

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<b>Football</b> I can show some different ways of hitting, throwing and striking a ball. I can kick and stop a ball while static.	<b>Gymnastics/ Rugby</b> I can roll, curl, travel and balance in different ways. I can copy and repeat sequences. I can travel in a variety of ways with increased coordination. I can show sporting values.	<b>Dance/Rugby</b> I can copy, make up and perform a short dance. I can travel in a variety of ways with increased coordination. I can show sporting values.	<b>Netball</b> I can throw and catch a ball alone and with a partner. I can follow simple rules.	<b>Tennis/Rounders</b> I can show some different ways of hitting, throwing and striking a ball. I can show some different ways of hitting, throwing and striking a ball and follow simple rules.	<b>Athletics/ Rounders</b> I can demonstrate the basic skills of athletics (running, jumping, throwing). I can show some different ways of hitting, throwing and striking a ball and follow simple rules.
Year 2	<b>Football</b> I can show some different ways of hitting, throwing and striking a ball. I can make simple decisions about when /where to move in games.	<b>Dance/Netball</b> I can change rhythm, speed, level and direction in a dance. Make a sequence by linking sections together. I can pass and receive a ball accurately. I can make simple decisions about where to move in a game.	<b>Gymnastics/Netball</b> I can plan and perform a gymnastics sequence and use feedback to improve it. I can pass and receive a ball accurately. I can make simple decisions about where to move in a game.	<b>Rugby</b> I can show some different ways of hitting, throwing and striking a ball. I can make simple decisions about when /where to move in game.	<b>Badminton/Cricket</b> I can show some different ways of hitting, throwing and striking a ball. I can make simple decisions about when /where to move in game. I can hit a ball off a tee, bowl a bowl and play as a fielder. I can follow the rules of a game.	<b>Athletics/ Cricket</b> I can demonstrate the basic skills of athletics (running, jumping, throwing). I can hit a ball off a tee, bowl a bowl and play as a fielder. I can follow the rules of a game.
Year 3	<b>Football</b> I can control, dribble and pass the ball.	<b>Gymnastics/ Rugby</b> I can adapt sequences, explain how strength and flexibility affect performance, move and use apparatus safely. I can move holding the ball and make passes. I can show understanding of the basic rules of rugby.	<b>Dance/ Rugby</b> I can use a stimulus to create movements, perform a routine to the count of 8. I can move holding the ball and make passes. I can show understanding of the basic rules of rugby.	<b>Netball</b> I can follow the rules of first step netball.	<b>Tennis/Rounders</b> I can hold the racket correctly and tap the ball in a variety of ways. I can show understanding of forehand and backhand position. I can understand play a variety of positions in a game (rounders/cricket). I can bat with control.	<b>Athletics/Rounders</b> I can perform an overarm throw, long jump, sprint and long distance running, relay. I can understand play a variety of positions in a game (rounders/cricket). I can bat with control.
Year 4	<b>Football</b> I can dribble into space, pass with different parts of my foot and control the ball when receiving it from team mates.	<b>Dance/ Netball</b> I can share and create phrases of routine in collaboration with others. I can follow the rules of first step netball.	<b>Gymnastics/Netball</b> I can move in a controlled way, include changes of speed and direction in	<b>Rugby</b> I can pass backwards, in both directions and use speed and speed to avoid defenders.	<b>Badminton/ Cricket</b> I can perform a rally with a partner, start to play over a net and perform backhand and forehand shots.	<b>Athletics/ Cricket</b> I can throw and jump in different ways, know when to sprint and when to show stamina, combine running and jumping (over small obstacles).

		I can use a range of passes.	sequence, create an extended routine with a partner. I can follow the rules of first step netball. I can use a range of passes.		I can develop a range of cricket and rounders skills and apply in a competitive context. I can apply tactics to a game.	I can develop a range of cricket and rounders skills and apply in a competitive context. I can apply tactics to a game.
Year 5	<b>Football</b> I can control a ball in a range of ways and pass accurately with different parts of my foot. I can dodge a defender and defend a player to make some interceptions.	<b>Gymnastics/ Rugby</b> I can make complex, extended sequences, to perform to audiences. I can compare my performances with previous ones and provide support and advice to others. I can pass and receive passes at speed, refine my attacking and defending skills and start to use tactics.	<b>Dance/ Rugby</b> I can create my own dances in a range of styles I can pass and receive passes at speed, refine my attacking and defending skills and start to use tactics.	<b>Netball</b> I can follow the rules of high five netball. I can use all three passes correctly. I can attempt to make interceptions.	<b>Tennis/ Rounders</b> I can use a range of shots (depending on where the ball is) and serve correctly. I can link together a range of skills and use them in combination and under pressure. I can play in a tournament and work as team, using tactics to beat another team. I can recognise how certain aspects of fitness apply to these games.	<b>Athletics/ Rounders</b> I can show balance and coordination when taking off and landing (triple jump), Throw with increasing distance, run short, middle and long distances, combine running and jumping (hurdles). I can link together a range of skills and use them in combination and under pressure. I can play in a tournament and work as team, using tactics to beat another team. I can recognise how certain aspects of fitness apply to these games.
Year 6	<b>Football</b> I can make decisions regarding how and when to pass the ball and can use a range of ways to control the ball. I can create space and know how/when to move into space.	<b>Dance/ Netball</b> I can develop sequences in a specific style of dance (contemporary/street), choose own music and style. I can follow the rules of high five netball. I know when to use different passes. I can successfully lose a defender and make interceptions.	<b>Gymnastics/ Netball</b> I can perform sequences to timings, develop vaulting ability. I can compare my performances with previous ones and provide support and advice to others. I can follow the rules of high five netball. I know when to use different passes. I can successfully lose a defender and make interceptions.	<b>Rugby</b> I can play effectively in attack and defence. I can evade and tag opponents and score points.	<b>Badminton/Cricket</b> I can use 'move-hit-recover' approach within a game. I can serve accurately. I can consistently apply rules in a variety of games and work collaboratively with my team mates. I can attempt different recognised shots in isolation and in competitive situations.	<b>Athletics/Cricket</b> I can throw and catch accurately. I can consistently apply rules in a variety of games and work collaboratively with my team mates. I can attempt different recognised shots in isolation and in competitive situations.