

<b>Year Group</b>	
<b>EYFS</b>	<b>PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG)</b> Moving and Handling Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Health and Self Care Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
<b>Pupils Will be Taught</b>	
<ul style="list-style-type: none"> <li>• Experiment with different ways of moving (skip, walk, hop, jump, run)</li> <li>• Develop confidence and enjoyment in moving (enjoyment of keeping active, physical exercise and keeping healthy)</li> <li>• Demonstrate control and coordination in large and small movements.</li> <li>• How to hold balances.</li> <li>• Develop Jumping and landing correctly.</li> <li>• Fundamental Ball skills- rolling, catching and throwing</li> <li>• Move to music in a variety of ways.</li> <li>• To share and respect other pupils.</li> <li>• Work together within a small group</li> </ul>	

Year Group	Children will have opportunity to extend these skills through breaktime, lunch and afterschool provision. Children in KS1 will take part in various intra and inter school festivals and events throughout the year that will provide them with positive experiences and opportunities to make choices to be physically active and healthy.					
Y1	PHYSICAL DEVELOPMENT: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.					
Pupils Will be Taught						
FUNDAMENTALS AND MULTISKILLS (Invasion Game Skills)	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Change direction and speed.</li><li>- Develop underarm throwing towards a target.</li><li>- Learn and develop techniques of sending different equipment.</li><li>- Trap equipment with control and various body parts.</li><li>- Develop catching skills with learning aids.</li><li>- Begin blocking by using their bodies.</li><li>- Engage in a variety of running and avoiding scenarios</li></ul>	<ul style="list-style-type: none"><li>- To travel with control and co-ordination in a variety of ways</li><li>- Use imagination to travel like various animals / emotions on different body parts.</li><li>- Simple shapes; Tuck, Pike, Straddle, Straight, Star.</li><li>- Recognise how it feels when the body is tense in a balance</li><li>- Perform controlled balances and different body parts.</li><li>- Jump in a variety of ways</li></ul>	<ul style="list-style-type: none"><li>- To explore basic body patterns and movements to music.</li><li>- To use a variety of moves that change speed and direction.</li><li>- Respond to different music showing various emotions</li><li>- Perform dance movements and simple sequences using simple movement patterns</li></ul>	<ul style="list-style-type: none"><li>- Handle equipment with both hands</li><li>- Discover a dominant hand through experimenting</li><li>- Strike a static ball</li><li>- Strike a static ball to a target</li><li>- Develop understanding in travelling towards a moving ball</li><li>- Return a ball to a partner</li><li>- Play Net based games. Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3.</li></ul>	<ul style="list-style-type: none"><li>- To travel at different speeds to chase equipment.</li><li>- Trap equipment with use of their bodies.</li><li>- Throw equipment underarm whilst aiming towards a target.</li><li>- Discuss and begin to understand judgement of throw power for accuracy</li><li>- Standing side on to a ball before striking with two hands on equipment.</li><li>- Understand a sideways, step, strike technique when striking a ball.</li><li>- Can strike a static ball towards a partner.</li><li>- Strike a static ball away from a partner.</li><li>- Can return a ball quickly after a partner has hit it.</li></ul>	<ul style="list-style-type: none"><li>- Run at different speeds and distances</li><li>- Change direction whilst running</li><li>- Perform basic jump patterns</li><li>- Perform jumps for height and distance</li><li>- Perform different throwing techniques in throwing for distance</li><li>- Develop agility, balance and coordination</li></ul>	<ul style="list-style-type: none"><li>- To follow simple routes and trails</li><li>- Work with a partner / small group</li><li>- Children able to think through and plans solutions to problems</li><li>- Exploring the school and surrounds To interpret a simple Plan (map)</li><li>- To be able to communicate ideas physically and verbally</li><li>- To be aware of safety for themselves and others</li></ul>

