	Years 1 and 2							
	Autumn A	Spring A	Summer A	Autumn B	Spring B			
PE	Social and Emotional Development	· · ·	•	By the end of Year 2, pupils should be able to:				
r L	By the end of Year 1, pupils should be able to:		With encouragement, persist when learning is challenging and understand the i					
	Understand key safety principles e.g.: using equip		Work independently and have a range of strate	gies for accessing help when ne				
Focus on Physical and	Work independently on simple tasks, for short	periods, asking for help when needed		Support and encourage others with their work				
Cognitive skills	Work with a partner, sharing and taking turns			Have the confidence to share their work and id	eas and listen to others do the s			
Twinkl Move	Listen to feedback from a partner			Work with a partner to plan and review work				
	Watch while someone shows them an action	1		Describe how their bodies change before, durin				
	Show an awareness of why exercise is good for			Explain why it is important to warm up and coc	ldown			
	Say how their bodies feel before, during and af							
	Gymnastics, Hockey, Multi-skills	Dance, Football, Circuit training, Badminton	Athletics, Cricket, Tennis	Gymnastics, Netball/Basketball, Multi-skills	Dance, Rugby, Football			
	Year 1	Year 1	Year 1	Year 1	Year 1			
	Gymnastics	Dance	Athletics	Gymnastics	Dance			
	I can recognise and perform contrasting	I can move in response to a video stimulus.	I can move at different speeds.	I can recognise and perform contrasting	I can move in response to a vie			
	movements and balances.	I can improvise and create movements with a	I can move along different pathways.	movements and balances.	I can improvise and create mo			
	I can travel in different ways, changing speed	partner.	I can jump for height.	I can travel in different ways, changing speed	partner.			
	and direction.	I can show awareness of others when	I can jump for distance.	and direction.	I can show awareness of other			
	I can control my body when jumping and	working in a group.	I can jump in different ways.	I can control my body when jumping and	working in a group.			
	rolling in different ways.	I can understand mirroring and use this with	I can perform a jumping sequence.	rolling in different ways.	I can understand mirroring an			
	I can link movements to create a sequence.	a partner.		I can link movements to create a sequence.	a partner.			
	I can cooperate effectively with a partner.	I can keep in time with a steady beat to	Cricket	I can cooperate effectively with a partner.	I can keep in time with a stead			
	I can create and perform a sequence with a	perform a traditional style of dance.	I can use a cricket bat to control a ball along	I can create and perform a sequence with a	perform a traditional style of o			
	clear beginning, middle and ending.	I can vary the shape and speed of my	the ground. I can use a cricket bat to hit a ball with	clear beginning, middle and ending.	I can vary the shape and speed			
	Hockey	movements to represent an object.	control.	Netball/Basketball	movements to represent an o			
	I can travel in different ways with control.	Football	I can apply my bat and ball skills to play a	I can travel in different ways with control.	Rugby			
	I can travel with a ball in different ways.	I can think about using space in a team game.	small-sided game	I can travel with a ball in different ways.	I can travel in different ways w			
	I can travel with a ball in different directions.	I can mark another player.	Sindi Sided Barre	I can travel with a ball in different directions.	I can travel with a ball in differ			
	I can pass the ball to another player.	I can defend the space between players.	Tennis	I can pass the ball to another player.	I can travel with a ball in differ			
	I can use the travelling and passing skills in a	I can pass a ball to another player.	I can hold a racket correctly and use it to	I can use the travelling and passing skills in a	I can pass the ball to another p			
	game.	I can get past a defender.	control a beanbag in a variety of ways.	game.	I can use the travelling and pa			
		I can use attacking and defending skills in a	I can use a racket to hit a ball or beanbag		game.			
	<u>Multi-skills</u>	team game.	with control.	<u>Multi-skills</u>				
	I can track and receive a ball.		I can apply my racket skills to play a target	I can track and receive a ball.	Football			
	I can throw underarm.	Circuit training	game.	I can throw underarm.	I can think about using space i			
	I can throw a quoit.	I can move over or round an obstacle with		I can throw a quoit.	I can mark another player.			
	I can catch.	control.	Year 2	I can catch.	I can defend the space betwee			
	I can bounce a ball with control.	I can jump in different ways with control.	Athletics	I can bounce a ball with control. I can use and practise throwing and catching.	I can pass a ball to another pla			
	I can use and practise throwing and catching.		I can show the Olympic values of friendship	i can use and practise throwing and catching.	I can get past a defender. I can use attacking and defend			
	Year 2	travelling along a pathway. I can show control when rolling and bouncing	and respect in a jumping for height activity. I can show the Olympic value of excellence in	Year 2	team game.			
	Gymnastics	a ball.	a throwing for accuracy activity.	Gymnastics	team game.			
	I can perform and improve upon balances on	I can combine skills to complete circuits	I can show the Olympic value of	I can perform and improve upon balances on	Year 2			
	different parts of the body.	independently.	determination in a running activity.	different parts of the body.	Dance			
	I can create matching balances with a	I can watch and evaluate the performance of	I can show the Olympic value of courage in a	I can create matching balances with a	I understand how dance can b			
	partner.	a partner.	running activity.	partner.	communicate.			
	I can roll in different ways while showing		I can show the Olympic value of equality in a	I can roll in different ways while showing	I can use different dance move			
	control.	Badminton	jumping for distance activity.	control.	communicate an idea.			
	I can jump safely in a variety of ways,	I can hold a racket correctly and use it to	I can show the Olympic value of inspiration in	I can jump safely in a variety of ways,	I can dance in different formation			
	including on and off apparatus.	control a beanbag in a variety of ways.	athletics activities.	including on and off apparatus.	communicate different ideas.			
	I can combine a selection of movements to	I can use a racket to hit a ball or beanbag		I can combine a selection of movements to	I can communicate feelings th			
	create a gymnastic sequence.	with control.	Cricket	create a gymnastic sequence.	I can refine and improve my m			
	I can work with a partner to create a	I can apply my racket skills to play a target	I can hold a cricket bat correctly and use it to	I can work with a partner to create a	I can change the rhythm of my			
	matching sequence.	game.	hit a ball. I can practise a range of cricket skills.	matching sequence.	communicate different ideas.			
	Hockey	Year 2	I can combine my skills to play a competitive	Netball/Basketball	Rugby			
	I can move with the ball in a game.	Dance	team game.	I can move with the ball in a game.	I can move with the ball in a g			
	I can use space when passing and receiving in	I understand how dance can be used to	team barre.	I can use space when passing and receiving in	I can use space when passing			
	a game.	communicate.	Tennis	a game.	a game.			
	I can use throwing and catching to pass and	I can use different dance movements to	I can hold a racket correctly to hit a ball.	I can use throwing and catching to pass and	I can use throwing and catchir			
	receive the ball in a game.	communicate an idea.	I can hit a ball that has been thrown	receive the ball in a game.	receive the ball in a game.			
	I can make or deny space when attacking and	I can dance in different formations to	underarm.	I can make or deny space when attacking and	I can make or deny space whe			
	defending in a game	communicate different ideas.	I can practise and use a simple tactics.	defending in a game	defending in a game			
	I can use attacking and defending skills in a	I can communicate feelings through dance		I can use attacking and defending skills in a	I can use attacking and defend			
	game.	I can refine and improve my movements.		game.	game.			
	I can apply specific skills to an invasion game.	I can change the rhythm of my movement to		I can apply specific skills to an invasion game.	I can apply specific skills to an			
		communicate different ideas.						

