

# Progression of skills and knowledge in Physical Education at Anns Grove Primary School



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>Athletics</b></p> <p><b>NC Coverage KS1:</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	See bottom of table.	<p>Recognise successful and unsuccessful techniques.</p> <p>Show understanding of the correct running technique.</p> <p>Show good teamwork and sportsmanship when taking part in competitive throwing.</p> <p>Develop the overarm throw technique, throwing accurately towards a target.</p> <p>Practice the underarm throw technique, aiming towards a target showing increased control.</p> <p>Show a basic level of control, coordination and consistency when running.</p> <p>Explore and practice a variety of movements including running, jumping, and throwing techniques.</p> <p>Experiment with different jumping techniques, showing control, coordination, and consistency throughout</p>	<p>Understand the variety of correct running techniques.</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p>Begin to evaluate and improve own performance.</p> <p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p> <p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</p> <p>Begin to show control, coordination, and consistency when running at speed.</p> <p>Develop a range of jumping techniques.</p> <p>Develop the underarm and pull throw technique.</p>	<p>Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance.</p> <p>Understand the pace judgement when running over an increased distance.</p> <p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.</p> <p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, throwing, and jumping.</p> <p>Choose the appropriate running speed to meet the demand of the task.</p> <p>Enjoy competing with others.</p>	<p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Devise suitable warm-up activities for the upcoming activities.</p> <p>Describe how their bodies feel when exercising and further understand the link between heart rate and breathing during exercise.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>Perform a throwing technique with control, coordination, and consistency.</p> <p>Perform competitively with others.</p>	<p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</p> <p>Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles.</p> <p>Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</p> <p>Communicate, collaborate, and compete with others. Working effectively as part of a team.</p> <p>Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</p>	<p>Understand appropriate pace judgement for the running distance to be covered.</p> <p>Understand the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Share and discuss athletic techniques with others.</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Be able to describe the importance of being physically fit.</p> <p>Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p>
<p><b>Dance</b></p> <p><b>NC Coverage KS1:</b> Perform dances using simple movement patterns.</p> <p><b>NC Coverage KS2:</b> Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>		<p>Describe what it feels like to breathe quickly during exercise.</p> <p>Describe what they have done or seen others doing.</p> <p>Understand why being active and playing games is good for you.</p> <p>Respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in your own and general space, using</p>	<p>Describe phrases and expressive qualities.</p> <p>Begin to understand the importance of warming up.</p> <p>Watch and describe a performance accurately and recognise what is successful.</p> <p>Perform a range of actions and simple movement patterns with control and coordination.</p>	<p>Describe and evaluate the effectiveness and quality of a dance.</p> <p>Collaborate with others.</p> <p>Explore and create narratives in response to a stimulus.</p> <p>Show control, accuracy and fluency of movement when performing actions with a partner.</p> <p>Develop dance phrases using canon, unison, repetition,</p>	<p>Be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance.</p> <p>Understand the link between heart rate and breathing when exercising.</p> <p>Explore and create characters and narratives in response to a range of stimuli.</p> <p>Perform dances using a range of movement</p>	<p>Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback.</p> <p>Work effectively as part of a team.</p> <p>Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Continue to develop a broader range of skills and movement patterns, exploring and</p>	<p>Share ideas in small groups, working together to create a routine incorporating different elements.</p> <p>Use imagination to develop dances to music and develop expressive qualities.</p> <p>Move in a way that reflects the music.</p> <p>Perform dances in both canon and unison, with clarity and confidence.</p> <p>Explore and practice movement ideas inspired by a stimulus.</p>

		<p>changes of speed, level and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p>	<p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>Work individually and with others.</p>	<p>action/reaction, and question/answer.</p> <p>Communicate what you want through your dances and perform with control.</p> <p>Combine actions and maintain the quality of performance when performing at the same time as a partner</p>	<p>patterns – accurately, fluently, consistently and with control.</p> <p>Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p> <p>Work well as part of a team.</p>	<p>practicing movement ideas inspired by a stimulus.</p> <p>Use basic compositional principles when creating dances – combining movements fluently and effectively.</p> <p>Perform a range of movements accurately with a sense of rhythm.</p> <p>Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p>	<p>Explore, improvise, and combine movement ideas fluently and effectively.</p> <p>Perform movements to an audience with rhythm and confidence.</p>
