

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<p>SPLAY (basic physical development) Activities linked to early years framework</p> <p>Moves freely with confidence in different ways (throughout) Running confidently and negotiating space successfully, adjusting speed or direction when required to avoid collisions (throughout) I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down</p>	<p>SPLAY Gymnastics Activities</p> <p>Mounts climbing equipment using alternate feet I can balance momentarily on one foot when shown Jump off an object and land appropriately Travels with confidence and skill around, over and through balancing and climbing equipment</p>	<p>Fundamentals of Movement Agility, Balance and Coordination</p>	<p>Open activities (chasing games, tagging games)</p> <p>Negotiates space successfully when participating in races and chasing games, adjusting speed and direction to avoid obstacles.</p>	<p>Ball skills (throwing, catching, sending and receiving)</p> <p>I can catch a large ball Shows increasing control over on object in pushing, patting, throwing, catching or kicking I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can push a roll a ball in different directions</p>	<p>Athletic activities (run, jumping throwing)</p> <p>I can run at different speeds I can jump from a standing position I can throw and object with one hand</p>
Yr 1	<p>Fundamentals of Movement Agility, Balance and Coordination</p> <p>I can follow a simple set of rules (throughout) I recognise and talk about changes in my body and start to talk about why being active is good for my body I can follow a teacher led warm up and cool down I can work cooperatively in pairs I can begin to skip with a rope I can jump with rhythm</p>	<p>Agility activities Tagging games</p>	<p>Coordination activities (throwing and catching)</p> <p>I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can push a roll a ball in different directions</p> <p>Dance</p> <p>I can perform dance actions with control and coordination I can link movements together to make a sequence to comment to communicate mood and feelings I can begin to evaluate my own and others and suggest ways to improve</p>	<p>Gymnastic Activities (balance)</p> <p>I can plan and repeat simple sequences and actions I can show contrasts in shape such as small/tall, straight/curved, wide/narrow I can perform basic gymnastic actions with some coordination and control I can begin to describe my own and others' work I can make suggestions for improvements with help</p>	<p>Striking and Fielding activities small games based around Rounder's, Softball Baseball Cricket</p> <p>I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can begin to strike a ball with a bat I can start to develop new skills relevant to specific invasion/net&wall/striking&fielding games</p>	<p>Athletic activities (run, jumping throwing)</p> <p>I can run at different speeds I can jump from a standing position I can throw and object with one hand</p>
Yr 2	<p>Fundamentals of Movement Agility, Balance and Coordination</p> <p>I can follow a simple set of rules (throughout) I can begin to make up rules for a simple game I recognise and talk about changes in my body and start to talk about why being active is good for my body I can follow a teacher led warm up and cool down I can work cooperatively in pairs I can begin to skip with a rope I can jump with rhythm</p>	<p>Agility activities Tagging games</p>	<p>Small sided games and activities using attacking and defending principles sending receiving using hands and feet (e.g football, handball, netball, hockey activities, benchball)</p> <p>I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can start to develop new skills relevant to specific invasion/net&wall/striking&fielding games</p> <p>Dance</p> <p>I can perform dance actions with control and coordination I can link movements together to make a sequence to comment to communicate mood and feelings I can begin to evaluate my own and others and suggest ways to improve</p>	<p>Gymnastic Activities (balance)</p> <p>I can plan and repeat simple sequences and actions I can show contrasts in shape such as small/tall, straight/curved, wide/narrow I can perform basic gymnastic actions with some coordination and control I can begin to describe my own and others' work I can make suggestions for improvements with help</p>	<p>Striking and Fielding activities small games based around Rounder's, Softball Baseball Cricket</p> <p>I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can begin to strike a ball with a bat I can start to develop new skills relevant to specific invasion/net &wall/striking&fielding games</p>	<p>Athletic activities (run, jumping throwing)</p> <p>I can run at different speeds I can jump from a standing position I can throw and object with one hand</p>

	Autumn 1 Invasion Games	Autumn 2 Gymnastic Activities	Spring 1 Invasion games	Spring 2 Net and wall	Summer1 Striking and fielding	Summer 2 Athletic activities