g B	Summer B
the importance of pra	actice
he same.	
	Athletics, Rounders, Tennis Year 1
a video stimulus.	Athletics I can move at different speeds.
e movements with a	I can move along different pathways.
others when	I can jump for height. I can jump for distance.
Striets when	I can jump in different ways.
g and use this with	I can perform a jumping sequence.
steady beat to	Rounders
e of dance.	I can use a cricket bat to control a ball along
peed of my an object.	the ground. I can use a cricket bat to hit a ball with
	control.
ays with control.	I can apply my bat and ball skills to play a small-sided game.
lifferent ways.	
lifferent directions. her player.	Tennis I can hold a racket correctly and use it to
d passing skills in a	control a beanbag in a variety of ways.
	I can use a racket to hit a ball or beanbag with control.
	I can apply my racket skills to play a target
ace in a team game.	game.
tween players.	Year 2
r player.	Athletics I can show the Olympic values of friendship
fending skills in a	and respect in a jumping for height activity.
	I can show the Olympic value of excellence in a throwing for accuracy activity.
	I can show the Olympic value of
an be used to	determination in a running activity. I can show the Olympic value of courage in a
an be used to	running activity.
movements to	I can show the Olympic value of equality in a
rmations to	jumping for distance activity. I can show the Olympic value of inspiration in
eas.	athletics activities.
gs through dance ny movements.	Rounders
of my movement to	I can hold a cricket bat correctly and use it to
eas.	hit a ball. I can practise a range of cricket skills.
	I can combine my skills to play a competitive
n a game. Sing and receiving in	team game.
	Tennis
tching to pass and	I can hold a racket correctly to hit a ball. I can hit a ball that has been thrown
when attacking and	underarm.
fending skills in a	I can practise and use a simple tactics.
and a skins in a	
o an invasion game.	