<p><b>Fitness</b></p> <p><b>NC Coverage KS1:</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>Discuss healthy &amp; unhealthy foods, and why eating well is good for you.</p> <p>Understand the benefits of regular exercise.</p> <p>Improve speed, agility and stamina.</p> <p>Develop the jumping technique safely and while moving at speed.</p> <p>Improve and develop coordination, control and balance, and negotiate space.</p> <p>Take turns in teams.</p> <p>Explore and practice a variety of different movements and fitness techniques.</p>	<p>Discuss healthy &amp; unhealthy foods, and why eating well is good for you.</p> <p>Improve speed, agility and stamina.</p> <p>Develop the safe jumping technique to gain height and distance.</p> <p>Develop control, balance and coordination when completing a variety of tasks.</p> <p>Work well as a team.</p> <p>Explore and practice a variety of movements and fitness techniques.</p> <p>Complete exercise with good technique and focus, and with good energy.</p>	<p>Understand what aerobic exercise is.</p> <p>Discuss the importance of leading a healthy lifestyle.</p> <p>Understand the importance of warming up and cooling down.</p> <p>Understand what core strength is and develop it using correct techniques.</p> <p>Develop upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique.</p> <p>Work well both independently and in small groups.</p> <p>Show self-belief and determination to manage and accomplish tasks.</p>	<p>Understand what aerobic exercise is and how to develop it.</p> <p>Discuss the importance of leading healthy, active lifestyles.</p> <p>Identify parts of the body we are working during exercise.</p> <p>Develop lower body and core strength, fitness, balance and coordination.</p> <p>Work well as part of a team to achieve success.</p> <p>Show self-belief and determination to manage and accomplish tasks.</p> <p>Demonstrate correct techniques of core strength exercises with control.</p>	<p>Understand and explain the importance of good upper body strength.</p> <p>Recognise the physical and mental benefits of increased activity, and develop an appreciation of physical activity as a lifelong habit.</p> <p>Select an area of physical activity that you want to improve.</p> <p>Develop lower body and core strength, fitness, speed and aerobic endurance.</p> <p>Apply and link learned fundamental movement skills.</p> <p>Show determination to complete tasks using the correct techniques.</p> <p>Demonstrate stamina.</p>	<p>Take responsibility for your own warm up, know the importance of warming up.</p> <p>Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult.</p> <p>Understand how physical activity and exercise can improve mental wellbeing.</p> <p>Understand why core strength is important.</p> <p>Develop upper and lower body strength, speed, aerobic endurance, and fitness.</p> <p>Link actions and combine movements.</p> <p>Complete circuit training to the best of your ability</p>	
<p><b>Gymnastics</b></p> <p><b>NC Coverage KS1:</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>To describe what they have done or seen others doing.</p> <p>Understand the importance of landing safely and practise safe landing.</p> <p>Watch a performance and describe what you enjoyed.</p>	<p>Give positive feedback to peers about a performance.</p> <p>Identify areas of my own performance that I need to improve.</p> <p>Develop knowledge of Key Shapes.</p> <p>Understand the importance of travelling and</p>	<p>Identify what they need to practice to improve their performance.</p> <p>Devise and perform a gymnastic sequence, with a clear beginning, middle, and end.</p> <p>Understand that strength and suppleness are important parts of fitness in gymnastics.</p> <p>Understand the link between heart rate and</p>	<p>Devise suitable warm-up activities for the upcoming activities.</p> <p>Learn the names of muscles in the body.</p> <p>Describe and evaluate the effectiveness and quality of a performance.</p> <p>Learn how to use skills in different ways and link them to make actions and sequences of movement.</p>	<p>Explain and perform the steps to a quality of a Safety roll.</p> <p>Understand the meaning of travelling with purpose, control and finesse.</p> <p>Recognise parts of a performance that could be improved and explain why.</p> <p>Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles.</p>	<p>Describe the key technique points of a variety of different gymnastics rolls.</p> <p>Evaluate performance, recognising what is successful and what could be improved.</p> <p>Provide constructive feedback about a performance.</p> <p>Have discussions to help others improve their performance.</p>	



		<p>Describe what you enjoy about gymnastics.</p> <p>Understand why balance is important in lots of different sports and games.</p> <p>To move with purpose and accuracy.</p> <p>To copy, create and explore different ways of travelling and link a range of movements and shapes, safely.</p> <p>To develop balance and coordination.</p> <p>Learn and develop the quality of an egg roll and log roll.</p> <p>Perform basic jumps with quality and control.</p> <p>Work well with a partner.</p> <p>Remember and repeat sequences of gymnastic actions.</p> <p>Safely demonstrate flowing movement when travelling in different ways.</p> <p>Copy, create movement phases.</p> <p>Jump and Land safely, and with control, when performing off the floor and apparatus.</p> <p>Explore large point balances including the shoulder stand.</p> <p>Create floor and apparatus sequences on your own and with a partner.</p> <p>Perform and link movements with control using a range of body actions and body parts.</p>	<p>transitioning with quality and purpose.</p> <p>Understand and describe changes in heart rate when active.</p> <p>Demonstrate quality of movement when standing and stepping.</p> <p>Explore small point balances.</p> <p>Develop balance and coordination.</p> <p>Learn and develop the quality of the cat, split and stag leap.</p> <p>Work with others to further develop the quality of rolling and learn a Teddy Bear Roll.</p> <p>Remember and repeat a range of gymnastics actions with control and precision.</p> <p>Land safely and with control when creating shape jumps off the floor and apparatus.</p> <p>Experiment with different pieces of hand apparatus and link with gymnastics travelling.</p> <p>Demonstrate flowing movement, changing the dynamics of movement through different levels and directions.</p> <p>Combine different ways of travelling with control.</p> <p>Continue to develop a range of gymnastic elements, including small and large point balances and rolls.</p> <p>Land safely and with control when performing jumps off the floor and apparatus.</p> <p>Create floor and apparatus sequences on your own and with a</p>	<p>breathing when exercising.</p> <p>Recognise what they do well and what they find difficult.</p> <p>Recognise and explain good performances.</p> <p>To be able to explain the correct steps needed in a variety of different rolls</p> <p>Perform a combination of actions with a change in speed, level or direction.</p> <p>Perform the gymnastics actions on the floor and over, through, across and along apparatus.</p> <p>Develop flexibility, strength, agility, balance, coordination and control.</p> <p>Learn and develop the quality of a Front Support roll.</p> <p>To perform a turn in the air whilst jumping.</p> <p>Perform a range of actions with consistency, fluency and clarity of movement.