

EYFS	
Autumn 1	Autumn 2
<p>Introduction to PE</p> <ul style="list-style-type: none"> -I use movement skills with developing balance and co-ordination. -I can make independent choices. -I follow instructions involving several ideas or actions. -I can negotiate space safely with consideration for myself and others. -I can demonstrate balance. -I play co-operatively and take turns with others. 	<p>Introduction to PE</p> <ul style="list-style-type: none"> -I use movement skills with developing balance and co-ordination. -I can make independent choices. -I follow instructions involving several ideas or actions. -I can negotiate space safely with consideration for myself and others. -I play co-operatively and take turns with others. -I understand the rules and can explain why it is important to follow them.
<p>Yoga</p> <ul style="list-style-type: none"> -I can recognise how yoga makes me both feel physically and mentally. -I can remember and repeat actions, linking poses together. -I can say what I liked about someone else's flow. -I can show an awareness of space when travelling. -I can work with others to create poses. 	
Spring 1	Spring 2
<p>Dance</p> <ul style="list-style-type: none"> -I can negotiate space safely with consideration for myself and others. -I am confident to try new challenges and perform in front of others. -I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. -I follow instructions involving several ideas or actions. -I can combine movements, selecting actions in response to the task. -I show respect towards others when providing feedback. 	<p>Dance</p> <ul style="list-style-type: none"> -I can negotiate space safely with consideration for myself and others. -I am confident to try new challenges and perform in front of others. -I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. -I follow instructions involving several ideas or actions. -I can combine movements, selecting actions in response to the task. -I show respect towards others when providing feedback.
<p>Fundamentals</p> <ul style="list-style-type: none"> -I can negotiate space safely with consideration for myself and others. -I play games honestly with consideration of the rules. -I am confident to try new challenges. -I follow instructions involving several ideas or actions. -I use movement skills with developing balance and co-ordination when playing games. 	<p>Fundamentals</p> <ul style="list-style-type: none"> -I can negotiate space safely with consideration for myself and others. -I am confident to try new challenges, deciding on the skills I use to complete the task. -I use movement skills with developing balance and co-ordination. -I follow instructions involving several ideas or actions. -I play co-operatively, take turns and congratulate others.

-I play co-operatively, take turns and encourage others.	-I play games honestly with consideration of the rules. -I show an understanding of my feelings and can regulate my behaviour.
Summer 1	Summer 2
Gymnastics -I can negotiate space safely with consideration for myself and others. -I can confidently and safely use a range of large and small apparatus. -I can combine movements, selecting actions in response to the task and apparatus. -I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. -I follow instructions involving several ideas or actions. -I work co-operatively with others and take turns. -I am confident to try new challenges.	Gymnastics -I can negotiate space safely with consideration for myself and others. -I can confidently and safely use a range of large and small apparatus. -I can combine movements, selecting actions in response to the task and apparatus. -I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. -I follow instructions involving several ideas or actions. -I work co-operatively with others and take turns. I am confident to try new challenges
Ball Skills -I can negotiate space safely with consideration for myself and others. -I use ball skills with developing competence and accuracy. -I play co-operatively and take turns with others. -I can make independent choices. -I persevere when trying new challenges. -I play ball games with consideration of the rules.	Ball Skills -I play co-operatively and take turns with others. -I use ball skills with developing competence and accuracy. -I persevere when trying new challenges. -I follow instructions involving several ideas or actions. -I can negotiate space safely with consideration for myself and others. -I play ball games with consideration of the rules.
Year 1	
Autumn 1	Autumn 2
Fundamentals -I can change direction when moving at speed. -I can recognise changes in my body when I do exercise. -I can run at different speeds. -I can select my own actions in response to a task. -I can show hopping and jumping movements. -I can work co-operatively with others to complete tasks. -I show balance and co-ordination when static and moving at a slow speed.	Fundamentals -I can change direction when moving at speed. -I can recognise changes in my body when I do exercise. -I can run at different speeds. -I can select my own actions in response to a task. -I can show hopping and jumping movements. -I can work co-operatively with others to complete tasks. -I show balance and co-ordination when static and moving at a slow speed.
Yoga -I can recognise how yoga makes me both feel physically and mentally. -I can remember and repeat actions, linking poses together. -I can say what I liked about someone else's flow. -I can show an awareness of space when travelling. -I can work with others to create poses.	Sending & Receiving -I am beginning to send and receive a ball with my feet. -I can catch a ball with some success. -I can recognise changes in my body when I do exercise. -I can roll a ball towards a target. -I can throw a ball to a partner.