I can throw underarm.I can understand how to mark players.I canI can throw overarm.I can defend in a game by intercepting.I canI can catch.I can use a range of tactics to get past aI canI can bounce a ball and catch a bounced ball.defender.I can pass the ball to another player.I can	can roll and stop a ball. can throw underarm. can throw overarm. can catch.	I can use space well in a team I can understand how to mark I can defend in a game by inte
I can throw overarm.I can defend in a game by interventing.I canI can catch.I can use a range of tactics to get past aI canI can bounce a ball and catch a bounced ball.defender.I canI can use and practise throwing and catching.I can pass the ball to another player.I can	can throw overarm. can catch.	I can defend in a game by inte
I can catch.I can use a range of tactics to get past aI canI can bounce a ball and catch a bounced ball.defender.I canI can use and practise throwing and catching.I can pass the ball to another player.I can	can catch.	
I can bounce a ball and catch a bounced ball. defender. I can bounce I can I can		
I can use and practise throwing and catching. I can pass the ball to another player.		I can use a range of tactics to g
	can bounce a ball and catch a bounced ball.	defender.
	can use and practise throwing and catching.	I can pass the ball to another p
I can use attacking and defending skills in a		I can use attacking and defend
game.		game
<u>Circuit training</u>		
I can change the direction of movements		
with control.		
I can use and combine different types of		
jumps		
I can perform movements with control and		
accuracy.		
I can combine more than one skill to		
complete an activity.		
I can complete activities independently and		
try to improve own performance.		
I can watch others and use this to improve		
own performance.		
Badminton		
I can hold a racket correctly to hit a ball.		
I can hit a ball that has been thrown		
underarm.		
I can practise and use a simple tactics.		

			Years 3 and 4			
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PE	Social and Emotional Development <u>By the end of Year 3, pupils should be able to:</u> Recognise where they are with their learning an	d challenge themselves		Social and Emotional Development By the end of Year 4, pupils should be able to: Identify and describe their own strengths and w	reaknesses	
Focussing on Physical, Cognitive skills. Twinkl Move	Persevere with challenging tasks and react positively when things are difficult Co-operate with others on simple tasks and give and receive feedback Work effectively in small groups where roles are clearly defined Recognise when others are finding tasks challenging and provide support and encouragement			Set appropriate and challenging targets for themselves Contribute to organising roles and responsibilities within a small group Guide a small group through a simple task Select and perform their own warm up and cool down activities, appropriate to the activity Explain how different activities help develop the different components of fitness		
	Swimming, Gymnastics, Hockey, Multi-skills Year 3 Swimming I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations. Gymnastics I can perform a range of jumps accurately. I can accurately perform a forward roll from standing and a tucked backward roll. I can perform a squat on vault accurately. I can perform a lunge into handstand and a cartwheel accurately. I can link movements together by performing a chassis step, straight jump half-turn and cat leap. I can create and perform a gymnastics sequence with a partner.	 Dance, Football, Circuit training, Badminton Year 3 Dance I can create a short dance, inspired by rainforests. I can adapt movement phrases to vary the length of a dance. I can combine movement phrases of different speeds in a dance. I can use dance vocabulary to evaluate and improve a dance performance. I can use dance vocabulary to improve the sequence and performance of a dance. Football I can develop dribbling and ball control skills in football I can learn the defensive skills of marking and tackling. I can learn how to shoot in football. I can compare their performances with previous ones and demonstrate improvement to achieve their personal best. I can use the skills I have learnt and apply them in a game. 	Athletics, Cricket, Tennis Year 3 Athletics I can practise existing running, jumping and throwing skills. I can sprint effectively. I can run with fluency over hurdles. I can jump for distance. I can develop and refine different throwing techniques. I can learn different push throw techniques. Cricket I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills. Tennis I can use effective footwork, movement and positioning in the context of net and wall games. I can roll and throw a ball accurately. I can using a	Swimming, Gymnastics, Netball/Basketball, Multi-skills Year 3 Swimming I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations. Gymnastics I can perform a range of jumps accurately. I can accurately perform a forward roll from standing and a tucked backward roll. I can perform a squat on vault accurately. I can perform a lunge into handstand and a cartwheel accurately. I can link movements together by performing a chassis step, straight jump half-turn and cat leap. I can create and perform a gymnastics sequence with a partner.	Dance, Rugby, OAA, Football Year 3 Dance I can create a short dance, inspired by rainforests. I can adapt movement phrases to vary the length of a dance. I can combine movement phrases of different speeds in a dance. I can use dance vocabulary to evaluate and improve a dance performance. I can use dance vocabulary to improve the sequence and performance of a dance. Rugby I can throw and catch a rugby ball. I can apply the rules of touch rugby. I can use my attacking and defending skills and knowledge to make tactical decisions. I can work effectively with others to complete a task.	Athletics, Rounders. Tennis Year 3 Athletics I can practise existing running, jumping and throwing skills. I can sprint effectively. I can run with fluency over hurdles. I can jump for distance. I can develop and refine different throwing techniques. I can learn different push throw techniques. I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can use striking and fielding skills in a game I can design and play games that use striking and fielding skills. Tennis I can use effective footwork, movement and positioning in the context of net and wall games. I can develop ball control when using a

