

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Invasion Games	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Begin to send a ball Begin to control a ball Can travel into an area	Send a ball to using close to a designated area Become more confident with controlling a ball Can travel into an area for a reason	Begin to send a ball with both feet/hands/stick Can control a ball within certain areas Can change direction and travel into a range of different areas	Send a ball with both feet/hands/stick close to a designated position Can control a ball in a variety of ways Can confidently travel into different areas with purpose	Send a ball in a variety of different ways under pressure Can confidently control a ball in a variety of ways under increasing pressure Can explain their positional change and how it would tactically affect the opponent	Send a ball in a variety of different ways with increasing accuracy under pressure Are alert and can use their peripheral vision to confidently control a ball under pressure Can confidently travel into different areas with purpose and suggest where others should be under pressure
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Striking and fielding	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Begin to send a ball to themselves (underarm) Begin to control a ball with their hands Begin to strike a ball	Begin to send the ball to someone else (underarm) Become more confident with controlling a ball with their hands Begin to strike a ball in different ways	Send a ball confidently (underarm) and explore overarm Move into different spaces to control a ball with their hands Explore grip to change how they strike a ball	Send a ball (overarm) to a designated area Identify the flight of the ball and control it Strike a ball to an area	Send a ball (overarm) to a designated area under pressure Identify the flight of the ball and control it Strike a ball to an area and explain your shot	Send a ball confidently in a range of different ways and under pressure In a game scenario, be able to move into the correct area and control the ball in a number of ways Strike a ball, in a range of ways, to a specific area under pressure
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Net and wall games	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Can travel into an area Begin to send a ball with a racket (forehand)	Can travel into an area for a reason Begin to send a ball in different ways (forehand, backhand)	Can change direction and travel into a range of different areas Send a ball to a different area with a racket (different strokes)	Can confidently travel into different areas with purpose Send a ball in different ways using a racket (different strokes)	Can explain their positional change and how it would tactically affect their next move Confidently change grip to send a ball differently (different strokes)	Can confidently travel into different areas with purpose and suggest where the ball may go Confidently send a ball to a specific area in a range of ways under pressure (different strokes)

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Athletics	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Use varying speeds when running Explore different methods of throwing Explore footwork patterns	Run with agility and confidence Throw different objects in a variety of ways Run for distance	Run in different directions and at different speeds Reinforce throwing techniques Reinforce jumping techniques	Select and maintain a running pace for different distances Throw safely and with understanding Identify different ways to jump	Use correct technique to run at speed Throw with accuracy and power Understand which technique is most effective for jumping for distance	Investigate running style and changes of speed Demonstrate good technique and throw in a variety of ways Understand the best technique for jumping in a range of ways
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Gymnastics	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Make body tense, relaxed, curled and stretched Begin to work alone to make to a sequence of moves/travels Begin to show a way to roll	Make body tense, relaxed, curled and stretched in a range of movements Begin to work in a group to make a sequence of moves/travels Show more than one way to roll	Use a greater number of movements in response to a task Work alone to create a sequence of moves/travels Is able to link moves with a roll	Create a perform a number of mirroring/matching moves Work in a group to create a sequence of moves/travels Able to link moves with a number of rolls	Combine own work with work of others Work confidently on their own to perform a varied routine Can incorporate rolls to fluidly link a range of moves	Select different routines to suit with different audiences Work confidently within a group or on their own to perform a varied routine Can confidently link a range of moves with a range of rolls
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Dance	Physical development Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	Copy dance moves Make up a short dance Change rhythm, speed, level and direction	Copy dance moves Make up a short dance Change rhythm, speed, level and direction Make a sequence by linking moves Link some movement to show mood and feeling	Perform pair/group dance Respond to music in time and rhythm Respond to music and express a variety of moods and feelings	Respond imaginatively to stimuli to create dance Perform clear and fluent dances Make up a dance with a small group	Show fluency/control in chosen dances Perform fluent dances with characteristics of different styles Adapt and refine paired/singular and group work	Create and performs dances in different styles Be aware of the use of musical structure, rhythm and mood
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Swimming				Swim confidently, competently and proficiently over a distance of 25m Use a range of strokes effectively Perform safe self-rescue in different water-based situations			