

Key Concept	EVFS	KS1		KS2			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Competence (the mindset behind being an athlete)	<u>Locomotion</u>  -Children will perform fundamental movement skills in isolation. -Children will land and jump safely. -Children will develop their ability to walk and move into space, change direction and keep away from the defenders.  <u>Manipulation</u>  -Children will run to collect a piece of equipment. -Children will pick up objects whilst on the move.  <u>Stabilisation</u>  -Children will hold a balance for 3-5 seconds.	<u>Locomotion</u>  -Children will run into space evading opponents by changing directions. -Children will perform movements in isolation whilst focusing on simple points.  <u>Manipulation</u>  -Children will perform a range of throws over different distances. -Children will take part in simple games safely using objects. -Children will stop a ball rolling or bouncing towards them.  <u>Stabilisation</u>  -Children will hang from apparatus using upper body strength.  <u>Movement to Music</u>  -Children will respond to a range of stimuli.  <u>Ball Games</u>  -Children will participate in simple team games with basic rules.  <u>Run, Jump and Throw</u>  -Children will try different ways to find the most successful.	<u>Locomotion</u>  -Children can change speed when moving. -Children will run, dodge and stay in a space avoiding the defenders.  <u>Manipulation</u>  -Children will throw accurately to a partner or target. -Children will stop a ball that is rolling, bouncing or travelling through the air.  <u>Stabilisation</u>  -Children will perform three different jumps.  <u>Movement to Music</u>  -Children will use high, medium and low levels.  <u>Ball Games</u>  -Children will roll a ball accurately to a partner. -Children will stop a ball quickly.  <u>Run, Jump and Throw</u>  -Children will use different ways of throwing. -Children will take off from one and two feet.	<u>Tag Rugby (Invasion)</u>  -Children will understand how to attack and defend in different basic games. Children will explain the aim of the game. -Children will link different game-based actions and skills.  <u>Dance</u>  -Children will extend dance skills by using more than one theme to create movements and actions forming longer sequences.  <u>Gymnastics</u>  -Children will continue to try new movements even when they are finding it challenging to move and balance asymmetrically	<u>Basketball (Invasion)</u>  -Children will dodge to receive a pass from a team mate. -Children will vary the use of skills, actions and ideas to suit the nature of the game.  <u>Rounders (Striking and Fielding)</u>  -Children will bowl a ball accurately to a partner. -Children will field a ball back to the correct place or person.  <u>Athletics</u>  -Children will run at different speeds -Children will throw overarm for distance  <u>Gymnastics into Dance</u>  -Children will use apparatus safely.	<u>Tag Rugby (Invasion)</u>  -Children can use generic skills and apply them to more sport specific activities.  <u>Gymnastics into Dance</u>  -Children will explain the similarities between dance and gymnastics and apply transferable skills.  <u>Cricket (Striking and Fielding)</u>  -Children will throw accurately over a range of distances. -Children will strike a moving ball before the bounce.  <u>Tennis (Net and Wall)</u>  -Children will apply a range of different shots on either side of the body.  <u>Rounders (Striking and Fielding)</u>  -Children will show a variety of throwing skills appropriate for cricket, such as bowling, and long and short throws when fielding.  <u>Athletics</u>  -Children will demonstrate a range of athletic skills and techniques in running, jumping and throwing activities.	<u>Basketball (Invasion)</u>  -Children will show strong understanding of more advanced games, rules, tactics and skills. -Children will link running, jumping, throwing/hitting skills to show fluency and control while in a competitive situation.  <u>Gymnastics into Dance</u>  -Children will show creativity and improvisation in the choreography of the routine. -Children will change movements and actions to match the pace of the music.  <u>Tennis (Net and Wall)</u>  -Children will apply a range of different shots on either side of the body.  <u>Rounders (Striking and Fielding)</u>  -Children will show a variety of throwing skills appropriate for cricket, such as bowling, and long and short throws when fielding.  <u>Athletics</u>  -Children will demonstrate a range of athletic skills and techniques in running, jumping and throwing activities.