m game. ırk players. tercepting. o get past a	
er player. nding skills in a	

Hockey

I can apply the basic principles of invasion games. I can move with the ball. I can use a range of techniques to pass the ball. I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.

Multi-skills

I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.

Year 4 Swimming

I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations.

Gymnastics

I can perform a straddle forward roll and a backward roll to straddle correctly. can perform a straddle on vault correctly. I can perform a lunge into cartwheel correctly I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot I can work in a small group to create and perform a gymnastics sequence with a theme

Hockey

I can pass and receive the ball. I can dribble with the ball. I can get past an opponent. I can tackle an opponent and win the ball back I can hit the ball

I can use apply the hockey skills I have learnt.

<u>Multi-skills</u>

I can use correct techniques for catching a ball when fielding in cricket I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting in cricket I can learn attacking hitting techniques for batting in cricket. I can learn the correct technique for bowling overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.

Circuit training

I can travel in a variety of ways. I can change the direction, level and speed of travel I can use a range of ball control skills. I can control movements using balance and coordination I can use a range of movement skills in circuit activities I can adapt and improve performances in a

circuit activity.

Badminton

I can use effective footwork, movement and positioning in the context of net and wall games I can roll and throw a ball accurately. I can develop ball control when using a racket.

I can hit a ball accurately using the forehand technique. I can use the backhand technique in different

wavs. I can play competitive net and wall-based games

Year 4 Dance

I can respond to stimuli, creating movement phrases using specific skills. I can design own movement phrases to represent rivers and seas. I can link and combine movement phrases and patterns. I can perform a short dance phrase with expression. I can respond to a changing stimulus. I can use range of dance techniques to create

Footbal

a movement sequence.

I can apply the basic principles of invasion games I can move with the ball. I can use a range of techniques to pass the ball I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.

Circuit training

I can understand the effects of aerobic and anaerobic exercise on the body I can recognise the benefits of exercise on the upper body. I can recognise the benefits of exercise on the lower body I can recognise the benefits of exercise on the core muscles I can set personal targets for exercise. I can improve performance in order to reach personal targets

Badminton

I can use a badminton racket to control an ohiect I can use a badminton racket to strike a shuttlecock with accuracy and control. I can use different footwork to move across a space

I can hit a ball accurately using the forehand technique I can use the backhand technique in different wavs. I can play competitive net and wall-based games.

Year 4 Athletics

I can practise existing running, jumping and throwing skills. I can improve my running technique for sprinting including the sprint finish I can practise relay running. I can jump for distance. I can learn the pull throw technique. I can refine my running, jumping and throwing skills.

Cricket

I can use correct techniques for catching a ball when fielding in cricket. I can use an overarm throw to hit a target with accuracy. I can learn defensive hitting techniques for batting in cricket I can learn attacking hitting techniques for batting in cricket I can learn the correct technique for bowling overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.

Tennis

I can use a tennis racket to control an object. I can use a tennis racket to strike a ball with accuracy and control. I can use different footwork to move across a

space I can use a tennis racket to control a ball in

order to score points.

I can defend against an opponent scoring a point

I can compete in a tennis mini match.

Netball/Basketball I can develop dribbling and ball control skills.

I can find and use space effectively. I can learn the defensive skills of marking and tackling. I can learn how to shoot

I can compare their performances with previous ones and demonstrate improvement to achieve their personal best I can use the skills I have learnt and apply them in a game.

Multi-skills

I can use an overarm throw to hit a target with accuracy. I can strike a ball in an intended direction. I can work cooperatively to field a ball. I can use striking and fielding skills in a game. I can design and play games that use striking and fielding skills.

Year 4 Swimming

I am beginning to swim competently, confidently and proficiently over a distance of at least 25 metres. I am beginning to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. I am beginning to perform safe self-rescue in different water-based situations.

