

	Sport	Area	Skill	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills and Knowledge	Body Management	EYFS – Fundamental Movement skills	Balancing Stretching Reaching Body Control	(1) Balance beanbags. Move through hoops in different ways. Reach and stretch to get equipment. Make bridges and tunnels with our bodies. Travel over and under apparatus. Make shapes with bodies. (2) Perform rolls. Show some body control. Perform different jumps. Jump using apparatus. Travel across apparatus. Work as part of a team.	EYFS only					
	Manipulate and Coordinate		Send objects Receive objects Control objects Coordinate body.	(1) To handle a balloon. To handle a ball. To kick a ball. To hop, jump and step. To send a ball or beanbag. To send and stop in a game. (2) Play parachute games. Use equipment to perform actions. Use a baton to push beanbags and balls. Use a baton to dribble. Perform different jumps. Handle a hoop.	EYFS only					
	Multi-skills	Fundamental skills	Balance Agility Co-ordination	Fundamentals developed through all areas and units of work.	Balance along a line. Balance equipment on head. Balance on equipment. Change direction and position of body quickly with some control. Throw, kick and catch with control. Change direction and position of body when running.	Balance equipment on head with some control. Balance along lines/equipment with equipment on head when racing. Change direction and position of body quickly with good control. Throw, kick and catch successfully with coordination and control. Change direction and position when running quickly with good control.	Balance equipment on varying body parts and balance on one leg. Change direction at speed. Coordinate body to perform a combination of movements or actions. Perform tasks using the combination of agility balance and co-ordination.	Balance equipment on varying body part while moving or co-ordinating another body action. Change direction at speed in an efficient and effective manner. Show co-ordination on both strong and weak sides of body to perform a combination of movements or actions. Perform tasks using the combination of agility balance and co-ordination.	Skills practised and developed through leadership unit.	
	Leadership		ABC Communication STEP principle Organise games Lead tasks.	UKS2 only						Consider how to communicate in different ways. Know what STEP is and create a passing game. Lead a game with support. Organise participants into teams.
	Yoga	Health and Fitness	Flexibility Balance Control Collaboration		Perform basic Yoga poses with some balance. Begin to relax the body in rest pose. Perform Sun Pose. Make up a story with some yoga poses.	Perform Yoga poses using core strength, some flexibility, balance and control. Relax in rest pose and begin to focus on breathing. Perform Sun Pose with control. Perform Tree pose 2 or 3. Make up a story using all Yoga poses.	Perform more complex Yoga poses showing control and increased flexibility. Sit in lotus pose, relax and begin to focus on breathing. Perform Cobra pose. Improve on balance to perform swaying tree pose. Collaborate to create a Yoga Fun Facts routine.	Perform more complex yoga poses developing core strength and good flexibility Begin to focus on breathing in more than one pose Perform individual poses to build up towards Sun Salutation. To perform the challenge pose and swaying tree, with some control and fluency Collaborate to create a Yoga Fun Facts Routine and teach the routine to others	Perform complex Yoga poses with control, core strength and flexibility Perform a variety of poses using breathing techniques and use in relaxation time Remember and perform Sun Salutation (SS) Perform the extended poses- e.g. extended cat pose Collaborate in a group to create a Yoga routine of 7 poses.	Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose. Perform all poses and remembering to use breathing technique when performing them in relaxation time. Perform Sun Salutation (SS) and link to other Yoga moves. Perform extended version of cat pose, dog pose and create their own extensions. Collaborate in a group to create a Yoga routine- and create a sequence of moves like Sun Salutation.

Fitness	Dance	Dance	Balance Co-ordination		Balance on different parts of body performing static and some moving exercises. Co-ordinating body whilst beginning to move with control when exercising. Beginning to understand what is happening to your body when exercising.	Balance in exercises static and when moving building control when performing movements. Counting scores and recording to beat score. Co-ordinating body whilst beginning to move at different speeds during various exercises Understand what is happening to the body when exercising and how to feel a pulse.	Balancing with control, focusing on preferred and non-preferred leg. Complete a variety of fitness exercises successfully and achieve a personal best. Co-ordinate body to perform a combination of movements in a variety of exercises. Take pulse before exercise. Understand how the body is getting stronger when exercising.	Balancing in different directions. Complete a variety of fitness activities and achieve a number of personal bests. Coordinate body efficiently to perform a combination of movements or actions when exercising. Begin to know different types of fitness. Take pulse before and after exercise.	Balance on various parts of the body when moving – use core strength and keep control when moving. Compare performances with previous and strive to achieve a personal best on each station. Co-ordinate using both sides of the body when performing exercises – increasing speed and power. Create a warm up and cool down. Take pulse before and after exercise accurately.	Balance on various body parts using harder balances. Evaluate previous performance levels and demonstrate improvements to achieve a personal best. Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises. Create and exercise to improve a specific fitness.