				- Discuss how to handle equipment safely.		
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Year Group	Children will have opportunity to extend these skills through breaktime, lunch and afterschool provision. Children in KS1 will take part in various intra and inter school festivals and events throughout the year that will provide them with positive experiences and opportunities to make choices to be physically active and healthy.					
Y2	PHYSICAL DEVELOPMENT: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.					
Pupils Will be Taught						
FUNDAMENTALS AND MULTISKILLS (Invasion Game Skills)	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Change speed and direction with control and coordination</li><li>- Pass and receive a ball with more control and accuracy.</li><li>- Develop passing and moving skills in pairs or small teams.</li><li>- Recognise how they work best with their partner.</li><li>- Use different rules and tactics for invasion games.</li><li>- Describe what they see and ask to copy others' ideas, skills and tactics.</li><li>- Develop understand of aiming and power when throwing.</li></ul>	<ul style="list-style-type: none"><li>- Form simple sequences by self and with a partner</li><li>- Use imagination to find different ways of using apparatus.</li><li>- Have a clear start, middle and end. (S&amp;A)</li><li>- Have a clear focus when watching others perform. (E&amp;I)</li><li>- Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction</li><li>- Remember and repeat shapes with control and correct form (Tuck, Pike, straight, Straddle, and Star.)</li><li>- Perform Controlled safe jumps from a small height to safe landing.</li><li>- Roll with control and correct form (Pencil, Egg)</li><li>- Hold balances on varied body parts.</li></ul>	<ul style="list-style-type: none"><li>- To work to music, creating movements that show rhythm and control.</li><li>- Can explore basic body patterns and movements to music.</li><li>- Can perform simple dance phrases.</li><li>- Can develop a range of dance movements and improve timing.</li></ul>	<ul style="list-style-type: none"><li>- Strike equipment with accuracy and control.</li><li>- Judge distances before swing.</li><li>- Return a bouncing ball to partner</li><li>- Move bodies into correct positions</li><li>- Competitively play floor rally's (1v1, 1v2 , 2v2 etc)</li><li>- Move confidently whilst handling equipment</li></ul>	<ul style="list-style-type: none"><li>- Can travel at speed to return equipment.</li><li>- Identify space and move into it.</li><li>- Confidently trap equipment with their hand before returning.</li><li>- Accurately throw equipment</li><li>- Strike rolling ball confidently.</li><li>- Strike equipment in different directions with power.</li><li>- Begin action towards striking a bouncing ball with control.</li><li>- Discuss how they are using their bodies.</li></ul>	<ul style="list-style-type: none"><li>- Run at different speeds</li><li>- Change directions with ease.</li><li>- Perform standing jumps with correct technique</li><li>- Change jumping technique to jump for height or distance.</li><li>- Show understand personal best distances and or times.</li><li>- Develop ability in various throwing techniques (over, under, javelin, chest push)</li><li>- Can describe how they are using their body parts and why.</li></ul>	<ul style="list-style-type: none"><li>- Participate in team challenges and games</li><li>- Work cooperatively in a small group</li><li>- Problem solving – show persistence and sustained effort</li></ul>