Gymnastics

I can perform a straddle forward roll and a backward roll to straddle correctly. I can perform a straddle on vault correctly. I can perform a lunge into cartwheel correctly I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot I can work in a small group to create and

perform a gymnastics sequence with a theme.

Netball/Basketball

I can apply the basic principles of invasion games.

I can move with the ball. I can use a range of techniques to pass the ball

I can understand the basic principles of defending in invasion games. I can understand the basic principles of attacking in invasion games.

Multi-skills

I can use correct techniques for catching a ball when fielding in cricket. I can use an overarm throw to hit a target with accuracy.

I can learn defensive hitting techniques for batting in cricket.

I can learn attacking hitting techniques for batting in cricket. I can learn the correct technique for bowling

overarm in cricket from a standing position. I can use a range of fielding, batting and bowling skills in a Kwik Cricket match.

Rugby

OAA

- confidence.
- I can create symbols that a map reading.
- I can follow a map with inc

I can follow multi-step ins I can solve a range of pro		I can hit a ball accurately using the forehand technique.
with others.	bients when working	I can use the backhand technique in differer
I can follow a set of direct		ways.
I can give clear and precise someone else to follow.	se directions for	I can play competitive net and wall-based games.
I can know what orientee	ering is.	Surres.
I can know and understar	nd a range of map	Year 4
symbol		Athletics
<u>Football</u>		I can practise existing running, jumping and throwing skills.
I can develop dribbling ar	nd ball control skills	I can improve my running technique for
in football I can find and use space e	effectively.	sprinting including the sprint finish.
I can learn the defensive		I can practise relay running.
tackling.		I can jump for distance. I can learn the pull throw technique.
I can learn how to shoot i I can compare their perfo		I can refine my running, jumping and
previous ones and demor	nstrate	throwing skills.
improvement to achieve		
I can use the skills I have them in a game.	learnt and apply	Rounders
them in a game.		I can use correct techniques for catching a
Year 4		ball when fielding. I can use an overarm throw to hit a target
Dance I can respond to stimuli, o	creating movement	with accuracy.
phrases using specific skil		I can learn defensive hitting techniques for
I can design own moveme		batting.
represent rivers and seas		I can learn attacking hitting techniques for batting.
and patterns.		I can learn the correct technique for
I can perform a short dan	ice phrase with	bowling overarm from a standing position.
expression. I can respond to a changi	ng stimulus	I can use a range of fielding, batting and
I can use range of dance t		bowling skills in a Rounders match.
a movement sequence.		Tennis
Rugby		I can use a tennis racket to control an
I can throw and catch a ru	ugby ball.	object.
I can move with the ball in		I can use a tennis racket to strike a ball
I can apply the rules of to I can gain possession by it		with accuracy and control. I can use different footwork to move
I can use my attacking an		across a space.
and knowledge to make t		I can use a tennis racket to control a ball
I can watch and evaluate others.	the performance of	in order to score points.
		I can defend against an opponent scoring a point.
OAA	mall grows	l can compete in a tennis mini match.
I can work together in a s developing problem solvi		
I can describe how the bo	-	
different times and how t		
performance whilst show I can navigate around a sp		
confidence.	- se man Browing	
I can read a map with inc	reasing accuracy and	
confidence. I can create symbols that	are effective for my	
map reading.	are encenter for my	
I can follow a map with in	ncreasing accuracy	
and confidence.		
<u>Football</u>		
I can apply the basic princ	ciples of invasion	
games. I can move with the ball.		
I can use a range of techr	niques to pass the	
ball.		
I can understand the basi defending in invasion gan		
derending in invasion gan	nes.	