			Movement Choreography	(1)Perform using different levels and directions. Work with a partner, Show expression in a sequence, Transport actions. Leading and following. Move to count of 8. Link new actions with the ones we already know. (2) Move to the count of 8. Perform with a partner to the count of 8. Work with a partner to perform. Perform a dance using 4 actions. Link new actions with ones we already know. Practice and perform a dance about Africa.	Consider moves and feelings for a dance. Move in character. Create and perform movements around a theme. Perform leading and following movements. Perform a short dance with clear start, middle and end. Use repeated actions.	Use images to inspire a dance. Show feelings through dance Create movements that feelings between two characters. Create a solo dance with changes of direction and speed. Match movements to music Choose a formation for a dance and explain the choice.		Use freeze frame in dances. Perform a slide and roll confidently. Use a variety of dynamics and formations when performing. Extend phrases using canon. Sequence actions to show good flow. Create a 5 action dance routine showing good 'stage' entry.	Communicate a theme through Dance. Manipulate and develop actions using a range of devices Create interesting and varied dance actions as a group using levels Use jumps to bring power and energy to our dance phrases Perform at a low level Work effectively with others to improve movement quality and performance.	
			Movement Balancing Jumping Rolling Apparatus	(1)Move safely. Take off and land on two feet. Balance and move balls and beanbags. Travel on mats and benches. Copy and repeat actions. Perform simple shapes and balances. (2) Link different shapes and ways of moving. Egg roll and log roll. Follow different pathways. Balance on points and patches. Perform a story to music. Use a start and finish position.	Perform "like" actions in a sequence. Carry and set up apparatus safely. Perform shapes on both large and small body parts. Take off and land and use shape in our jumps. Travel on feet, showing good body tension. How to create different levels in performance.	Combine 4 elements into a floor sequence (balance, rolling, jumping, rocking and spinning). Create power in a variety of different jumps. Take weight on our hands and move in different ways. To use flexibility in a bridge and japana gymnastic shape. Perform the point balance arabesque. Perform a teddy roll.	Show full extension during a balance. Move in and out of contrasting shapes with fluency. Perform a sequence using different types of rolls. Perform powerful jumps from low apparatus. Perform in unison with a partner. Create a group performance using contrasting actions.	Perform a 6-element sequence that uses changes in speed and direction. Use the STEP principle to create and perform a partner sequence Take weight-on-hands showing Control. Develop a sequence using compositional ideas. Co-operate as a group to refine a short sequence. Compare and judge Performances.	Perform a round-off 2. Create and perform a partner sequence using symmetry and asymmetry. Perform counter-balances with a partner. Perform smooth transitions between counter balances using different levels. Evaluate each other's work and suggest improvements.	Use controlled flight on to high apparatus. Dismount safely from high apparatus. Develop a short sequence using flight in canon formation. Incorporate equipment such as hoops and balls into a group sequence Create a paired flight sequence using both canon and unison. Create and perform a 6-element group sequence to music.
			Running Jumping Throwing Catching Agility. Balance, Coordination. Teamwork		(1) Hit a target. Defend a target. Roll and slide balls and beanbags. Shoot in a game to get points. Work with a partner to score points. Use attacking and defending skills in a game. (2) Find pulse on our wrist. Move side to side to defend the goal. Bounce a ball with control. Aim at different targets. Adapt to a game with changing rules. Play in the best defensive position in a game.		(1)Kick the ball over long and short distances. Stop a ball with control using the foot. Work as a team to keep the ball. Bounce a ball with a partner. Bounce a ball whilst moving (dribbling). Pass the ball forward in a game. (2) Throw different types of equipment. Move to space after passing a ball. Pass and move forwards to a target with a partner. Position ourselves as a goalkeeper. Intercept a ball from an opponent. Use skills developed in a competition.	KS1 only		
Attack, defend, shoot.	Invasion games									

	Handball	Net and Wall	Passing Catching Blocking Intercepting Match Play			Use the ready position to catch effectively. Perform accurate passes un different situations. Move with the ball using the 3 step rule. Prevent the ball from being passed by blocking and intercepting. Use quick, effective passes to attack as a team. Develop accurate passing and move into space in a game.	Protect the ball from the opponent after catching it. Basic overarm shooting technique. Build an attack in a team using a 3 man weave. Perform turns on the move to get back and defend. Perform a 7-metre throw with power and accuracy. Use a throw off to restart a game.		
	Netball		Passing Shooting Blocking Defensive Teamwork Match Play					Choose the appropriate pass for different scenarios. Find space and receive the ball in a game. Use different dodging techniques to outwit a defender and get it free. Practice and perform pivoting with quick turns. Get into closer shooting positions. React and move quickly in isolation and in games.	Improve co-ordination. Mark the pass or the shot. Organise in and around the semi-circle. Compete to win the rebounding ball. Stay active to intercept a pass. Stay onside in games depending on the position being played.
