

	Fundamentals	Fitness	Yoga (Mindfulness)	Invasion Games	Dance	Gymnastics	Sending and Receiving	Striking and Fielding	Target Games	Athletics	Team Building
Year 1	<p>I can change direction when moving at speed. I can run at different speeds. I can select my own actions in response to a task. I can show hopping and jumping movements. I show balance and co-ordination when static and moving at a slow speed.</p> <p>Ball Skills I am beginning to catch with two hands. I am beginning to dribble a ball with my hands and feet. I am beginning to understand simple tactics. I can roll and throw with some accuracy towards a target.</p>	<p>I can share my ideas with other people in the class. I try my best in the challenges I am set. I understand why it is important to warm up.</p>	<p>I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can show an awareness of space when travelling.</p>	<p>I am beginning to dribble a ball with my hands and feet. I can change direction to move away from a defender. I can recognise space when playing games. I can send and receive a ball with hands and feet. I can use simple rules to play fairly. I move to stay with another player when defending. I understand when I am a defender and when I am an attacker.</p>	<p>I am beginning to use counts. I can copy, remember and repeat actions. I can move confidently and safely. I can use different parts of the body in isolation and together. I choose appropriate movements for different dance ideas. I show some sense of dynamic and expressive qualities in my dance.</p>	<p>I am confident to perform in front of others. I can link simple actions together to create a sequence. I can make my body tense, relaxed, stretched and curled. I can remember and repeat actions and shapes. I can use apparatus safely and wait for my turn.</p>	<p>I am beginning to send and receive a ball with my feet. I can roll a ball towards a target. I can throw a ball to a partner.</p>	<p>I can catch a beanbag and a medium-sized ball. I can hit a ball using my hand. I can roll a ball towards a target. I know how to score points. I understand the rules and I am beginning to use these to play honestly and fairly.</p>	<p>I can hit a ball using a racket. I can throw a ball to land over the net and into the court area. I can use a ready position to move to the ball. I know how to score points. I show honesty and fair play when playing against an opponent.</p> <p>I can use an overarm throw aiming towards a target. I can throw with some accuracy over increasing distances. I can use an underarm throw aiming towards a target.</p>	<p>I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing. I can run at different speeds. I can work with others and make safe choices. I try my best. I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>	<p>I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I understand the rules of the game.</p>
Year 2	<p>I am beginning to provide feedback using key words. I am beginning to turn and jump in an individual skipping rope. I can show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control. I show balance and co-ordination when running at different speeds.</p> <p>Ball Skills I am beginning to provide feedback using key words. I am beginning to understand and use simple tactics. I can dribble a ball with my hands and feet with some control. I can roll and throw a ball to hit a target. I can send and receive a ball using both kicking and throwing and catching skills. I can track a ball and collect it.</p>	<p>I can show hopping and jumping movements with some balance and control. I persevere with new challenges. I show determination to continue working over a longer period of time. I understand that running at a slower speed will allow me to run for a longer period of time. I work with others to turn a rope and encourage others to jump at the right time.</p>	<p>I am beginning to provide feedback using key words. I can copy, remember and repeat yoga flows. I can move from one pose to another thinking about my breath. I can use clear shapes when performing poses.</p>	<p>I can dodge and find space away from the other team. I can move with a ball towards goal. I can sometimes dribble a ball with my hands and feet. I can stay with another player to try and win the ball. I know how to score points and can remember the score. I know who is on my team and I can attempt to send the ball to them.</p>	<p>I am beginning to provide feedback using key words. I can copy, remember, repeat and create dance phrases. I can show a character and idea through the actions and dynamics I choose. I can use counts to stay in time with the music. I can work with a partner using mirroring and unison in our actions. I show confidence to perform.</p>	<p>I am beginning to provide feedback using key words. I am proud of my work and confident to perform in front of others. I can perform the basic gymnastic actions with some control and balance. I can plan and repeat simple sequences of actions. I can use directions and levels to make my work look interesting. I can use shapes when performing other skills. I can work safely with others and apparatus.</p>	<p>I am beginning to provide feedback using key words. I am beginning to trap and cushion a ball that is coming towards me. I can accurately throw and kick a ball to a partner. I can catch a ball passed to me, with and without a bounce. I can roll a ball to hit a target. I can track a ball and stop it using my hands and feet. I can work safely to send a ball towards a partner using a piece of equipment.</p>	<p>I am beginning to provide feedback using key words. I am developing underarm and overarm throwing skills. I can hit a ball using equipment with some consistency. I can track a ball and collect it. I can use simple tactics. I know how to score points and can remember the score. I understand the rules of the game and can use these to play fairly in a small group.</p>	<p>I can defend space on my court using the ready position. I can hit a ball over the net and into the court area. I can throw accurately to a partner. I can use simple tactics to make it difficult for an opponent. I know how to score points and can remember the score. I show good sportsmanship when playing against an opponent.</p> <p>I am able to select the appropriate skill for the situation. I can throw, roll or strike a ball to a target with some success. I understand the principles of a target game and can use different scoring systems when playing games. I can use key words in the feedback I provide.</p>	<p>I can jump and land with control. I can use an overarm throw to help me to throw for distance. I show balance and co-ordination when running at different speeds. I try my best.</p>	<p>I can follow instructions carefully. I can share my ideas and help to solve tasks. I show honesty and can play fairly. I understand how to use, follow and create a simple diagram/map.</p>