hnique in different

T		Lean use a hadmintan realist to control a			Lean understand the basis principles of		
		I can use a badminton racket to control a shuttlecock in order to score points.			I can understand the basic principles of attacking in invasion games.		
		I can defend against an opponent scoring a			attacking in invasion games.		
		point.					
		I can compete in a full badminton match					
			Years 5 and 6				
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B	
PE	Social and Emotional Development	opini870	Summer / C	Social and Emotional Development	opinig b		
PC	By th end of Year 5, pupils should be able to:			By the end of Year 6, pupils should be able to			
	Receive constructive feedback and use it to in	nnrova thair parformanca		Create their own learning plan and revise it w			
Focussing on Physical and	Challenge feedback appropriately and express			Make appropriate decisions about how to fur			
Cognitive skills.		manner to improve their own performance and the	hat of others		0		
Twinkl Move				Lead a group to achieve a successful outcome in a range of different activities			
	Negotiate and collaborate effectively with oth		· · · · · · · · · · · · · · · · · · ·	Involve and motivate others to perform bette		in the in a stiller (and a / arrest	
		ers that will enable them to improve their fitness o	or specific aspects of their performance	Explain now different individuals need differe	ent types and levels of fitness to be more effective	in their activity / role / event	
	Identify the possible dangers when planning a Swimming, Gymnastics, Hockey, Multi-skills	Dance, Football, Circuit training, Badminton	Athletics, Cricket, Tennis	Swimming, Gymnastics, Netball/Basketball,	Dance, Rugby, OAA, Football	Athletics, Rounders, Tennis	
	Year 5	Year 5	Year 5	Multi-skills	Year 5	Year 5	
	Swimming	Dance	Athletics	Year 5	Dance	Athletics	
	I can swim competently, confidently and	I can use a wide range of different	I can practise and refine existing running,	Swimming	I can use a wide range of different	I can practise and refine existing running,	
	proficiently over a distance of at least 25	movements in combination, maintaining	jumping and throwing skills.	I can swim competently, confidently and	movements in combination, maintaining	jumping and throwing skills.	
	metres.	good control, in a range of small sided game	I can use an effective technique for sprinting	proficiently over a distance of at least 25	good control, in a range of small sided game	I can use an effective technique for sprinting	
	I can use a range of strokes effectively [for	situations.	including the sprint start.	metres.	situations.	including the sprint start.	
	example, front crawl, backstroke and breaststroke]	I can begin to adapt the performance of different movements to meet the outcomes	I can sustain my running pace over longer distances.	I can use a range of strokes effectively [for example, front crawl, backstroke and	I can begin to adapt the performance of different movements to meet the outcomes	I can sustain my running pace over longer distances.	
	I can perform safe self-rescue in different	required.	I can practise jumping for height.	breaststroke]	required.	I can practise jumping for height.	
	water-based situations.	I can use a variety of skills and techniques	I can learn the fling throw technique.	I can perform safe self-rescue in different	I can use a variety of skills and techniques	I can learn the fling throw technique.	
		creatively to engage an audience.	I can use a variety of throwing techniques.	water-based situations.	creatively to engage an audience.	I can use a variety of throwing techniques.	
	Gymnastics	I can explain clearly how to develop their			I can explain clearly how to develop their		
	I can perform a stag jump and split leap	own and others' work.	Cricket	Gymnastics	own and others' work.	Rounders	
	I can perform pike rolls.	I can identify aspects of their own	I can learn the correct techniques for batting	I can perform a stag jump and split leap	I can identify aspects of their own	I can learn the correct techniques for batting	
	I can perform a squat through vault. I can perform a round-off.	performance that need to be improved and explain how.	and bowling in cricket. I can use the correct techniques for throwing	I can perform pike rolls. I can perform a squat through vault.	performance that need to be improved and explain how.	and bowling in rounders. I can use the correct techniques for throwing	
	I can independently plan a sequence of	explain now.	and catching when fielding in cricket	I can perform a round-off.	explain now.	and catching when fielding in rounders.	
	gymnastics movements that are creatively	Football	I can know the roles and responsibilities of	I can independently plan a sequence of	Rugby	I can know the roles and responsibilities of	
	linked together	I can use a range of skills to move with the	the backstop and base fielders in cricket.	gymnastics movements that are creatively	I can use a range of skills to move with the	the backstop and base fielders in rounders.	
