

Composite	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Games</b> <ul style="list-style-type: none"> <li>• Sending &amp; Receiving</li> <li>• Attacking &amp; defending</li> <li>• Serving, rallying</li> <li>• Footwork</li> <li>• shots</li> </ul>	<ul style="list-style-type: none"> <li>• To know to drop and catch with two hands.</li> <li>• To know to move a ball with feet.</li> <li>• To know to throw and roll a variety of beanbags and larger balls to space.</li> <li>• To know to kick larger balls to space.</li> <li>• To know to stop a beanbag or large ball sent to them using hands.</li> <li>• To know to attempt to stop a large ball sent to them using feet.</li> <li>• To know to Hit a ball with hands.</li> <li>• To know to run and stop when instructed.</li> <li>• To know to move around showing limited awareness of others.</li> <li>• To know to make simple decisions in response to a situation.</li> </ul>	<ul style="list-style-type: none"> <li>• To know to drop and catch a ball after one bounce on the move.</li> <li>• To know to move a ball using different parts of the foot.</li> <li>• To know to throw and roll towards a target with some varying techniques.</li> <li>• To know to kick towards a stationary target.</li> <li>• To know to catch a beanbag and a medium-sized ball.</li> <li>• To know to attempt to track balls and other equipment sent to them.</li> <li>• To know to strike a stationary ball using a racket.</li> <li>• To know to run, stop and change direction with some balance and control.</li> <li>• To know to recognise space in relation to others.</li> <li>• To know to begin to use simple tactics with guidance</li> </ul>	<ul style="list-style-type: none"> <li>• To know to dribble a ball with two hands on the move.</li> <li>• To know to dribble a ball with some success, stopping it when required.</li> <li>• To know to throw and roll towards a target using varying techniques with some success.</li> <li>• To know to balance when kicking towards a target.</li> <li>• To know to catch an object passed to them, with and without a bounce.</li> <li>• To know to move to track a ball and stop it using feet with limited success.</li> <li>• To know to strike a ball using a racket.</li> <li>• To know to run, stop and change direction with balance and control.</li> <li>• To know to move to space to help score goals or limit others scoring.</li> <li>• To know to use simple tactics</li> </ul>	<ul style="list-style-type: none"> <li>• To know to dribble the ball with one hand with some control in game situations.</li> <li>• To know to dribble a ball with feet with some control in game situations.</li> <li>• To know to use a variety of throwing techniques in game situations.</li> <li>• To know to kick towards a partner in game situations.</li> <li>• To know to catch a ball passed to them using one and two hands with some success.</li> <li>• To know to receive a ball sent to them using different parts of the foot.</li> <li>• To know to strike a ball with varying techniques.</li> <li>• To know to change direction with increasing speed in game situations.</li> <li>• To know to use space with some success in game situations</li> <li>• To know to use simple tactics individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>• To know to link dribbling the ball with other actions with increasing control.</li> <li>• To know to change direction when dribbling with feet with some control in game situations.</li> <li>• To know to use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations.</li> <li>• To know to catch a ball passed to them using one and two hands with increasing success.</li> <li>• To know to receive a ball using different parts of the foot under pressure.</li> <li>• To know to strike a ball using varying techniques with increasing accuracy.</li> <li>• Change direction to lose an opponent with some success.</li> <li>• To know to create and use space with some success in game situations.</li> <li>• To know to use simple tactics to help their team score or gain possession</li> </ul>	<ul style="list-style-type: none"> <li>• To know to use dribbling to change the direction of play with some control under pressure.</li> <li>• To know to dribble with feet with some control under increasing pressure.</li> <li>• To know to use a variety of throwing techniques with some control under increasing pressure.</li> <li>• To know to use a variety of kicking techniques with some control under increasing pressure.</li> <li>• To know to catch and intercept a ball using one and two hands with some success in game situations.</li> <li>• To know to receive a ball using different parts of the foot under pressure with increasing control.</li> <li>• To know to strike a ball using a wider range of skills. Apply these with some success under pressure.</li> <li>• To know to use a variety of techniques to change direction to lose an opponent.</li> <li>• To know to create and use space for self and others with some success.</li> <li>• To know and understand the need for tactics and can identify when to use them in different situations</li> </ul>	<ul style="list-style-type: none"> <li>• To know to use dribbling to change the direction of play with control under pressure.</li> <li>• To know to use a variety of dribbling techniques to maintain possession under pressure.</li> <li>• To know to use a variety of throwing techniques including fake passes to outwit an opponent.</li> <li>• To know to select and apply the appropriate kicking technique with control.</li> <li>• To know to catch and intercept a ball using one and two hands with increasing success in game situations.</li> <li>• To know to receive a ball with consideration to the next move.</li> <li>• To know to strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure.</li> <li>• To know to confidently change direction to successfully outwit an opponent.</li> <li>• To know to effectively create and use space for self and others to outwit an opponent.</li> <li>• To know to work collaboratively to create tactics within their team and evaluate the effectiveness of these situations</li> </ul>

