



Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Acquiring and developing skills</b>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they experiment with different ways of moving?</li> <li>•Can they negotiate space when playing racing and chasing games?</li> <li>•Can they adjust speed when changing direction to avoid obstacles?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they copy actions?</li> <li>•Can they repeat actions and skills?</li> <li>•Can they move with control and care?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they copy and remember actions?</li> <li>•Can they repeat and explore actions with control and coordination?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they select and use the most appropriate skills, actions or ideas?</li> <li>•Can they move and use actions with co-ordination and control?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they select and use the most appropriate skills, actions or ideas?</li> <li>•Can they move and use actions with co-ordination and control?</li> <li>•Can they make up their own small-sided game?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Can they link skills, techniques and ideas and apply them accurately and appropriately?</li> <li>•Do they show good control in their movements?</li> </ul>	<b>Acquiring and developing skills</b> <ul style="list-style-type: none"> <li>•Do they apply their skills, techniques and ideas consistently?</li> <li>•Do they show precision, control and fluency?</li> </ul>
<b>Evaluating and improving</b>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they say what they liked?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they talk about what they have done?</li> <li>•Can they describe what other people did?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they talk about what is different between what they did and what someone else did?</li> <li>•Can they say how they could improve?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they explain how their work is similar and different from that of others?</li> <li>•With help, do they recognise how performances could be improved?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they explain how their work is similar and different from that of others?</li> <li>•Can they use their comparison to improve their work?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they compare and comment on skills, techniques and ideas that they and others have used?</li> <li>•Can they use their observations to improve their work?</li> </ul>	<b>Evaluating and improving</b> <ul style="list-style-type: none"> <li>•Can they analyse and explain why they have used specific skills or techniques?</li> <li>•Can they modify use of skills or techniques to improve their work?</li> <li>•Can they create their own success criteria for evaluating?</li> </ul>

<b>Health and fitness</b>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they talk about different ways we can exercise?</li> <li>•Can they observe how their body has changed after exercise/</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they describe how their body feels before, during and after an activity?</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they show how to exercise safely?</li> <li>•Can they describe how their body feels during different activities?</li> <li>•Can they explain what their body needs to keep healthy?</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they explain why it is important to warm-up and cool-down?</li> <li>•Can they identify some muscle groups used in gymnastic activities?</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they explain why warming up is important?</li> <li>•Can they explain why keeping fit is good for their health?</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they explain some important safety principles when preparing for exercise?</li> <li>•Can they explain what effect exercise has on their body?</li> <li>•Can they explain why exercise is important?</li> </ul>	<b>Health and fitness</b> <ul style="list-style-type: none"> <li>•Can they explain how the body reacts to different kinds of exercise?</li> <li>•Can they choose appropriate warm ups and cool downs?</li> <li>•Can they explain why we need regular and safe exercise?</li> </ul>
Dance	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they move freely with pleasure to music?</li> <li>•Can they copy some simple dance moves?</li> <li>•Can they find a space to move to music?</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they perform basic body actions using different parts of the body singly and in combination?</li> <li>•Can they show some sense of dynamic, expressive and rhythmic qualities to their dance?</li> <li>•Can they choose appropriate dance moves?</li> <li>•Can they make up a short dance?</li> <li>•Can they move around the space safely and with some control?</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they perform body actions with control and co-ordination?</li> <li>•Can they dance imaginatively, choosing movements with different dynamic qualities?</li> <li>•Can they change rhythm, speed, level and direction?</li> <li>•Can they dance with control and co-ordination?</li> <li>•Can they make a sequence by linking sections together?</li> <li>•Can they link some movements to show a mood or feeling?</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they improvise freely, translating ideas from a stimulus into movement?</li> <li>•Can they share and create phrases with a partner and in small groups?</li> <li>•Can they repeat, remember and perform these phrases in a dance?</li> <li>•Can they work individually and collaboratively?</li> <li>•Can they use dynamic, rhythmic and expressive qualities clearly and with control?</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they take the lead when working with a partner or group?</li> <li>•Can they use dance to communicate an idea?</li> <li>•Can they work on their movements and refine them?</li> <li>•Is their dance clear and fluent?</li> </ul> <p>NB. Dance not taught in year 4 due to swimming.</p>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they compose motifs and plan their own dances in a collaborative, creative and imaginative way?</li> <li>•Can they adapt and refine the way they use weight, space and rhythm in their dances?</li> <li>•Can they perform to an accompaniment, expressively and sensitively?</li> <li>•Are their movements controlled?</li> <li>•Does their dance show clarity, fluency, accuracy and consistency?</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>•Can they work creatively and imaginatively on their own, with a partner or in groups to compose motifs and structure simple dances?</li> <li>Can they perform to an accompaniment expressively and sensitively?</li> <li>Can they perform with fluency and control?</li> <li>Can they use dance related terminology?</li> </ul>
<b>Games</b>		<b>Games</b> <ul style="list-style-type: none"> <li>•Can they throw underarm?</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>•Can they use hitting, kicking</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>•Can they throw and catch with control</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>•Can they catch with one hand?</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>•Can they gain possession by working as a team?</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>•Can they explain complicated rules?</li> </ul>

