

	YEAR 1 & 2	YEARS 3 & 4	YEARS 5 & 6
Games	I can throw and catch.	I can send a ball using a range of passes/equipment.	I can use appropriate ways of sending and receiving when playing competitive games.
	I can control a ball in different ways.	I can receive a pass stationary or on the move.	I know how to play a range of games and understand the basic rules.
	I can play co-operative games and can work as part of a small team.	I can play a small sided game that involves scoring points and am starting to use tactics for attacking and defending.	I can apply the basic principles of attacking and defending to play competitive games.
Gymnastics	I can travel confidently in a range of ways.	I can perform a range of movements (travel, jump, turn, balance) Showing flexibility, strength and control.	I can select actions and balances using body tension and clarity of shape on the floor and on, or using apparatus.
	I can demonstrate a range of balances using different body shapes.	I know how to and can perform a variety of symmetrical and asymmetrical balances.	
	I can produce a short sequence of movements with control and co-ordination.	I understand that a sequence needs to include different elements of movement and demonstrate this when working individually or a pair.	I can work in a pair or small group demonstrating different dynamics, pathways and relationships.
Dance	I can travel rhythmically in a variety of ways.	I can develop a sequence of movements using; direction, levels, pathways and changing speeds.	I can remember and perform a dance with control, fluency, co-ordination and accuracy.
	I can perform with a partner to show simple compositional skills (follow the leader, back to back, side by side).	I can incorporate simple compositional skills in my work (unison, canon, repetition, shadowing, mirroring).	I can develop motifs by; adding different actions and varying the dynamics, space and relationships.
	I can choose appropriate movements to create short phrases and simple dances.	I can perform simple dances which have a clear beginning, middle and end.	I can work collaboratively in pairs or small groups and use appropriate language to describe, evaluate and improve a performance.
Athletics	I know how to run fast over a short distance and can stay in line.	I can demonstrate and understand the difference between running for speed and running for sustained periods of time.	I can recognise a good running technique and can demonstrate the right choice of pace for different events.
	I can show different types of throws (push, pull and fling).	I can use different types of throws (push, pull, and fling) with consistency and accuracy.	I can throw with control, accuracy and efficiency and link throwing techniques to discus, shot and javelin.
	I can demonstrate different take offs and landings when jumping.	I know and can demonstrate the five basic jumps.	I can perform a range of jumps showing power, control and consistency at both take-off and landing.
OAA	I can work individually or with a partner to solve simple problems.	I can work as a team to solve problems.	I can work as part of a team that can overcome barriers and solve more complex problems.
	I can follow a simple trail.	I can navigate a trail by following instructions or using a simple plan or map.	I can navigate a trail by following instructions or using a plan or map in unfamiliar grounds.
Swimming	I can swim at least 5 metres with buoyancy aids.	I can swim at least 10 metres without buoyancy aids.	I can swim at least 25 metres on my front and my back
	I am confident to put my face in the water and can get in and out of the pool safely.	I am beginning to demonstrate the proper technique when swimming on my front and back.	I can perform a range of strokes with good technique (front crawl, backstroke, breaststroke)