



R E C E P T I O N	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Fundamentals (1)	Intro to PE (1)	Dance	Fundamentals (2)	Gymnastics	Games (1)	Ball skills (1)	Games (2)	Swimming	Sports Day preparations	Swimming	Ball skills (2)
	I am beginning to negotiate space safely. I play games honestly guided by rules with support. I am building my confidence to try new challenges. I follow instructions with support. I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games. I am beginning to take turns with others. 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	I can explore movement skills. I can make guided choices. I follow instructions with support. I am beginning to negotiate space safely. I am beginning to demonstrate balance. I am beginning to take turns with others. 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	I am beginning to negotiate space safely. I am building my confidence to try new challenges and perform in front of others. I can explore movement skills. I follow instructions with support. I am beginning to use and remember sequences and patterns of movements which are related to music and rhythm. I show respect towards others. 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 am beginning to negotiate space safely. I am building my confidence to try new challenges. I can explore movement skills. I follow instructions with support. I am beginning to take turns and congratulate others. I play games honestly guided by the rules with support. I am beginning to understand how I feel in different situations. 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	I am beginning to negotiate space safely. I can use a range of large and small apparatus with an awareness of safety. I can match skills to tasks and apparatus. I can explore movement skills. I follow instructions with support. I am beginning to take turns. I am building my confidence to try new challenges. 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	I am beginning to negotiate space safely. I follow instructions with support. I am beginning to take turns with others. I am beginning to explore a range of ball skills. I can explore movement skills. I play games honestly guided by the rules with support. I am beginning to understand how I feel in different situations. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I use ball	I am beginning to negotiate space safely. I am beginning to explore a range of ball skills. I am beginning to take turns with others. I can make guided choices. I persevere with support when trying new challenges. I play ball games guided by the rules with support. 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.	I can explore movement skills. I am beginning to explore a range of ball skills. I am beginning to negotiate space safely. I am beginning to take turns with others. I follow instructions with support. I play games honestly guided by the rules with support. I am beginning to understand how I feel in different situations. I use movement skills with developing balance and co-ordination. I use ball skills with developing competence and accuracy. I can negotiate space safely with consideration for myself and others. I play co-operatively, take turns and encourage others. I follow instructions involving several ideas or actions. I play games honestly with consideration of the rules. I show an	I can enter the water safely. I can move forward, backwards and sideways for a distance of 5 metres, feet may be on or off the floor. I can scoop the water and wash the face. I am comfortable with water showered from overhead. I can move from a flat floating position on the back and return to standing. I can push and glide in a flat position on the front from a wall. I can push and glide in a flat position on the back from a wall. I can give two examples of pool rules. I can exit the water safely.	I can listen carefully to instructions. I can follow instructions involving several ideas or actions. I can show an understanding of my feelings and can regulate my behaviour. I can practise a range of events. I can support my friends. I can respond promptly to a start whistle. I can use movement skills with developing balance and co-ordination.	I can enter the water safely. I can move forward, backwards and sideways for a distance of 5 metres, feet may be on or off the floor. I can scoop the water and wash the face. I am comfortable with water showered from overhead. I can move from a flat floating position on the back and return to standing. I can push and glide in a flat position on the front from a wall. I can push and glide in a flat position on the back from a wall. I can give two examples of pool rules. I can exit the water safely.	I am beginning to take turns with others. I am beginning to explore a range of ball skills. I persevere with support when trying new challenges. I follow instructions with support. I am beginning to negotiate space safely. I play ball games guided by the rules with support. 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.