Year Group	Children will have opportunity to extend these skills through breaktime, lunch and afterschool provision. Children in KS2 will take part in various intra and inter school festivals and events throughout the year that will provide them with positive experiences and opportunities to make choices to be physically active and healthy.					
Y3	PHYSICAL DEVELOPMENT: 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 [for example, 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 [for example, through athletics and gymnastics]; perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Pupils Will be Taught						
INVASION GAMES	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Learn and perform passing and moving skills in pairs or small groups.</li><li>- Develop knowledge and skills in keeping possession in teams.</li><li>- Improve accuracy of sending + passing.</li><li>- Find space to move into to receive a pass.</li><li>- Learn basic shooting techniques.</li><li>- Apply skills in small game-based activities.</li><li>- Develop team skills of communication and fair play.</li><li>- Basic defending and tackling skills in possession-based games.</li></ul>	<ul style="list-style-type: none"><li>- Practice and concentrate on quality of movement.</li><li>- Link different balances moving in and out of positions of stillness.</li><li>- Transfer weight smoothly from one part of body to another.</li><li>- Use actions on floor and over, through, across and along apparatus.</li><li>- Combine 3-5 skills with smooth transitions between each skill.</li><li>- Perform quality (shape) jumps from apparatus into safe landing.</li><li>- Can create short sequences in pairs to be perform with control.</li><li>- Able to mirror skills in small groups.</li><li>- Describe their actions and how they could improve their short sequences.</li></ul>	<ul style="list-style-type: none"><li>- To explore dance movements and create patterns of movement.</li><li>- To work with a partner to create dance patterns.</li><li>- To perform a dance with rhythm and expression.</li><li>- To use knowledge of dance to create a story in small groups.</li><li>- To develop precision of movement.</li><li>- To work co-operatively with a group to create a dance piece.</li></ul>	<ul style="list-style-type: none"><li>- Successfully strike the ball with a racket</li><li>- Use different shots.</li><li>- Play games using throwing and catching skills.</li><li>- Vary strength, length and direction of throw.</li><li>- Know how can they make it difficult for opponent to receive ball.</li><li>- Move left and right to return a ball to the other side.</li><li>- Accurately place shots into a space.</li><li>- Begin steps to playing rally's with a partner.</li><li>- Start serving underarm to a partner over a net.</li></ul>	<ul style="list-style-type: none"><li>- Begin understanding the two roles of batting team and fielding team.</li><li>- Identify space and return equipment quickly.</li><li>- Confidently trap a ball coming towards them with speed (short and long barrier.)</li><li>- Use correct form when attempting to catch balls after being struck.</li><li>- Striking static balls accurately with power and control.</li><li>- Strike moving balls into space to score points.</li><li>- Continue to step into shots and strike with power and accuracy.</li><li>- Begin making decision to help them score highly</li></ul>	<ul style="list-style-type: none"><li>- Understand running techniques</li><li>- Able to run further distances without stopping (pacing the run)</li><li>- Develop ability of correct handovers during relay races.</li><li>- Can perform a standing long jump with power and control in the take-off and landing.</li><li>- Use both upper and lower body to enhance jumping distance and height.</li><li>- Throw shotput and javelin equipment with correct form and accuracy.</li><li>- Recognise and describe what their bodies feel like during different types of activity.</li></ul>	<ul style="list-style-type: none"><li>- To work individually and as a team</li><li>- To develop basic map reading skills</li><li>- To develop effective problem solving</li><li>- Use logical thinking to complete tasks</li><li>- Be able to evaluate performance towards an activity / challenge and modify in order to improve and succeed</li></ul>

- Game related rules applied in matches.	- Perform shape jumps from apparatus into safe landing	- To perform in front of others with confidence.				
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Y4	PHYSICAL DEVELOPMENT: 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 [for example, 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 [for example, through athletics and gymnastics]; perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Pupils Will be Taught						
INVASION GAMES	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Identify space and move into it.</li><li>- Pass and move effectively in pairs or small teams.</li><li>- Develop simple transferable attack and defending skills.</li><li>- Traveling with equipment into spaces.</li><li>- Show strong teamwork within match play.</li><li>- Begin marking the opposition to prevent.</li><li>- Uses the full range of passes at the right time.</li><li>- Simple tactic and strategy skills.</li><li>- Begin shooting from different distances.</li><li>- Identify their own strength and weakness in performance.</li></ul>	<ul style="list-style-type: none"><li>- Manipulate movements across floor or on apparatus with control.</li><li>- Confidently perform shapes at different heights with correct form and posture.</li><li>- Begin looking into actions of counter balancing.</li><li>- Execute jumps with Precision and safe landing.</li><li>- Combine series of skills together in pairs and small groups.</li><li>- Perform both floor sequences and sequence on apparatus both individually and in pairs.</li><li>- Improve quality and control between rolls.</li><li>- Begin backwards roll actions.</li><li>- Self/peer assess sequences.</li></ul>	<ul style="list-style-type: none"><li>- To identify and practise the patterns and actions of chosen dance style.</li><li>- To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li><li>- To create an individual dance that reflects the chosen dancing style.</li><li>- To create partnered dances that reflect the dancing style and apply the key components of dance.</li><li>- To perform dance using a range of movement patterns.</li><li>- To perform and evaluate own and others' work.</li></ul>	<ul style="list-style-type: none"><li>- Persevere in developing back hand and forehand technique</li><li>- Play short rally's with a partner.</li><li>- Serve underarm.</li><li>- Begin serving actions for overarm serve.</li><li>- Travel across the court whilst showing agility when changing directions and speeds.</li><li>- Begin playing shots to move your opponent around the court.</li><li>- Play small 1vs 1 to match rules.</li><li>- Play manipulate matches in pairs against other pairs.</li></ul>	<ul style="list-style-type: none"><li>- Clear understand of roles of batting and fielding teams.</li><li>- Begin bowling towards a target from a close distance underarm.</li><li>- Confidently trap, return equipment at speed.</li><li>- Consistently catch throw or hit balls</li><li>- Work more effectively as a fielding team.</li><li>- Strike a moving ball confidently into space with power and accuracy.</li><li>- Begin tactical strikes of a ball to score points</li><li>- Make more correct decisions when to run or not to.</li></ul>	<ul style="list-style-type: none"><li>-Clearer understanding of techniques to use in long or short distance running events.</li><li>-Beginning actions of starting a sprinting event.</li><li>-Pace accurately during long distance runs.</li><li>-Can participate in team events such a relay race and understand the teamwork involved.</li><li>-Can utilised their body part to enhance jump distances and heights.</li><li>-Can begin performing a hop, skip and jump for distance.</li><li>- Can clearly demonstrate the difference in throwing events and techniques used.</li><li>-Explain techniques use and why they are effective.</li></ul>	<ul style="list-style-type: none"><li>- Can orientate map and navigate simple courses (using symbols, scales and begin to use a compass)</li><li>- Be able to identify and show different roles with a group / team</li><li>- Can work with others co-operatively</li><li>- Can take different roles in a team.</li></ul>