	Ball Skills, Games	Net & Wall, Sending & receiving	Striking & Fielding Invasion Games	Handball, Football, Tennis, Cricket	Hockey, netball, rounders	Football, basketball, tennis, cricket	Tag rugby, hockey, rounders
<b>Athletics</b> <ul style="list-style-type: none"> <li>• Running</li> <li>• Throwing</li> <li>• Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• To know to explore running and stopping safely</li> <li>• To know to use big steps to run and small steps to stop</li> <li>• To know to explore jumping and hopping safely</li> <li>• To know that bending knees will help land safely</li> <li>• To know to explore throwing at a target</li> <li>• To know that bigger targets are easier to hit</li> <li>• To know that rules help us to stay safe</li> </ul>	<ul style="list-style-type: none"> <li>• To know to explore running at different speeds</li> <li>• To know if I swing my arms it will help me run faster</li> <li>• To know to develop balance whilst jumping and landing. Explore hopping.</li> <li>• To know that landing on the balls of my feet helps me to land with control.</li> <li>• To know if I bend my knees it will help me jump further</li> <li>• To know to explore throwing for distance and accuracy.</li> <li>• To know that rules help us to play fairly</li> </ul>	<ul style="list-style-type: none"> <li>• To know the sprinting action</li> <li>• To know jumping, hopping and skipping actions. Explore safely jumping for distance and height</li> <li>• To know and develop overarm is throwing over distance</li> <li>• To know that running on the balls of feet, taking big steps and elbows bent helps to run faster</li> <li>• To know if arms are swung forward it will help jump further</li> <li>• To know to throw in a straight line by pointing throwing hand at a target</li> <li>• To know to follow simple rules when working with others</li> </ul>	<ul style="list-style-type: none"> <li>• To know the sprinting technique and apply to relay events</li> <li>• To know to develop technique when jumping for distance in a range of approaches and take off positions</li> <li>• To know the technique for a pull throw</li> <li>• To know that leaning slightly forward helps to increase speed. Leaning my body in the opposite direction helps to slow down.</li> <li>• To know if I jump and land in a quick succession, the momentum will help me to jump further</li> <li>• To know that speed of the movement helps to create power</li> <li>• To know the rules of the event and begin to apply them</li> </ul>	<ul style="list-style-type: none"> <li>• To know and understand speed and pace in relation to a distance. Develop power and speed in sprinting</li> <li>• To know the technique when jumping for distance</li> <li>• To know to use power and technique when throwing for distance in a pull and heave throw.</li> <li>• To know to maintain a pace when running for a long period of time. Understand that a high knee dive, pumping arms and running on the balls of feet gives power</li> <li>• To know that transferring weight helps to jump further and throwing further</li> <li>• To know and understand the rules and able to manage own events</li> </ul>	<ul style="list-style-type: none"> <li>• To know to apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for events</li> <li>• To know the jumping technique and rhythm in triple jump</li> <li>• To know technique and power in javelin and shot put</li> <li>• To know that big consistent strides will help to create a rhythm that allows to run faster. Keeping a steady breath will help run for longer distances</li> <li>• To know to drive knees high and fast can build power and distance</li> <li>• To know to transfer weight in different throws to increase distance</li> <li>• To know, understand and apply rules in a variety of events using official equipment</li> </ul>	<ul style="list-style-type: none"> <li>• To know to demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</li> <li>• To know to develop power, control, and technique in the triple jump.</li> <li>• To know to develop power, control and technique when throwing discus and shot put.</li> <li>• To know to understand to prepare the body for running and know the muscle groups I will need to use.</li> <li>• To know to understand that a run up builds speed and power and enables me to jump further.</li> <li>• To know to understand to prepare the body for throwing and know the muscle groups I will need to use.</li> <li>• To know to understand and apply rules in events that pose an increased risk.</li> </ul>