	<ul style="list-style-type: none"> -I can track a ball that is coming towards me. -I can work co-operatively with a partner.
Spring 1	Spring 2
<p>Dance</p> <ul style="list-style-type: none"> -I am beginning to use counts. -I can copy, remember and repeat actions. -I can move confidently and safely. -I can use different parts of the body in isolation and together. -I can work with others to share ideas and select actions. -I choose appropriate movements for different dance ideas. -I say what I liked about someone else's performance. -I show some sense of dynamic and expressive qualities in my dance. 	<p>Dance</p> <ul style="list-style-type: none"> -I am beginning to use counts. -I can copy, remember and repeat actions. -I can move confidently and safely. -I can use different parts of the body in isolation and together. -I can work with others to share ideas and select actions. -I choose appropriate movements for different dance ideas. -I say what I liked about someone else's performance. -I show some sense of dynamic and expressive qualities in my dance.
<p>Team Building</p> <ul style="list-style-type: none"> -I can communicate simple instructions. -I can follow instructions. -I can follow path and lead others. -I can listen to others' ideas. -I can suggest ideas to solve tasks. -I can work with a partner and a small group. -I understand the rules of the game. 	<p>Team Building</p> <ul style="list-style-type: none"> -I can communicate simple instructions. -I can follow instructions. -I can follow path and lead others. -I can listen to others' ideas. -I can suggest ideas to solve tasks. -I can work with a partner and a small group. -I understand the rules of the game.
Summer 1	Summer 2
<p>Gymnastics</p> <ul style="list-style-type: none"> -I am confident to perform in front of others. -I can link simple actions together to create a sequence. -I can make my body tense, relaxed, stretched and curled. -I can recognise changes in my body when I do exercise. -I can remember and repeat actions and shapes. -I can say what I liked about someone else's performance. -I can use apparatus safely and wait for my turn. 	<p>Gymnastics</p> <ul style="list-style-type: none"> -I am confident to perform in front of others. -I can link simple actions together to create a sequence. -I can make my body tense, relaxed, stretched and curled. -I can recognise changes in my body when I do exercise. -I can remember and repeat actions and shapes. -I can say what I liked about someone else's performance. -I can use apparatus safely and wait for my turn.
<p>Ball Skills</p> <ul style="list-style-type: none"> -I am beginning to catch with two hands. -I am beginning to dribble a ball with my hands and feet. -I am beginning to understand simple tactics. -I can roll and throw with some accuracy towards a target. -I can say when someone was successful. -I can track a ball that is coming towards me. -I can work co-operatively with a partner. 	<p>Ball Skills</p> <ul style="list-style-type: none"> -I am beginning to catch with two hands. -I am beginning to dribble a ball with my hands and feet. -I am beginning to understand simple tactics. -I can roll and throw with some accuracy towards a target. -I can say when someone was successful. -I can track a ball that is coming towards me. -I can work co-operatively with a partner.

Year 2

Autumn 1

Fundamentals

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope. -I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.

Fitness

- I can describe how my body feels during exercise.
- I can show hopping and jumping movements with some balance and control.
- I persevere with new challenges.
- I show determination to continue working over a larger period of time.
- I understand that running at a slower speed will allow me to run for a longer period of time.
- I work with others to turn a rope and encourage others to jump at the right time.