- Abide and adhere to rules during match play	- Critical feedback given to groups.		- Review own performance, recommend steps to improve.	- Communicating clearly as a team.	Can identify errors in others techniques and correct form.	
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Y5	PHYSICAL DEVELOPMENT: 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 [for example, 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 [for example, through athletics and gymnastics]; perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Pupils Will be Taught						
INVASION GAMES	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Change speed and direction in order to outwit their opponent.</li><li>- Pass and move with attacking intent (directional.)</li><li>- Choose the right type of pass to play at the right time.</li><li>- Defend against an overload.</li><li>- Show accuracy when shooting from different distances and angles.</li><li>- Develop strong tactic and strategy knowledge to implement in games.</li><li>- Begin making regular correct decisions in a match.</li><li>- Recognise own and other strengths and weaknesses.</li><li>- Identify/explain and review their team's performance.</li></ul>	<ul style="list-style-type: none"><li>- Perform symmetrical and asymmetrical shapes and balances using different body parts.</li><li>- Match and mirror a partner's short sequence.</li><li>- Perform counter balances in pairs and small groups with body parts on the floor.</li><li>- Combine a number of rolls together with control</li><li>- Vaulting onto small apparatus with legs straight.</li><li>- Perform jumps from high apparatus, show correct form in air and land safely.</li><li>- Perform longer sequences of contrasting speeds and heights.</li><li>- Identify areas of improvement in own performance.</li></ul>	<ul style="list-style-type: none"><li>- To identify and practise the patterns and actions of the chosen dance style.</li><li>- To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li><li>- To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li><li>- To create group dances that reflect the dance style.</li><li>- To perform a dance using a range of movement patterns.</li><li>- To perform and evaluate own and others' work.</li><li>- To add depth to dance routines and performances by adding elements</li></ul>	<ul style="list-style-type: none"><li>- Agile movement in all directions when striking and returning shots.</li><li>- Can play in game scenarios 1v1 and 2v2.</li><li>- Strike with power and accuracy to score highly.</li><li>- Serve accurately underarm to a partner to start a game.</li><li>- Develop an overarm serve</li></ul>	<ul style="list-style-type: none"><li>- Can describe what make a good batting or fielding team, what skills that team possess.</li><li>- Begin following simple steps to an overarm bowl towards a stump or wicket.</li><li>- Consistently catch and trap balls from different distances.</li><li>- Work effectively in teams to field and bat, understand what make and effective team.</li><li>- Strike a moving ball to any direction they please in order to score runs.</li><li>- Work closely in batting pairs to become successful in scoring highly.</li><li>- Begin officiating small games by abiding by match rules.</li><li>- Develop knowledge of the transferable skills</li></ul>	<ul style="list-style-type: none"><li>- Can understand and explain importance of pacing during longer runs.</li><li>- Can explain the most effectively technique during a sprint and why.</li><li>- Show efficient teamwork during relay races.</li><li>- Sprint then jump over hurdles with control on take-off and landing.</li><li>- Begin to measure own jumping distances and understand importance of controlled landings.</li><li>- Triple jump sequences become more controlled and are travelling further.</li><li>- Can throw with greater power and accuracy.</li><li>- Understands what makes a good performance in each event.</li><li>- Can identify others strengths.</li></ul>	<ul style="list-style-type: none"><li>- Participate in challenging activities, increasingly more adventurous</li><li>- Accurately read an interpret map symbols and control markers</li><li>- Can work with others co-operatively</li></ul>