</p> <p>To learn and develop the technique of adding spinning when travelling.</p> <p>To travel fluently with control and purpose.</p> <p>Learn and develop the quality of a side roll.</p> <p>To work well with a partner, trusting each other and sharing ideas and begin to perform partner balances.</p> <p>To perform rebound jumps with some success.</p> <p>Perform gymnastics skills and sequences more accurately and consistently, both on and off apparatus.</p> <p>Combine actions and maintain the quality of</p>	<p>Find different ways of using shape, travel and direction.</p> <p>Explore movements and creativity.</p> <p>Combine actions to create sequence of movements thinking about quality and performance.</p> <p>Collaborate with others.</p> <p>Work well in small groups to create roll sequences, sharing ideas and listening to others.</p> <p>Improve the quality of key shape jumps, turn jumps, and rebound jumps.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner.</p> <p>Learn and develop the quality of a tuck roll to standing.</p> <p>To continue to improve the quality of leaping, and leap in different directions.</p> <p>Show control, accuracy and fluency of movement when performing actions individually and with a partner.</p> <p>To develop balance individually and with a partner.</p> <p>To work with a partner creating partner balances showing good control and strength.</p> <p>Create, perform and repeat sequences that include changes of dynamics e.g., changes of level, speed or direction.</p> <p>Perform a broad range of gymnastics actions on the floor and over, through, across and along apparatus.</p>	<p>Perform more complex balances, including balances that require supporting own body weight.</p> <p>Further develop ways of travelling into and out of a roll.</p> <p>Link a range of movements with fluency and finesse.</p> <p>Perform more complex jumps and jump combinations.</p> <p>Combine and perform gymnastic actions, shapes and balances more fluently and effectively.</p> <p>Explore a range of apparatus and incorporate some into a routine.</p> <p>Perform in front of an audience confidently.</p> <p>Further develop and apply basic compositional ideas to the sequences they create, on and off apparatus.</p> <p>Combine rolls with travel to create longer movement sequences.</p> <p>Explore movements and creativity, finding different ways to use shape and symmetry.</p> <p>Explore, learn and develop more complex counter and weight on partner balances.</p> <p>Perform balances with good control and quality, showing good strength and balance.</p> <p>Create skipping sequences with a partner, sharing ideas and working well together</p>	<p>Explore, improvise and combine movement ideas fluently and effectively.</p> <p>Link skills to make actions and longer sequences of movement.</p> <p>Create large group balances up to 8 people.</p> <p>Develop communication and teamwork skills, such as sharing own ideas and valuing others' ideas.</p> <p>Develop jumping as a progressive activity.</p> <p>Begin to understand what vaulting is in gymnastics.</p> <p>Work in a group to build sequences using apparatus.</p> <p>Perform in front of an audience showing confidence, rhythm and fluency of movement.</p> <p>Complete challenges, with quality and fluency, which incorporate a variety of travelling activities.</p> <p>Use combinations of dynamics using the space effectively e.g., different pathways.</p> <p>Develop and progress a variety of rolling techniques showing good body tension and control.</p> <p>Perform key gymnastic skills with a partner, being able to change dynamics and movement concepts.</p> <p>Perform a variety of jumps with strength, control and finesse.</p> <p>Perform combinations of actions and movements that show clear differences between levels, speeds and direction.</p> <p>Develop movement concepts through partner sequences and routines.</p>
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		Remember and repeat sequences of gymnastic actions	partner showing quality of movements.	performance when performing with a partner			
<p><b>Invasion Games</b> (hockey/basketball/football/handball/netball/tag rugby)</p> <p><b>NC Coverage KS1:</b> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>		<p>Understand the concept of moving to get in line with the ball to receive it.</p> <p>Describe why being active and playing games is good for you.</p> <p>Describe what it feels like to breath quickly during exercise.</p> <p>Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent.</p> <p>Identify what skills you need to practice.</p> <p>Can describe what you have done or seen others do.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Understand why being active and playing games is good for you.</p> <p>Understand how to play in a safe way.</p> <p>Describe why running and playing games is good for you.</p> <p>Watch, copy and describe others play.</p> <p>Understand who the attackers and who the defenders are.</p> <p>Decide when to pass and when to run</p> <p>Explore different ways to use, move and send the ball.</p>	<p>React to situations to make it difficult for opponents – using simple tactics.</p> <p>Understand and describe changes to your heart rate when playing a game.</p> <p>Recognise what is successful.</p> <p>Use actions and ideas you have seen to improve your own skills.</p> <p>Understand and describe changes to your heart rate when playing a game.</p> <p>Choose and use simple tactics to suit different situations and apply these in small sided games.</p> <p>Begin to understand some rules of the game.</p> <p>Begin to understand the importance of preparing safely and carefully for exercise – warming up.</p> <p>Understand and follow the rules of the game.</p> <p>Watch and describe a performance accurately.</p> <p>Copy actions and ideas and use the information to improve their skills.</p> <p>Begin to understand and develop correct</p>	<p>Employ simple tactics in game situations.</p> <p>Recognise and explain good performances.</p> <p>Understand the link between heart rate and breathing when exercising.</p> <p>Recognise good performance and be able to identify what you need to practice to improve your own performance.</p> <p>Recognise players who play well in games and give reasons why.</p> <p>Identify what you do best and what you find difficult.</p> <p>Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games.</p> <p>Learn how to recognise your own success.</p> <p>Describe how your body feels when exercising.</p> <p>Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter.</p> <p>Identify what you do best and what you find most difficult and recognise this in others performance.