Spring 1

Dance

- I am beginning to provide feedback using key words.
- I can copy, remember, repeat and create dance phrases.
- I can describe how my body feels during exercise.
- I can show a character and idea through the actions and dynamics I choose.
- I can use counts to stay in time with the music.
- I can work with a partner using mirroring and unison in our actions.
- I show confidence to perform.

Team Building

- I can follow instructions carefully.
- I can say when I was successful at solving challenges.
- I can share my ideas and help to solve tasks.

Autumn 2

Fundamentals

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope. -I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.

Athletics

- I can describe how my body feels during exercise.
- I can identify good technique.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns, and sharing ideas.
- I show balance and co-ordination when running at different speeds.
- I try my best.

Spring 2

Dance

- I am beginning to provide feedback using key words.
- I can copy, remember, repeat and create dance phrases.
- I can describe how my body feels during exercise.
- I can show a character and idea through the actions and dynamics I choose.
- I can use counts to stay in time with the music.
- I can work with a partner using mirroring and unison in our actions.
- I show confidence to perform.

Team Building

- I can follow instructions carefully.
- I can say when I was successful at solving challenges.
- I can share my ideas and help to solve tasks.

<ul style="list-style-type: none"> -I can work co-operatively with a partner and a small group. -I show honesty and can play fairly. -I understand how to use, follow and create a simple diagram/map. 	<ul style="list-style-type: none"> -I can work co-operatively with a partner and a small group. -I show honesty and can play fairly. -I understand how to use, follow and create a simple diagram/map.
	<p>Cricket</p> <ul style="list-style-type: none"> -I am beginning to provide feedback using key words. -I am developing underarm and overarm throwing skills. -I can hit a ball using equipment with some consistency. -I can track a ball and collect it. -I can use simple tactics. -I know how to score points and can remember the score. -I understand the rules of the game and can use these to play fairly in a small group.
Summer 1	Summer 2
<p>Gymnastics</p> <ul style="list-style-type: none"> -I am beginning to provide feedback using key words. -I am proud of my work and confident to perform in front of others. -I can perform the basic gymnastic actions with some control and balance. -I can plan and repeat simple sequences of actions. -I can use directions and levels to make my work look interesting. -I can use shapes when performing other skills. -I can work safely with others and apparatus. 	<p>Gymnastics</p> <ul style="list-style-type: none"> -I am beginning to provide feedback using key words. -I am proud of my work and confident to perform in front of others. -I can perform the basic gymnastic actions with some control and balance. -I can plan and repeat simple sequences of actions. -I can use directions and levels to make my work look interesting. -I can use shapes when performing other skills. -I can work safely with others and apparatus.
<p>Ball Skills</p> <ul style="list-style-type: none"> -I am beginning to provide feedback using key words. -I am beginning to understand and use simple tactics. -I can dribble a ball with my hands and feet with some control. -I can roll and throw a ball to hit a target. -I can send and receive a ball using both kicking and throwing and catching skills. -I can track a ball and collect it. -I can work co-operatively with a partner and a small group. 	<p>Ball Skills</p> <ul style="list-style-type: none"> -I am beginning to provide feedback using key words. -I am beginning to understand and use simple tactics. -I can dribble a ball with my hands and feet with some control. -I can roll and throw a ball to hit a target. -I can send and receive a ball using both kicking and throwing and catching skills. -I can track a ball and collect it. -I can work co-operatively with a partner and a small group.
Year 3	
Autumn 1	Autumn 2
<p>Football</p> <ul style="list-style-type: none"> -I am beginning to use simple tactics. 	<p>Hockey</p> <ul style="list-style-type: none"> -I am beginning to use simple tactics.

