

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Invasion Games	Demonstrate accuracy and speed when passing a ball to a partner/teammate. Consolidate a range of dribbling skills. Demonstrate greater understanding of technique when throwing/rolling/kicking a ball. Consistently demonstrate catching/control. Continue to work collaboratively in a small group/team. Begin to describe what is successful in their own and other pupils/teams play/performance. Continue to develop confidence and consolidate passing skills in activities focusing on maintaining possession. Enjoy working in a team to win points. Enjoy participating in new games and communicating with partners and teammates to improve individually and as a team.	Develop confidence moving within a game, as well as developing consistency when scoring. Continue to understand and develop tactical knowledge improving attacking and defending. Understand and follow simple rules in gameplay. Continue to consolidate techniques, increasing comfort attempting with dominant and weaker side/foot. Evaluate and appreciate performance and begin to understand strengths and weaknesses. Begin to discuss how to improve performance. Enjoy working in a team to try to win a game and win points for their team. Continue to enjoy participating in new games and communicating with partners and teammates to improve individually and as a team.	Recognise the importance and follow rules and regulations in a variety of games/competitive scenarios. Develop understanding of marking and a range of defensive strategies. Begin to implement creative attacking strategies and formations. Continue to explore space- in particular passing into space for teammates to fluidly move onto the ball. Begin to understand the element of competition and the understanding of winning and losing. Continue to enhance developed communication and cooperation skills within a team. Continue to enjoy participating in attacking and defending scenarios. Enjoy working hard to better their performance and win games.	Continue to explore a range of attacking and defending tactics and strategies and develop ideas surrounding working as a team. Continue to develop effective communication within a team in different roles. Develop understanding of sportsmanship and implement into competitive play. Continue to explore interceptions and passing movements as a team. Demonstrate developed dribbling ability using hands/feet/sticks. Demonstrate developed shooting/striking ability towards a goal with control and accuracy. Enjoy creating tactics and positions when participating in attacking v defending games. Enjoy trying their best to push themselves to be even better.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Gymnastics	Continue to explore a range of jumping techniques and shapes- paying closer attention to take off and landing. Continue to explore changing shapes and direction during flight. Explore a range of shapes, across different levels, and different ways of entering and exiting shapes. Continue to explore apparatus, and find different ways of entering and exiting shapes. Continue to explore 'canon', 'unison' and 'mirroring' techniques. Consolidate a range of rolling techniques, and travelling in creative ways. Enjoy working with a partner/group, to demonstrate various tasks.	Develop and demonstrate balance, control, tension and fluidity within an individual/partner/group routine. Effectively plan and implement 'canon' and 'unison' in gymnastic routines with a partner/group. Begin to identify what makes a performance effective and discuss strengths using correct terminology. Begin to reflect and suggest improvements in their own performance. Begin to implement and include equipment/apparatus within performance/sequence. Consistently jump with good height, perform turns and land safely and securely. Enjoy working individually and with a partner/team to perform activities. Enjoy working hard to develop their own ability.	Perform a range of actions, shapes and balances clearly, consistently and fluently. Demonstrate clear differences between levels, speeds and directions of movement. Demonstrate developed body tension and extension in balances/movements/poses. Adapt sequences to include a partner or small group. Perform developed balances such as handstand and headstand. Link movements into sequences. Continue to evaluate and analyse performance individually and with a partner/team. Enjoy performing in front of others, displaying confidence. Enjoy developing individual and others ability by supporting them.	Continue to demonstrate control and tension when supporting own/partner's bodyweight. Demonstrate control and fluidity in movements/ transitions when linking balances/poses. Perfect holding a range of shapes during flight by showing tension. Identify different elements of gymnastics routines. Review complex gymnastics routines and provide feedback. Demonstrate excellent knowledge and understanding of safe use of equipment and apparatus. Consistently show confidence when performing individually and in front of others. Enjoy participating in all gymnastics activities and being able to display a wide range of movements and tasks.