	Tag Rugby		Passing Tackling Attack Match Play			Use speed to run past defenders. Use a short pass in a game. Use agility to evade being tagged. Understand and apply the tag protocol in game situations. Close down an attacker's space as a defender. Perform a backwards pass to continue an attack.	Use accurate passes to create an attack as a team. Pick the ball up from the floor and run with it to start an attack. Keep possession of the ball and build an attack. Evade being tagged. Use changes of speed to create gaps to run into. Create attacking opportunities in competitive games,	Use defensive positions to mark and tag an attacker. Pass a ball accurately and consistently while on the move. Defend as part of a team to deny space to the attacking team. Use a pop pass over short distances to create an explosive run. Move the ball quickly using the 'magic diamond' formation. Use the 3 step and pass rule with some confidence.	Create attacking continuity by supporting the player with the ball. Use set plays in attack to create space for the ball carrier. Develop the 3 step rule, comparing and contrasting the 3 second pass option. Attack the space as a ball carrier to create scoring opportunities. Change from an attacking to a defensive formation when your team loses possession. Observe and analyse a classmate's performance.
	Send and Return	Net and Wall	Hit Return Throw Catch		Slide a beanbag to a target. Hit a ball in different ways with our hands. Move towards a ball to return it. Work with a partner to stop and return a beanbag. Know what a rally is and rally with a partner. Send a ball into space to make it harder for our opponent.	Stay on toes to move quickly to the ball. Identify which hand is dominant in a game. Know the basic rules of serving to our partner. Develop agility and use it in a game. Use the correct grip to hit a self-fed ball. Use the ready position in a rally.			
	Tennis		Forehand Backhand Volley Serve Matchplay			Use the ready position to return a ball. Hit the ball to different parts of the court using a forehand hit. Perform an underarm serve to start a rally. Move towards a ball to return it over the net. Play cooperatively with a partner to keep the ball moving over the net. Perform forehand hits to score points in a competition.	Return to the middle of the court after playing a shot. Accurately use the forehand in game situation to score points. Play a backhand shot with some control. Combine ready position and court movement to consistently return the serve. Work with a partner to score points in a game. Use forehand and backhand shots to score points in a competitive situation.	Recap and perform a range of different shots with accuracy and control. Move quickly to the ball to perform a volley. Play an overhead shot and know when to use it. Use different court formation during doubles play. Refine court movement to hit the ball before the second bounce. Perform a diagonal serve to begin a game in competitive situations.	Communicate clearly with a partner to score points in doubles play. Attempt a two-handed backhand shot with control. Perform a lob shot to hit the ball over an opponent's head. Apply the correct rules and scoring system in games. Play in different doubles formations and work with a partner to improve. Discuss and apply a range of tactics in doubles play to achieve success.

	Hit, catch run.	Striking and fielding		<p>Select a space to throw or roll a ball into.</p> <p>Track and collect a rolling ball.</p> <p>Catch a ball to stop an opponent from scoring.</p> <p>Use hands to hit a ball.</p> <p>Run between bases to score points.</p> <p>Work as a team to score points.</p>	<p>Hit a ball and score points by running to cones.</p> <p>Defend a target by kicking.</p> <p>Bowl underarm with control.</p> <p>Hit a ball using different bats and techniques.</p> <p>Throw accurately to a base.</p> <p>Hit a ball into space, away from fielders.</p>					
	Rounders		Bowling Batting Fielding Game play			<p>Get into the best body position to field a ball.</p> <p>Bowl with some consistency in a game.</p> <p>Hit a moving ball with one hand.</p> <p>Stop a moving ball using the long barrier technique.</p> <p>Throw longer distances using overarm technique.</p> <p>Select and apply new skills in a competition.</p>	<p>Hit the ball in different directions.</p> <p>Run between the posts and avoid getting stumped out.</p> <p>Intercept the ball using one hand.</p> <p>Underarm bowl abiding by the rules of bowling.</p> <p>Play role of backstop and use in a small game.</p> <p>Know the rounders scoring system and use in a game.</p>	<p>Judge how far you can run based on the distance of a hit.</p> <p>Throw over short distances with power and accuracy to get batters out.</p> <p>Follow the path of a moving ball to make sure it is fielded consistently.</p> <p>Backwards hit rule and use it tactically as the backstop.</p> <p>Hit the ball into gaps to maximise the chance of scoring.</p> <p>Set a field in a game to limit the scoring of a batter.</p>	<p>Attacking tactical bowling to make it more difficult for the batter to hit.</p> <p>Track and catch a high ball.</p> <p>Use fast bowling to deceive the opponent.</p> <p>Work in a pair in the field to restrict scoring.</p> <p>Apply tactics when running around bases to avoid overtakes.</p> <p>Apply attacking and defensive tactics in a competitive situation.</p>	
