

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	<p>Health related fitness(Health)</p> <p>I can warm up and cool down after exercise. I know what stamina is and can sustain physical exertion over periods of time I can demonstrate good core strength. I know a range of exercises that can help me develop my fitness. I can improve on my personal previous best. I know why it is important to cool down and stretch after vigorous exercise.</p> <p>Invasion Games 1(Invasion Games)</p> <p>I can get into a good ready position to receive chest and bounce passes consistently well. I know how to receive a bounce pass differently to a chest pass. I can change direction confidently and competently. I know how to move around and how to be aware of others. I can move around safely in a limited space. I can dribble a ball with my feet with good control. I can use a big toe little toe to dribble keeping the ball close to me. I can stop a ball on the run by tapping it.</p>	<p>OAA(Outdoor and adventurous activities)</p> <p>I can work as part of a team. I can show enthusiasm, determination and resilience. I know how to use the process of elimination to work out symbols I don't know. I can plan a route map. I can negotiate with my group. I know how to navigate around an area following directions. I know how to take turns and use equipment safely. I know how to orientate a map and find clues.</p> <p>Tag rugby(Invasion Games)</p> <p>I can scoop a ball from the floor. I can tag safely. I know how to hold up a rugby ball. I know how to score a try. I can pass a rugby ball backwards accurately. I can dummy a pass. I know to run at pace and commit a defender when attacking. I know to close the space down quickly when defending and then brace myself to grab a tag. I can apply a range of skills effectively in a game of rugby. I can play to the rules. I know how to restart games after a try.</p>	<p>Flag Football(Invasion Games)</p> <p>I can dodge off both feet to evade opponents. I know to get sideways on when defending. I can perform a snap centre quarterback exchange. I can grab opponent's tags consistently as they try to attack. I know to run hard to commit defenders. I can run different types of lines and receive a ball whilst on the run. I know what the line of scrimmage is. I can play a game by the rules of Flag Football.</p> <p>Handball(Invasion games)</p> <p>I can send using a javelin style pass accurately. I know to signal with my hands when I want to receive a pass. I know to move into space after passing. How to perform in unison. I can throw/shoot accurately using good overarm technique. I know how to back up team mates when throws are wild and misplaced. I can show a range of skills. I can play in a variety of positions with equal proficiency. I can keep control of my emotions whilst playing a tournament.</p>	<p>Dance – Egyptians</p> <p>I can develop a motif to begin to demonstrate agility, balance, coordination and precision. I know how to translate words/ideas into actions and combine together to communicate meaning. I can communicate effectively with a partner. and listen to others and share my own ideas. I know how to listen to other people's ideas and vocalise my own thoughts. I know how to recognise good timing, execution and performance skills. I know how to use canon, formation changes, direction</p> <p>Football(Invasion Games)</p> <p>I can pass the ball accurately. I know to be on the balls of my feet when waiting to receive a pass. I know to move into space after passing. I can turn confidently with a football. I know to get the ball out wide and use the full width of the pitch. I can show the skills and knowledge you have developed in a competitive environment. I can get into sideways positions when receiving the ball. I know to always be planning ahead when out of possession..</p>	<p>Gymnastics - Linking movements together</p> <p>I can turn through 90, 180, 270 and 360 degrees. I know how to spin with control. I can link high and low moves. I know how to perform symmetrically and asymmetrically. I can link movements seamlessly. I know my own ability and choose to perform movements that are within my limitations</p> <p>Athletics(Athletics)</p> <p>I can use the correct technique to start a sprint race. I know the importance of keeping my first few metres low and powerful. I can hurdle efficiently and consistently. I can jump consistently off the same foot. I can scissor kick. I can accurately replicate the technique for running, jumping and throwing events. I can run a relay as part of a team. I know how to receive and transfer a baton safely. I can improve on personal bests. I know how to measure my own and others' performances.</p>	<p>Gymnastics - Symmetry and asymmetry</p> <p>I can create a sequence using different spins on patches. I can perform with smooth transitions. I can spin symmetrically and asymmetrically on points and on patches. I can work on different levels. I can be self motivated and physically confident. I can work in different formations. I can perform in unison with others and know how to work in time with a partner or group. I know how to listen to peer assessment and use comments</p> <p>Rounders(Striking and fielding games)</p> <p>I can send using good throwing techniques. I can receive using good catching techniques. I know how to make decisions about when to run and when not to. I can develop my throwing skills. I can communicate with other players for the good of my team. I know why fielders might start off at base and then move to it after a strike. I can perform well in a range of positions in a competitive game.</p>