	I can perform a gymnastics sequence in a pair	ball.	I can know the roles and responsibilities of	linked together	ball.	I can know the roles and responsibilities of	
	or group in time to music.	I can use the correct technique to pass the	the deep fielders in cricket.	I can perform a gymnastics sequence in a pair	I can use the correct technique to pass the	the deep fielders in rounders.	
	Hockey	ball. I can keep possession of the ball.	I can 'read' the game and apply tactics to outwit opponents.	or group in time to music.	ball. I can keep possession of the ball.	I can 'read' the game and apply tactics to outwit opponents.	
	I can use a range of skills to move with the	I can use different tactics for attacking in	I can know and apply the rules of cricket	Netball/basketball	I can use different tactics for attacking in	I can know and apply the rules of rounders	
	ball.	invasion games.	during a game.	I can dribble with a basketball.	invasion games.	during a game.	
	I can use the correct technique to pass the	I can win back possession of the ball.		I can use a range of techniques to pass a ball	I can win back possession of the ball.		
	ball.	I can adapt my movements for attacking and	Tennis	successfully.	I can adapt my movements for attacking and	<u>Tennis</u>	
	I can keep possession of the ball.	defending.	I can understand and practise some of the	I can know how to pivot.	defending.	I can understand and practise some of the	
	I can use different tactics for attacking in	Circuit training	fundamental skills of tennis.	I can move effectively around the court.	044	fundamental skills of tennis.	
	invasion games. I can win back possession of the ball.	Circuit training I can know the importance of helping the	I can hit a ball with accuracy using the forehand technique.	I can use strategies to keep possession of the ball.	OAA I can work as part of a team to complete a	I can hit a ball with accuracy using the forehand technique.	
	I can adapt my movements for attacking and	body to prepare for and recover from	I can play a backhand stroke with control and	I can know how to mark a player effectively.	range of challenges.	I can play a backhand stroke with control and	
	defending.	exercise and how this should be done.	accuracy.	I can apply our basketball skills when playing	I can demonstrate agility and endurance in a	accuracy.	
		I can set individual challenges and work	I can perform an overhead tennis serve.	as part of a team in a game.	range of situations.	I can perform an overhead tennis serve.	
	Multi-skills	towards achieving them.	I can develop a volley for use in a tennis mini	I can evaluate my performance.	I can know what a compass is and how to	I can develop a volley for use in a tennis mini	
	I can react quickly and catch balls thrown at	I can compete fairly against a classmate in a	game.	N4ki ekille	use it.	game.	
	different heights and angles. I can attack the ball using effective fielding	circuit training activity. I can improve your speed, agility and	I can apply learnt skills in a variety of tennis mini matches.	Multi-skills	I can read, follow and understand maps. I can take part in an orienteering exercise.	I can apply learnt skills in a variety of tennis mini matches.	
	techniques.	quickness within circuit training.	mini matches.	different heights and angles.	I can work collaboratively to plan and prepare	mini matthes.	
	I can throw the ball accurately over a large	I can develop teamwork skills in a group task		I can attack the ball using effective fielding	an orienteering course.		
	distance.	featuring different exercises.	Year 6	techniques.	I can work collaboratively to complete a	Year 6	
	I can strike a bowled ball over a large	I can use my knowledge of the effects of	Athletics	I can throw the ball accurately over a large	timed orienteering course.	Athletics	
	distance into space.	exercise to develop an effective fitness	I can practise and refine fundamental	distance.		I can practise and refine fundamental	
	I can bowl a ball overarm at a target.	routine.	movement skills needed for athletics.	I can strike a bowled ball over a large	Football	movement skills needed for athletics.	
	I can apply striking and fielding skills to complete a circuit of activities.	Badminton	I can work as a team to competitively perform a sprint relay.	distance into space. I can bowl a ball overarm at a target.	I can use a range of skills to move with the ball.	I can work as a team to competitively perform a sprint relay.	
	complete a circuit or activities.	I can understand and practise some of the	I can control running pace over a range of	I can apply striking and fielding skills to	I can use the correct technique to pass the	I can control running pace over a range of	
	Year 6	fundamental skills of badminton.	distances.	complete a circuit of activities.	ball.	distances.	
	Swimming	I can hit a ball with accuracy using the	I can refine my hurdling technique.		I can keep possession of the ball.	I can refine my hurdling technique.	
		forehand technique.	I can practise and refine jumping techniques.		I can use different tactics for attacking in	I can practise and refine jumping techniques.	
					invasion games.		

