how to apply the skills they know 	GYMNASTICS <ul style="list-style-type: none"> • The pupil is able to match and mirror the movements of their partner. • The pupil is able to synchronise and canon the movements of their partner. • The pupil can balance on different body parts using different levels and shapes. • The pupil can use a variety of clear body shapes when jumping. • The pupil can use counter balance and counter tension with a partner. • 	<ul style="list-style-type: none"> • The pupil demonstrates the ability to communicate with others. • The pupil demonstrates the ability to work with other children (collaborate). • The pupil demonstrates the ability to compete with other children whilst showing good sporting values. • The pupil shows enthusiasm and commitment to the topic.
	DANCE <ul style="list-style-type: none"> • The pupil works creatively and imaginatively, on their own and with a partner. • The pupil performs expressively and sensitively to accompaniment. • The pupil can perform set patterns and dances fluently and with control. • The pupil can create and structure motifs, phrases, sections and whole dances. 	
	GAMES <ul style="list-style-type: none"> • The pupil can combine and perform skills more fluently. • The pupil can use skills appropriately in a game situation. • The pupil shows consistency and accuracy in their skills. • The pupil can use attacking and defending strategies more consistently. • The pupil can apply a range of tactics for attack and defence. • The pupil can play small sided and modified versions of games. 	
	ATHLETICS <ul style="list-style-type: none"> • The pupil can throw with greater control, accuracy and efficiency. • The pupil can sustain their pace over longer distances. • The pupil can perform a range of jumps showing power, control and consistency at both take off and landing. • The pupil can demonstrate the basic principles of running (including relays). 	