<b>Dance</b> <ul style="list-style-type: none"> <li>• Action</li> <li>• Dynamic</li> <li>• Space</li> <li>• Relationship</li> <li>• Performance</li> </ul>	<ul style="list-style-type: none"> <li>• To know to copy basic body actions and rhythms</li> <li>• To know to choose and use traveling actions, shapes, and balances</li> <li>• To know to travel in different pathways using the space around the</li> <li>• To know to begin to use dynamics and expression with guidance</li> <li>• To know to begin to count to music</li> </ul>	<ul style="list-style-type: none"> <li>• To know to copy, remember and repeat actions</li> <li>• To know to choose actions for an idea</li> <li>• To know to use changes of direction, speed, and levels with guidance</li> <li>• To know to show some sense of dynamics and expressive qualities</li> <li>• To know to begin to use count</li> </ul>	<ul style="list-style-type: none"> <li>• To know to copy, remember and repeat a series of actions</li> <li>• To know to select a range of actions relation to stimulus</li> <li>• To know to use pathways, levels, shapes, directions, speeds and timing with guidance</li> <li>• To know to use mirroring and unison when completing actions with a partner</li> <li>• To know to show character through</li> </ul>		<ul style="list-style-type: none"> <li>• To know to copy, remember and adapt set choreography</li> <li>• To know to choreograph considering structure, individually, with a partner and a group</li> <li>• To know to use action and reaction to represent an idea</li> <li>• To know to change dynamics to express changes in character or narrative</li> </ul>		<ul style="list-style-type: none"> <li>• To know to perform dances confidently and fluently with accuracy and good timing</li> <li>• To know to work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship, and dynamics in relation to a theme</li> </ul>

			<p>actions, dynamics, and expression.</p> <ul style="list-style-type: none"> <li>To know to use counts with help to stay in time with the music</li> </ul>		<ul style="list-style-type: none"> <li>To know to use counts when choreographing short phrases</li> </ul>		<ul style="list-style-type: none"> <li>To know to improvise and combine dynamics demonstrating an awareness of the impact of a performance</li> <li>To know to use counts when choreographing and performing to improve the quality of work.</li> </ul>
<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Shapes</li> <li>Movements</li> <li>Balances</li> <li>Rolls</li> <li>jumps</li> </ul>	<ul style="list-style-type: none"> <li>To know to create shapes showing a basic level of stillness using different parts of their bodies.</li> <li>To know to begin to take weight on different body parts.</li> <li>To know to show shapes and actions that stretch their bodies.</li> <li>To know to copy and link simple actions together.</li> </ul>	<ul style="list-style-type: none"> <li>To know to perform balances making their body tense, stretched, and curled.</li> <li>To know to begin to take weight on different body parts.</li> <li>To know to demonstrate poses and movements that challenge their flexibility.</li> <li>To know to remember, repeat and link simple actions together.</li> </ul>	<ul style="list-style-type: none"> <li>To know to perform balances on different body parts with some control and balance.</li> <li>To know to take body weight on different body parts, with and without apparatus.</li> <li>To know to show increased awareness of extension and flexibility in actions.</li> <li>To know to copy, remember, repeat, and plan linking simple actions with some control and technique.</li> </ul>	<ul style="list-style-type: none"> <li>To know to complete balances with increasing stability, control, and technique</li> <li>To know to demonstrate some strength and control when taking weight on different body parts for longer periods of time</li> <li>To know to demonstrate increased flexibility and extension in their actions.</li> <li>To know to choose actions that flow well into one another both on and off apparatus</li> </ul>		<ul style="list-style-type: none"> <li>To know to show increasing control and balance when moving from one balance to another.</li> <li>To know to use strength to improve the quality of an action and the range of actions available.</li> <li>To know to use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</li> <li>To know to create and perform more complex sequences of actions with a good level of quality, control, and technique with and without a partner.</li> </ul>	
<p><b>Fundamental Movement Skills</b></p> <ul style="list-style-type: none"> <li>Running</li> <li>Balance</li> <li>Co-ordination</li> <li>Speed</li> <li>Strength</li> <li>Stamina</li> </ul>	<ul style="list-style-type: none"> <li>To know to run and stop with some control</li> <li>To know how to explore skipping as a travelling action</li> <li>To know how to throw beanbags and larger balls into space</li> <li>To know how to balance whilst stationary and on the move</li> <li>To know how to change direction at a slow pace</li> </ul>	<ul style="list-style-type: none"> <li>To begin to know how to run at different speeds, showing awareness of technique</li> <li>To know to begin to link running and jumping movements with some control.</li> <li>To know how to jump, hop and leap and choose which jump allows them to jump the furthest.