

Year 3 and 4

Games

- To throw and catch with control.
- To catch with one hand.
- To throw and catch accurately.
- To hit a ball accurately with control.
- To keep possession of the ball.
- To be aware of space and use it to support team-mates and to cause problems for the opposition.
- To vary tactics and adapt skills depending on what is happening in a game.
- To know and use rules fairly.

Gymnastics

- To adapt sequences to suit different types of apparatus and criteria.
- To work in a controlled way.
- To include change of speed and direction.
- To include a range of shapes.
- To work with a partner to create, repeat and improve a sequence with at least three phases.
- To explain how strength and suppleness affect performance.
- To compare and contrast gymnastic sequences.

Dance

- To improvise freely and translate ideas from a stimulus into movement.
- To share and create phrases with a partner and small group.
- To repeat, remember and perform phrases.
- To take the lead when working with a partner or group.
- To use dance to communicate an idea.

Athletics

- To run at fast, medium and slow speeds; changing speed and direction.
- To take part in a relay, remembering when to run and what to do.
- To run over a long distance.
- To sprint over a short distance.
- To throw in different ways.
- To hit a target.
- To jump in different ways.

Outdoor and adventurous

- To follow a map in a familiar context.
- To follow a map in a (more demanding) familiar context.
- To use clues to follow a route.
- To follow a route within a time limit.
- To follow a route safely.

Years 5 and 6

Games

- To gain possession by working a team.
- To pass in different ways.
- To use forehand and backhand with a racket.
- To field.
- To choose a tactic for defending and attacking.
- To use a number of techniques to pass, dribble and shoot.

Gymnastics

- To make complex extended sequences.
- To combine action, balance and shape.
- To perform consistently to different audiences.
- To combine own work with that of others.
- To link sequences to specific timings.

Dance

- To compose own dances in a creative way.
- To perform to an accompaniment.
- To ensure dance shows clarity, fluency, accuracy and consistency.
- To develop sequences in a specific style.
- To choose own music and style.

Athletics

- To be controlled when taking off and landing.
- To throw with accuracy.
- To combine running and jumping.
- To demonstrate stamina.

Outdoor and adventurous

- To follow a map in an unknown location.
- To use clues and a compass to navigate a route.
- To change route to overcome a problem.
- To use new information to change route.
- To plan a route and a series of clues for someone else.
- To plan with others taking account of safety and danger.

Games

- To play to agreed rules.
- To explain rules.
- To make a team and communicate plan.
- To lead others in a game situation.