	several ideas or actions. I use movement skills with developing balance and co-ordination when playing games. I play co-operatively, take turns and encourage others.	and take turns with 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 fluently, selecting actions in response to the task. I show respect towards others when providing feedback.	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 games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour.	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.	skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour.		understanding of my feelings and can regulate my behaviour.				
<b>Y E A R  1</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Gymnastics</b>	<b>Fundamentals</b>	<b>Dance</b>	<b>Ball Skills</b>	<b>Sending and Receiving</b>	<b>Invasion Games</b>	<b>Net and Wall Games</b>	<b>Swimming</b>	<b>Athletics</b>	<b>Team Building</b>	<b>Striking and fielding</b>	<b>Fitness</b>
	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 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	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	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	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	I am beginning to dribble a ball with my hands and feet. I can change direction to move away from a defender. I can recognise space when playing games.	I can hit a ball using a racket. I can throw a ball to land over the net and into the court area. I can track balls and other equipment sent to me. I can use a ready position to	I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy aid. I know and can demonstrate what to do if I fall into water.	I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing. I can recognise changes in my body when I do exercise. I can run at different speeds. I can work with others and make safe choices. I try my best.	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.	I can catch a beanbag and a medium-sized ball. I can hit a ball using my hand. I can roll a ball towards a target. I can track a ball that is coming towards me. I know how to score points. I understand the rules and I am beginning to use these to play honestly and fairly. I understand when I am successful.	I can recognise changes in my body when I do exercise. I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise makes me feel. I try my best in the challenges I am set. I understand why it is important to warm up.



	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.	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.	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.	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.	a target. I can throw a ball to a partner. I can track a ball that is coming towards me. I can work co-operatively with a partner.	I can send and receive a ball with hands and feet. I can use simple rules to play fairly. I move to stay with another player when defending. I recognise changes in my body when I do exercise. I understand when I am a defender and when I am an attacker.	move to the ball. I know how to score points. I recognise changes in my body when I do exercise. I show honesty and fair play when playing against an opponent.		I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.			
<b>Y E A R 2</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Swimming</b>	<b>Fundamentals</b>	<b>Ball Skills</b>	<b>Fitness</b>	<b>Dance</b>	<b>Sending and Receiving</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Net and Wall Games</b>	<b>Athletics</b>	<b>Striking and Fielding</b>	<b>Team Building</b>
	I can begin to use arms and legs together to move effectively across the water. I can demonstrate what to do if I fall into water . I can float on my front and back.	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	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	I can describe how my body feels during exercise. I can show hopping and jumping movements with some balance and control.	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	I am beginning to provide feedback using key words. I am beginning to trap and cushion a ball that is coming towards me. I can accurately throw and kick a ball to	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	I can describe how my body feels during exercise. I can dodge and find space away from the other team. I can move with a ball towards goal. I can sometimes dribble a ball with my hands and feet. I can stay with another player to try and win the ball. I know how to score points and can remember the score.	I can defend space on my court using the ready position. I can describe how my body feels during exercise. I can hit a ball over the net and into the court area. I can throw accurately to a partner. I can use simple tactics to make it difficult for an opponent. I know how to score points and can	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	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	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. 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



	I can glide on both front and back. I can roll from my front to my back and then regain a standing position. I can swim over a distance of 10m unaided. I know several pool rules and can explain how they help me to stay safe.	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.	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.	I persevere with new challenges. I show determination to continue working over a longer 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	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.	a partner. I can catch a ball passed to me, with and without a bounce. I can roll a ball to hit a target. I can track a ball and stop it using my hands and feet. I can work co-operatively with a partner and a small group. I can work safely to send a ball towards a partner using a piece of equipment.	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.	I know who is on my team and I can attempt to send the ball to them.	remember the score. I show good sportsmanship when playing against an opponent.	speeds. I try my best.	of the game and can use these to play fairly in a small group.	a simple diagram/map.
<b>Y E A R 3</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Gymnastics</b>	<b>Fitness</b>	<b>Swimming</b>	<b>Ball Skills</b>	<b>Handball</b>	<b>Tag Rugby</b>	<b>Dance</b>	<b>Tennis</b>	<b>Athletics</b>	<b>Golf</b>	<b>OAA</b>	<b>Rounders</b>
	I can adapt sequences to suit different types of apparatus. I can choose actions that flow well into one another. I can complete	I can go slower or stop then go again when I get tired. I can lean forward to speed up. I can persevere when I find a challenge	I can swim competently, confidently and proficiently over a distance of at least 25 metres  I can perform safe self-	I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with	I am learning the rules of the game and am beginning to use them honestly. I can defend an opponent to slow them down. I can find	I am learning the rules of the game and I am beginning to use them to play honestly. I can communicate with my	I am respectful of others when watching them perform. I can provide feedback using key words.	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 am developing jumping for distance. I can identify when I was successful. 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 hold all equipment correctly. I can provide feedback using key words. I can strike the ball with some accuracy. I can work on my own, with a partner and as a team. I mostly have the correct stance for putting.	I am developing map reading skills. I can follow and give instructions. I can listen to and am accepting of others' ideas. I can plan and attempt to apply strategies to solve problems. I can reflect on when and why I was	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