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4	<p>Yoga(Yoga)</p> <p>I can perform a variety of poses. I know how to prepare my body by breathing and stretching. I can work with control and isolating body parts. I know to maintain concentration and avoid distraction. I can work in a group to perform different poses. I can articulate what the benefits of yoga are. I know the benefits of learning some yoga poses.</p> <p>Cricket(Striking and fielding games)</p> <p>I can stand sideways on with a high back lift ready to receive a ball. I know how to grip the bat. I know what the crease is for. I can throw accurately and powerfully. I can bat successfully with a partner, communicating effectively. I can back up my fellow fielders in the field.</p>	<p>Tri - Golf(Stand Alone)</p> <p>I can grip a golf club appropriately. I can adopt a stance to strike a ball. I know how to keep myself and others safe. I know what a back swing is. I can strike the ball through the air with an iron. I can avoid hazards and can chip over them. I know which club to use and when. I can develop my technique in both iron play and putting. I know how to keep score.</p> <p>Invasion Games 2</p> <p>I can be aware of my environment and others. I know to travel with my head up. I can turn in different ways whilst in possession. I know to get my body between my opponent and the ball. I know to close the space down quickly when defending. I know the importance of keeping my eye on the ball and not player's feet when defending.</p>	<p>Basketball(Invasion Games)</p> <p>I can control a basketball using both hands and perform various skills. I know rules and understand terminology such as double dribble, travelling, triple threat and pivoting. I know the techniques of passing the ball and know when to do a chest pass or bounce pass in basketball. I can pass the ball on the move with good technique and communicate with my team mates. I know how to work as a team to find space and shoot the basketball. I can dribble, pass and shoot the basketball using the correct technique to play in a game.</p> <p>Hockey(Invasion Games)</p> <p>I can dribble a ball confidently. I can stop a ball. I know how to hold the stick and that everybody plays field hockey right handed. I can pass a ball accurately. I can control a ball sent to me. I know not to raise the stick above waist height. I know what to do if the ball hits</p>	<p>C4 - Swimming</p> <p>Dance – Romans</p> <p>I can develop a motif to demonstrate agility, balance, coordination and precision. I know how to recognise good timing, execution and performance skills. I can think creatively to find solutions to challenges. I can demonstrate agility, balance, coordination and precision. I can evaluate the work of other's using accurate technical language. I can reflect and recognise success in myself and others.</p> <p>C5/6Dodgeball(Net and wall games)</p> <p>I can throw overarm powerfully and accurately. I can keep my eye on the opposition at all times. I know when to attack and when to defend. I can judge which balls to try and catch and which to leave. I can show good peripheral awareness. I can work alongside others to agree tactics. I can make good decisions at crucial times of games. I can compete with passion, selfbelief,</p>	<p>C5 - Swimming</p> <p>Gymnastics - Partner work, pushing and pulling</p> <p>I know what a point of contact is. I can balance on different points and patches. I can compose a sequence with a partner. I can perform elements of my sequence in contrast to a partner. I can match my partner's symmetrical and asymmetrical balances. I can help to compose and then perform a sequence with contrasting and matching shapes and moves. I can perform in unison and canon.</p> <p>C4 – Dodgeball</p> <p>C6 - Rounders</p>	<p>C6 - Swimming</p> <p>Gymnastics - Rolling and travelling low</p> <p>I can perform a forward roll with good technique and control. I know how to perform a forward roll safely. I can link forward rolls into a rolling sequence seamlessly. I roll backwards and come to standing without knees touching the mat. I know how to roll over a partner safely. I know how to mirror a partner on apparatus. I know how to present myself when performing for others.</p> <p>C4/5 – Rounders</p>

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	I know why I need to call my name if going for a high catch.	I can communicate with my fellow players to make sure everyone is in the right position and alert.	someone's feet. I can work effectively as part of a team. I know how to make a plan before each game. I know the school games values.	respect, honesty, determination and teamwork. I know that tactics need to be decided on as a team.		
