

	EYFS	YEAR 1	YEAR 2
Invasion Games	Begin to develop control over movements. Begin to develop underarm throwing techniques. Begin to explore different ways of kicking. Begin to develop turn taking skills with a partner. Show an understanding and awareness of space. Develop different techniques when sending a ball. Demonstrate a range of fundamental movement skills (sequencing when appropriate). Enjoy having fun whilst participating in different activities.	Explore different ways of sending and receiving a ball/object. Retrieve/stop a moving ball with different body parts. Develop accuracy when sending a ball/object. Begin to develop simple attacking and defending tactics. Continue to develop spatial awareness through some competitive play. Begin to work in collaboration with a partner and small teams. Begin to explore different movements, speeds and pathways when participating in competitive activities. Begin to develop basic techniques with dominant side/hand/foot etc. Enjoy having fun when playing, learning new games and scoring points.	Continue to develop accuracy in passing skills - being able to send and receive over different distances. Further increase understanding of spatial awareness when attacking and defending. Continue to explore different ways of sending and receiving a ball with different body parts. Continue to work effectively within a group and as part of a team. Explore scoring systems and how to score and prevent opponents from scoring. Maintain possession when appropriate. Continue to understand how to best utilise positions in a playing area. Continue to develop basic techniques with dominant side/hand/foot etc. Practice basic techniques with weaker side/hand/foot etc. Continue to enjoy PE lessons and learning new games, skills and scoring points.

	EYFS	YEAR 1	YEAR 2
Gymnastics	Begin to develop spatial awareness when moving around an area. Begin to develop some control and stability holding simple balances. Begin to understand and demonstrate tension in simple balances. Begin to explore different methods of travelling and jumping. Begin to explore different apparatus and following simple instructions. Attempt to mirror partners movements and balances. Enjoy moving in different ways and participating in different games. Enjoy performing shapes in front of others.	Show an awareness of personal and general space. Continue to develop confidence moving/travelling in a number of different ways. Begin to link simple balances and movements. Show clear beginning and end to sequences and movements. Explore different levels when balancing. Begin to balance on different body parts (gross/fine). Continue to experience different forms of apparatus within balances and sequences. Explore different types of rolls and jumps. Enjoy moving in different ways/speed/heights. Enjoy performing shapes and rolls in front of others.	Continue to explore travelling, demonstrating change of speed and direction. Continue to explore and experience a range of different rolls and transition movements as part of a routine/sequence. Create, remember and perform simple movement sequences. Explore different methods of turning and twisting when jumping. Explore 'climbing' on apparatus, holding a range of shapes in the process. Confidently demonstrate setting up and putting away apparatus. Enjoy moving in different patterns/speeds/heights. Enjoy performing shapes, rolls and jumps in front of others. Enjoy working as a team to create simple sequences.

	EYFS	YEAR 1	YEAR 2
Dance	Begin to explore different movements to music. Develop understanding of directions and how to move the body. Begin to show control over movements/poses. Begin to develop relationships, working with a partner and working with music. Begin to understand how to tell a story, through actions, to music. Begin to create different movements to different sounds, beats and words. Enjoy moving and dancing to music.	Continue to develop musicality, being able to work alongside music. Explore different dynamics when performing sequences. Begin to explore floor patterns and sequences to movements. Continue to develop co-operation skills with a partner performing small sequences and counterbalances. Continue to follow a theme when working to music and developing movements. Explore the idea of 'canon' when performing small partner/group sequences. Enjoy moving and dancing by creating different movements to music. Enjoy working independently and in small groups.	Continue to explore dynamics and character when performing to music/creating sequences. Explore formations when dancing in a small group. Continue to develop and understand spatial awareness when composing a sequence. Continue to develop relationships with partners/groups. Explore 'contact' work by linking movements with other pupils. Explore different levels when performing sequences. Remember and repeat sequences with confidence. Being to analyse and evaluate sequence. Enjoy working in small groups to create simple sequences. Enjoy performing in front of others.