<p>Year 3</p>	<p>I am able to jump and turn a skipping rope. I can change direction quickly. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up.</p> <p>Ball skills I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target.</p>	<p>I can go slower or stop then go again when I get tired. I can lean forward to speed up. I can persevere when I find a challenge hard. I can take small steps to change direction. I demonstrate balance when performing other fundamental skills. I understand that there are different areas of fitness.</p>	<p>I can copy and link yoga poses together to create a short flow. I can move from one pose to another considering my breath. I can provide feedback using key words. I can work with others to create a flow including a number of poses. I show some stability when holding my yoga poses.</p>	<p>Handball I am learning the rules of the game and am beginning to use them honestly. I can defend an opponent to slow them down. I can find space away from others and near to my goal. I can provide feedback using key words. I can throw, catch and shoot the ball with some control. I understand my role both as a defender and as an attacker.</p> <p>Netball I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can communicate with my team and move into space to support them. I can defend an opponent and try to win the ball. I can pass, receive and shoot the ball with some control. I can provide feedback using key words. I understand my role as an attacker and as a defender.</p>	<p>I am respectful of others when watching them perform. I can provide feedback using key words. I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and group. I can use dynamic and expressive qualities in relation to an idea. I can work with a partner and in a small group, sharing ideas. I create short dance phrases that communicate the idea.</p>	<p>I can adapt sequences to suit different types of apparatus. I can choose actions that flow well into one another. I can complete actions with increasing balance and control. I can provide feedback using key words. I can use matching and contrasting actions in a partner sequence. I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.</p>	<p>Tennis I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words. I can return a ball to a partner. I can use basic racket skills. I understand the aim of the game. I understand the benefits of exercise.</p>	<p>Rounders I am able to bowl a ball towards a target. I am beginning to strike a bowled ball. I am developing an understanding of tactics and I am beginning to use them in game situations. I am learning the rules of the game and I am beginning to use them. I can provide feedback using key words. I can use overarm and underarm throwing and catching skills.</p>	<p>Dodgeball I am learning the rules of the game and I am beginning to use them to play fairly. I can provide feedback using key words. I can throw with some accuracy and I am beginning to catch with some consistency. I understand the aim of the game.</p>	<p>I am developing jumping for distance. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I show determination to achieve my personal best.</p>	<p>OAA</p> <p>I am developing map reading skills. I can follow and give instructions. I can listen to and am accepting of others' ideas. I can plan and attempt to apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges and am beginning to understand why.</p>
<p>Year 4</p>	<p>Ball Skills I can accurately use a range of throwing techniques to throw to a target. I can catch different sized objects with increasing consistency with one and two hands. I can consistently track the path of a ball that is not sent directly to me. I can dribble a ball with increasing control and co-ordination. I can persevere when learning a new skill.</p>	<p>I can collect and record my scores and identify areas I need to improve. I can use key points to help me to improve my sprinting technique. I share ideas and work with others to manage activities. I show balance when changing direction at speed. I show control when completing activities to improve balance. I show determination to continue working over a period of time. I understand there are different areas of fitness and that each area challenges my body differently.</p>	<p>I can describe how yoga makes me feel and can talk about the benefits of yoga. I can link poses together to create a yoga flow. I can transition from pose to pose in time with my breath. I demonstrate yoga poses which show clear shapes. I show increasing control and balance when moving from one pose to another.</p>	<p>Basketball I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals.</p> <p>Netball I can defend one on one and know when to win the ball. I can move to space to help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I share ideas and work with others to manage our game.</p>	<p>I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography. I can respond imaginatively to a range of stimuli relating to character and narrative. I can use changes in timing and spacing to develop a dance. I can use counts to keep in time with others and the music. I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. I show respect for others when working as a group and watching others perform.</p>	<p>I can plan and perform sequences with a partner that include a change of level and shape. I can safely perform balances individually and with a partner. I can watch, describe and suggest possible improvements to others' performances and my own. I understand how body tension can improve the control and quality of my movements.</p>		<p>Rounders I am able to bowl a ball with some accuracy, and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I can use overarm and underarm throwing and catching skills with increasing accuracy. I share ideas and work with others to manage our game.</p>	<p>Golf I can hold all equipment correctly. I can show how to aim using a putting club. I can strike a ball with increasing consistency. I can use different actions for different shots. I share ideas and work with others to manage our game.</p>	<p>I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.</p>	<p>I can accurately follow and give instructions. I can confidently communicate ideas and listen to others. I can identify key symbols on a map and use a key to help navigate around a grid. I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges.</p>