5	<p>Dance - The Haka</p> <p>I know how to contribute key words to a theme related mind map. I know how to translate words/ideas into actions and combine together. I can creatively change static actions into travelling movements. I can communicate effectively within a group. I know how to use chance choreography to create a sequence.</p> <p>Football(Invasion Games)</p> <p>I can pass the ball and move into space. I know to anticipate that the ball might come to me at any moment. I can identify which shooting technique to use to be successful. I know to run at pace when trying to dribble past a defender. I know when defending how to make it harder for the attacker. I can combine skills to create a goal scoring opportunity. I know the importance of concentration and discipline when defending.</p>	<p>Dance - British Values</p> <p>I can develop a motif demonstrating some agility, balance, coordination and precision. I know how to translate theme related actions into travelling movements. I can communicate effectively within a group. I know how to listen to other people's ideas and vocalise my own thoughts.</p> <p>OAA(Outdoor and Adventurous Activities)</p> <p>I can work as part of a team. I know the importance of having a plan before I undertake a challenge. I know where I need to position myself to give clear instructions and keep my partner safe. I can think creatively to find solutions to challenges. I can navigate my way around using a map. I can work quickly and effectively against the clock. I know what ordnance survey symbols mean. I can communicate positively with the other members of my team. I know how to use a map.</p>	<p>Gymnastics - Partner work, under and over</p> <p>I can roll over my partner who is in a long pencil shape. I know I need to get some momentum through my forward and backward rolls to be able to get to my feet. I know how to leap frog safely. I can create opportunities for others to travel under and over me. I can spin from a front to a back support over my partner who is in a pencil shape. I can work over and under on floor apparatus. I can perform with good technique</p> <p>Invasion Games 3</p> <p>I can dodge. I can be aware of my environment and others. I know to travel with my head up. I can pass and move into space. I can shield a ball from an opponent. I can turn in different ways whilst in possession. I can deceive my opponents by feinting/dumying/giving the eyes.</p>	<p>Personal Challenges OAA(Outdoor and adventurous activities)</p> <p>I can communicate verbally and non verbally effectively to make a plan. I can work with others effectively. I can respect the opinions of my teammates. I know to perform calmly under pressure. I know the importance of clear instructions. I am beginning to know to keep going when things are not necessarily going as I would want them to. I am beginning to know how to speak encouragingly to teammates.</p> <p>Athletics(Athletics)</p> <p>I can change pace and run at different tempos. I know how to control my running over middle distance. I can throw after a run up. I know to use my non-throwing arm to help me throw.. I can throw with greater force and over longer distances. I can perform the correct techniques for triple jump, high</p>	<p>Health and Fitness(Health)</p> <p>I can motivate myself to do my best in a range of exercises. I know the physical and mental benefits of regular exercise. I can work with determination. I know how to develop all round strength for my body. I know why relaxation and stretching is an important part of all athlete's training. I can improve on previous performances. I can communicate and negotiate with others to agree what we are going to do as a group. I can work as part of a group to set up a circuit of exercises. I know what exercises will develop core strength. I know how to set up a circuit of exercises.</p> <p>Danish Longball(Striking and Fielding Games)</p> <p>I can throw with accuracy at a still target. I know what position I need to get in to throw well. I can anticipate and find space and show awareness of others. I can act decisively under pressure.</p>	<p>Tennis(Net and Wall Games)</p> <p>I can get into the ready position. I can grip a racket and get into sideways positions to strike the ball. I can hit a forehand shot, consistently. I can control where I hit the ball. I can smash, lob and serve. I know how to link shots e.g. serve and volley. I can play a competitive game using a range of ground strokes. I know the rules of tennis. I know how to score.</p> <p>Lacrosse(Invasion Games)</p> <p>I can hold the stick correctly. I can carry a ball up using my stick. I know how to position my hands and how to cradle. I can throw and catch consistently well. I can adjust my grip on the stick to throw and then catch. I know that I need to cushion the ball as it hits my net. I can make a good contribution, attacking and defending, in a game. I know the rules and the need to abide by them.</p>

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	<p>I can play competitive games and control my emotions.</p> <p>I know the rules of the game.</p> <p>I know to demonstrate the school game values of passion, self belief, respect, honesty, determination and teamwork.</p>		<p>I know how to trick opponents by looking one way and then passing another.</p> <p>I can close the space and then jockey awaiting for my opponent to lose control.</p> <p>I can force my opponent onto their weaker side.</p>	<p>jump and standing vertical jump.</p> <p>I can measure accurately my performance at standing vertical jumping.</p> <p>I can combine sprinting with hurdling.</p> <p>I know how to hurdle efficiently.</p> <p>I can transfer a relay baton efficiently as part of a team.</p>	<p>I know the importance of anticipation in sport and reading others' body language.</p> <p>I can intercept a ball.</p> <p>I can make increasingly good decisions when working under pressure.</p> <p>I can demonstrate the school games' values of passion, selfbelief, respect, honesty, determination and teamwork.</p>	<p>I know how to restart games.</p>