</p> <p>Improve decision making skills and choose the right</p>	<p>Explain and apply basic attacking and defending principles.</p> <p>Identify what you need to practice to improve your performance.</p> <p>Employ and explain simple tactics in game situations.</p> <p>Learn to recognise your own success.</p> <p>Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.</p> <p>Know, keep, and follow the rules of the game.</p> <p>Develop the understanding of the importance of speed and stamina when playing invasion games.</p> <p>Explain simple tactics in game situations.</p> <p>Recognise what you do well and what you find difficult.</p> <p>Devise suitable warm up activities for the upcoming activity.</p> <p>Identify and describe the skills needed to improve your game.</p> <p>Pass in different ways e.g. high, low, fast, slow.</p> <p>Find and use space in game situations and work well as part of a team.</p> <p>Explain simple tactics in game situations.</p> <p>Move the ball keeping it under control whilst changing direction.</p>	<p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Explain why a performance is good.</p> <p>Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Learn how to evaluate and recognise success.</p> <p>Choose different formations to suit the needs of the game.</p> <p>Find ways to get the ball towards your opponent’s goal, knowing when to pass, when to dribble or travel with the ball.</p> <p>Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help.</p> <p>Suggest ideas for warming up and explain your choices.</p> <p>Understand how the muscles work – work by getting shorter, relax by getting longer.</p> <p>Understand the importance of being physically fit.</p> <p>Know the difference between attacking and defending skills.</p> <p>Know how to mark and defend your goal.</p> <p>Identify strengths and weaknesses of your own and other performances and explain your reasoning.</p> <p>Begin to understand the importance of lines in tag rugby – both for attack and defence. (tag rugby)</p>	<p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why.</p> <p>Understand how to improve in different physical activities and sport.</p> <p>Understand there are different ways to defend.</p> <p>Understand there are different ways to attack as a team.</p> <p>Know how invasion sports helps your fitness and health.</p> <p>Give feedback to individual, teams and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics.</p> <p>Know what makes a good warm down (it calms the body, prevents stiffness, settles the mind.)</p> <p>Identify and evaluate parts of your own game and others, providing feedback.</p> <p>Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Understand how muscles work.</p> <p>Adapt games and activities making sure everyone has a role to play.</p> <p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Understand how to improve in different physical activities and sport.</p>



		<p>Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.</p> <p>Demonstrate a basic underarm throwing action with control and accuracy.</p> <p>Show control of a ball with basic actions.</p> <p>Send/ pass a ball and successfully catch/stop a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Show control of the ball with basic actions – including sending a ball/equipment to a target.</p> <p>Can shoot successfully at a goal or target.</p> <p>Play in a safe way.</p> <p>Move to defend a goal.</p> <p>Throw and catch a ball to themselves and others.</p> <p>Improve movement skills whilst moving with the ball in two hands. (tag rugby)</p> <p>Play simple games understanding the rules of the game.</p> <p>Learn how to tag. (tag rugby)</p>	<p>technique of passing the ball.</p> <p>Develop understanding of invasion games and participate in small games.</p> <p>Use simple tactics in game situations.</p> <p>Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).</p> <p>Show good awareness of others when playing games.</p> <p>Participate in team games.</p> <p>Pass a ball with control.</p> <p>Show control when moving, changing speed and direction, both with and without a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Perform a variety of skills keeping the ball under control.</p> <p>Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low).</p> <p>Know and show how to defend between ball and target.</p> <p>Decide when and where to run, showing good awareness of surroundings.</p> <p>Pass a ball with control and increasing accuracy and consistency.</p>	<p>skills that meet the needs of the situation.</p> <p>Play simple invasion games with an understanding of the basic rules.</p> <p>To follow the rules of the game.</p> <p>Move with a ball keeping it under close control.</p> <p>Keep possession of a ball as part of a team.</p> <p>Receive a ball successfully.</p> <p>Take up spaces/positions that make it difficult for opponents.</p> <p>Perform basic skills needed for games with control and accuracy.</p> <p>Pass/send a ball with increasing accuracy and at different speeds.</p> <p>Shoot/ score with some success.</p> <p>Use a range of skills to keep possession of the ball.</p> <p>Keep the ball under control, passing and receiving with increasing accuracy.</p> <p>Choose space/ positions where you can receive a pass or to support a teammate.</p> <p>Develop control and technique both in movements and manipulation.</p> <p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</p> <p>Pass and receive the ball with control.</p> <p>Select passes that keep possession.</p> <p>Move to support teammates once you have</p>	<p>Apply basic attacking and defending principles such as finding and using space in game situations.</p> <p>Pass, shoot and receive a ball with increasing accuracy, control and success.</p> <p>Challenge a player in possession of the ball.</p> <p>Pass the ball using different techniques.</p> <p>Develop set moves that can be used in attacking play.</p> <p>Show growing control and consistency during games.</p> <p>Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</p> <p>Collaborate with others and use tactics to keep possession.</p> <p>Get into good positions to pass, receive, and shoot the ball.</p> <p>Pass the ball using different techniques.</p> <p>Shoot and score with increasing accuracy. Progress to successfully scoring.</p> <p>Use a range of tactics, including finding and using space, to keep possession of the ball to shoot.</p> <p>Move in different directions learning to move away from your opponent and keep control of the ball when running.</p> <p>Learn how to pass, catching successfully and improving skills whilst on the move.</p> <p>Move forward to attack as part of a team – running in a line. (tag rugby)</p> <p>To work as part of a team when defending, keeping</p>	<p>Understand the defensive duties in tag rugby and the process of tagging.