		<ul style="list-style-type: none"> <li>•Can they roll a piece of equipment?</li> <li>•Can they hit a ball with a bat?</li> <li>•Can they move and stop safely?</li> <li>•Can they catch with both hands?</li> <li>•Can they throw in different ways?</li> <li>•Can they kick in different ways?</li> </ul>	and/or rolling in a game? <ul style="list-style-type: none"> <li>•Can they stay in a 'zone' during a game?</li> <li>•Can they decide where the best place to be is during a game?</li> <li>•Can they use one tactic in a game?</li> <li>•Can they follow rules?</li> </ul>	when under limited pressure? <ul style="list-style-type: none"> <li>•Are they aware of space and use it to support team-mates and cause problems for the opposition?</li> <li>•Do they know and use rules fairly to keep games going?</li> <li>•Can they keep possession with some success when using equipment that is not used for throwing and catching skills?</li> </ul>	<ul style="list-style-type: none"> <li>•Can they throw and catch accurately?</li> <li>•Can they hit a ball accurately and with control?</li> <li>•Can they keep possession of the ball?</li> <li>•Can they move to find a space when they are not in possession during a game?</li> <li>•Can they vary tactics and adapt skills according to what is happening?</li> </ul>	<ul style="list-style-type: none"> <li>•Can they pass in different ways?</li> <li>•Can they use forehand and backhand with a racquet?</li> <li>•Can they field?</li> <li>•Can they choose the best tactics for attacking and defending?</li> <li>•Can they use a number of techniques to pass, dribble and shoot?</li> </ul>	<ul style="list-style-type: none"> <li>•Can they make a team plan and communicate it to others?</li> <li>•Can they lead others in a game situation?</li> </ul>
<b>Gymnastics</b>		<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Can they show basic control and coordination when travelling and when remaining still?</li> <li>•Can they choose and link actions?</li> <li>•Can they remember and repeat actions accurately?</li> <li>•Can find and use a safe space with awareness of others?</li> <li>•Can they identify and copy basic actions such as rolls and jumps?</li> <li>•Can they use words such as rolling,</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Can they plan and show a sequence of movements?</li> <li>•Can they use contrast in their sequences?</li> <li>•Are their movements controlled, coordinated and varied?</li> <li>•Can they think of more than one way to create a sequence which follows a set of 'rules'?</li> <li>•Can they work on their own and with a partner to create a sequence?</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Can they use a greater number of their own ideas for movement in response to a task?</li> <li>•Can they adapt sequences to suit different types of apparatus and their partner's ability?</li> <li>•Can they explain how strength and suppleness affect performances?</li> <li>•Can they compare and contrast gymnastic sequences, commenting on similarities and differences?</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Can they work in a controlled way?</li> <li>•Can they include change of speed?</li> <li>•Can they include change of direction?</li> <li>•Can they include range of shapes?</li> <li>•Can they follow a set of 'rules' to produce a sequence?</li> <li>•Can they work with a partner to create, repeat and improve a sequence with at least three phases?</li> </ul> <p>N.B Not taught in year 4 due to swimming</p>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Can they create, practise and refine longer, more complex or extended sequences?</li> <li>•Can they include changes in level, direction and speed?</li> <li>•Can they combine action, balance and shape?</li> <li>•Can they perform consistently to different audiences?</li> <li>•Are their movements accurate, clear and consistent?</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>•Make up longer, more complex sequences, including changes of direction, level and speed?</li> <li>•Can they develop their own solutions to a task by choosing and applying a range of compositional principles?</li> <li>•Can they combine and perform gymnastics actions, shapes and balances showing clarity, fluency, accuracy and consistency?</li> <li>•Can they prepare a sequence to be</li> </ul>