<ul style="list-style-type: none"> -I am learning the rules of the game and I am beginning to use them to play honestly and fairly. -I can dribble, pass, receive and shoot the ball with some control. -I can find space away from others and near to my goal. -I can provide feedback using key words. -I can track an opponent to slow them down. I understand my role as an attacker and as a defender. -I work co-operatively with my group to self-manage games. 	<ul style="list-style-type: none"> -I am learning the rules of the game and am beginning to use them honestly. -I can dribble, pass, receive and shoot the ball with some control. -I can find space away from others and near to my goal. -I can provide feedback using key words. -I can track an opponent to slow them down. -I understand my role as an attacker and as a defender. -I work co-operatively with my group to self-manage games.
<p>Fitness</p> <ul style="list-style-type: none"> -I can collect and record my scores, recognise my strengths. -I can complete exercises with control. -I can persevere when I find challenge hard. -I can provide feedback using key words. -I can use key points to help me to improve my sprinting technique. -I can work safety with others. -I show balance when changing direction. -I understand that there are different areas of fitness. 	<p>Fitness</p> <ul style="list-style-type: none"> -I can collect and record my scores, recognise my strengths. -I can complete exercises with control. -I can persevere when I find challenge hard. -I can provide feedback using key words. -I can use key points to help me to improve my sprinting technique. -I can work safety with others. -I show balance when changing direction. -I understand that there are different areas of fitness.
<p>Swimming</p> <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 [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	
<p>Spring 1</p>	<p>Spring 2</p>
<p>Dodgeball</p> <ul style="list-style-type: none"> -I am learning the rules of the game and I am beginning to use them to play fairly. -I can provide feedback using key words. -I can throw with some accuracy and I am beginning to catch with some consistency. -I understand the aim of the game. -I work co-operatively with my group to self-manage games. 	<p>Basketball</p> <ul style="list-style-type: none"> -I am beginning to use simple tactics. -I am learning the rules of the game and am beginning to use them honestly. -I can dribble, pass, receive and shoot the ball with some control. -I can find space away from others and near to my goal. -I can provide feedback using key words. -I can track an opponent to slow them down. -I understand my role as an attacker and as a defender. -I work co-operatively with my group to self-manage games.
<p>Athletics</p> <ul style="list-style-type: none"> -I am developing jumping for distance. -I can identify when I was successful. 	<p>Cricket</p> <ul style="list-style-type: none"> -I am able to bowl a ball towards a target. -I am beginning to strike a bowled ball after a bounce.

<ul style="list-style-type: none"> -I can take part in a relay activity, remembering when to run and what to do. -I can throw a variety of objects, changing my action for accuracy and distance. -I can use different take off and landings when jumping. -I can use key points to help me to improve my sprinting technique. -I can work with a partner and in small group, sharing ideas. -I show determination to achieve my personal best. 	<ul style="list-style-type: none"> -I am developing an understanding of tactics and I am beginning to use them in game situations. -I am learning the rules of the game and I am beginning to use them honestly. -I can persevere when learning a new skill. -I can provide feedback using key words. -I can use overarm and underarm throwing, and catching skills. -I work co-operatively with my group to self-manage games.
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Summer 1	Summer 2
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<p>Dance</p> <ul style="list-style-type: none"> -I am respectful of others when watching them perform. -I can provide feedback using key words. -I can repeat, remember and perform a dance phrase. -I can use counts to keep in time with a partner and group. -I can use dynamic and expressive qualities in relation to an idea. -I can work with a partner and in a small group, sharing ideas. -I create short dance phrases that communicate the idea. 	<p>Dance</p> <ul style="list-style-type: none"> -I am respectful of others when watching them perform. -I can provide feedback using key words. -I can repeat, remember and perform a dance phrase. -I can use counts to keep in time with a partner and group. -I can use dynamic and expressive qualities in relation to an idea. -I can work with a partner and in a small group, sharing ideas. -I create short dance phrases that communicate the idea.
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<p>Gymnastics</p> <ul style="list-style-type: none"> -I can adapt sequences to suit different types of apparatus. -I can choose actions that flow well into one another. -I can choose and plan sequences of contrasting actions. -I can complete actions with increasing balance and control. -I can move in unison with a partner. -I can provide feedback using key words. -I use a greater number of my own ideas for movements in response to a task. -With help, I can recognise how performances could be improved. 	<p>Gymnastics</p> <ul style="list-style-type: none"> -I can adapt sequences to suit different types of apparatus. -I can choose actions that flow well into one another. -I can choose and plan sequences of contrasting actions. -I can complete actions with increasing balance and control. -I can move in unison with a partner. -I can provide feedback using key words. -I use a greater number of my own ideas for movements in response to a task. -With help, I can recognise how performances could be improved.
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<p>Tennis</p> <ul style="list-style-type: none"> -I am learning the rules of the game and I am beginning to use them to play fairly. -I can provide feedback using key words. -I can return a ball to a partner. -I can use basic racket skills. -I understand the aim of the game. -I understand the benefits of exercise. -I work cooperatively with my group to self-manage games. 	<p>Rounders</p> <ul style="list-style-type: none"> -I am able to bowl a ball towards a target. -I am beginning to strike a bowled ball. -I am developing an understanding of tactics and I am beginning to use them in game situations. -I am learning the rules of the game and I am beginning to use them. -I can provide feedback using key words. -I can use overarm and underarm throwing and catching skills. -I work co-operatively with my group to self-manage games.
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Year 4