<p>Swimming at 1610 - See 1610 Progression</p>											

Year 5		<p>I can analyse my performance in relation to the fitness component being used.</p> <p>I can work with others to manage activities.</p> <p>I demonstrate good balance and control when performing other fundamental skills.</p> <p>I show accuracy and power when throwing for distance.</p> <p>I understand the different components of fitness and how they help me in other activities.</p> <p>I understand what my maximum effort looks and feels like and I am determined to achieve it.</p>	<p>I am confident to lead others through poses and flows.</p> <p>I can create a yoga flow individually and with others.</p> <p>I can move with control from one pose to another demonstrating good balance.</p> <p>I can use my breath to move from pose to pose.</p> <p>I show balance, strength and flexibility whilst holding yoga poses.</p>	<p><b>Netball</b> I can communicate with my team and move into space to keep possession and score.</p> <p>I can pass, receive and shoot the ball with some control under pressure.</p> <p>I can stay with an opponent and I am confident to attempt to intercept.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p> <p><b>Handball</b> I can lead others and contribute my ideas to group work.</p> <p>I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I communicate with my team and move into space to help to maintain possession.</p> <p><b>Basketball</b> I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can use tracking and intercepting when playing in defence.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</p> <p>I can lead a group through short warm-up routines.</p> <p>I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p>	<p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p> <p>I can work safely when learning a new skill to keep myself and others safe.</p>	<p><b>Volleyball</b> I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use the rules to referee a game.</p> <p>I understand there are different skills for different situations and I am beginning to use these.</p>	<p><b>Cricket</b> I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</p> <p>I can strike a bowled ball with increasing consistency.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p> <p><b>Rounders</b> I am beginning to strike a ball with a rounders bat.</p> <p>I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p>	<p><b>Dodgeball</b> I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can throw accurately at a target.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand there are different skills for different situations and I am beginning to use these.</p>	<p>I can choose the best pace for a running event.</p> <p>I can identify good athletic performance and explain why it is good.</p> <p>I can perform a range of jumps showing some technique.</p> <p>I can show control at take-off and landing in jumping activities.</p> <p>I can take on the role of coach, official and timer when working in a group.</p> <p>I persevere to achieve my personal best.</p> <p>I show accuracy and power when throwing for distance.</p>	<p>I am inclusive of others and can share job roles.</p> <p>I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p> <p>I can use critical thinking to approach a task.</p>
Year 6		<p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information at a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I understand the different components of fitness and ways to test and develop them.</p> <p>I work to my maximum consistently when presented with challenges.</p>	<p>I am confident to lead others, demonstrating poses and teaching them my flow.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use my breath to transition from one pose to another with control.</p> <p>I can use yoga poses to improve my flexibility, strength and balance.</p> <p>I choose poses which link easily from one to the other to help my sequence flow.</p>	<p><b>Basketball</b> I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I understand when to use different styles of defence in game situations.</p> <p><b>Netball</b> I can create and use space to help my team.</p> <p>I can pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, and/or interception to improve my defence.</p> <p><b>Tag rugby</b> I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can tag opponents individually and when working within a unit.</p>	<p>I can choreograph a dance and work safely using a prop.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can perform dances confidently and fluently with accuracy and good timing.</p> <p>I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.</p>	<p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I understand how to work safely when learning a new skill.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p>	<p><b>Tennis</b> I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p>	<p><b>Cricket</b> I can select the appropriate action for the situation.</p> <p>I can strike a bowled ball with increasing consistency and accuracy.</p> <p>I can use a wider range of fielding skills with increasing control under pressure.</p> <p><b>Rounders</b> I can strike a bowled ball with increasing consistency.</p> <p>I can use a wider range of skills with increasing control under pressure.</p>	<p><b>Golf</b> I can show control of distance when chipping and putting.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p>	<p>I can help others to improve their technique using key teaching points.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I use different strategies to persevere to achieve my personal best.</p>	<p>I am inclusive of others, can share job roles and lead when necessary.</p> <p>I can orientate a map efficiently to navigate around a course.</p> <p>I can pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>I can use critical thinking skills to form ideas and strategies to solve challenges.</p>
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