



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (e.g. through athletics, yoga and gymnastic) perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team (e.g. orienteering)
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations.

	END OF YEAR 4	END OF YEAR 6
HEALTH, BODY & MIND	• Awareness of body changes before, during and after exercise. • Awareness of how exercise is important for a healthy body and lifestyle. • Awareness of how exercise can help support our mental wellbeing. • Understanding the importance of exercise and sport in social environments.	
GAME UNDERSTANDING	• Pupils are familiar with basic rules of games. They are beginning to apply them in a range of situations. • Pupils can identify when they are successful and the next steps in their learning • Pupils are able to identify the sporting spirit values. They can give examples of when they could demonstrate them during a game situation. • Understand how to use equipment safely. • Pupils are able to show a good understanding of a variety of games. They can adapt the rules of a game for an intended purpose. • Pupils are able to assess their own performance and the performance of others to identify areas for development. • Pupils consistently demonstrate the sporting spirit values in a range of games situations • Understand how to use equipment safely	

	END OF YEAR 4	END OF YEAR 6
INVASION GAMES	• Move with a ball towards goals with increasing control. • Understand their role as an attacker and as a defender • Move into space to help support a team. • Work as part of a team to keep possession and score goals when attacking. • Defend one on one and know when and how to win the ball. • Use simple tactics to help a team score or gain possession.	• Understand there are different skills for different situations and begin to use these • Move into space to help a team. • Play in a range of positions and know how to contribute when attacking and defending. • Pass, receive and shoot the ball with some control under pressure • Select the appropriate action for the situation. • Create and use a variety of tactics to help a team. • Select and apply different movement skills to lose a defender. • Use marking, and/or interception to improve defending.
NET AND WALL GAMES	• Return a ball to a partner. Use basic racket skills. • Move quickly around the court using a variety of movement patterns. my own court. • To play a continuous game. • Use a range of basic racket skills and variety of shots in different areas of the court. • Return to the ready position to defend	• Develop a wider range of skills and begin to use these under some pressure. • Select and apply preferred skills with increasing consistency. • Understand the need for tactics and make decisions about when best to use them. • Demonstrate good footwork to cover a court space in a game situation. • Play cooperatively with a partner / in a team. • Demonstrate good decision making when making shots within a game.
STRIKING AND FIELDING GAMES	• Begin to strike a bowled ball after a bounce. • Bowl a ball towards a target. • Develop an understanding of tactics and begin to use them in game situations. • Use overarm and underarm throwing, and catching skills with increasing accuracy. • Bowl a ball with some accuracy, and consistency. • Choose and use simple tactics for different situations.	• Begin to develop a wider range of skills and use these under some pressure. • Strike a bowled ball with increasing consistency. • Use some tactics in the game as a batter, bowler and fielder. • Select the appropriate action for the situation.
DANCE	• Respond imaginatively to a range of stimuli related to character and narrative. • Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group. • Use formation, canon and unison to develop a dance. • Refine, repeat and remember dance phrases and dances. • Perform dances clearly and fluently. • Describe, interpret and evaluate dance, using appropriate language.	• Work creatively and imaginatively individually, with a partner and in a group to choreograph motifs and structure simple dances. • Adapt and refine actions, dynamics and relationships to improve a dance. • Choreograph a dance using props. • Perform dances fluently and with control. • Use appropriate language to evaluate and refine their own and others' work.

	END OF YEAR 4	END OF YEAR 6
GYMNASTICS	• Choose actions that flow well into one another. • Adapt sequences to suit different types of apparatus. • Safely perform balances individually and with a partner. • Plan and perform sequences with a partner that include a change of level and shape. • Understand how body tension can improve the control and quality of their movements. • Watch, describe and suggest possible improvements to a performance.	• Create and perform sequences using apparatus, individually and with a partner. • Use set criteria to make simple judgments about performances and suggest ways they could be improved. • Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. • Use strength and flexibility to improve the quality of a performance • Understand what counter balance and counter tension is and show examples with a partner. • Suggest changes and use feedback to improve a sequence.
ATHLETICS	• Run at fast, medium and slow speeds. • Demonstrate the difference between sprinting and running over varying distances. • Demonstrate different throwing techniques. • Jump for distance and height with control and balance. • Throw with some accuracy and power into a target area. • Record my distances, numbers and times. • Take part in a relay activity, remembering when to run and what to do.	• Understand how stamina and power help people to perform well in different athletic activities. • Select and apply the best pace for a running event. • Perform a range of jumps showing some technique. • Exchange a baton with success. • Perform jumps for height and distance using good technique. • Show accuracy and good technique when throwing for distance. • Lead a small group through a short warm-up routine.
OAA	• Accurately follow and give instructions. • Work effectively with a partner and a small group. • Identify key symbols on a map and use a key to help navigate around a grid. • Plan and apply strategies to solve problems.	• Work effectively with a partner and a group. • Use critical thinking to form ideas. • Pool ideas within a group, selecting and applying the best method to solve a problem. • Reflect on why and how they are successful at solving challenges and adapt methods in order to improve. • Orientate and map efficiently to navigate around a course.
SWIMMING	A programme of swimming study delivered by local swimming coaches. An opportunity for all pupils to develop water confidence through a range of exercises, games and drills. Pupils will be taught about water safety and safe self-rescue. They will develop kicking, arm pull and breathing techniques as well as correct body position to improve buoyancy and stroke efficiency. Targets: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	