</p> <p>Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.</p> <p>Work effectively as part of a team and keep possession of the ball when faced with opponents.</p> <p>Apply basic principle for attacking – Using skills to keep possession of the ball.</p> <p>Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball.</p> <p>Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Develop technique of important skills – such as passing.</p> <p>Keep possession of the ball when faced with opponents.</p> <p>Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</p> <p>Change speed and direction to get away from a defender.</p> <p>Use a variety of tactics, like use of space and positions to keep the ball.</p> <p>Use simple tactics in games to achieve success as a team.</p> <p>Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball.</p> <p>Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</p> <p>Increase accuracy and confidence of passing and shooting skills.</p>	<p>To understand the rules of the game and participate in full games.</p> <p>Understand the importance of keeping in a line in both attacking and defending plays. (tag rugby)</p> <p>Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</p> <p>Develop control whilst performing skills at speed.</p> <p>Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</p> <p>Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</p> <p>Combine and perform skills with control, adapting them to meet the needs of the situation.</p> <p>Choose and apply a range of tactics and strategies when both attacking and defending.</p> <p>Use different skills to keep possession of a ball as part of a team.</p> <p>Change speed and direction to get away from a defender.</p> <p>Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.</p> <p>Work effectively as a team.</p> <p>Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</p> <p>Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p> <p>Incorporate the rules of the game into small sided games such as passing backwards in tag rugby.</p> <p>To pass and catch the ball whilst running at different speeds.</p> <p>Keep control of the ball when running and passing, ensuring passing is accurate.</p>
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<p><b>Net &amp; Wall Games</b> (badminton/tennis/volleyball)</p> <p><b>NC Coverage KS1:</b> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Can watch and copy what they see and describe why they have copied that technique.</p> <p>Understand why being active is good for you.</p> <p>Understand how to play in a safe way and why being active and playing games is good for you.</p> <p>Describe what they have done or seen others doing.</p> <p>Change the way they use skills in response to their opponent's actions.</p> <p>Understand, follow, and apply skills and tactics in simple games.</p> <p>Use different skills and movements, including aiming into space to try win games.</p> <p>Can hit the shuttle varying height, speed and direction into space. (badminton)</p>	<p>Understand what a rally is and how to continue one in pairs.</p> <p>Identify good technique and justify why it is good.</p> <p>Describe how to hold and grip the racket on forehand shots.</p> <p>Understand and follow the rules of the game.</p> <p>Watch and describe a performance accurately.</p> <p>Use actions and ideas you have seen to improve your own skills.</p> <p>Begin to understand the important of preparing safely and carefully for exercise: warming up.</p> <p>Develop simple tactics for attacking.</p> <p>Gain an understanding that hitting the ball into space helps them score points.</p> <p>Begin to understand and describe changes</p>	<p>Can perform a forehand serve accurately to a partner, and familiarize themselves with the backhand serve, being able to describe correct grip and technique. (badminton)</p> <p>Explain and demonstrate the chasse step and lunge in practice and games. (badminton)</p> <p>Compete with others – Keeping and following the rules of the game.</p> <p>Identify what you do well and what you find difficult.</p> <p>Further understand the link between heart rate and breathing when exercising.</p> <p>Employ simple tactics in game situations and explain why they have used the tactics.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Identify what they need to practice to improve their performance.</p>	<p>Understand the different types of rallies, participating in both.</p> <p>Recognise and explain good performances.</p> <p>Learn how to recognise and evaluate your own success.</p> <p>Describe how your body feels when exercising, further understanding the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm-up activities for the upcoming activities.</p> <p>Identify what they need to practice to improve their performance.</p> <p>Explain the tactics they have used in games.</p> <p>Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. (badminton)</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into</p>	<p>Understand tactics in net games, such as aiming into space to beat an opponent. Use these tactics to try win games.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>Watch and evaluate the success of games.</p> <p>Able to explain why a performance is good, and what part of a performance could be improved and why.</p> <p>Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand how the muscles work e.g. work by getting shorter, relax by getting longer.</p> <p>Develop an understanding of how to improve in different physical activities and sports.</p> <p>Recognise part of a performance that could be improved and explain how.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Able to hit a shuttle with good stance and grip on both forehand and backhand side, varying shot selection; height, speed and depth. (badminton)</p>	<p>Describe good technique of the forehand, backhand, and overhead clear.</p> <p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Evaluate your own success and areas of improvement, as well as others.</p> <p>Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</p> <p>Recognise part of a performance that could be improved and explain how.</p> <p>Continue to evaluate and recognise their own success.</p> <p>Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.</p> <p>Experiment with the racket using different skills.</p> <p>Play shots at different heights, direction, and speed, and improve hitting the ball/shuttle whilst moving.</p> <p>Use different skills and tactics learnt to try win games.</p>	