Autumn 1	Autumn 2
<p>Hockey</p> <ul style="list-style-type: none"> -I can delay an opponent and help to prevent the other team from scoring. -I can dribble, pass, receive and shoot the ball with increasing control. -I can move to space to help my team to keep possession and score goals. -I can provide feedback using key terminology and understand what I need to do to improve. -I can use simple tactics to help my team score or gain possession. -I share ideas and work with others to manage our game. -I understand the rules of the game and I can use them often and honestly. 	<p>Football</p> <ul style="list-style-type: none"> -I understand the rules of the game and I can use them often and honestly. -I can delay an opponent and help to prevent the other team from scoring. -I can dribble, pass, receive and shoot the ball with increasing control. -I can move to space to help my team to keep possession and score goals. -I can provide feedback using key terminology and understand what I need to do to improve. -I can use simple tactics to help my team score or gain possession. -I share ideas and work with others to manage our game.
<p>Fitness</p> <ul style="list-style-type: none"> -I can collect and record my scores and identify areas I need to improve. -I can use key points to help me to improve my sprinting technique. -I share ideas and work with others to manage activities. -I show balance when changing direction at speed. -I show control when completing activities to improve balance. -I show determination to continue working over a period of time. -I understand there are different areas of fitness and that each area challenges my body differently. 	<p>Fitness</p> <ul style="list-style-type: none"> -I can collect and record my scores and identify areas I need to improve. -I can use key points to help me to improve my sprinting technique. -I share ideas and work with others to manage activities. -I show balance when changing direction at speed. -I show control when completing activities to improve balance. -I show determination to continue working over a period of time. -I understand there are different areas of fitness and that each area challenges my body differently.
<p>Swimming</p> <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 [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	
Spring 1	Spring 2
<p>Dodgeball</p> <ul style="list-style-type: none"> -I understand the rules of the game and I can use them often and honestly. -I can catch with increasing consistency. -I can communicate with my teammates to apply simple tactics. -I can provide feedback using key terminology and understand what I need to do to improve. -I can return to the ready position to defend myself. -I can throw with some accuracy at a target. -I share ideas and work with others to manage our game. 	<p>Netball</p> <ul style="list-style-type: none"> -I can use simple tactics to help my team score or gain possession. -I understand the rules of the game and I can use them often and honestly. -I can defend one on one and know when to win the ball. -I can explain what happens to my body when I exercise and how this helps to make me healthy. -I can move to space to help my team to keep possession and score goals. -I can pass, receive and shoot the ball with increasing control. -I can provide feedback using key terminology and understand what I need to do to improve.