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Dance	Explore relationships, in particular unison and canon with a partner and in a group. Demonstrate a range of patterns/movements associated to a range of themes. Explore creating illusions and creative shapes within a group. Continue to explore tension and fluidity within movements to demonstrate a particular theme. Improvise and begin to create sequences individually, with a partner, and within a group. Enjoy working with others to perform in front of others.	Explore themes, ideas, and characterisation in sequences/routines, acting on a given stimulus. Describe, interpret, evaluate own and others' performance, using correct terminology. Continue to develop a sense of musicality and begin to take ownership of routines. Develop understanding of the importance of facial expressions to develop a story/characterisation in movements. Demonstrate contrasting levels with partners/groups to create a developed routine. Enjoy being creative when creating a performance/routine, and demonstrating this in front of others.	Continue to develop a sense of musicality, characterisation, personality in movements. Demonstrate a range of developed techniques associated to theme. Begin to implement simple lifts and partner balances/counterbalances in routine to music. Continue to develop understanding of the use of space and travelling throughout sequences and routines. Continue to implement key techniques such as canon and unison with a partner/small groups. Enjoy working individually and in a team to create and display a performance/routine with confidence.	Consolidate musicality, characterisation and expression when performing routines to a particular theme. Continue to consolidate a range of techniques in pairs/small groups using direction, formation and the use of space. Demonstrate a variety of dynamics, levels, tempos, within a routine. Begin to sequence developed routines with minimal support-individual/pair/group. Analyse, appreciate and evaluate individual/group routines, discussing strengths, areas of improvement and how to improve. Enjoy leading a team to perform confidently in front of others, displaying creative movements/actions to link with the current theme.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Net & Wall	Begin to identify rules and scoring when it comes to a range of net games. Consolidate basic serving and return techniques. Explore forehand and backhand striking. Begin to move towards a ball or object before striking it (isolated and competitive scenarios). Explore different shots/strikes understanding how and when to use them. Continue to consolidate spatial awareness and tactics in striking and fielding activities. Enjoy working with and against partners to try to gain points. Enjoy working hard to better themselves.	Continue to develop tactical awareness in striking and net based games, attacking space and understanding where gaps are. Continue to develop techniques when performing a range of shots and understand their purposes. Continue to develop positional and spatial awareness on the court. Maintain competitive rallying with a partner. Develop the forehand and backhand striking techniques using a racket. Explore the overhead smash and lob technique. Enjoy learning and developing striking techniques. Enjoy working as a team and individually to striking equipment over a net to win a point.	Continue to develop range, direction, and consistency of skills when striking a ball. Continue to explore the theme of space when attacking and defending (shots/strokes/striking). Vary the shot selection when maintaining a rally with a partner or in pairs. Consolidate agility and movement to help positional play. Consolidate forehand/backhand/smash/lob techniques in game play. Develop competitive actions/movements/shots during gameplay. Enjoy developing striking techniques to allow you to put pressure onto an opponent.	Continue to develop communication and collaboration as a team. Demonstrate control and techniques when striking a ball/shuttlecock cleanly. Continue to explore developed technique using dominant and weaker sides. Understand and implement scoring systems and rules into competitive play. Demonstrate effective, controlled and accurate serve and return techniques. Demonstrate competitive play and evaluate performance and technique. Enjoy and understand what striking technique is best suited to different situations.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Athletics	Begin to explore developed techniques when performing throwing disciplines (javelin, shot put and discus). Begin to explore acceleration and deceleration when performing in a relay. Begin to recognise key components of individual skills such as running, jumping and throwing techniques. Begin to discuss strengths and areas of improvement in own and others technique. Begin to discuss the changes in their body as a result of exercising/performing. Continue to work against a target/goal setting to improve performance. Enjoy participating in different athletics events to improve self-development.	Consolidate a range of basic running, throwing, and jumping techniques. Begin to experience and explore specialised equipment associated to throwing disciplines. Continue to combine basic actions, performing movement sequences associated to correct techniques. Begin to understand pacing, acceleration and deceleration over different distances. Highlight and discuss strengths, and areas of improvement in individual and other performances/techniques. Enjoy improving running, throwing and jumping techniques to improve scores/points/results.	