		<p>Can control and balance the shuttle with some control, with and without a racket. (badminton)</p> <p>Watch, track and catch a shuttle successfully, as well as throw it with control to a partner. (badminton)</p> <p>Move fluently, changing direction and speed.</p> <p>Engage in cooperative physical activities.</p> <p>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking an object.</p> <p>Catch/stop and send/pass a ball – developing technique of throwing and receiving.</p> <p>Understand the concept of moving to get in line with a ball/shuttle to receive it.</p> <p>Show control of a ball with basic actions and explore different ways to use and move with a ball.</p> <p>Send a ball in different ways e.g. throwing, pushing, rolling.</p> <p>Successfully receive (catch/stop) a ball.</p>	<p>to their heart rate when playing a game.</p> <p>Recognise what is successful.</p> <p>Use actions and ideas they have seen to improve their own skills.</p> <p>Move fluently, changing direction and speed with increasing confidence.</p> <p>Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear. (badminton)</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including an accurate forehand serve. (badminton)</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner. (badminton)</p> <p>Engage in cooperative and competitive physical activities (both against self and against others).</p> <p>Use and move with a racket with control.</p> <p>Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.</p> <p>Choose and use skills and simple tactics to suit different situations – showing good awareness of others.</p>	<p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing when exercising.</p> <p>Continue to develop control of the shuttle with and without the racket. (badminton)</p> <p>Show a good stance and structure when throwing and hitting the shuttle. (badminton)</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. (badminton)</p> <p>Participate in rallies with others.</p> <p>Can hit the ball/shuttle, when in the air, varying height, speed and direction into space and to a partner.</p> <p>Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball.</p> <p>Perform a basic forehand action.</p> <p>Throw/ Send a ball using a variety of techniques.</p> <p>Take up space/ positions that make it difficult for opponents.</p> <p>Keep a rally going.</p> <p>Choose the appropriate throwing technique to meet the demands of the task.</p> <p>Send a ball into space at different speeds and heights to make it difficult for the opponent.</p> <p>Intercept and stop the ball consistently.</p>	<p>space to beat an opponent. (badminton)</p> <p>Use different skills to try and win games.</p> <p>Work together to keep a rally going, returning the ball/shuttle to a partner.</p> <p>With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control. (badminton)</p> <p>Can move around the court with purpose.</p> <p>Can demonstrate a fast-paced chasse movement in isolation and in games. (badminton)</p> <p>Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target.</p> <p>Perform a basic forehand action with control and accuracy.</p> <p>Send/ hit a ball/shuttle into space, at different speeds and heights to make it difficult for your opponent.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Apply basic principles for attacking including finding and using space in game situations.</p> <p>Keep a rally going using a range of shots.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Choose the appropriate hitting and throwing technique to meet the demands of the task.</p> <p>Adopt a good 'ready position' to move and catch a ball.</p> <p>Intercept and stop the ball consistently.</p>	<p>Improve consistency of shots, noticing longer rallies.</p> <p>Use different racket skills and types of movement during a competitive or cooperative rally.</p> <p>To participate in rallies with and without a racket.</p> <p>Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace.</p> <p>Can demonstrate fast paced movements, fluently changing direction and speed.</p> <p>Hit the ball with purpose.</p> <p>Play shots on the forehand and backhand side of your body.</p> <p>Direct the ball towards the opponent's court or target area.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p> <p>Adopt a good ready position and show good position on court.</p> <p>Show good awareness of others in game situations.</p> <p>Apply basic principles suitable for attacking and defending. Identify spaces and understand the tactic of hitting into gaps.</p>	<p>Improve consistency of shots, directing them to help win competitions.</p> <p>Be continuous within a rally and regularly play consistent shots.</p> <p>Use tactical serves to deceive opponent.</p> <p>Demonstrate fast paced movements, including the chasse step and lunge whilst increasing shuttle accuracy. (badminton)</p> <p>Hit the ball with purpose, varying speed, height, and direction.</p> <p>Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</p> <p>Apply the principles of attacking.</p> <p>Adopt a good ready position with purpose and show good position on court.</p> <p>Participate in competitive games, modified, and adapted where appropriate.</p> <p>Apply basic principles suitable for defending.</p> <p>Apply basic principles suitable for attacking.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p>
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<p><b>Outdoor/Adventurous Activities</b> (orienteeing)</p> <p><b>NC Coverage KS1:</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Take part in outdoor and adventurous activity challenges both individually and within a team.</p>		<p>Introduction to a compass and directions (N, E, S, W.)</p> <p>Understand how communication can help to solve problems with others.</p> <p>Move in different directions and a variety of different ways.</p> <p>Work independently, as well as cooperatively in small groups.</p> <p>Participate in games following rules and playing fairly.</p> <p>Begin to plan how to solve problems.</p> <p>Participate in competition with others, completing a simple orienteeing event.</p>	<p>Begin to problem solve with others.</p> <p>Understand what a compass is used for and be able to use the direction points.</p> <p>Has knowledge of safety rules and procedures for taking part in orienteeing events.</p> <p>Introduction to map reading. Be able to use some basic features on a map to select and plan a route.</p> <p>Work well in big groups, sharing, taking turns, and cooperating with others.</p> <p>Begin to understand the competitive side of orienteeing and take part in a picture orienteeing event.</p> <p>Meets challenges effectively working as part of a team.</p>	<p>Participate in competitive orienteeing events, following instructions of the game</p> <p>Recognise that activities need thinking through and planning.