

Early Years (EYFS)

These will be developed as part of the PE lessons as well as part of the EYFS planning within class. These are linked to the EYFS – Early Years Goals

Aspect	EYFS
Ball Skills	<p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</p> <p>Can play in a group, extending and elaborating play ideas within the group.</p> <p>Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</p> <p>Shows increasing control when throwing and catching a large ball.</p>
Dance	<p>Explore and copy basic body actions and rhythms.</p> <p>Negotiate space confidently, using appropriate strategies.</p> <p>Use their bodies to respond to stories, topics, and music.</p>
Fitness	<p>Improve speed, agility, balance, coordination, strength and physical fitness.</p> <p>Works well as part of a team.</p> <p>Develop and demonstrate the jumping technique safely.</p> <p>Solve challenges whilst on the move.</p> <p>Work individually and cooperatively to perform a range of balances.</p>
Fun and Games	<p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</p> <p>Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Shows understanding when counting objects to 10 and beginning to count beyond 10.</p>

Me & Myself	<p>Ability to dress themselves with support if necessary.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Engages in conversation with others.</p> <p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p> <p>Ability to link sounds to letters, naming and sounding the letters of the alphabet.</p>
Movement Development	<p>Travels with confidence and skill in a range of movements when using equipment.</p> <p>Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p>
Throwing and Catching	<p>Showing increased control when catching a ball.</p> <p>Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.</p>
Working with Others	<p>Can play in a group.</p> <p>Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</p> <p>Keeps play going by responding to what others are saying or doing.</p> <p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p>

Key Stage 1 and Key Stage 2

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>I know that there is a difference in technique between sprinting and running over longer distance.</p> <p>I know that there is control and coordination needed when running.</p> <p>I know how to apply basic athletic skills and techniques to a variety of activities.</p> <p>I know how to practise different jumping techniques, showing control, coordination, and consistency throughout.</p> <p>I know how to run, jump, balance, hop, leap, and skip.</p> <p>I know how to throw overarm, underarm and pull throw towards a target.</p> <p>I know how to run, jump, and throw with increasing control and coordination.</p>		<p>I know that there is pace judgement needed when running over an increased distance.</p> <p>I know when to choose appropriate running speeds to meet the demand of the task.</p> <p>I know how to apply a broad range of athletic skills in different ways.</p> <p>I know how to show control, coordination and consistency when running, throwing, and jumping.</p> <p>I know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.</p>			<p>I know that there is a range of throwing actions e.g., push, pull, sling, using different equipment. I know when to apply appropriate pace judgement for the running distance to be covered.</p> <p>I know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>I know how to run, jump, catch and throw in isolation and combination.</p> <p>I know how to combine and perform skills with control.</p> <p>I know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p> <p>I know how to choose the appropriate speed to run at for the distance to be covered.</p>

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Dance	<p>I know that dance phrases are small sections of a dance that make a complete routine.</p> <p>I know that dance can be used to express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>I know when practising and using a stimulus I can remember and repeat short dance phrases.</p> <p>I know how to respond imaginatively to a range of stimuli.</p> <p>I know how to move confidently and safely in general space, using changes of speed, level, and direction.</p> <p>I know how to perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>I know how to compose short dances.</p> <p>I know how to move with control to music. I know how to link simple movements, and combine different ways of travelling, with beginnings, middles, and ends.</p>		<p>I know that expressive qualities are ideas and emotions communicated through movement patterns.</p> <p>I know that canon, unison, repetition, action/reaction, and question/answer can be included in dance phrases.</p> <p>I know that is important to consider others when working in a pair or group.</p> <p>I know when and how to use stimuli to create characters and narratives.</p> <p>I know when to apply speed, tension, continuity, and spatial pattern ideas when creating and performing dances with a partner and groups</p> <p>I know how to perform dances using a range of movement patterns – accurately, fluently, consistently.</p> <p>I know how to perform with control with a partner.</p> <p>I know how to combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p>I know how to perform with a wide range of actions, when working with a partner and in a group.</p>			<p>I know that imagination is needed to help create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p> <p>I know that dance can be inspired by a stimulus. I know that performing with confidence and clarity can improve an overall performance.</p> <p>I know when to use basic compositional principles to create dances.</p> <p>I know when to combine movements fluently and effectively throughout dance routines.</p> <p>I know how to use a broader range of skills and movement patterns.</p> <p>I know how to explore movement ideas inspired by a stimulus.</p> <p>I know how to perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</p> <p>I know how to perform confidently to an audience.</p>