	-I share ideas and work with others to manage our game.
Cricket -I am able to bowl a ball with some accuracy and consistency. -I am learning the rules of the game and I am beginning to use them to play honestly and fairly. -I can communicate with my teammates to apply simple tactics. -I can persevere when learning a new skill. -I can provide feedback using key terminology and understand what I need to do to improve. -I can strike a bowled ball after a bounce. -I can use overarm and underarm throwing, and catching skills with increasing accuracy. -I share ideas and work with others to manage our game.	Cricket -I am able to bowl a ball with some accuracy and consistency. -I am learning the rules of the game and I am beginning to use them to play honestly and fairly. -I can communicate with my teammates to apply simple tactics. -I can persevere when learning a new skill. -I can provide feedback using key terminology and understand what I need to do to improve. -I can strike a bowled ball after a bounce. -I can use overarm and underarm throwing, and catching skills with increasing accuracy. -I share ideas and work with others to manage our game.
Summer 1	Summer 2
Dance -I can choose actions and dynamics to convey a character or idea. -I can copy and remember set choreography. -I can provide feedback using appropriate language relating to the lesson. -I can respond imaginatively to a range of stimuli relating to character and narrative. -I can use changes in timing and spacing to develop a dance. -I can use counts to keep in time with others and the music. -I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. -I show respect for others when working as a group and watching others perform.	Dance -I can choose actions and dynamics to convey a character or idea. -I can copy and remember set choreography. -I can provide feedback using appropriate language relating to the lesson. -I can respond imaginatively to a range of stimuli relating to character and narrative. -I can use changes in timing and spacing to develop a dance. -I can use counts to keep in time with others and the music. -I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. -I show respect for others when working as a group and watching others perform.
Gymnastics -I can explain what happens to my body when I exercise and how this helps to make me healthy. -I can identify some muscle groups used in gymnastic activities. -I can plan and perform sequences with a partner that include a change of level and shape. -I can provide feedback using appropriate language relating to the lesson. -I can safely perform balances individually and with a partner. -I can watch, describe and suggest possible improvements to others' performances and my own.	Gymnastics -I can explain what happens to my body when I exercise and how this helps to make me healthy. -I can identify some muscle groups used in gymnastic activities. -I can plan and perform sequences with a partner that include a change of level and shape. -I can provide feedback using appropriate language relating to the lesson. -I can safely perform balances individually and with a partner. -I can watch, describe and suggest possible improvements to others' performances and my own.

-I understand how body tension can improve the control and quality of my movements.	-I understand how body tension can improve the control and quality of my movements.
Tennis -I understand the rules of the game and I can use them often and honestly. -I can communicate with my teammates to apply simple tactics. -I can explain what happens to my body when I exercise and how this helps to make me healthy. -I can provide feedback using key terminology and understand what I need to do to improve. -I can return to the ready position to defend my own court. -I can sometimes play a continuous game. -I can use a range of basic racket skills. -I share ideas and work with others to manage our game.	Rounders -I am able to bowl a ball with some accuracy, and consistency. -I am learning the rules of the game and I am beginning to use them to play honestly and fairly. -I can communicate with my teammates to apply simple tactics. -I can explain what happens to my body when I exercise and how this helps to make me healthy. -I can provide feedback using key terminology and understand what I need to do to improve. -I can strike a bowled ball with adapted equipment (e.g. a tennis racket). -I can use overarm and underarm throwing and catching skills with increasing accuracy. -I share ideas and work with others to manage our game.