Y 3/4	<p>Emphasis on sending and receiving using hands or feet. E.g Football, handball and netball</p> <ul style="list-style-type: none"> I can make up rules for a simple invasion games and a prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion games I can work cooperatively as part of a team 	<ul style="list-style-type: none"> I can use a great number of my own ideas for movement in response to a task I can choose and plan sequences of contrasting actions Able to link movements together with reasonable precision I can begin to evaluate my own and other gymnasts' and suggest ways to improve 	<p>Emphasis on sending a receiving using a piece of equipment. E.g Hockey and la-crosse</p> <ul style="list-style-type: none"> I can make up rules for a simple invasion games and a prepare to modify and change them I can improve my ability by selecting and applying simple tactics in an invasion game I can keep possession for a reasonable length of time I can select and use appropriate skills and simple tactics in an invasion games I can work cooperatively as part of a team 	<p>E.g badminton, tennis and volleyball</p> <ul style="list-style-type: none"> I can stop/catch a ball with control I can pass a ball to another person with some accuracy I can take part in opposed conditioned games I can consolidate my striking skills and improve my control and quality I can select and apply appropriate skills and simple tactics in net and wall games I can follow the rules of a net game and suggest how they can be adapted 	<p>E.g rounders variations, softball. Baseball and cricket</p> <ul style="list-style-type: none"> I can strike a ball I can field and intercept a ball and return it I can begin to select and apply appropriate skills and simple tactics in striking and fielding I can follow the rules of a striking and fielding game and start to suggest how they can be adapted 	<p>Run, jump and throwing events</p> <ul style="list-style-type: none"> I can change speed and direction whilst running I can jump accurately from a standing position and demonstrate different combinations of jumps I can throw a variety of objects with one hand towards a target area I can recognise that there are different throwing, running and jumping styles and be able to use them appropriately I can watch and describe how others move and suggest ways to improve
Y 5/6	<p>Emphasis on sending and receiving using hands or feet. Eg Football, handball, netball and basketball</p> <ul style="list-style-type: none"> I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others I can work cooperatively as part of a team and understand why it is important to respect team mates and opponents 	<ul style="list-style-type: none"> I can perform a number of agility movements, shapes and balances with reasonable control and can use them to make more complex sequences I can adapt sequences to suit different types of apparatus and my partners ability I can demonstrate with a degree of creativity, partners sequences and try to improve my own performance after observing others and suggesting ways they could improve I can describe how to refine, improve and modify performance 	<p>Emphasis on sending a receiving using a piece of equipment. E.g Hockey and la-crosse</p> <ul style="list-style-type: none"> I can use basic technique for passing and shooting in a small sided game and can pass and shoot with reasonable accuracy and some success I can demonstrate techniques usually applied with coordination and some control to gain an advance over opponent I can be tactically aware and respond to situations with a degree of variety I can see the difference between my own performance and that of others I can work cooperatively as part of a team and understand why it is important to respect team mates and opponents 	<p>E.g badminton, tennis and volleyball</p> <ul style="list-style-type: none"> I can use basic skills and techniques in a small sided game and can replicate shots with reasonable accuracy and success I can demonstrate techniques usually applied with coordination and control to gain an advance over an opponent I can start to maintain a conditioned rally with varying degree of success and use basic game strategies I can use a variety of tactics and think of ways to improve performance I can keep to the rules of a net/wall games and suggest how they can be adapted 	<p>E.g rounders variations, softball. Baseball and cricket</p> <ul style="list-style-type: none"> I can replicate basic striking and fielding skills on most occasions with some control and direction I can bowl with reasonable control, catching with varying success and can throw a ball back with moderate aim I can apply a variety of tactics and think of ways to improve performance 	<p>Run, jump and throwing events</p> <ul style="list-style-type: none"> I can accurately replicate techniques for running, jumping and throwing activities I can identify some of the basic principles of technique I can have reasonable success across all athletics and begin to achieve goals for future events I can comment on some of the factors which make an effective performance