I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different

Gymnastics

water-based situations.

I can accurately perform a cat leap and a stag leap. I can accurately perform a dive forward roll and a pike backward roll. I can accurately perform a straddle over a vault. I can perform a hurdle step into a cartwheel and round off. I can perform a series of similar movements linked together in a sequence. I can perform a gymnastics routine in time to music.

Hockey

I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game I can apply a variety of defending skills and techniques in a game. I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.

Multi-skills

I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques. I can throw the ball accurately over a large distance. I can strike a bowled ball over a large distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.

I can play a backhand stroke with control and accuracy I can perform a badminton serve. I can develop a volley for use in a badminton mini game I can apply learnt skills in a variety of badminton mini matches

Year 6 Dance

I can combine complex sequences of actions with quality and fluency. I can show confidence in adapting movements and skills to meet a specific outcome. I can identify key strengths and weaknesses of their own and others' performances and know how to improve

Footbal

I can apply skills and knowledge to be able to move with the ball. I can apply skills and knowledge to be able to pass and move with the ball. I can apply a variety of attacking skills and techniques in a game. I can apply a variety of defending skills and techniques in a game. I can invent a new game that requires attacking and defending skills. I can apply the skills and techniques I have learnt to play an invasion game and evaluate its success.

Circuit training

I can understand ways to exercise safely. I can understand and recognise exercising at different levels of intensity I can understand how exercise can boost mental wellbeing I can understand how exercise can improve physical strength. I can lead another individual in a circuit of exercises I can work as a group to lead a training session

Badminton

I can understand and practise some of the fundamental skills of badminton. I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy. I can perform a badminton serve. I can develop a volley for use in a badminton mini game. I can apply learnt skills in a variety of badminton mini matches.

I can throw for distance using a heave throw technique. Cricket

I can learn the correct techniques for batting and bowling in cricket. I can use the correct techniques for throwing and catching when fielding in cricket. I can know the roles and responsibilities of the backstop and base fielders in cricket. I can know the roles and responsibilities of the deep fielders in cricket. I can 'read' the game and apply tactics to outwit opponents. I can know and apply the rules of cricket during a game.

Tennis

I can understand and practise some of the fundamental skills of tennis I can hit a ball with accuracy using the forehand technique. I can play a backhand stroke with control and accuracy I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini game I can apply learnt skills in a variety of tennis mini matches.

Year 6 Swimming

metres

breaststroke]

Gymnastics

leap.

vault.

music

netball.

and round off

Netball/basketball

throwing in netball

water-based situations.

and a pike backward roll.

linked together in a sequence.

I can perform safe self-rescue in different

I can accurately perform a cat leap and a stag

I can accurately perform a dive forward roll

I can accurately perform a straddle over a

I can perform a hurdle step into a cartwheel

I can perform a series of similar movements

I can perform a gymnastics routine in time to

I can improve and refine catching and

I can understand the footwork rule in

I can know how to outwit a defender to

I can use a range of netball passes

I can adapt my movements I can swim competently confidently and defending. proficiently over a distance of at least 25 I can use a range of strokes effectively [for example, front crawl, backstroke and

Year 6 Dance

Rugby

OAA

receive a pass. I can know how to one-on-one mark an I can work systematically an opposition player. team to solve a range of pro I can apply the skills and techniques I have I can demonstrate positivit learnt to play an invasion game and evaluate and effective teamwork wh range of challenges. its success.

Multi-skills

I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding techniques.

I can throw the ball accurately over a large distance. I can strike a bowled ball over a large

distance into space. I can bowl a ball overarm at a target. I can apply striking and fielding skills to complete a circuit of activities.

complete a range of challen I can compete in a timed or relav event. Football I can apply skills and knowle move with the ball. I can apply skills and knowle pass and move with the ball I can apply a variety of attac techniques in a game. I can apply a variety of defe techniques in a game. I can invent a new game th attacking and defending sk

I can win back possession of the ball. I can adapt my movements for attacking and	I can throw for distance using a heave throw technique.	
defending.	technique.	
Year 6	Rounders I can react quickly and catch balls thrown at different heights and angles. I can attack the ball using effective fielding	
Dance	techniques.	
I can combine complex sequences of actions with quality and fluency.	I can throw the ball accurately over a large distance.	
I can show confidence in adapting	I can strike a bowled ball over a large distance	
movements and skills to meet a specific	into space.	
outcome. I can identify key strengths and weaknesses	I can bowl a ball overarm at a target. I can apply striking and fielding skills to	
of their own and others' performances and	participate in a rounders game.	
know how to improve	Toppie	
Rugby	Tennis I can understand and practise some of the	
I can apply skills and knowledge to be able to	fundamental skills of tennis.	
move with the ball. I can apply skills and knowledge to be able to	I can hit a ball with accuracy using the forehand technique.	
pass and move with the ball.	I can play a backhand stroke with control and	
I can apply a variety of attacking skills and	accuracy.	
techniques in a game. I can apply a variety of defending skills and	I can perform an overhead tennis serve. I can develop a volley for use in a tennis mini	
techniques in a game.	game.	
I can invent a new game that requires attacking and defending skills.	I can apply learnt skills in a variety of tennis mini matches.	
I can apply the skills and techniques I have	initia indecites.	
learnt to play an invasion game and evaluate		
its success.		
<u>OAA</u>		
I can work systematically and as part of a team to solve a range of problems.		
I can demonstrate positivity, perseverance		
and effective teamwork when completing a		
range of challenges. I can use a range of communication methods		
effectively during problem solving activities		
and challenges. I can demonstrate effective leadership skills.		
I can work effectively with others to		
complete a range of challenges.		
I can compete in a timed orienteering team relay event.		
Football I can apply skills and knowledge to be able to		
move with the ball.		
I can apply skills and knowledge to be able to		
pass and move with the ball. I can apply a variety of attacking skills and		
techniques in a game.		
I can apply a variety of defending skills and techniques in a game.		
I can invent a new game that requires		
attacking and defending skills.		
I can apply the skills and techniques I have learnt to play an invasion game and evaluate		
its success.		