Creativity	<p><u>Locomotion</u></p> <p>-Children will move their bodies using big actions whilst listening to music.</p> <p><u>Manipulation</u></p> <p>-Children will find space when required to do so.</p> <p><u>Stabilisation</u></p> <p>-Children will perform different body shapes with stillness and control.</p>	<p><u>Locomotion</u></p> <p>-Children will move in relation to the music and respond with appropriate movements and actions.</p> <p>-Children will ensure their movements are big and clear.</p> <p><u>Stabilisation</u></p> <p>-Children will confidently jump from gymnastic benches and land with control and balance.</p> <p><u>Movement to Music</u></p> <p>-Children will create simple actions to music.</p>	<p><u>Locomotion</u></p> <p>-Children can perform actions with control and tension</p> <p><u>Stabilisation</u></p> <p>-Children will link and perform three different jumps.</p> <p><u>Movement to Music</u></p> <p>-Children will create a dance to match the music.</p>	<p><u>Tag Rugby (Invasion)</u></p> <p>-Children will look at how attackers can create space, creating opportunities for the ball carrier to pass if they are tagged.</p> <p>-Children will combine passing and moving to create attacking opportunities to score a try.</p> <p><u>Dance</u></p> <p>-Children will respond to different stimuli being able to add drama and emotion to the dance</p> <p>-Children will interpret the music and perform with good timing whilst show expression and creativity.</p>	<p><u>Basketball</u></p> <p>-Children will move into space to catch or receive the ball.</p> <p><u>Gymnastics into Dance</u></p> <p>-Children will create a sequence of movement with or without music.</p> <p>-Children will create and perform longer sequences of movements.</p>	<p><u>Tag Rugby (Invasion)</u></p> <p>-Children can create and share tactical ideas.</p> <p><u>Gymnastics into Dance</u></p> <p>Children can work in a small group to share ideas and reach an agreement.</p> <p>Evaluate my own performance and that of others.</p> <p>Explain how the actions reflect the theme and music.</p>	<p><u>Gymnastics into Dance</u></p> <p>-Children will show creativity and improvisation in the choreography of the routine.</p>
Healthy Active Lifestyle	<p><u>Locomotion</u></p> <p>-Children will include basic movement skills whilst playing basic games.</p> <p><u>Manipulation</u></p> <p>-Children will enjoy trying new skills.</p>	<p><u>Locomotion</u></p> <p>-Children will demonstrate a basic understanding of agility, balance and coordination and why they are important.</p> <p><u>Movement to Music</u></p> <p>-Children will match the pace of movement to the pace of music.</p>	<p><u>Locomotion</u></p> <p>-Children will take off on one or two feet and land safely.</p>		<p><u>Athletics</u></p> <p>-Children will show resilience to complete challenging physical activities.</p>	<p><u>Tag Rugby (Invasion)</u></p> <p>-Children can sustain physical activity for the duration of the lesson.</p> <p><u>Cricket (Striking and Fielding)</u></p> <p>-Children will show resilience to overcome challenges.</p>	

Knowledge and Understanding	<p><u>Locomotion</u></p> <p>-Children will apply rules whilst playing fun games, such as tag.</p> <p><u>Manipulation</u></p> <p>-Children will throw and kick objects in the correct direction or towards a target.</p> <p><u>Stabilisation</u></p> <p>-Children will explain how to land and balance.</p>	<p><u>Locomotion</u></p> <p>-Children will start to create and apply simple tactics for attacking and defending. Children will develop an understanding of why rules are important in a game.</p> <p><u>Stabilisation</u></p> <p>-Children will balance on apparatus at a low level.</p> <p><u>Movement to Music</u></p> <p>-Children will remember a movement pattern in order to repeat it and refine it. -Children will positively comment on other children's ideas.</p> <p><u>Ball Games</u></p> <p>-Children will help their team to complete a challenge or compete against another team. -Children will respond positively to challenges.</p> <p><u>Run, Jump and Throw</u></p> <p>-Children will run at full speed for a short distance and pace themselves over a longer distance.</p>	<p><u>Locomotion</u></p> <p>-Children can link different game-based actions and skills -Children understand the importance of running at a variety of different speeds depending on the scenario. -Children will develop life skills such as cooperation and communication as they collaborate with others including their opponents.