

	Year 3	Year 4	Year 5	Year 6
Motor competence: running, jumping throwing catching in isolation and in combination.	<p>Develop control and accuracy when moving with a ball in a variety of different games. Pass and receive a ball with control and accuracy. Adapt landing styles to suite the complexity of the activity. Move at speed with control and agility. Embed hand and eye coordination to have some control over a ball/shuttlecock and make suitable contact.</p>	<p>Develop and embed skills that require the use of forehand and backhand skills. Adapt catching style when catching from shorter and longer distances, on their own and in groups. Pass and receive a ball in different ways with control and increased accuracy. Throw and catch a balls at different speeds, directions and heights. Choose and use a range of simple tactics and strategies.</p>	<p>Adapt stance and body position to enable to hit or throw the ball on a court/pitch away from opponent. Develop the skills of how to outwit an opponent using speed height and direction of the pass/hit. Understand positional play when in offence or defence.</p>	<p>Embed skills from previous sports to adapt to play handball – netball, basketball, football. Demonstrate the capability to use skills from other sports studied to contribute to the learning and tactics used in new sports. Lead small group in multisport using knowledge and understanding of previous sports skills.</p>
Rules, strategies and tactics: play competitive games, modifies where appropriate and apply basic principles for attacking and defending.	<p>Recognise the best ways to score points and stop points being scored. Recognise how they work best with their partner. Use different rules and tactics for invasion games</p>	<p>Catching correctly, when stationary or on the move. Play 3vs1 and 4vs1 and how to use the space and help each other. Score more regularly without making mistakes. Choose and adapt their techniques to keep possession and give their team chance to shoot. Plan ideas and tactics similar</p>	<p>Performs basic throws and catching in Frisbee using skills form previous sports such as forehand and backhand. Score more regularly without making mistakes. Choose and adapt their techniques to keep possession and give their team chance to shoot. Plan ideas and tactics similar across invasion games. Know</p>	<p>Develop the range and consistency of their skills, especially in specific striking and fielding games. E.g. throwing, catching and striking a ball accurately to a static and moving partner at different distances.</p>

		across invasion games. Know what rules are needed to make games fair. Keep, adapt and make rules for striking and fielding games	what rules are needed to make games fair. Keep, adapt and make rules for striking and fielding games	
<p>Aesthetics: Develop flexibility, strength, technique, control and balance.</p> <p>Performance: Perform dances using a wide range of movement patterns.</p>	Develop and perform actions. Practice and concentrate on quality of movement. Link different balances moving in and out of positions of stillness. Transfer weight smoothly from one part of body to another. Vary and apply actions on floor and apparatus. Replicate taught sequence on floor and apparatus and perform with some fluency and control.	Devise, perform and repeat sequences that include travel, body shapes and balances. Help them change sequences. Include changes of dynamics.	Explore range of symmetric and asymmetric actions, shapes and balances. Control actions and combine them fluently. Be aware of extension, body tension and control. Move from floor to apparatus, change levels and move safely. Combine movements with other in a group (matching and mirroring).	Explore, improvise and combine movement ideas fluently and effectively. Create a sequence and adapt it to different apparatus layouts. Use combinations of dynamics (pathways) to use space effectively. Make up own rule for longer, more complex sequences. Plan a sequence and adapt it to limited equipment.
<p>Outdoor and adventurous challenges: Take part in OAA both individually and as a team.</p>		Investigate, trial and persevere to achieve a goal within small groups. Use equipment (when suitable) sensibly and safely. Understand what worked well and what could be improved	Explore a range of tactics that can enable cross country runners/middle distance runners to compete at their top ability – i.e. pacing, following, targets and timing.	Investigate, trial and persevere to achieve a goal within small groups and larger groups. Use equipment (when suitable) sensibly and safely. Understand what worked well and what could be improved to achieve a better

				time, distance and working as a team. Use a variety of initiatives to complete a challenge.
<p>Assessment: Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	Discuss with a partner and small groups to create sequences. Adapt their sequences to include apparatus and to suit partner or small group.	Performance and evaluate its success. Identify what was performed well and what needs improving. Choose a focus for improvement. Identify one or two aspects of their performance to practice and improve.	<p>Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work.</p> <p>Know how gymnastics promotes strength, power and suppleness. Set out and do risk assessments on apparatus.</p>	<p>Understand how a dance is formed and performed. Different styles looked at such as narrative, contemporary, hip hop. To evaluate, refine and develop their own and others' work.</p> <p>Know how gymnastics promotes strength, power and suppleness.</p>
<p>Swimming:</p> <ul style="list-style-type: none"> • 	N/A	N/A	<p>Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water based situations.</p>	N/A