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>I know that fundamental movement skills, such as travelling, balancing, and moving smoothly from one position to another are important gymnastics basics.</p> <p>I know that agility, balance, and coordination need developing to improve gymnastics skills. I know when to link movement phases with beginning, middle and ends.</p> <p>I know how to perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</p> <p>I know how to combine different ways of travelling exploring a range of movements and shapes.</p> <p>I know how to perform movement phrases using a range of different body parts/actions. I know how to perform fundamental movement skills on the floor and apparatus.</p> <p>I know how to, moving safely using changes of speed, level, and direction.</p> <p>I know how to form simple sequences of different actions, using the floor and a variety of apparatus.</p>		<p>I know that combinations of actions create gymnastic sequences and routines.</p> <p>I know the importance of flexibility, strength, control, technique, and balance in gymnastics. I know that there are different ways of using a shape, balance, or travel.</p> <p>I know when to experiment with spatial patterns, speed, and tension.</p> <p>I know how to perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <p>I know how to create gymnastic sequences that meet a theme/set of conditions, showing a clear, beginning, middle and end.</p> <p>I know how to create, perform, and repeat a combination of actions that include changes of dynamic e.g., changes of level, speed and direction, and clarity of shape.</p> <p>I know how to link different elements and use elements in different ways to make sequences of movement.</p> <p>I know how to work with a partner and in a small group, considering performance aesthetics such as spatial patterns, mirroring, and contrasting.</p>			<p>I know the importance of rhythm when creating, practising, and performing a routine.</p> <p>I know the terms exploration and improvisation in relation to creating and performing gymnastic routines.</p> <p>I know various compositional principles, including varying direction, level, and pathways to improve the look of a sequence.</p> <p>I know what skills are required when developing a performance, to meet the need of the situation.</p> <p>I know when flexibility, strength, control, technique, and balance are required for wide variety of elements in gymnastics.</p> <p>I know how to create longer sequences, performing with fluency and clarity of movement.</p> <p>I know how to use combinations of dynamics using the space effectively.</p> <p>I know how to combine movement ideas fluently and effectively.</p> <p>I know how to use skills in different ways, performing confidently, with clarity and a sense of rhythm.</p>

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Invasion Games	<p>I know that using simple tactics, like moving to defend a goal, will make it difficult for opponents.</p> <p>I know that showing good awareness of others when playing games helps keep everyone safe. I understand some rules of the game. I know that there are attackers and defenders in games, and I can identify them.</p> <p>I know when to recognise space in games and use it to gain an advantage.</p> <p>I know when and where to run, showing good awareness of others. I know some simple plans that can create success, e.g., where to stand to make it difficult for an opponent. I know when to use simple tactics in game situations, such as deciding when to pass and when to run.</p> <p>I know how to move a ball in different ways.</p> <p>I know how to show basic ball control when sending an object to a target, catching, gathering, and rolling.</p> <p>I know how to play in a safe way – showing good awareness of others. I know how to stop/ catch a ball.</p> <p>I know how to control the ball using basic actions.</p> <p>I know how to move fluently, changing direction and speed – with and without a ball. – avoiding collisions.</p> <p>I know how to shoot to a target or</p>	<p>I know that taking up certain spaces/positions can make it difficult for opponents.</p> <p>I know that finding and using space in game situations can achieve success. I know that tactics play a role in games. I know that there are rules in games that need to be followed.</p> <p>I know the importance of speed when playing invasion games.</p> <p>I know that decision making can influence success when choosing skills to meet the needs of the situation.</p> <p>I know, in game situations, when to use a range of tactics to help keep possession of the ball.</p> <p>I know when to apply basic attacking and defending principles - finding space (attacking), challenge a player in possession (defending.)</p> <p>I know when to employ simple tactics in game situations.</p> <p>I know when to set moves that can be used in attacking play.</p> <p>I know when to adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</p> <p>I know when to choose space/ positions where you can receive a pass or to support a teammate.</p> <p>I know when to choose a certain pass to keep possession.</p> <p>I know how to move the ball keeping it under control whilst changing direction.</p> <p>I know how to Pass, shoot, and receive a ball with increasing accuracy, control,</p>	<p>I know that working well as part of a team will contribute to success.</p> <p>I know that to using different skills will help keep possession of the ball.</p> <p>I know that tactics can help keep possession of the ball.</p> <p>I understand the positions in a team and the roles they play. I know that there are different ways to defend individually and as a team.</p> <p>I know that there are different ways to attack individually and as a team</p> <p>I know that there are defensive duties in tag rugby and the process of tagging (tag rugby).</p> <p>I understand to importance of keeping in a line in both attacking and defending plays (tag rugby).</p> <p>I know when to choose formations that suit the game and make amendments ensuring everyone has a role to play.</p> <p>I know when to apply principles for attacking.</p> <p>I know when to adapt games and activities making sure everyone has a role to play.</p> <p>I know when to keep possession of the ball when faced with opponents.</p> <p>I know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p> <p>I know when and what tactics to use in games to achieve success as a team.</p> <p>I consider the best way to score and win the game, remembering to find and use space when running.</p> <p>I know how to keep good control when performing skills at speed.</p> <p>I know how to perform skills (e.g., passing) with accuracy, confidence, and control, and</p>			