	EYFS	YEAR 1	YEAR 2
Net & Wall	Begin to develop confidence using basic equipment. Begin to explore different ways of striking an object. Continue to develop hand eye co-ordination skills. Begin to explore distance by trying to aim past or towards a target. Experience striking a stationary and moving ball. Begin to develop agility and balancing skills when moving. Enjoy using equipment to strike different objects.	Begin to aim and strike towards an object/set target. Develop confidence using a range of bats/racquets. Begin to attempt to strike a ball over/beyond a target. Experience striking a ball stationary, moving and whilst on the move. Develop confidence in the forearm technique. Continue to be aware of space and distancing when striking. Enjoy using equipment when striking objects at targets. Enjoy trying to beat their best score during activities.	Explore; aiming, striking and follow through when striking a ball towards a target. Demonstrate varying power when striking a ball/object. Demonstrate accuracy when striking a ball/object towards a partner. Continue to explore different types of bats and racquets when striking a ball/object. Continue to explore space and awareness of space when striking a ball/object. Continue to develop the forearm technique and introduce the backhand technique into games. Understand when to use different techniques and when they should be utilised. Enjoy working with and against partners. Enjoy gaining points and working hard to better themselves.

	EYFS	YEAR 1	YEAR 2
Athletics	Begin to develop control and fluency in movements. Begin to explore different running, throwing, and jumping techniques. Begin to explore acceleration and deceleration. Begin to explore agility, balance and co-ordination in movements and activities. Continue to combine fundamental movement skills in sequence. Enjoy participating in running races. Enjoy throwing different equipment.	Continue to develop control over acceleration and deceleration when sprinting. Begin to understand the importance of the hip to lip running technique. Begin to understand how to utilise body parts to improve performance/quality of the skill. Develop a range of skills for distance and accuracy when throwing and jumping. Continue to develop agility, coordination, flexibility to perform skills associated to different disciplines. Enjoy running and trying to become faster. Enjoy throwing different equipment and learning different throwing techniques.	Demonstrate control, co-ordination, and fluency when running (including navigating obstacles). Develop running techniques such as the hip to lip technique, and what to do with their head, eyes and legs. Develop awareness and distance, weight, and height when throwing and jumping. Continue to develop fundamental movement skills and consolidate sequencing movements together. Explore goal/target setting when running, throwing, and jumping. Develop the overarm throwing technique to allow greater distance and height. Enjoy participating in activities to score point and try to win against others. Enjoy trying to better their score.

	EYFS	YEAR 1	YEAR 2
OAA	Begin to develop confidence working with a partner. Begin to experience activities in outdoor settings. Begin to enjoy participating in activities that provide challenge. Begin to discuss simple ways of completing a task. Experience a range of turn taking tasks with a partner/small group. Enjoy trying to problem solve individually and with a partner.	Develop decision making skills individually and as part of a group. Develop thinking and creativity in actions. Develop more complex fundamental movement skills to overcome a challenge. Continue to work independently and as part of a team/small group/partner. Continue to develop communication skills when discussing how to overcome a challenge/how they overcame the challenge. Enjoy trying to problem solve individually and in a small team. Enjoy creating and finding in an outdoor environment.	Continue to work effectively within a small group/ part of a team. Explore different ways of setting up competitive activities. Effectively negotiate space in group activities/challenges. Continue to develop thinking and creativity in activities. Explore rulemaking in games/activities/challenges- and modify when and where appropriate. Continue to develop confidence when communicating ideas and participating in different roles within a small team. Enjoy working as a team to problem solve. Enjoy creating rules/games and participating in activities with others.

	EYFS	YEAR 1	YEAR 2
Striking & Fielding	Begin to develop confidence using basic equipment. Begin to explore different ways of striking an object. Develop hand eye co-ordination skills. Begin to explore distance by trying to aim past or towards a target. Begin to develop basic understanding of catching techniques Begin to explore simple throwing techniques. Enjoy handling equipment safely.	Begin to aim and strike towards an object/ set target. Develop confidence using a range of striking techniques with equipment. Begin to attempt to strike a ball over/ beyond a target. Experience striking a ball stationary, moving and whilst on the move. Develop catching techniques and understand what technique/skill is best used when. Develop throwing techniques and understanding of power and accuracy. Continue to be aware of space and distancing when fielding/ striking. Enjoy hitting objects with different pieces of equipment. Enjoy trying to gain points.	Develop aiming, striking and follow through when striking a ball towards a target. Demonstrate varying power when striking a ball/object. Demonstrate accuracy when striking a ball/object towards a partner. Continue to explore different types of bats and racquets when striking a ball. Continue to explore space and awareness of space when striking a ball/object. Develop throwing techniques further, demonstrating and understanding an underarm and overarm throw. Develop catching techniques further and demonstrate the 'W' catch and the underarm catch. Enjoy trying to gain points individually and as a team. Enjoy hitting and catching balls/objects individually and with a partner/team.