</p> <p>Evaluate your performance and recognise what went well and what could be improved.</p> <p>Participate in team games, working cooperatively, solving problems with others.</p> <p>Communicate effectively with other people and discuss plans to achieve success.</p> <p>To make a map with symbols and be able to recognise where you are on a map, using basic techniques.</p> <p>Move confidently in different ways, developing agility, balance, and co-ordination.</p>	<p>Have knowledge of safety rules and procedures for taking part in orienteeing event.</p> <p>Work as a team to plan and decide what approach to use to meet the challenges.</p> <p>Explain how you could improve your performance.</p> <p>Develop a basic understanding of map reading/making and apply these skills and techniques in games.</p> <p>Work cooperatively and successfully as part of a team, improving communication skills.</p> <p>Recognise where you are on a map.</p> <p>Demonstrate all the physical skills needed for orienteeing: agility, balance, and co-ordination.</p>	<p>Understand relevant techniques to navigate to and from control points.</p> <p>Identify what they have done well and adapt plans for future challenges.</p> <p>To orientate themselves and map correctly keeping track of their position with increasing accuracy.</p> <p>Work within a team trusting and valuing each other.</p> <p>Develop communication skills and use these skills to achieve success.</p> <p>Make a map with symbols and legend and begin to understand scale.</p> <p>Compete in orienteeing events, problem solving with team members</p>	<p>Understand elements and scaling confidently.</p> <p>Identify what they have done well and adapt plans for future challenges.</p> <p>Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</p> <p>Build confidence during team activities.</p> <p>Takes part in orienteeing events, such as picture orienteeing and control orienteeing, with success.</p> <p>Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls.</p> <p>Develop map reading and map building skills.</p> <p>Develop physical fitness and be able to describe its importance in orienteeing.</p>
<p><b>Striking &amp; Fielding</b> (cricket, rounders)</p> <p><b>NC Coverage KS1:</b> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,</p>		<p>Apply skills and tactics in simple games, including recognizing space and using it to your advantage.</p> <p>Understand why being active and playing games is good for you.</p>	<p>React to situations in ways that make it difficult for opponents.</p> <p>Understand simple tactics like hitting the ball into space to help score more points.</p> <p>Begin to understand the importance of</p>	<p>Identify what you need to practice to improve your performance.</p> <p>Understand the link between heart rate and breathing when exercising.</p> <p>Describe how your body feels when exercising and understand the link</p>	<p>Explain the tactics you have used in games.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Choose fielding skills which make it difficult for your opponent.</p>	<p>Watch and evaluate the success of games and good performance.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</p>	<p>Learn how to evaluate and recognise your own success and areas for improvement.</p> <p>Develop an understanding of how to improve in different physical activities and sports.</p> <p>Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</p>



<p>and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>		<p>Describe what you have done, or seen others doing.</p> <p>Describe what it is like to breath quickly during exercise.</p> <p>Move fluently, changing direction and speed,</p> <p>Show basic control of the ball, including when striking a ball.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p> <p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p> <p>Apply skills and tactics in simple games, including recognizing space and using it to your advantage.</p>	<p>preparing safely for exercise – warming up.</p> <p>Recognise what is successful.</p> <p>Show good awareness of others when playing games.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.</p> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow.</p>	<p>between heart rate and breathing when exercising.</p> <p>Employ simple tactics in games.</p> <p>Devise suitable warm up activities for upcoming activities.</p> <p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances.</p> <p>Catch a ball with increasing consistency.</p> <p>Hit a ball with correct technique.</p> <p>Intercept and stop the ball consistently.</p> <p>Employ simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Work well as part of a team, particularly when fielding to make it harder for the batter.</p>	<p>Recognise what you do well and what you find difficult and explain good performances.</p> <p>Show control, coordination and consistency when throwing and catching a ball.</p> <p>Hit a ball with increasing control from a tee and progress to without a tee.</p> <p>Take up spaces/positions that make it difficult for the opposition.</p> <p>Hit a ball with increasing control, accurately towards a target.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Chose fielding skills which make it difficult for your opponent.</p>	<p>Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).</p> <p>Explain why a performance is good.</p> <p>Show good awareness of others in game situations.</p> <p>Adapt games and activities making sure everyone has a role to play.</p> <p>Develop control and technique whilst performing skills at speed.</p> <p>Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Work as part of a team, communicating well with others.</p> <p>Begin to bowl at different speeds.</p>	<p>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</p> <p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <p>Use skills and tactics to outwit opponents when fielding, bowling, and batting.</p> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Use tactics that involve bowlers and fielders working together.</p> <p>Perform skills with accuracy, confidence, and control.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Retrieve, intercept, and stop a ball when fielding.</p>