	<p>goal. I know how to defend between ball and target. I know how to run, jump, balance, hop, leap, and skip. I know how to improve movement skills whilst moving with the ball in two hands, progressing to beating a defender (Tag Rugby) I know how to tag and begin tagging players in game situations (tag rugby).</p>	<p>and success. I know how to pass in different ways e.g., high, low, fast, slow. I know how to work well as part of a team. I know how to shoot/score with some accuracy. I know how to receive a ball under control. I know how to challenge a player in possession of the ball. I know how to get into good positions to pass and receive the ball. I know how to pass the ball using different techniques. I know how to move forward to attack as part of a team – running in a line (tag rugby). I know how to work as part of a team when defending, keeping in a line, and spreading out (tag rugby).</p>	<p>increasing speed. I know how to confidently change speed and direction to get away from a defender. I know how to keep possession of the ball when faced with opponents. I know how to combine and perform skills with control, adapting them to meet the needs of the situation. I know how to work effectively as part of a team. I know how to participate in competitive games, modified where appropriate.</p>
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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Net and Wall Games</p>	<p>I know what a rally is. I know that there are rules of the game to follow. I know when to use different skills and simple tactics to win games, such as aiming into space to score points/make it difficult for my opponent. I know when to move to get in line with the ball to receive it. I know how to engage in competitive and cooperative activities (both against self and against others). I know how to move and use the ball in different way. I know how to show basic ball control with simple actions. I know how to send a ball to a partner (throwing, pushing, rolling). I know how to perform a range action including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g., high, low, fast, slow. I know how to hold a racket correctly. I can show good awareness of others during games and activities. I know how to move fluently, changing direction and speed – showing good awareness of others. I know how to rally. I know how the ball can move in different ways.</p>		<p>I know that consistency is important when performing skills and practising techniques. I know that there are two types of rallies and I have participated in both. I know when to take up spaces to make it difficult for my opponents to score. I know why tactics are used in games. I know when to apply basic principles for attacking and defending when facing an opponent. I know when to find as use space to my advantage in game situations. I know when to use particular skills to try and win games. I know how to perform skills needed for the game with control and accuracy. I know how to throw and send the ball using a variety of techniques. I know how to send a ball into space at different speeds and heights to make it difficult for the opponent. I know how to Intercept and stop the ball consistently. I know how to adopt a good ‘ready position’ to move and catch a ball. I know how to perform a basic forehand shot with control and accuracy. I know how to keep a rally going using a range of shots. I know how to throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.</p>			<p>I know the benefits of having a good ready position/stance during a rally. I know when to apply principles suitable for attacking, e.g., identifying gaps I know when to apply principles suitable for defending e.g., position on court. I know when to perform tactical serves to help deceive opponents and score points. I know how to use the correct footwork to hit the ball/shuttle with good technique. I know how to participate in competitive games, modified where appropriate. I know how to direct a ball/shuttle to a target area. I know how to perform consistently (resulting in longer rallies). I know how to keep a good grip on the racket to be able to play both a forehand and a backhand. I know how to perform a backhand and forehand shot with confidence. I know how to perform a chasse step and lunge.</p>

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Outdoor Adventurous Activities	<p>I know that there are safety rules and procedures for taking part in orienteering events.</p> <p>I know that there are some basic features on a map and what they represent.</p> <p>I know that there is a competitive element to orienteering.</p> <p>I know that there are direction points on a compass and what they are used for.</p> <p>I know that working together is important in group activities.</p> <p>I know which route to select on a map.</p> <p>I know how to move in different directions and a variety of different ways.</p> <p>I know how to map read to solve problems.</p> <p>I know how to take part in an orienteering event following rules and playing fairly.</p> <p>I know how to participate with others.</p>		<p>I know the importance of safety rules and procedures for taking part in orienteering event. I know that there are physical aspects needed for orienteering.</p> <p>I know that maps are scaled down to make them accessible.</p> <p>I know when activities need thinking through and planning.</p> <p>I know how to recognise where I am on a map. I know how to move with agility, balance, and coordination.</p> <p>I know how to participate in competitive orienteering events, following instructions of the game</p> <p>I know how to apply basic map reading/making skills and apply these skills and techniques in games.</p>		<p>I know that planning strategies can help achieve success.</p> <p>I know that communication is vital to achieving success in team activities.</p> <p>I know when to move a map and when to move myself to orientate.</p> <p>I know what appropriate skills and approaches to choose for the challenge.</p> <p>I know when relevant techniques and elements are required to navigate to and from controls.</p> <p>I know how to use a map confidently.</p> <p>I know how to design a route to the controls.</p> <p>I know how to take part in orienteering events, such as picture orienteering and control orienteering, with success.</p> <p>I know how to build a detailed map.</p> <p>I can work well as part of a team, contributing effectively.</p>	