</p> <p><u>Stabilisation</u></p> <p>-Children will use apparatus safely. -Children will attempt new challenging skills.</p> <p><u>Movement to Music</u></p> <p>-Children will show a clear start and finish to my dance.</p> <p><u>Run, Jump and Throw</u></p> <p>-Children will use their arms and legs to help them run faster.</p>	<p><u>Tag Rugby (Invasion)</u></p> <p>-Children will start moving with the ball, passing and receiving in order to keep possession of the ball. -Children will know the purpose of tagging, when, where and why this is applied during a game.</p> <p><u>Dance</u></p> <p>-Children will create a performance which will include; stage presence, timing, rhythm and sustaining character.</p> <p><u>Gymnastics</u></p> <p>-Children will know the difference between symmetry and asymmetry in their balances and movements</p>	<p><u>Basketball (Invasion)</u></p> <p>-Children will create tactics with my teammates.</p> <p><u>Gymnastics into Dance</u></p> <p>-Children will adapt movements to work cooperatively.</p> <p><u>Rounders (Striking and Fielding)</u></p> <p>-Children will make correct decisions on when it is safe to run.</p> <p><u>Athletics</u></p> <p>-Children will work as a team to complete challenges.</p>	<p><u>Tag Rugby (Invasion)</u></p> <p>-Children can help to manage to rules and score of a game.</p> <p><u>Gymnastics into Dance</u></p> <p>-Children can explain the similarities between dance and gymnastics and apply transferable skills.</p> <p><u>Cricket (Striking and Fielding)</u></p> <p>-Children will communicate to team mates to provide information on whether to run or not.</p> <p><u>Athletics</u></p> <p>-Children will work as a team member to help the team to succeed. -Children will understand different techniques required to be successful in different athletic disciplines.</p>	<p><u>Tennis (Net and Wall)</u></p> <p>-Children will judge the power needed on each shot to place the ball in the desired location.</p> <p><u>Rounders (Striking and Fielding)</u></p> <p>-Children will communicate effectively with team mates to implement tactics whilst on the batting team and fielding team.</p>
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Physical and Motor Development	<u>Locomotion</u> -Children will move their bodies from one place to another. -Children will show good balance whilst hopping on either foot. <u>Manipulation</u> -Children will pick up objects whilst on the move. <u>Stabilisation</u> -Children will stop and stand still instantly on a command after running. -Children will stand on two feet slightly bending knees following a jump.	<u>Locomotion</u> -Children will take off from one and two feet. <u>Manipulation</u> -Children will throw and catch an object on their own. -Children will bounce a ball and catch or bounce again. -Children will start catching an object when thrown by a partner. <u>Stabilisation</u> -Children will coordinate their body to twist, turn and rotate. <u>Run, Jump and Throw</u> -Children will aim to throw at a stationary target.	<u>Locomotion</u> -Children will run between posts, marker or the wicket to score runs. -Children will throw a ball with an overarm action for greater distance. <u>Manipulation</u> -Children will dribble a ball with feet or hands. -Children will catch a ball or bean bag. <u>Stabilisation</u> -Children will hold a balance or shape still. <u>Ball Games</u> -Children will hit a moving ball that has been thrown towards them. <u>Run, Jump and Throw</u> -Children will use their whole body to help them jump higher and further.	<u>Dance</u> -Children will make their movements big and clear. <u>Gymnastics</u> -Children will move and balance symmetrically and asymmetrically -Children will apply extension to their fingers and toes -Children will use different levels and connection points in their balances	<u>Gymnastics into Dance</u> -Children will perform a range of balances on different body parts. <u>Athletics</u> -Children will take off on one or two feet and land safely.	<u>Cricket (Striking and Fielding)</u> -Children will catch a batted ball while in a fielding position.	<u>Tennis (Net and Wall)</u> -Children will show good control of the racket and ball.