Year 5

Autumn 1	Autumn 2
Basket Ball -I can communicate with my team and move into space to keep possession and score. -I can dribble, pass, receive and shoot the ball with some control under pressure. -I can identify when I was successful and what I need to do to improve. -I can use tracking and intercepting when playing in defence. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to apply this.	Dodgeball -I am developing a wider range of skills and I am beginning to use these under some pressure. -I can identify when I was successful and what I need to do to improve. -I can throw accurately at a target. -I can work co-operatively with others to manage our game. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to use these.
Swimming -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.	
Spring 1	Spring 2
<p>Hockey</p> <ul style="list-style-type: none"> -I can communicate with my team and move into space to keep possession and score. -I can dribble, pass, receive and shoot the ball with some control under pressure. -I can identify when I was successful and what I need to do to improve. -I can use tracking, tackling and intercepting when playing in defence. -I know what position I am playing in and how to contribute when attacking and defending. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can use them most of the time to play fairly and honestly. -I understand there are different skills for different situations and I am beginning to apply this. 	<p>Tag Rugby</p> <ul style="list-style-type: none"> -I can communicate with my team and move into space to keep possession and score. -I can identify when I was successful and what I need to do to improve. -I can pass and receive the ball with some control under pressure. -I can tag opponents and close down space. -I know what position I am playing in and how to contribute when attacking and defending. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to apply this.
<p>Cricket</p> <ul style="list-style-type: none"> -I am developing a wider range of fielding skills and I am beginning to use these under some pressure. -I can identify when I was successful and what I need to do to improve. -I can strike a bowled ball with increasing consistency. -I can work co-operatively with others to manage our game. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to use this. 	<p>Badminton</p> <ul style="list-style-type: none"> -I am developing a wider range of skills and I am beginning to use these under some pressure. -I can identify when I was successful and what I need to do to improve. -I can use feedback provided to improve my work. -I can work cooperatively with others to manage our game. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to apply this.
Summer 1	Summer 2
<p>Gymnastics</p> <ul style="list-style-type: none"> -I can create and perform sequences using apparatus, individually and with a partner. -I can lead a partner through short warm-up routines. 	<p>Gymnastics</p> <ul style="list-style-type: none"> -I can create and perform sequences using apparatus, individually and with a partner. -I can lead a partner through short warm-up routines.

<ul style="list-style-type: none"> -I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. -I can use feedback provided to improve my work. -I can use set criteria to make simple judgments about performances and suggest ways they could be improved. -I can use strength and flexibility to improve the quality of a performance. -I can work safely when learning a new skill to keep myself and others safe. 	<ul style="list-style-type: none"> -I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. -I can use feedback provided to improve my work. -I can use set criteria to make simple judgments about performances and suggest ways they could be improved. -I can use strength and flexibility to improve the quality of a performance. -I can work safely when learning a new skill to keep myself and others safe.
<p>Tennis</p> <ul style="list-style-type: none"> -I am developing a wider range of skills and I am beginning to use these under some pressure. -I can identify how different activities can benefit my physical health. -I can identify when I was successful and what I need to do to improve. -I can use feedback provided to improve my work. -I can work cooperatively with others to manage our game. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to apply this. 	<p>Rounders</p> <ul style="list-style-type: none"> -I am beginning to strike a ball with a rounders bat. -I am developing a wider range of fielding skills and I am beginning to use these under some pressure. -I can identify when I was successful and what I need to do to improve. -I can work co-operatively with others to manage our game. -I understand the need for tactics and can identify when to use them in different situations. -I understand the rules of the game and I can apply them honestly most of the time. -I understand there are different skills for different situations and I am beginning to use this.
<p>Dance</p> <ul style="list-style-type: none"> -I can accurately copy and repeat set choreography. -I can choreograph phrases individually and with others considering actions and dynamics. -I can confidently perform different styles of dance, clearly and fluently, showing I can lead a group through short warm-up routines. -I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. -I can suggest ways to improve my own and other people’s work using key terminology. -I can use counts when choreographing to stay in time with others and the music. -I can use feedback provided to improve my work. 	<p>Dance</p> <ul style="list-style-type: none"> -I can accurately copy and repeat set choreography. -I can choreograph phrases individually and with others considering actions and dynamics. -I can confidently perform different styles of dance, clearly and fluently, showing I can lead a group through short warm-up routines. -I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. -I can suggest ways to improve my own and other people’s work using key terminology. -I can use counts when choreographing to stay in time with others and the music. -I can use feedback provided to improve my work.
Year 6	
Autumn 1	Autumn 2