	actions with increasing balance and control. I can provide feedback using key words. I can use matching and contrasting actions in a partner sequence. 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.	hard. I can take small steps to change direction. I can work safely with others. I demonstrate balance when performing other fundamental skills. I understand that there are different areas of fitness.	rescue in different water-based situations  I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques.  I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.	space away from others and near to my goal. I can provide feedback using key words. I can throw, catch and shoot the ball with some control. I understand my role both as a defender and as an attacker. I work co-operatively with my group to self-manage games.	team and move into space to help them. I can defend an opponent and attempt to tag them. I can move with a ball towards goal with increasing control. I can pass and receive the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender. I work cooperatively with my group to self-manage games.	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.	I understand the benefits of exercise. I work cooperatively with my group to self-manage games.	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 a small group, sharing ideas. I show determination to achieve my personal best.	I show balance when striking the ball. I understand the aim of the game.	successful at solving challenges and am beginning to understand why. I can work collaboratively with a partner and a small group.	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.
<b>Y E A R 4</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Gymnastics</b>	<b>Ball Skills</b>	<b>Football</b>	<b>Hockey</b>	<b>Swimming</b>	<b>Tag Rugby</b>	<b>Dance</b>	<b>Netball</b>	<b>Athletics</b>	<b>Cricket</b>	<b>Dodgeball</b>	<b>OAA</b>
	I can explain what happens to my body when I exercise and how this helps to make me healthy. I can plan and perform	I can accurately use a range of throwing techniques to throw to a target. I can catch different sized objects with increasing	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	I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive	I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can perform	I can delay an opponent and help prevent the other team from scoring. I can explain what happens to my body	I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography.	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 demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.	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	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	I can accurately follow and give instructions. I can confidently communicate ideas and listen to others. I can identify key symbols on a map and use a key to help navigate around a grid. I can plan and apply



	<p>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.</p>	<p>consistency with one and two hands. I can consistently track the path of a ball that is not sent directly to me. I can dribble a ball with increasing control and co-ordination. I can persevere when learning a new skill. I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>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>	<p>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>	<p>safe self-rescue in different water-based situations. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>when I exercise and how this helps to make me healthy. I can help my team keep possession and score tries when I play in attack. I can pass and receive the ball with increasing control. 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>	<p>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.</p>	<p>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 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>	<p>I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.</p>	<p>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.</p>	<p>myself. I can throw with some accuracy at a target. 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>	<p>strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I can work collaboratively and effectively with a partner and a small group.</p>
<b>Y</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Hockey</b>	<b>Volleyball</b>	<b>Badminton</b>	<b>Fitness</b>	<b>Gymnastics</b>	<b>Tennis</b>	<b>Yoga</b>	<b>OAA</b>	<b>Athletics</b>	<b>Swimming</b>	<b>Rounders</b>	<b>Cricket</b>



