

Body Management	Gymnastics	Dance	Cooperate and Solve Problems	Manipulation and Coordination	Speed, Agility and Travel
Balance Beanbags Move through hoops in different ways Reach and stretch to get equipment Make bridges and tunnels with our bodies Travel over and under apparatus Make shapes with our bodies	Move safely Take off and land on two feet Balance and move balls and beanbags Travel on mats and benches Copy and repeat actions Perform simple shapes and balances	Use colours and feelings in dance Perform as animals using different levels and directions Work with a partner Show expression in our sequence Perform transport movements in our dance Use leading and following movements	Match colours and symbols Work as a team to complete a task Use our bodies to make number shapes Follow a trail Work with others to make patterns Work with a partner to complete challenges	Handle a balloon Handle a ball Kick a ball Hop, jump and step Send a ball or beanbag Send and stop in a game	Move in different directions Keep our bodies safe in running games Jump in different directions Stop safely Move at slow and fast speeds Stop safely in different ways

Hit, Catch, Run	Attack, Defend, Shoot	Send and Return	Run, Jump, Throw	Dance	Gymnastics	OAA
Select a space to throw or roll a ball into	Hit a target	Slide a beanbag to a target	Start and stop moving at speed	Show moods and feelings we would experience in the jungle		Follow simple instructions to complete a trail
Track and collect a rolling ball	Defend a target	Hit a ball in different ways with our hands	Use our arms when running at different speeds	Move as if we were living in the jungle		Find matching symbols
Catch a ball to stop an opponent from scoring Use our hands to hit a ball	Roll and slide objects	Move towards a ball to return it	Take off on two feet to jump at distance	Create and perform movements which show friendship		Copy and create a hoop dance
Run between bases to score points	Shoot in a game to get points	Work with a partner to stop and return a beanbag	Use the correct technique to throw different objects for distance	Perform leading and following movements		Work with a partner to complete a hoop challenge
Work as a team to score points	Work with a partner to score points	Know what a rally is and rally with a partner	Show improvement in our throwing	Perform a short dance with a clear start, middle and end		Recognise a drawn symbol as a real object
Hit a ball and score points running to cones	Use attacking and defending skills in a game	Send a ball into space to make it harder for our opponent	Take part in a competition using running, jumping and throwing skills	Use repeated actions in our dance		Use decision-making skills to hide equipment
Defend a target by kicking	Kick the ball over long and short distances			Use penguin images to inspire our dance		
Bowl underarm with control	Stop a ball with control using the foot			Show feelings of abandonment through dance		
Hit a ball using different bats and techniques	Work as a team to keep the ball			Create movements that show friendship between two characters		
Throw accurately to a base	Bounce a ball with my partner			Create a solo dance with changes of direction and speed		
Hit a ball into space, away from fielders	Bounce the ball while we are moving			Match our movements to music		
	Pass the ball forward in a game			Choose a formation for our dance and explain our choice		

Catch a ball over a short distance	Move side to side to defend a goal	Stay on our toes to move quickly to the ball	Move quickly whilst being aware of others around		Perform 'like' actions	Work as a team to complete a task
Begin to hit a ball with power	Bounce a ball with control to ourselves	Identify which hand is dominant in a game	Create power with our legs to turn at speed		Carry and set up apparatus safely	Use problem-solving skills to complete a simple treasure hunt
Position ourselves in the path of the ball	Aim at different targets Adapt to a game with changing rules	Know the basic rules of serving to our partner	Move through an obstacle course with speed and control		Perform shapes on large and small body parts	Copy and then create a simple movement pattern
Field a ball to a base Catch a high ball	Play in a defensive position	Develop agility and use it in a game	Choose the best throw for different situations		Take off and land and use shapes in our jumps	Give clues to guide a blindfolded person safely
Stop other teams from scoring points	Throw different types of equipment	Use the correct grip to hit a self-fed ball	Use quick feet whilst sprinting		Travel on our feet, showing good body tension	Improve performance through repetition
Time our run around the bases to stay safe	Move to space after passing the ball	Use the ready position in a rally	Perform static and dynamic balances		Create different levels in our performance	Use a key on a map to re-create a map with accuracy
Kick a ball into space using different parts of the foot	Pass and move forward to a target with a partner				Use a releve walk in a sequence	
Respond to how a ball is being bowled when hitting	Position ourselves as a goalkeeper				Perform a dish and arch shape moving smoothly from one to the other	
Understand the roll of a wicketkeeper	Intercept a ball from a person on the other team				Develop our strength in back support and crab	
Understand the role of a backstop and compare to a wicketkeeper	Use the skills we have developed in a competition				Frog jump and leapfrog Hold an L-sit with a straight back	
Bowl underarm in a game with accuracy					Bring rhythm and flow to our sequence	

