**Curriculum and Assessment**

Pupils should develop a knowledge of:

**Motor competence** – *accurate movements, movement patterns, movement techniques and sequences.*

*Examples:*

* Explore and copy basic body actions and rhythms. EYFS
* Move depending on how the music makes him/her feel and say why he/she felt that way KS1
* Explore his/her own dance moves independently or with a partner and create a simple dance routine KS2

**Rules, strategies and tactics** – *conventions, regulations, strategies specific to participation in activity/sport*

*Examples:*

* Explore and use skills effectively for particular games: Roll a ball or hoop. Throw a ball underarm. EYFS
* Pass a ball to another person or target KS1
* Use and apply ball skills in a range of games KS2

**Healthy participation** – *safe practice, safely prepare and how to participate, short and long-term impacts of participation.*

* Jump off an object and land appropriately. EYFS
* Perform basic rolls and body shapes with increasing control KS1
* Perform a routine which includes a range of body shapes and equipment KS2

Our progressive and sequential curriculum is closely linked to the skills progression document. Above, are some of the examples taken from the skills progression document, where we make our assessment judgements.