		travelling, balancing and climbing? •Can they make their body tense, relaxed, stretched and curled?					performed to an audience?
<b>Athletics</b>				<b>Athletics</b> <ul style="list-style-type: none"> <li>•Can they run at fast, medium and slow speeds, changing speed and direction?</li> <li>•Can they link running and jumping activities with some fluency, control and consistency?</li> <li>•Can they make up and repeat a short sequence of linked jumps?</li> <li>•Can they take part in a relay activity, remembering when to run and what to do?</li> <li>•Do they throw a variety of objects, changing their action for accuracy and distance?</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>•Can they run over a long distance?</li> <li>•Can they spring over a short distance?</li> <li>•Can they throw in different ways?</li> <li>•Can they hit a target?</li> <li>•Can they jump in different ways?</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>•Are they controlled when taking off and landing in a jump?</li> <li>•Can they throw with accuracy?</li> <li>•Can they combine running and jumping?</li> <li>•Can they follow specific rules?</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>•Can they demonstrate stamina?</li> <li>•Can they use their skills in different situations?</li> </ul>
<b>Outdoor/adventurous</b>				<b>Outdoor/adventurous</b> <ul style="list-style-type: none"> <li>•Can they follow a map in a familiar context?</li> <li>•Can they move from one location to another following a map?</li> <li>•Can they use clues to follow a route?</li> </ul>	<b>Outdoor/adventurous</b> <ul style="list-style-type: none"> <li>•Can they follow a map in a more demanding familiar context?</li> <li>•Can they move from one location to</li> </ul>	<b>Outdoor/adventurous</b> <ul style="list-style-type: none"> <li>•Can they follow a map in an unknown location?</li> <li>•Can they use clues and compass directions to navigate a route?</li> </ul>	<b>Outdoor/adventurous</b> <ul style="list-style-type: none"> <li>•Can they plan a route and series of clues for someone else?</li> <li>•Can they plan with others taking account of safety and danger?</li> </ul>

				<ul style="list-style-type: none"> <li>•Can they follow a route safely?</li> </ul>	another following a map? <ul style="list-style-type: none"> <li>•Can they use clues to follow a route?</li> <li>•Can they follow a route accurately, safely and within time limit?</li> </ul>	<ul style="list-style-type: none"> <li>•Can they change their route if there is a problem?</li> <li>•Can they change their plan if they get new information?</li> </ul>	
<b>Yoga</b>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they begin to show some control of their body when balancing?</li> <li>•Can they copy a simple sequences and repeat them?</li> <li>•Can they begin to show some balance in different ways?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they make their body tense, relaxed, curled and stretched?</li> <li>•Can they control their body when balancing?</li> <li>•Can they copy sequences and repeat them?</li> <li>•Can they balance in different ways?</li> <li>•Can they stretch in different ways?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they make their body tense, relaxed, curled and stretched?</li> <li>•Can they control their body when balancing?</li> <li>•Can they copy sequences and repeat them?</li> <li>•Can they balance in different ways?</li> <li>•Can they stretch in different ways?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they perform basic body movements</li> <li>•Can they move with control, hold basic postures and show some control of body movements?</li> <li>•Can they show awareness of their own postures?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they perform basic body movements</li> <li>•Can they move with control, hold basic postures and show some control of body movements?</li> <li>•Can they show awareness of their own postures?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they perform basic body movements</li> <li>•Can they use different parts of the body singly and in combination?</li> <li>•Can they move with control, hold basic postures and show some control of body movements?</li> <li>•Can they show awareness of their own postures?</li> </ul>	<b>Yoga</b> <ul style="list-style-type: none"> <li>•Can they perform basic body movements</li> <li>•Can they use different parts of the body singly and in combination?</li> <li>•Can they move with control, hold basic postures and show some control of body movements?</li> <li>•Can they show awareness of their own postures?</li> </ul>
<b>Tri-Golf</b>		<b>Tri-Golf</b> <ul style="list-style-type: none"> <li>•Can they use a few skills with control and accuracy?</li> <li>• Can they hit a stationary ball?</li> <li>• Can they use a small range of skills and tactics in games?</li> <li>•Can they come up with sensible solutions?</li> </ul>	<b>Tri-Golf</b> <ul style="list-style-type: none"> <li>•Can they use a few skills with control and accuracy?</li> <li>• Can they hit a stationary ball with some accuracy?</li> <li>• Can they use a range of skills and tactics in games?</li> <li>•Can they come up with sensible solutions?</li> </ul>				
<b>Skipping Skills</b>		<b>Skipping Skills</b> <ul style="list-style-type: none"> <li>•Can they move around with the</li> </ul>	<b>Skipping Skills</b>				