Dance	Gymnastics	Athletics	OAA
<p>Perform a jazz square</p> <p>Dance showing two contrasting characters</p> <p>Use improvisation to develop movements</p> <p>Use facial expressions to bring to life and show emotions</p> <p>Take on the role of director to help others improve</p> <p>Use freeze frame in our dances</p> <p>Perform slide and roll confidently</p> <p>Use cannon to extend dances</p> <p>Sequence dance actions to show good flow</p> <p>Create a 5 action dance with good 'stage' entry</p>		<p>Follow different jumping and hopping sequences</p> <p>Run at different speeds</p> <p>Throw a javelin using the pull-throw techniques</p> <p>Perform a variety of skipping techniques</p> <p>Keep score accurately over a range of events</p>	<p>Use clear communication, strength and flexibility to complete a task</p> <p>Complete map-reading tasks</p> <p>Draw and create clear routes on maps</p> <p>Work with others to identify ways of improving</p> <p>Safely take part in trust-based activities</p>
	<p>Show full extension during balance</p> <p>Move in and out of contrasting shapes with fluency</p> <p>Perform a sequence using different types of rolls</p> <p>Perform powerful jumps from low apparatus</p> <p>Perform in unison with a partner</p> <p>Create a group performance using contrasting actions</p> <p>Perform 6-element sequence that uses changes in speed and direction</p> <p>Use the STEP principle to create and perform a partner sequence</p> <p>Take weight on our hands, showing control</p> <p>Develop a sequence using compositional ideas e.g. changing speed</p>	<p>Challenge ourselves in running, jumping and throwing tasks</p> <p>Accelerate over short distances</p> <p>Run and jump using one foot take off</p> <p>Use a sling action to throw a discuss</p> <p>Exchange a baton</p> <p>Apply skills in a competitive way</p>	<p>Work collaboratively to complete a problem-solving task</p> <p>Work collaboratively to create shapes whilst blindfolded</p> <p>Name and recognise the cardinal points of a compass</p> <p>Complete an orienteering task calmly under time pressure</p> <p>Work with a partner to use a map to follow a course</p> <p>Recognise and recall common map symbols from a key</p>

	Co-operate as a small group to refine a short sequence Compare and judge sequences		
Use a non-locomotor movement in our dance Perform non-locomotor and locomotor movements together Create new and exciting groups patterns Complete a simple Line Dance routine Create a 3-step line dance with a partner Work collaboratively within our group to improve our performance	Break down a round off into key steps Create and perform a partner sequence using symmetry Perform a counterbalance with a partner Perform smooth transitions between counterbalances using different levels Evaluate each other's work and suggest improvements	Run for speed and distance on our own and as part of a team Pace our runs over longer distances Explore different jumping styles Use the push-throw technique Exchange a baton in a restricted area Design a running, jumping or throwing activity for others using the STEP principle	
Communicate the theme of heroes through our dance Manipulate and develop actions using a range of devices Create interesting and varied dance actions as a group using levels Use jumps to bring power and energy to our dance phrase Show the theme of attack, performing at a low level Work effectively with others to improve movement quality and performance	Use space creatively along an L-shaped pathway Refine the round off technique Refine the shoulder roll and attempt a handstand finish Link 2 cartwheels Transition into a bridge Develop a 6-element partner sequence incorporating asymmetry		Explore different ways of communicating with a blindfolded partner Follow a designated route at maximum speed and complete a task safely Use memory methods to recall different objects whilst navigating Use clear communication to recreate a shape from memory Use imagination and creative thinking to create the tallest marshmallow tower Send and interpret messages using Morse code

Rounders	Football	Netball	Tennis	Cricket	Basketball	Tag Rugby
Get into the best body position to field a ball	Use the inside of the foot to pass the ball	Perform quick, accurate chest passes	Use the ready position to return a ball			