6	<p>C10 – Swimming</p> <p>Gymnastics - Group Sequencing</p> <p>I can work in a group of 4 to create a sequence of rolls.</p> <p>I can create a sequence where starting and finishing points can be clearly defined.</p> <p>I can work in a group of 6 to create a sequence involving different formations and pathways.</p> <p>I know how to jump safely.</p> <p>I know how to mount and dismount apparatus safely.</p> <p>I can spin on a variety of points and patches.</p> <p>I can travel on different body parts.</p> <p>I can take weight on my hands in different ways.</p> <p>I can mirror a symmetrical body shape within a group.</p> <p>I can time my moves within a group sequence.</p> <p>Invasion Games 4</p> <p>I can show a range of dribbling skills when in possession.</p> <p>I know good technique for shooting with my feet and hands.</p> <p>I know the importance of keeping my eye on the ball.</p>	<p>C11 – Swimming</p> <p>Dance - through the ages</p> <p>I can demonstrate agility, balance, coordination and precision.</p> <p>I can show different levels and pathways when I travel.</p> <p>I know how to translate images into actions to communicate meaning.</p> <p>I can reflect and recognise success in self and others.</p> <p>I can evaluate the work of other's using accurate technical language.</p> <p>Ultimate Frisbee(Invasion Games)</p> <p>I can send a frisbee accurately.</p> <p>I can catch a frisbee consistently using 2 hands.</p> <p>I know techniques for throwing and catching.</p> <p>I know to pass and move.</p> <p>I can intercept a frisbee.</p> <p>I can catch one handed.</p> <p>I know how to defend against a opponent stopping them from having an impact.</p> <p>I know to have an idea of what I want to do with the frisbee if I</p>	<p>C12 – Swimming</p> <p>Dance - WW2</p> <p>I can think creatively to find solutions to challenges.</p> <p>I can communicate effectively with a partner.</p> <p>I can communicate effectively and listen to others.</p> <p>I know how to use canon, formation changes, direction and level to improve our ideas.</p> <p>I can evaluate the work of other's using technical language.</p> <p>Volleyball</p> <p>I can send a ball over a net.</p> <p>I know how to perform a dig and a bump.</p> <p>I know that the higher I jump the more successful my spike is likely to be.</p> <p>I can serve over distance.</p> <p>I can defend well and then launch an attack.</p> <p>I know the positions I need to be in to work with a partner.</p> <p>I can angle my blocks near the net so that the ball goes down.</p> <p>I know that I can't infringe by touching the net or touching</p>	<p>Badminton(Net and Wall Games)</p> <p>I can assume a position of readiness.</p> <p>I can throw a forehand.</p> <p>I know how to grip a racket.</p> <p>I can serve with accuracy.</p> <p>I can serve long and short.</p> <p>I know to vary my serve.</p> <p>I can smash.</p> <p>I can drop shot.</p> <p>I can perform different shots consistently and with accuracy.</p> <p>I can demonstrate the school games values.</p> <p>I know how to keep score.</p> <p>I know how to umpire.</p> <p>Dodgeball(Net and Wall Games)</p> <p>I can throw hard and low at my opponents.</p> <p>I can catch balls to get teammates back in the game.</p> <p>I know not to turn my back on the other team.</p> <p>I know when it is wise to attempt to catch the ball and when to dodge.</p> <p>I can play adapted games with special rules.</p> <p>I can play, abiding by the rules.</p>	<p>Leadership OAA(Outdoor and adventurous activities)</p> <p>I can see when children might get bored because there is a lack of challenge.</p> <p>I know when to recognise when teams are unfair.</p> <p>I can arrange tasks for a maximum involvement from everyone.</p> <p>I can suggest ways to manage inappropriate behaviour effectively.</p> <p>I know what inappropriate behaviour looks like and know some strategies for dealing with it appropriately.</p> <p>I can lead a warm up effectively.</p> <p>I know how to speak encouragingly to teammates.</p> <p>I can keep going when things are not necessarily going as I would want them to.</p> <p>Netball</p> <p>I can send a netball in a variety of ways.</p> <p>I can receive a ball and already know what I want to do with it.</p> <p>I know how to signal for a pass.</p> <p>I can anticipate the play and release the ball quickly and efficiently.</p>	<p>Skittleball</p> <p>Class 10 – Invasion games 4</p> <p>Class 11 – Ultimate frisbee</p> <p>Class 12 – Volleyball</p>

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	<p>I can make runs which overload the other team's defence.</p> <p>I know how to create space for my teammates.</p> <p>I can defend one on one.</p> <p>I know the goalkeeper can play as an additional defender if they are alert and prepared to move.</p> <p>I know strategies to cope with having fewer players than my opponents by having good shape discipline.</p> <p>I can make use of extra players.</p> <p>I know to make diagonal runs to confuse defenders.</p>	<p>come into possession of the disc.</p> <p>I know the basic rules of Ultimate Frisbee.</p> <p>I can apply my skills and knowledge in a game situation.</p> <p>I can communicate well in a game situation.</p>	<p>the ball on my opponents side of the net.</p> <p>I can apply all of the skills of volleyball in a full sided game.</p>	<p>I can work as a group to come up with some tactics.</p> <p>I can compete against others effectively.</p> <p>I know what my own strengths are and where I can improve.</p>	<p>I can land and pivot to pass the ball.</p> <p>I know some attacking principles.</p> <p>I know to communicate non verbally on court.</p> <p>I can position myself to take rebounds from missed shots.</p> <p>I know the school game values that i need to display passion, self belief, respect, honesty, determination and teamwork.</p> <p>I know what infringements look like and how to restart after them.</p>	