</li> <li>To know to throw toward a target</li> </ul>	<ul style="list-style-type: none"> <li>To know to show balance and coordination when running at different speeds</li> <li>To know to link running and jumping movements with some control and balance.</li> <li>To know to show hopping and jumping movements with some balance and control</li> </ul>	<ul style="list-style-type: none"> <li>To know to show balance and coordination techniques when running at different speeds, stopping with control</li> <li>To know to link running, hopping, and jumping actions using different take offs and landings</li> <li>To know how to jump for distance and height with an awareness of technique</li> </ul>	<ul style="list-style-type: none"> <li>To know to demonstrate how and when to speed up and slow down when running.</li> <li>To know to link hopping and jumping actions with some control</li> <li>To know how to jump for distance and height showing balance and control</li> <li>To know how to throw with some power and accuracy towards a target area</li> </ul>	<ul style="list-style-type: none"> <li>To know to run at the appropriate speed over long distances or for a longer period</li> <li>To know to show control at take-off and landing in more complex jumping activities</li> <li>To know to perform a range of more complex jumps showing some technique</li> <li>To know to show accuracy and power</li> </ul>	<ul style="list-style-type: none"> <li>To know how to demonstrate a controlled running technique using the appropriate speed over longer distance or a period</li> <li>To know to link running, jumping and hopping actions with greater control and coordination</li> <li>To know to perform jumps for height and distance using good technique</li> </ul>

		<ul style="list-style-type: none"> <li>To know to show some control and balance when travelling at different speeds.</li> <li>To begin to know to show balance and coordination when changing direction.</li> <li>To know how to use coordination with and without equipment.</li> </ul>	<ul style="list-style-type: none"> <li>To know to change technique to throw for distance</li> <li>To know to show control and balance when travelling at different speeds.</li> <li>To know to demonstrate balance and coordination when changing direction</li> <li>To know to perform actions with increased control when coordinating their body with and without equipment.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to throw a variety of objects, changing action for accuracy and distance</li> <li>To know to demonstrate balance when performing other fundamental skills</li> <li>To know to coordinate their bodies with increased consistency in a range of activities</li> </ul>	<ul style="list-style-type: none"> <li>To know how to demonstrate good balance when performing other fundamental skills</li> <li>To know to show balance when changing direction at speed in combination with other skills</li> <li>To know how to coordinate their body at speed in response to a task.</li> </ul>	<p>when throwing for distance</p> <ul style="list-style-type: none"> <li>To know to demonstrate good balance and control when performing other fundamental skills.</li> <li>To know to demonstrate improved body posture and speed when changing direction</li> <li>To know to co-ordinate a range of body parts at increased speed.</li> </ul>	<ul style="list-style-type: none"> <li>To know to show accuracy and good technique when throwing for distance</li> <li>To know to show fluency and control when travelling, landing, stopping, and changing direction</li> <li>To know to change direction with a fluent action and can transition smoothly between varying speeds</li> <li>To know how to coordinate a range of body parts with a fluent action at a speed appropriate to the challenge</li> </ul>
<p><b>Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Agility</li> <li>Balance</li> <li>Coordination</li> <li>Speed</li> <li>Strength</li> <li>Stamina</li> </ul>	<ul style="list-style-type: none"> <li>To know how the body feels when still and when exercising</li> </ul>	<ul style="list-style-type: none"> <li>To know how the body feels before, during and after exercise.</li> <li>To know how to carry and pace equipment safely</li> </ul>	<ul style="list-style-type: none"> <li>To know how to recognise and describe the effects of exercise on the body.</li> <li>To know the importance of strength, flexibility for physical activity.</li> <li>To know and explain why it is important to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to recognise and describe the effects of exercise on the body.</li> <li>strength, flexibility for physical activity.</li> <li>To know and explain why it is important to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to describe how the body reacts at different times and how this affects performance.</li> <li>To know why exercise is good for your health.</li> <li>To know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>To know and explain reasons for warming up and cooling down.</li> <li>To know and explain some safety principles when preparing for and during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand the importance of warming up and cooling down.</li> <li>To know how to carry out warmups and cool downs safely and effectively.</li> <li>To know and understand why exercise is good for health, fitness, and wellbeing</li> <li>To know ways to become healthier.</li> </ul>

	Year 4	Year 6
