



Reception

Follow instructions safely

Work sensibly with others, taking turns and sharing

Follow simple game rules

Move confidently by copying others and exploring their own ideas, safely negotiating space

Links skills or movements together with some control and co-ordination

Handle a range of equipment for a given purpose

Be aware of why exercise is important

Year 1

Persevere with a range of tasks, asking for help when necessary

Encourage and praise others

Recognise and compare similarities and differences in performance, explaining why someone is working well

Select and link movements together to fit a theme

Perform a range of skills with control and consistency, including running, jumping, throwing and catching

Perform a sequence of movements with changes in direction, level and speed

Show an sense of balance, agility and coordination

Use equipment appropriately and move and land safely

Year 2

Identify personal progress and appropriate challenge

Show patience and support when working with others

Understand simple attacking and defence tactics

Respond differently to a variety of musical pieces

Perform and repeat longer sequences with clear shapes and controlled movement, showing control and consistency

Show balance, agility and coordination

Explain the need for a warm-up and cool-down

Skills Key

Personal

Social

Cognitive

Create

Physical

Health

Lesson Key

Football



Hockey



High 5s



Target games



Basketball



Netball



Dance



Gymnastics



Invasion games



Scatterball



Cricket



Rounders



Tennis



Swimming



Athletics



Rugby



Orienteering



Year 3

Cope well and respond positively when tasks become difficult

Cooperate well with others, helping to organise roles and responsibilities in small group tasks

Use awareness of space and others to make good decisions in individual tasks and game play

Link actions that express their own ideas

Change rules or tasks to make activities more fun or challenging

Perform a variety of movements and skills with good body tension, showing flexibility, strength, control and balance.

Swim competently, confidently and proficiently

Discuss how they should exercise to stay healthy including length, amount and intensity of sessions

Year 4

Persevere to improve performance with regular practice

Help to organise roles and responsibilities in small group tasks

Identify ways to judge performance and identify specific criteria to improve upon

Develop longer sequences of movements that express their own ideas

Change tactics to improve the result of a game

Link actions together so they flow in running, jumping, catching and throwing activities

Begin to develop technique in a range of disciplines through flexibility, strength, control and balance.

Swim competently, confidently and proficiently over a distance of at least 25 metres

Record and monitor how hard they are working

Year 5

See challenges as opportunities to develop and recognising their own strengths and weaknesses

Give and receive sensitive feedback to improve myself and others

Recognise and suggest patterns of play which will increase chances of success, developing methods to outwit opponents

Respond imaginatively to different situations, adapting and adjusting skills, movements and tactics independently

Use combinations of skills effectively in sport-specific contexts, including running, jumping, throwing and catching

Show clear technique in a range of disciplines through flexibility, strength, control and balance.

Use a range of swimming strokes effectively

Identify possible dangers when planning an activity, including the ability to conduct appropriate warm-up and cool-down activities

Year 6

Accept critical feedback from a range of audiences and make changes accordingly

Negotiate and collaborate appropriately to motivate themselves and others to perform better

Read and react to different game situations as they develop

Use variety and creativity to engage an audience

Effectively disguise what they are to do next

Transfer skills and movements across a range of activities, performing a variety of skills consistently and effectively in challenging or competitive situations

Show an ability to keep safe in different water-based situations

Explain how individuals need different types/levels of fitness to be more effective in their sports role