Consolidate combination movements and link to disciplines, for example the triple jump. Begin to explore starting positions/stances for a range of disciplines (for example the sprint start). Continue to explore acceleration in take-off/starting/sprint finish etc. Continue to develop knowledge of how to develop and maintain different aspects of fitness through training for athletics disciplines. Understand how to develop simple throwing, jumping and running techniques and be able to support others with their journey. Enjoy consolidating techniques to allow self and peer feedback.	Develop a range of techniques and understanding of more complex disciplines, for example, race walking. Learn to measure, set goals and record performances in outdoor and indoor athletics. Learn how to train the body to cope with the demands of various disciplines. Sustain pace over longer distances. Select and demonstrate appropriate techniques for specific events. Evaluate and analyse individual and others techniques/performance and providing self/peer feedback. Enjoy participating in athletics competitions. Enjoy working individually and in teams to participate in athletics events.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
OAA	Continue to consolidate teamwork and communication skills, beginning to place trust in other's abilities. Continue to develop problem solving skills in a range of scenarios. Begin to explore map reading, symbols, and basic orienteering skills through fun activities. Recognise and describe other pupils abilities and how they contributed to the group/teams success. Develop creativity when setting up and developing new games and strategies. Enjoy working with and collaborating with teammates.	Develop knowledge and understanding of orienteering, showing greater understanding of map and compass reading skills. Create and participate in a range of simple courses, working; individually, with a partner, and within a group. Choose and apply suitable strategies to overcome problems/challenges. Continue to develop effective verbal and non-verbal communication in challenging situations within a group task. Enjoy creating and completing problem solving tasks.	Develop communication through speaking and listening when working within a group. Introduction to a range of problem-solving activities (knots/orienteering/camping etc). Participate in competitive orienteering activities, designed to consolidate basic skills. Continue to develop create short loop orienteering courses for partners. Enjoy working with others to collaboratively solve problems.	Achieve increased success in problem solving activities as an individual and as part of a team. Continue competitive orienteering activities, attempting developed challenges, demonstrating a range of skills- map reading, compass-orientation, problem solving etc. Continue to demonstrate developed communication and cooperation whilst in the outdoors and challenging environments. Review, analyse and evaluate individual roles/performance in problem solving activities. Enjoy taking a leadership role when solving problems, but to also be able to take on other people's opinions.

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Striking & Fielding	Consolidate aiming, striking and follow through when striking a ball towards a target. Understand how much power to use when striking a ball/object. Continue to develop striking technique when using different types of bats and racquet. Continue to develop knowledge of space and awareness of space when striking a ball/object. Develop throwing techniques and understanding of what technique should be used. Develop catching techniques understanding of what technique to use when. Enjoy striking equipment with power and accuracy. Enjoy catching a ball/object with good technique.	Develop knowledge and understanding of striking techniques. Consolidate handling skills for the use of different rackets/bats. Develop the use of space to create an advantage when fielding. Consolidate a number of throwing techniques and understanding of what technique should be used. Consolidate catching techniques and understand what technique to use when. Enjoy working independently and with teammates to strike and field.	Develop communication through speaking and listening when working within a group. Introduction to a range of tactics such as positional play when fielding and communication from base to base. Participate in competitive striking and fielding games. Consolidate striking balls/objects using different bats. Increase understanding and knowledge of different catching techniques for different size balls/objects. Enjoy creating simple tactics when fielding. Enjoy playing striking and fielding games competitively.	Achieve increased success in striking different ball with different bats. Achieve increased success when catching and receiving different balls consistently. Continue competitive striking and fielding techniques when in a competitive environment. Continue to demonstrate developed communication and cooperation whilst in game situations. Review, analyse and evaluate individual roles/performance in striking and fielding activities. Enjoy taking a leadership role when creating tactics but to also be able to listen to other views.