

	EYFS	Year 1	Year 2	Year 3	Year 4
Dance	<p>(Active travel and dance)</p> <p>Explore and copy basic body actions and rhythms.</p> <p>To negotiate space confidently, using appropriate strategies.</p> <p>To use their bodies to imitate motifs from stories and topics, such as animals, trees etc.</p> <p>Watch and copy simple actions and sequences.</p>	<p>Copy some dance moves with some control</p> <p>Begin to understand moving at different levels; low, medium, high, elevated</p> <p>Begin to move with different speeds - Move depending on how the music makes him/her feel</p> <p>Choose actions and link them together to create a simple dance with support</p>	<p>Copy simple dance moves with increasing control</p> <p>Move at different levels, directions and speed when reminded</p> <p>Move depending on how the music makes him/her feel and say why he/she felt that way</p> <p>Choose actions and link them together to create a dance with increasing independence</p>	<p>Copy a range of dance moves with some accuracy</p> <p>Perform with a prop.</p> <p>Explore his/her own dance moves independently or with a partner and create a simple dance routine</p> <p>Move at different levels, direction and speed independently</p>	<p>Copy a range of dance moves with some accuracy</p> <p>Create a dance motif of his/her own and perform to his/her peers</p> <p>Move at different levels, direction and speed independently and with control</p>

Games

<p>To move and stop confidently, negotiating the space around them effectively.</p> <p>Show good control over their bodies when exploring different skills.</p> <p>Start showing an ability to use their dominate hand to work with a partner in different activities.</p> <p>Explore and use skills effectively for particular games: Roll a ball or hoop. Throw a ball underarm.</p>	<p>Begin to handle a ball with some confidence</p> <p>Stop a ball with some control</p> <p>Send a ball in the direction of another person</p> <p>Prepare his/her body to receive a ball</p> <p>Send the ball varying distances using harder or softer kicks/throws/hits.</p> <p>Play as part of a team to defend and attack.</p>	<p>Begin to handle a ball with some confidence</p> <p>Stop a ball with some control</p> <p>Pass a ball to another person or target</p> <p>Receive a ball with some control</p> <p>Send the ball varying distances using harder or softer kicks/throws/hits.</p> <p>Play collaboratively to attack a goal.</p>	<p>Pass and receive a range of items with varying sizes</p> <p>Move with a ball with increasing control</p> <p>Begin to use ball skills in a range of simple games</p> <p>Send the ball with accuracy and build attacking play</p> <p>Implement the rules of the game</p> <p>Play in small sided games</p> <p>Evade attackers by using footwork and body control.</p> <p>Work collaboratively to attack a goal as part of a team.</p>	<p>Pass and receive when moving with a ball</p> <p>move with a ball with control</p> <p>Use and apply ball skills in a range of games</p> <p>Begin to understand why he/she needs to learn the skills prior to playing a game</p> <p>Choose and use simple tactics</p> <p>Use footwork rules and basic marking</p> <p>Increase speed and build endurance during a game situation.</p> <p>Evaluate performance to aid improvement.</p>
--	--	---	---	---

Gymnastics

					Develop tactics in a competitive situation.
	<p>Explore balancing.</p> <p>Move confidently and safely in their own space.</p> <p>Move and stop, recognising both commands and acting upon them immediately.</p> <p>Show contrast with their bodies including tall/short, wide/thin, straight/curved etc.</p> <p>Copy simple movements and sequences.</p> <p>Jump off an object and land appropriately.</p>	<p>Copy and explore basic movements</p> <p>Balance with some control</p> <p>Perform different body shapes with support</p> <p>Perform a two-footed jump</p> <p>Link 2-3 simple movements</p>	<p>Copy and explore basic movements with increasing control</p> <p>Perform basic rolls and body shapes with increasing control</p> <p>Use equipment in a range of ways when he/she moves</p> <p>Link movements together to create a sequence</p>	<p>Perform a range of rolls with increasing control</p> <p>Vary how he/she travels in his/her performance</p> <p>Use turns when travelling</p> <p>Copy, explore and remember movements in his/her own sequences</p>	<p>Perform a range of rolls with control</p> <p>Perform a balance with control</p> <p>Land with increasing control</p> <p>Perform a routine which includes a range of body shapes and equipment</p>

Athletics

<p>Learn skills of running, jumping and throwing with a range of equipment.</p> <p>Develop the following skills: Vary speed of running based on commands given.</p> <p>Use comparative language – e.g. faster, longer etc., and demonstrate this.</p>	<p>Develop the following skills with increasing accuracy and velocity:</p> <p>Explore and throw a variety of objects with one hand.</p> <p>Jump from a stationary position with control. Change speed and direction whilst running.</p> <p>Remember, repeat and link combinations of actions.</p> <p>Use their bodies and a variety of equipment with greater control and co-ordination.</p>	<p>Run at different speeds depending on distance sometimes with support</p> <p>Jump from a standing position from one spot to another with his/her feet together</p> <p>Jump over small obstacles and understand the importance of the position of his/her feet</p> <p>Throw a variety of objects towards a target using one hand</p>	<p>Understand why I run at different speeds depending on distance</p> <p>Jump from a standing position and begin to understand the differences between one and two footed take-off and landings</p> <p>Jump over a range of obstacles and understand the importance of the position of his/her feet</p> <p>use one hand to use a variety of objects towards a target with different throwing actions</p>	<p>Understand why he/she runs at different speeds depending on distance and applies this with some consistency</p> <p>Run and jump and understand the differences between one and two footed take off and landings</p> <p>Jump over obstacles and begin to think about increasing his/her height</p> <p>Think about his/her technique when throwing objects towards targets, e.g. javelin, discus etc</p>
---	--	---	--	---

Body Management

ABC

(Agility, Balance, Coordination)

SAQ (speed agility quickness)

Active travel, general movement.

<p>Explore balance and managing own body.</p> <p>Able to stretch, reach, and extend in a variety of ways.</p> <p>Perform specific movements on command.</p> <p>Change speed through choice and instruction.</p> <p>Stop, start, pause, prepare.</p>	<p>Begin to move in different directions</p> <p>Begin to explore ways to balance when stationary</p> <p>Begin to explore various coordination activities e.g. collection games</p> <p>Run and recognise when they're running at different speeds</p> <p>Jump from a standing position from one spot to another, beginning to think about the position of his/her feet</p> <p>Attempt to jump over small obstacles, beginning to think about the position of his/her feet</p>	<p>Begin to move in different directions</p> <p>Begin to explore ways to balance when stationary</p> <p>Explore various coordination activities</p> <p>Attempt to jump over small obstacles, beginning to think about the position of his/her feet</p>	<p>Begin to adjust his/her speed and body position to suit moving in different directions</p> <p>Demonstrate ways to balance when stationary and begin to apply this when using equipment, e.g. a bench</p> <p>Begin to coordinate his/herself in a variety of situations, e.g. running, catching, etc</p>	<p>Begin to adjust his/her speed and body position to suit moving in different directions</p> <p>Explore ways to balance when moving across and using equipment</p> <p>Coordinate his/herself in a variety of situations e.g. running and catching</p>
---	--	--	--	--