<p>OAA</p> <ul style="list-style-type: none"> <li>• <b>Problem solving</b></li> <li>• <b>Navigational skills</b></li> <li>• <b>Communication</b></li> </ul>	<ul style="list-style-type: none"> <li>• To know to accurately follow instructions given by a peer and give clear and usable instructions to a peer.</li> <li>• To know to confidently communicate ideas and listen to others before deciding on the best approach.</li> <li>• To know to plan and apply strategies to solve problems.</li> <li>• To know to Identify key symbols on a map and use a key to help navigate around a grid.</li> <li>• To know to watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements</li> </ul>	<ul style="list-style-type: none"> <li>• To know to communicate with others clearly and effectively when under pressure.</li> <li>• To know to be confident to lead others and show consideration of including all within a group.</li> <li>• To know to use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.</li> <li>• To know to orientate a map confidently and efficiently, identifying key features to navigate around a course.</li> <li>• To know to accurately reflect on when challenges are solved successfully and suggest well thought out improvements.</li> </ul>



## End Points in Learning in the Geography Curriculum

Year 1	Year 2	Year 3
<ul style="list-style-type: none"> <li>• Pupils can develop fundamental basic movement skills, become increasingly competent and confident and access a broad range of opportunities in physical education</li> <li>• Pupils can participate as a team member</li> <li>• Pupils can perform simple dances and movement patterns</li> <li>• Pupils can engage in competitive sport (both against self and against others)</li> <li>• Pupils can perform in co-operative physical activities, in a range of increasingly challenging situations</li> <li>• Pupils can display and extend their agility, balance and coordination, individually and with others</li> <li>• Pupils can develop simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils can develop fundamental basic movement skills, become increasingly competent and confident and access a broad range of opportunities in physical education</li> <li>• Pupils can participate as a team member</li> <li>• Pupils can perform simple dances and movement patterns</li> <li>• Pupils can engage in competitive sport (both against self and against others)</li> <li>• Pupils can perform in co-operative physical activities, in a range of increasingly challenging situations</li> <li>• Pupils can display and extend their agility, balance and coordination, individually and with others</li> <li>• Pupils can develop simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils can 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</li> <li>• Pupils can enjoy communicating, collaborating and competing with each other</li> <li>• Pupils can develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> <li>• Pupils can become physically confident in a way, which supports their health and fitness</li> <li>• Pupils can perform dances using a range of movement patterns.</li> <li>• Pupils can run, jump, throw and catch in isolation and in combination</li> <li>• Pupils can develop flexibility, strength, technique control and balance</li> </ul>
Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• Pupils can 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</li> <li>• Pupils can enjoy communicating, collaborating and competing with each other</li> <li>• Pupils can develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> <li>• Pupils can become physically confident in a way, which supports their health and fitness</li> <li>• Pupils can perform dances using a range of movement patterns</li> <li>• Pupils can run, jump, throw and catch in isolation and in combination</li> <li>• Pupils can develop flexibility, strength, technique control and balance</li> <li>• Pupils can make progress towards being able to swim 25 metres or more use a range of strokes and perform self-rescue techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils can compete in sport and other activities build character and help to embed values such as fairness and respect</li> <li>• Pupils can develop competence to excel in a broad range of physical activities</li> <li>• Pupils can be physically active for sustained periods of time</li> <li>• Pupils can engage in competitive sports and activities and respond appropriately</li> <li>• Pupils can explain how to lead healthy, active lives</li> <li>• Pupils can become physically confident in a way which supports their health and fitness</li> <li>• Pupils can develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils can compete in sport and other activities build character and help to embed values such as fairness and respect</li> <li>• Pupils can develop competence to excel in a broad range of physical activities</li> <li>• Pupils can be physically active for sustained periods of time</li> <li>• Pupils can engage in competitive sports and activities and respond appropriately</li> <li>• Pupils can explain how to lead healthy, active lives</li> <li>• Pupils can become physically confident in a way which supports their health and fitness</li> <li>• Pupils can develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</li> <li>• Pupils are able to swim 25 metres or more use a range of strokes and perform self-rescue techniques</li> </ul>