<p><b>E A R 5</b></p>	<p>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</p>	<p>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 use the rules to referee a game. 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 apply this.</p>	<p>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.</p>	<p>I can analyse my performance in relation to the fitness component being used. I can work with others to manage activities. I demonstrate good balance and control when performing other fundamental skills. I show accuracy and power when throwing for distance. I understand the different components of fitness and how they help me in other activities. I understand what my maximum effort looks and</p>	<p>I can create and perform sequences using apparatus, individually and with a partner. I can lead a partner through short warm-up routines. 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 performance 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</p>	<p>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.</p>	<p>I am confident to lead others through poses and flows. I can create a yoga flow individually and with others. I can move with control from one pose to another demonstrating good balance. I can provide feedback to others using key terminology and can use feedback provided to improve my work.. I can use my breath to move from pose to pose. I show balance, strength and flexibility whilst holding yoga poses.</p>	<p>I am inclusive of others and can share job roles. I can navigate around a course using a map. I can orientate a map confidently. I can reflect on when I was successful at solving challenges and alter my methods in order to improve. I can use critical thinking to approach a task. I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p>	<p>I can choose the best pace for a running event. I can identify good athletic performance and explain why it is good. I can perform a range of jumps showing some technique. I can show control at take-off and landing in jumping activities. I can take on the role of coach, official and timer when working in a group. I can use feedback to improve my sprinting technique. I persevere to achieve my personal best. I show accuracy and power when throwing for distance.</p>	<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can perform safe self-rescue in different water-based situations</p> <p>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>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>	<p>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>
-----------------------------------	--	--	--	---	---	---	--	--	--	---	---	--



	of the time to play fairly and honestly. I understand there are different skills for different situations and I am beginning to apply this.	different situations and I am beginning to use these.		feels like and I am determined to achieve it.	learning a new skill to keep myself and others safe.	I understand there are different skills for different situations and I am beginning to apply this.						
<b>Y E A R  6</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
	<b>Dance</b>	<b>Tag Rugby</b>	<b>Gymnastics</b>	<b>Football</b>	<b>Yoga</b>	<b>Netball</b>	<b>Handball</b>	<b>Badminton</b>	<b>OAA</b>	<b>Athletics</b>	<b>Volleyball</b>	<b>Fitness</b>
	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 create and use space to help my team. I can pass and receive the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I can tag opponents individually and when working within a unit. I can use the rules of the game consistently to play honestly and fairly. I can work collaboratively to create	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	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 the situation and make this decision quickly. I can use marking, and/or interception to improve my defence.	I am confident to lead others, demonstrating poses and teaching them my flow. I can use feedback provided to improve the quality of my work. I can use my breath to transition from one pose to another with control. I can use yoga poses to improve my flexibility, strength and balance. I choose poses which link easily from one to the other to help my sequence flow. I recognise	I can create and use space to help my team. I can 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, and/or interception to improve my defence. I can use the rules of the game consistently to play honestly and fairly. I can work	I am confident to lead others and can contribute appropriate ideas to group work. I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals. I can create and use space to help my team to maintain possession and create scoring opportunities. I can perform a range of skills with	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 am inclusive of others, can share job roles and lead when necessary. I can orientate a map efficiently to navigate around a course. I can pool ideas within a group, selecting and applying the best method to solve a problem. I can use critical thinking skills to form ideas and strategies to solve challenges. I can work effectively with a partner and a group to solve challenges. With increasing accuracy, I can reflect on when and how I am successful at solving challenges and alter my methods in order to improve.	I can compete within the rules showing fair play and honesty. I can help others to improve their technique using key teaching points. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can perform jumps for distance using good technique. I can select and apply the best pace for a running event. I can show accuracy and good technique when throwing for distance. I understand that there are different areas of fitness and how this helps me in different activities. I use different strategies to persevere to achieve my personal best.	I am confident to make decisions when 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 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 can change my running technique to adapt to different distances. I can collect, record and analyse scores to identify areas where I have made the most improvement. I can work with others to organise, manage and record information at a station. I encourage and motivate others to work to their best. I understand that there are different areas of fitness and how this helps me in different activities. I understand the different components of fitness and ways to test and develop them. I work to my maximum consistently when presented with challenges.



	<p>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.</p>	<p>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>	<p>safely when learning a new skill. I understand what counter balance and counter tension is and can show examples with a partner.</p>	<p>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>	<p>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>	<p>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>	<p>control and can select the appropriate action for the situation under pressure. I can work in collaboration with others to self-manage games so that they run smoothly. I recognise my own and others' strengths and areas for development and can suggest ways to improve. I use the rules of the game honestly and consistently when playing and refereeing.</p>					
--	---	---	---	--	---	---	---	--	--	--	--	--

**Year 6 Intensive Swimming:**

I can swim competently, confidently and proficiently over a distance of at least 25 metres.

I can perform safe self-rescue in different water-based situations

I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]