<p>Bowl with some consistency in a game</p> <p>Hit a moving ball with one hand</p> <p>Stop a moving ball with the long barrier technique</p> <p>Throw longer distances using the overarm technique</p> <p>Select and apply new skills in a competition</p> <p>Hit the ball in different directions</p> <p>Run between the posts and avoid getting stumped out</p> <p>Intercept the ball using one hand</p> <p>Underarm bowl abiding by the rules of bowling</p> <p>Play the role of backstop in a small game</p> <p>Use the rounders scoring system in a game</p>	<p>Trap a ball that is moving along the ground with control</p> <p>Pass the ball accurately into space over short distances</p> <p>Identify and move into space to receive the ball</p> <p>Use the outside of the foot to control the ball and dribble</p> <p>Cushion the ball when receiving</p>	<p>Use dodging to get free from our opponent</p> <p>Catch a netball</p> <p>Use a bounce pass to feed a goal shooter</p> <p>Throw for distance using a shoulder pass</p> <p>Collect a loose ball</p>	<p>Hit the ball to different parts of the court using a forehand hit</p> <p>Perform an underarm serve to start a rally</p> <p>Move towards a ball to return it over the net</p> <p>Play cooperatively with a partner to keep the ball moving over the net</p> <p>Perform forehand hits to score points in a competition</p>			
			<p>Return to the middle of the court after playing a shot</p> <p>Accurately use the forehand in game situations to score points</p>	<p>Hit a stationary ball into space using a straight drive</p> <p>Bowl underarm to a batter with some consistency</p>	<p>Keep possession of the ball when dribbling</p> <p>Work as a pair to move forward and attack</p> <p>Use defensive body position</p>	<p>Use speed to run past defenders</p> <p>Use a short pass in a game</p> <p>Use agility to evade being tagged</p>

			<p>Play a backhand shot with some accuracy</p> <p>Combine the ready position and court movement to successfully return a serve</p> <p>Work with a partner to score points within a game</p> <p>Use the forehand and backhand shots to score points in a competitive situation</p>	<p>Use the correct footwork to strike a bowled ball</p> <p>Stop a moving ball using the long barrier technique</p> <p>Throw overarm over longer distances</p> <p>Perform as a wicketkeeper</p> <p>Hit the ball in different directions</p> <p>Anticipate when to run to score singles</p> <p>Intercept a moving ball with one hand</p> <p>Bowl overarm Be able to play the pull shot and attempt it in a game</p> <p>Field s bouncing ball effectively</p>	<p>Perform a two-handed shot to score baskets</p> <p>Use a jump ball to restart a game</p> <p>Move into space to receive the ball</p>	<p>Understand and apply the tag protocol in game situations</p> <p>Close down an attacker's space as a defender</p> <p>Perform a backward pass to continue an attack</p>
	<p>Turn with the ball</p> <p>Travel quickly and effectively when running with the ball</p> <p>Combine running with the ball and sending it into space</p> <p>Maintain position when attacking to create space</p> <p>Perform a stepover to beat a defender</p>	<p>Choose the appropriate pass for different scenarios</p> <p>Find space to receive a pass in a game</p> <p>Use different dodging techniques to outwit a defender and get free</p> <p>Practice and perform pivoting and quick turns</p> <p>Get into closer shooting positions</p> <p>React and move quickly in isolation and in games</p>	<p>Recap and perform a range of different shots with accuracy and control</p> <p>Move quickly to the ball to perform a volley</p> <p>Play and overhead shot and know when you might use this</p> <p>Use different court formations during doubles play</p> <p>Refine court movement to hit the ball before the second bounce</p>			

	Control a bouncing ball, keeping it close to the body		Perform a diagonal serve to begin a game in competitive situations			
<p>Judge how far you can run based on the distance of a hit</p> <p>Throw over short distances with power and accuracy to get batters out</p> <p>Follow the path of the ball to make sure it is fielded correctly</p> <p>As a backstop understand the backwards hit rule Hit the ball into gaps to maximise the chance of scoring</p> <p>Set a field in a game to limit the scoring of a batter</p>				<p>Work with a partner to score runs</p> <p>Throw accurately over short distances to get batters out</p> <p>Follow the path of a ball to catch as a wicketkeeper</p> <p>Overarm bowl with some accuracy whilst using a run-up</p> <p>Play a forward defensive shot</p> <p>Set a field in a game to limit the runs scored by a batter</p>	<p>Use blocking to stop an opponent from shooting</p> <p>Learn a front pivot and try using it in a game</p> <p>Use a forward pass and wing play to build an attack as a team</p> <p>Perform a one-handed push pass under pressure</p> <p>Create space using the box out</p> <p>Catch the ball under pressure into the triple threat position</p>	<p>Use defensive positions to mark and tag an attacker</p> <p>Pass the ball accurately and consistently while on the move</p> <p>Defend as part of a team to deny space to the attacking team</p> <p>Use a pop pass over short distances to create an explosive run</p> <p>Move the ball quickly using the 'magic diamond' formation</p> <p>Use the 3 step and pass rule with some confidence</p>