	Speed Agility Travel		Change direction Change speed	<p>(1) Move in different directions.</p> <p>Keep our bodies safe in running games.</p> <p>Jump in different directions, Stop safely</p> <p>Move at slow and fast speeds.</p> <p>Stop safely in different ways.</p> <p>(2) Move beanbags and balls.</p> <p>Move in different ways.</p> <p>Jump on, off and over.</p> <p>Perform circle dances.</p> <p>Use strength to hold shapes.</p> <p>Work in a team.</p>						
	Run, Jump, Throw	Athletics	Running Jumping Throwing Relays		<p>To start and stop moving at speed.</p> <p>Use our arms when running at different speeds.</p> <p>Take off on two feet to jump for distance.</p> <p>Use correct technique to throw different objects for distance.</p> <p>Show improvement in throwing.</p> <p>Take part in a competition using running, jumping and throwing skills.</p>	<p>To more quickly whilst being aware of others around.</p> <p>Create power with legs to turn at speed.</p> <p>Move through an obstacle course with speed and control.</p> <p>Choose the best throw for different situations.</p> <p>Use quick feet whilst sprinting.</p> <p>Perform static and dynamic balances.</p>				
	Athletics		Running Jumping Throwing Relays			<p>Jump and hop in sequence.</p> <p>Run at different speeds.</p> <p>Approach and jump hurdles.</p> <p>Throw a javelin using the pull throw.</p> <p>Know a variety of skipping techniques.</p> <p>Keep score accurately over a range of events.</p>	<p>Complete and challenge in running, jumping and throwing tasks.</p> <p>Accelerate over short distances.</p> <p>Run and jump using a one footed take off.</p> <p>Use a sling action to throw a discus.</p> <p>Run on a curve and exchange a baton in a team.</p> <p>Apply skills developed in a competitive way.</p>	<p>Run for speed and distance alone and as part of a team.</p> <p>Pace to run over long distances.</p> <p>Explore different jumping styles and explore which ones are most successful.</p> <p>Use the push throw technique.</p> <p>Exchange a baton within a restricted area.</p> <p>Design a running, jumping or throwing activity for others using the STEP principle.</p>	<p>Sprint start technique to increase running speed.</p> <p>Three phases of triple jump.</p> <p>Heave throw technique and what its used for.</p> <p>Assess ability and play a role in paraluff running.</p> <p>Scissor jump technique and when it would be used in athletics.</p> <p>Record and relay results over a range of track and field events.</p>	

Co-operate and solve problems	Outdoor and Adventurous Activities	Move confidently Travel in a range of ways Partner work	(1) Match colours and symbols. Work as a team to complete a task. Use body to make number shapes. Follow a trail Work with others to make patterns. Work with a partner to complete challenges. (2) Follow a trail with a partner. Play parachute games. Make jumping patterns. Create movement patterns. Lead a partner in tapping patterns. Navigate obstacles.							
		OAA	Follow simple instructions to complete a trail. Find matching symbols. Copy and create a hoop dance. Work with a partner to complete a hoop challenge. Recognise a drawn symbol as a real object. Use decision making skills to hide equipment.	Work as a team to complete a task. Use problem-solving skills to complete a simple treasure hunt. Copy then create a simple movement pattern. Give clues to guide a blindfolded person safely. Improve performance through repetition. Use a key on a map to re-create a map with accuracy.	Use clear communication, strength and flexibility to complete a task. Work with others to complete map-reading tasks. Draw and create a clear route on a map for others to follow. Work with others and identify what went well and what we could do to improve. Identify and explain what is required to complete a variety of challenges. Safely take part in trust based activities.	Work collaboratively to complete a problem-solving task. Work collaboratively to create shapes whilst blindfolded. Name and recognise the cardinal points of the compass. Complete an orienteering task calmly under time pressure. Work with a partner to use a map and follow a course. Recognise and recall common map symbols from a key.	Explore different ways of communicating with a blindfolded partner. Follow a designated route at maximum speed and complete a task safely. Use memory methods to recall different objects whilst navigating. Use clear communication to recreate a shape from memory. Use imagination and creative thinking to create the tallest marshmallow. Send and interpret messages using Morse Code.	Work with a partner to successfully orient and follow a map. Identify objects for a scavenger hunt quickly from a written description. Safely perform a pyramid balance in a small group. Work efficiently as part of a team to complete a range of tasks. Create a fun and challenging game for others to complete. Listen to others to refine and adapt ideas to complete a complex task.		