

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



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



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 am and strike towards an object/set target. Develop confidence using a range of bats/racquets. Develop confidence using a range of bats/racquets. Begin to attempt to strike a ball over/beyond a target. Experience striking a stationary and moving ball. Experience striking a stationary and moving ball. Begin to develop agility and balancing skills when moving. Enjoy using equipment to strike different objects. Enjoy trying to beat their best score during activities. Begin to aim and strike towards an object/set target. Develop confidence using a range of bats/racquets. Demonstrate varying power 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 addifferent 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 be aware of space and distancing when striking objects at targets. Enjoy using equipment when striking objects at targets. Enjoy trying to beat their best score during activities. Enjoy working with and against partners. Enjoy gaining points and working hard to better themselves.
Social Michigeness



	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 coordination 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
	Begin to develop confidence working with a partner.	Develop decision making skills individually and as part of a group.	Continue to work effectively within a small group/ part of a team.
AAO	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 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.	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
þ	Begin to develop confidence using basic equipment.	Begin to aim and strike towards an object/ set target.	Develop aiming, striking and follow through when striking a ball towards a target.
i L	Begin to explore different ways of striking an object.	Develop confidence using a range of striking techniques with equipment.	Demonstrate varying power when striking a ball/object.
D	Develop hand eye co-ordination skills.	Begin to attempt to strike a ball over/ beyond a target.	Demonstrate accuracy when striking a ball/object towards a partner.
Fielding	Begin to explore distance by trying to aim past or towards a target.	Experience striking a ball stationary, moving and whilst on the move.	Continue to explore different types of bats and racquets when striking a ball.
~X	Begin to develop basic understanding of catching techniques	Develop catching techniques and understand what technique/skill is best used when.	Continue to explore space and awareness of space when striking a ball/object.
b 0	Begin to explore simple throwing techniques. Enjoy handling equipment safely.	Develop throwing techniques and understanding of power and accuracy.	Develop throwing techniques further, demonstrating and understanding an underarm and overarm throw.
Striking		Continue to be aware of space and distancing when fielding/striking.	Develop catching techniques further and demonstrate the 'W' catch and the underarm
÷		Enjoy hitting objects with different pieces of equipment.	catch.
tr		Enjoy trying to gain points.	Enjoy trying to gain points individually and as a team.
S			Enjoy hitting and catching balls/objects individually and with a partner/team.



YI	EAR 3	YEAR 4	YEAR 5	YEAR 6
passing a ball to	ccuracy and speed when or a partner/teammate.	game, as well as developing consistency when scoring.	Recognise the importance and follow rules and regulations in a variety of games/competitive scenarios.	Continue to explore a range of attacking and defending tactics and strategies and develop ideas surrounding working as a team.
Demonstrate gratechnique when throwing/rollin Consistently de catching/control		Continue to understand and develop tactical knowledge improving attacking and defending. Understand and follow simple rules in	Develop understanding of marking and a range of defensive strategies. Begin to implement creative attacking strategies and formations.	Continue to develop effective communication within a team in different roles.
(D		gameplay. Continue to consolidate techniques, increasing comfort attempting with	Continue to explore space- in particular passing into space for teammates to fluidly move onto the	Develop understanding of sportsmanship and implement into competitive play.
small group/tea	,	dominant and weaker side/foot. Evaluate and appreciate performance and begin to understand strengths	ball. Begin to understand the element of competition and the understanding	Continue to explore interceptions and passing movements as a team. Demonstrate developed dribbling
play/performar Continue to dev	velop confidence and	and weaknesses. Begin to discuss how to improve	of winning and losing. Continue to enhance developed	ability using hands/feet/sticks. Demonstrate developed
focusing on ma	ssing skills in activities intaining possession. n a team to win points.	performance. Enjoy working in a team to try to win a game and win points for their team.	communication and cooperation skills within a team. Continue to enjoy participating in	shooting/striking ability towards a goal with control and accuracy. Enjoy creating tactics and positions
Enjoy participat	ting in new games and with partners and	Continue to enjoy participating in new games and communicating with	attacking and defending scenarios. Enjoy working hard to better their	when participating in attacking v defending games.
as a team.	mprove individually and	partners and teammates to improve individually and as a team.	performance and win games.	Enjoy trying their best to push themselves to be even better.



YEAR	3 YEAR	4	YEAR 5	YEAR 6
Continue to explore a rang techniques and shapes- pa attention to take off and la	ying closer control, tension and fl	uidity within an and	form a range of actions, shapes balances clearly, consistently fluently.	Continue to demonstrate control and tension when supporting own/partner's bodyweight.
Continue to explore change and direction during flight	'canon' and 'unison' in routines with a partne	n gymnastic betw	nonstrate clear differences ween levels, speeds and ections of movement.	Demonstrate control and fluidity in movements/ transitions when linking balances/poses.
Explore a range of shapes, different levels, and different levels, and different entering and exiting shapes. Continue to explore apparating different ways of enterexiting shapes. Continue to explore 'canon and 'mirroring' techniques. Consolidate a range of roll techniques, and travelling ways.	ent ways of Begin to identify what	and discuss tensi	nonstrate developed body sion and extension in ances/movements/poses.	Perfect holding a range of shapes during flight by showing tension.
Continue to explore appar find different ways of ente exiting shapes.			pt sequences to include a tner or small group.	Identify different elements of gymnastics routines. Review complex gymnastics
Continue to explore 'canor and 'mirroring' technique	n', 'unison' Begin to implement a	nd include hand	form developed balances such as dstand and headstand.	routines and provide feedback.
Consolidate a range of roll techniques, and travelling	•	•	movements into sequences.	Demonstrate excellent knowledge and understanding of safe use of equipment and apparatus.
ways. Enjoy working with a partidemonstrate various tasks	,	d safely and perfo	itinue to evaluate and analyse formance individually and with a tner/team.	Consistently show confidence when performing individually and in front of others.
	Enjoy working individe partner/team to perfo	orm activities. displ	by performing in front of others, playing confidence.	Enjoy participating in all gymnastics activities and being able to display
	Enjoy working hard to own ability.	•	by developing individual and ers ability by supporting them.	a wide range of movements and tasks.



YEAR 3	YEAR 4	YEAR 5	YEAR 6
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 supportindividual/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
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



YEAR 3	YEAR 4	YEAR 5	YEAR 6
Continue to consolidate teamwork communication skills, beginning place trust in other's abilities. Continue to develop problem so skills in a range of scenarios. Begin to explore map reading, sy and basic orienteering skills through fun activities. Recognise and describe other purabilities and how they contribute the group/teams success. Develop creativity when setting developing new games and strate Enjoy working with and collaborativity with teammates.	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	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, compassorientation, 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
ing & 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 understating of what technique to use	Develop knowledge and understanding of striking techniques. Consolidate handing 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	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.
Striking	when. Enjoy striking equipment with power and accuracy. Enjoy catching a ball/object with good technique.		fielding. Enjoy playing striking and fielding games competitively.	Enjoy taking a leadership role when creating tactics but to also be able to listen to other views.