<p>Football</p> <ul style="list-style-type: none"> -I can create and use space to help my team. -I can dribble, pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, tackling and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I recognise my own and others strengths and areas for development and can suggest ways to improve. 	<p>Football</p> <ul style="list-style-type: none"> -I can create and use space to help my team. -I can dribble, pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, tackling and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I recognise my own and others strengths and areas for development and can suggest ways to improve.
<p>Swimming</p> <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 [for example, front crawl, backstroke and breaststroke]. -Perform safe self-rescue in different water-based situations. 	<p>Dodgeball</p> <ul style="list-style-type: none"> -I can officiate and help to manage a game by refereeing. -I can select the appropriate action for the situation and make this decision quickly. -I can use a wider range of skills with increasing control under pressure. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve.
<p>Spring 1</p>	<p>Spring 2</p>
	<p>Hockey</p> <ul style="list-style-type: none"> -I can create and use space to help my team. I can dribble, pass, receive and shoot the ball with increasing control under pressure. -I can select the appropriate action for the situation and make this decision quickly. -I can use marking, tackling and/or interception to improve my defence. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve.
<p>Cricket</p> <ul style="list-style-type: none"> -I can select the appropriate action for the situation. 	<p>Cricket</p> <ul style="list-style-type: none"> -I can select the appropriate action for the situation.

<ul style="list-style-type: none"> -I can strike a bowled ball with increasing consistency and accuracy. -I can use a wider range of fielding skills with increasing control under pressure. -I can use the rules of the game consistently to play fairly. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve. -I understand and can apply some tactics in the game as a batter, bowler and fielder. 	<ul style="list-style-type: none"> -I can strike a bowled ball with increasing consistency and accuracy. -I can use a wider range of fielding skills with increasing control under pressure. -I can use the rules of the game consistently to play fairly. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve. -I understand and can apply some tactics in the game as a batter, bowler and fielder.
Summer 1	Summer 2
<p>Gymnastics</p> <ul style="list-style-type: none"> -I can combine and perform gymnastic actions, shapes and balances with control and fluency. -I can create and perform sequences using compositional devices to improve the quality. -I can lead a small group through a short warm-up routine. -I can use appropriate language to evaluate and refine my own and others' work. -I can work collaboratively with others to create a sequence. -I understand how to work safely when learning a new skill. -I understand what counter balance and counter tension is and can show examples with a partner. 	<p>Gymnastics</p> <ul style="list-style-type: none"> -I can combine and perform gymnastic actions, shapes and balances with control and fluency. -I can create and perform sequences using compositional devices to improve the quality. -I can lead a small group through a short warm-up routine. -I can use appropriate language to evaluate and refine my own and others' work. -I can work collaboratively with others to create a sequence. -I understand how to work safely when learning a new skill. -I understand what counter balance and counter tension is and can show examples with a partner.
<p>Tennis</p> <ul style="list-style-type: none"> -I can select the appropriate action for the situation and make this decision quickly. -I can use a wider range of skills with increasing control under pressure. -I can use feedback provided to improve the quality of my work. -I can use the rules of the game consistently to play honestly and fairly. -I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve. -I understand that there are different areas of fitness and how this helps me in different activities. 	<p>Rounders</p> <ul style="list-style-type: none"> -I can strike a bowled ball with increasing consistency. -I can use a wider range of skills with increasing control under pressure. -I can use the rules of the game consistently to play fairly. -I can work collaboratively with others to get batters out. -I can work in collaboration with others so that games run smoothly. -I recognise my own and others strengths and areas for development and can suggest ways to improve. -I understand and can apply some tactics in the game as a batter, bowler and fielder.
<p>Dance</p> <ul style="list-style-type: none"> -I can choreograph a dance and work safely using a prop. -I can lead a small group through a short warm-up routine. 	<p>Dance</p> <ul style="list-style-type: none"> -I can choreograph a dance and work safely using a prop. -I can lead a small group through a short warm-up routine.

-I can perform dances confidently and fluently with accuracy and good timing.
-I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
-I can use appropriate language to evaluate and refine my own and others' work.
-I can use feedback provided to improve the quality of my work.
-I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.

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-I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.