		step-hop skipping motion? • Can they jump over a self-turning rope forwards and backwards? • Can they jump a long turned rope 5 times or more?	• Can they move around with the step-hop skipping motion? • Can they jump over a self-turning rope forwards and backwards? • Can they jump a long turned rope 5 times or more?				
<b>Fitness Training</b>				<b>Fitness Training</b> • Can show an improved knowledge of how their participation in PE and sports contributes to a healthy lifestyle? • Can they describe the different levels of exercise? • Can they explain the different elements of fitness? • Can they explain the different activities within the circuit training and explain what areas of the body they affect? • Can they describe a healthy diet and explain how this impacts on lifestyle and health?	<b>Fitness Training</b> • Can show an improved knowledge of how their participation in PE and sports contributes to a healthy lifestyle? • Can they describe the different levels of exercise? • Can they explain the different elements of fitness? • Can they explain the different activities within the circuit training and explain what areas of the body they affect? • Can they describe a healthy diet and explain how this impacts on lifestyle and health?	<b>Fitness Training</b> • Can show an improved knowledge of how their participation in PE and sports contributes to a healthy lifestyle? • Can they describe the different levels of exercise? • Can they explain the different elements of fitness? • Can they explain the different activities within the circuit training and explain what areas of the body they affect? • Can they explain that to improve fitness they have to make their bodies work harder than what it is used to by training for longer? • Can they describe a healthy diet and explain how this	<b>Fitness Training</b>

						impacts on lifestyle and health?	
<b>Playground Games</b>		<b>Playground Games</b> <ul style="list-style-type: none"> <li>• Can run fast, medium and slow speeds, changing speed and direction?</li> <li>• Can they make up and repeat a short-sequence of jumps?</li> <li>• Can they take part in a relay activity remembering when to run and what to do?</li> <li>• Can they throw a variety of objects, changing their action for accuracy and distance?</li> </ul>	<b>Playground Games</b> <ul style="list-style-type: none"> <li>• Can run fast, medium and slow speeds, changing speed and direction?</li> <li>• Can they make up and repeat a short-sequence of jumps?</li> <li>• Can they take part in a relay activity remembering when to run and what to do?</li> <li>• Can they throw a variety of objects, changing their action for accuracy and distance?</li> </ul>				
<b>Striking and Fielding</b>				<b>Striking and Fielding</b> <ul style="list-style-type: none"> <li>• Can they use a range of skills such as throwing, striking, intercepting and stopping a ball with some control and accuracy?</li> <li>• Can they choose and vary skills and tactics to suit the situation in a game?</li> <li>• Can they use the rules of a game fairly in order</li> </ul>	<b>Striking and Fielding</b> <ul style="list-style-type: none"> <li>• Can they use a range of skills such as throwing, striking, intercepting and stopping a ball with some control and accuracy?</li> <li>• Can they choose and vary skills and tactics to suit the situation in a game?</li> <li>• Can they use the rules of a game fairly</li> </ul>	<b>Striking and Fielding</b> <ul style="list-style-type: none"> <li>• Can they bowl a ball and use a range of fielding skills such as catching, throwing, striking, intercepting and stopping a ball with growing control and accuracy?</li> <li>• Can they work collaboratively in pairs or small groups and small-sided games?</li> </ul>	<b>Striking and Fielding</b> <ul style="list-style-type: none"> <li>• Can they bowl a ball and use a range of fielding skills such as catching, throwing, striking, intercepting and stopping a ball with growing control and accuracy?</li> <li>• Can they work collaboratively in pairs or small groups and small-sided games?</li> </ul>

				<p>to keep the game going?</p> <ul style="list-style-type: none"><li>• Can they explain what equipment is needed to play games?</li></ul>	<p>in order to keep the game going?</p> <ul style="list-style-type: none"><li>• Can they explain what equipment is needed to play games?</li></ul>	<ul style="list-style-type: none"><li>• Can they use and apply the rules consistently and fairly?</li><li>• Can they understand and implement a range of tactics in games?</li></ul>	<ul style="list-style-type: none"><li>• Can they use and apply the rules consistently and fairly?</li><li>• Can they understand and implement a range of tactics in games?</li></ul>
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