		such as cannons/ unison/mirror.		between cricket and rounder's.		
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Y6	PHYSICAL DEVELOPMENT: 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 [for example, 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 [for example, through athletics and gymnastics]; perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Pupils Will be Taught						
INVASION GAMES	GYMNASTICS	DANCE	NET / WALL	STRIKING / FIELDING	ATHLETICS	OAA
<ul style="list-style-type: none"><li>- Change direction and speed with equipment in order to outwit opposing team.</li><li>- Make impactful movements during game-based activities.</li><li>- Be consistent in passing accurately within a team to retain possession.</li><li>- Accurately shoot from different distances.</li><li>- Develop stronger defensive skills (player, Space, Ball, Goal)</li><li>- Attack with pace, power and precision.</li><li>- Strong understanding of tactics and effective strategies.</li><li>- Review personal + team performance and suggest ways in which to improve.</li></ul>	<ul style="list-style-type: none"><li>- Synchronise movements in pairs, use both symmetrical and asymmetrical shapes to assist.</li><li>- Improve quality of rolls during longer sequences to combine skills.</li><li>- Vaulting onto and over apparatus, perform jumps from height with correct shape mid-air.</li><li>- Create contrasting sequences to perform in small groups.</li><li>- Improved sequence fluidity and pace individually and in pairs.</li><li>- Evaluate own and others performances using correct terminology to describe technique.</li></ul>	<ul style="list-style-type: none"><li>- To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li><li>- To create a dance that represents a specific theme or style.</li><li>- To create a dance as a group, using moves that link to a specific theme.</li><li>- To distinguish the difference between a dance routine and an act/play. EG use of repetition/cannons etc.</li><li>- To create a dance with limited teacher support that works to the timing/rhythm, uses components of dance.</li><li>- To perform and analyse own and others performance.</li><li>- To add depth to dance routines and performances by</li></ul>	<ul style="list-style-type: none"><li>- Agile movement in all directions when striking and returning shots.</li><li>- Compete fairly in both 1 vs 1's and 2 vs 2's.</li><li>- Strike with power accuracy and control consistently.</li><li>- Begin playing more sport specific shots in game based situations.</li><li>- Serve with power, accuracy and control both over and underarm.</li><li>- Officiate matches pricelessly whilst abiding by match rules.</li><li>- Reflect on performance and</li></ul>	<ul style="list-style-type: none"><li>- Demonstrate good to outstanding teamwork as both a member of a fielding team and a batting team.</li><li>- Bowl overarm both accurately and confidently towards a wicket/stump.</li><li>- Catch consistently from different distances and heights.</li><li>- Field and return rapidly as a team.</li><li>- Strike with accuracy and consistency to scoring highly in pairs and individually.</li><li>- Understand batting and bowling order and the impact they can have.</li><li>- Develop strong understand of officiating larger</li></ul>	<ul style="list-style-type: none"><li>- Can identify running lines when taking part in long distance events.</li><li>- Can effectively use a sprint start position</li><li>- Consistently pass baton with correct form and control.</li><li>- Show speed and rhythm throughout a hurdle race.</li><li>- Use body effectively to generate maximum power when jumping for height and distance.</li><li>- Record times and scores in each event accurately.</li><li>- Can throw javelin and shotput with maximum power and accuracy using correct form</li></ul>	<ul style="list-style-type: none"><li>- Participate in challenging activities, increasingly more adventurous</li><li>- Accurately read an interpret map symbols and control markers</li><li>- Can work with others co-operatively</li></ul>

- Be confident in competitive situations	- Demonstrate strength and flexibility throughout	adding elements such as cannons/ unison/mirror.	adapt match plan to score highly.	games and how to abide by all rules.	and showing control throughout.	
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## Swimming

By the end of Year 6 all pupils should:

- 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