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Striking and Fielding Games	<p>I know that there are rules of the game I must follow.</p> <p>I know the importance of good awareness of others when playing games.</p> <p>I know when to apply simple tactics, such as, hit the ball into space to help score more points.</p> <p>I know how to move fluently, changing direction and speed – with and without a ball. – avoiding collisions.</p> <p>I know how to run, jump, throw, catch, and skip. I know how to compete against myself and others.</p> <p>I know how to throw/hit a ball in different ways e.g., high, low, fast, slow showing basic control. I know how to catch and stop the ball, getting in line with the ball to receive it.</p>		<p>I understand the rules of the game.</p> <p>I know when to communicate and collaborate with others during team games.</p> <p>I can discuss tactics and know when to apply tactics in game situations – for both fielding and striking.</p> <p>I know how to throw a ball over an increasing distance.</p> <p>I know how to catch a ball over an increasing distance.</p> <p>I know how to hit a ball with the correct technique.</p> <p>I know how to intercept and stop the ball consistently.</p>			<p>I know that taking up positions in a game will impact on a team's success.</p> <p>I know what is needed to score more runs.</p> <p>I know when tactics will help the situation and outwit the opponents.</p> <p>I know how to bowl overarm (increasing accuracy, speed, and distance).</p> <p>I know how to hit the ball with purpose. I know how to bowl at different speeds.</p> <p>I know how to work well as part of a team.</p> <p>I know how to participate in competitive games.</p> <p>I know how to perform skills such as retrieving and intercepting at speed.</p> <p>I know how to bowl overarm (increasing accuracy, speed, and distance).</p> <p>I know how to hit the ball with purpose. I know how to bowl at different speeds.</p> <p>I know how to work well as part of a team.</p> <p>I know how to participate in competitive games.</p> <p>I know how to perform skills such as retrieving and intercepting at speed.</p>

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Target Games	<p>I know that the ball moves in different ways.</p> <p>I know that control and accuracy is needed when aiming for a target.</p> <p>I can choose skills needed when competing in games.</p> <p>I know when to throw the ball to a partner or opponent.</p> <p>I know how to catch a large ball.</p> <p>I know how to move a ball in different ways.</p> <p>I know how to pass, send, and roll a ball in different ways.</p> <p>I know how to run, jump, balance, hop, leap, and skip.</p> <p>I know how to send a ball towards a target.</p> <p>I know how to safely and correctly use a golf putter (golf).</p>		<p>I know the importance of accuracy in games.</p> <p>I know that ball handling, striking, dodging, and catching are important skills needed to win games (dodgeball).</p> <p>I know when to move to get in position to both receive and throw the ball.</p> <p>I can discuss tactics and strategies to try and win games. I know when and how to use space in game situations (dodgeball).</p> <p>I know how to catch a variety of different throws/shots. I know how to control my body whilst moving at speed. I know how to move the ball with control whilst on the move.</p> <p>I know how to perform an underarm throw. I know how to work well as part of a team.</p> <p>I know how to perform a side shot throw (dodgeball). I know how to dodge and jockey (dodgeball).</p> <p>I know how to putt accurately and effectively (golf).</p> <p>I know how to chip the ball safely and correctly using a chipping club (golf).</p>		<p>I know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance.</p> <p>I know the importance of quick reactions (dodgeball).</p> <p>I know the concept of the game of golf, the basic rules of the game, and some key phrases (golf).</p> <p>I know which skills to choose in game situations.</p> <p>I know when to change the pace of the ball depending on the target distance.</p> <p>I know when to apply tactics and strategies into games to try win.</p> <p>I know how to throw the ball in different ways, showing good accuracy, pace and consistently.</p> <p>I know how to catch a ball at different heights and speeds. I know how to take part in competitive game, working together as a team, following rules, and playing fairly.</p> <p>I know how to move quickly and use different ways to dodge to ball – jump, skip, jockey, gallop (dodgeball). I know how to play a drive shot (golf).</p> <p>I know how to putt accurately (golf).</p> <p>I know how to chip for height and drive for distance (golf).</p>	