<p><b>Target Games</b> (dodgeball/golf)</p> <p><b>NC Coverage KS1:</b> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>NC Coverage KS2:</b> Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>		<p>Understand and describe changes to their heart rate when playing a game.</p> <p>Talk about and develop movement skills needed in games.</p> <p>Understand the importance of rules and follow instructions to complete a task.</p> <p>Show control of a ball with basic actions.</p> <p>Develop and practise ball handling skills.</p> <p>Move the ball in different ways, practising throwing using overarm and underarm techniques.</p>	<p>Begin to understand the importance of preparing safely for exercise – warming up.</p> <p>Describe what you have done, or seen others doing.</p> <p>Describe basic skills needed for golf games.</p> <p>Develop movement skills relevant to games i.e. dodging. (dodgeball)</p> <p>Develop catching and striking skills.</p> <p>Pass/send a ball, with increasing control, at different speeds – fast/slow.</p> <p>Engage in competitive physical games,</p>	<p>Understand how finding space can help in game situations.</p> <p>Begin to understand why you get hotter when you exercise and play games.</p> <p>Identify what you do best and what you find difficult.</p> <p>Explain what success you have seen in games, and how individuals and teams achieved it.</p> <p>Explore and understand how correct putting techniques can create a successful shot.</p> <p>Improve consistency when catching a ball at different heights.</p> <p>Show control when moving at speed.</p>	<p>Describe how your body feels when you are warming up and playing games.</p> <p>Evaluate your own performance and describe skills you need to improve your play.</p> <p>Find and use space in game situations and explain the importance in this tactic.</p> <p>Understand the importance of accuracy when chipping.</p> <p>Get in good positions to throw and receive the ball.</p> <p>Send a ball with accuracy, control, and consistency, whilst moving at different speeds.</p>	<p>Understand the importance of quick reactions in dodgeball.</p> <p>Develop an understanding of how to improve when playing games.</p> <p>Understand how the muscles work.</p> <p>Understand the technique to be able to chip at different heights.</p> <p>Participate in games fairly, following the rules.</p> <p>Show good teamwork.</p> <p>Apply appropriate skills and tactics in game situations.</p> <p>Move quickly (dodge) with good control. (dodgeball)</p> <p>Improve control when moving at speed. (dodgeball)</p> <p>Increase accuracy and consistency of throws, including</p>	<p>Explain how physical activity can help contribute to a healthy lifestyle.</p> <p>Evaluate a performance, Providing constructive feedback.</p> <p>Become familiar with golf phrases and the concept of golf.</p> <p>Compare and evaluate other performances.</p> <p>Successfully catch a ball at different heights.</p> <p>Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency. (dodgeball)</p> <p>Take part in competitive games, playing fairly and working cooperatively as part of a team.</p> <p>Use different ways to dodge the ball (jump, gallop, jockey.) (dodgeball)</p>

		<p>Roll a ball with some accuracy.</p> <p>Recognise what is successful.</p> <p>Develop fundamental movement skills, becoming increasing confident.</p> <p>Explore different ways of moving, with and without a ball, developing movement and coordination.</p> <p>Show increasing control when pushing, patting, throwing, and catching a ball.</p> <p>Send objects towards a target with increasing accuracy.</p> <p>Begin to apply the basic putting technique into games. (golf)</p> <p>Compete against others in modified golf games. (golf)</p>	<p>employing simple tactics. (dodgeball)</p> <p>Develop problem solving and decision-making strategies.</p> <p>Explore different ways of moving, changing speed and direction fluently.</p> <p>Explore different ways of moving a golf ball, and/other size ball. (golf)</p> <p>Push/ roll/ putt a ball towards a target with control.</p> <p>Use skills learnt to participate and compete in rolling and putting games. (golf)</p> <p>Develop technique when using the golf putter, becoming increasingly accurate.</p>	<p>Move the ball in different ways, with increasing accuracy and control.</p> <p>Use a range of skills and tactics to win games.</p> <p>Begin to develop the chipping technique, consistently lifting the ball from the floor. (golf)</p> <p>Apply putting skills into game situations. (golf)</p> <p>Show control and control to make accurate shots.</p> <p>Demonstrate good teamwork skills.</p>	<p>Practice and improve the underarm throw and side shot throw. (dodgeball)</p> <p>Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills. (dodgeball)</p> <p>Explore the skills required to play golf successfully. (golf)</p> <p>Continue to develop and apply the chipping technique to competitive games. (golf)</p> <p>Develop and demonstrate the ability to 'putt' accurately and effectively. (golf)</p> <p>Demonstrate good teamwork and communication skills.</p>	<p>a side shot throw, towards a moving target. (dodgeball)</p> <p>Apply both the putting and chipping techniques to competitive games. (golf)</p> <p>Show control and control to make accurate shots.</p> <p>Begin to develop the driving technique. (golf)</p> <p>Increase accuracy and distance when practicing the driving technique and participate in driving games. (golf)</p>	<p>Use appropriate tactics in games and discuss and apply strategies needed to win.</p> <p>Develop an accurate putting technique, chipping for height technique, and driving for distance technique. (golf)</p> <p>Determine how much speed and power is required when working to a target.</p> <p>Compete with other in modified games.</p>
<p><b>Swimming</b></p> <p><b>NC Coverage KS1:</b> N/A</p> <p><b>NC Coverage KS2:</b> Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>Perform safe self-rescue in different water-based situations.</p>					<p>Swim 10 metres front crawl</p> <p>Swim 10 metres backstroke</p> <p>Swim 10 metres breaststroke</p> <p>Tread water 30 seconds</p> <p>Travel 25 metres using arms and legs on their back</p> <p>Travel 25 metres using arms and legs on their front</p> <p>Perform the Heat Escape Lessening Position (HELP)</p> <p>Perform the huddle position with others</p> <p>Signal for help whilst treading water without a floatation device</p> <p>Perform a floating position with or without a floatation aid</p> <p>Experience swimming with clothes with a floatation aid</p>		



					Perform a shout and signal rescue Show an understanding of beach safety by answering questions Perform a reach or throw rescue		
<b>EYFS</b>	<b>EYFS 1</b> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils. Show a preference for a dominant hand. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.				<b>EYFS 2</b> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Progress towards a more fluent style of moving, with developing control and grace Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Develop the foundations of a handwriting style which is fast, accurate and efficient. Further develop the skills they need to manage the school day successfully: lining up and queuing at mealtimes		