

	Dance	F.M.S.	Games	Body Management	OAA	Swimming
Pre KS2	Perform dances using simple movement patterns	- Master basic movements including running, jumping and throwing. - Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	- Master basic movements including throwing and catching. - Participate in team games, developing simple tactics for attacking and defending.	master basic movements as well as developing balance, agility and co-ordination.	Participate in team games, developing simple tactics.	NA



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	KS2: perform dances using a range of movement patterns	KS2: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	KS2: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	KS2: develop flexibility, strength, technique, control and balance.	KS2: take part in outdoor and adventurous activity challenges both individually and within a team.	
Year 3	- Copy remember and perform a dance phrase. - Create short dance phrases that communicate an idea. - Use canon, unison and formation to represent an idea. - Match dynamic and expressive qualities to a range of ideas. - Use counts to keep in time with a partner and group.	- Show balance, coordination and technique when running at different speeds, stopping with control. - Link running, hopping and jumping actions using different take offs and landing. - Jump for distance and height with an awareness of technique. - Throw a variety of objects, changing action for accuracy and distance. - Demonstrate balance when performing other fundamental skills. - Show balance when changing direction in combination with other skills. - Can co-ordinate their bodies with increased consistency in a variety of activities.	- Dribble the ball with one hand with some control in game situations. - Dribble a ball with feet with some control in game situations - Use a variety of throwing techniques in game situations. - Kick towards a partner in game situations. - Catch a ball passed to them using one and two hands with some success. - Receive a ball sent to them using different parts of the foot. - Strike a ball with varying techniques. - Change direction with increasing speed in game situations. - Use space with some success in game situations. - Use simple tactics individually and within a team.	- Complete balances with increasing stability, control and technique. - Demonstrate some strength and control when taking weight on different body parts for longer periods of time. - Demonstrate increased flexibility and extension in their actions. - Choose actions that flow well into one another both on and off apparatus.	- Follow instructions from a peer and give simple instructions. - Work collaboratively with a partner and a small group, listening to and accepting others' ideas. - Plan and attempt to apply strategies to solve problems. - Orientate and follow a diagram/map. - Reflect on when and why challenges are solved successfully and use others' success to help them to improve.	- Confidently and consistently retrieve an object from the floor with the same breath. - Begin to co-ordinate breath in time with basic strokes showing some consistency in timing - Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. - Combine gliding and floating on front and back over an increased distance. - Float on front and back using different shapes with increased control. - Comfortably demonstrate sculling head first, feet first and treading water.

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Year 4	• Copy, remember and adapt set choreography. • Choreograph considering structure individually, with a partner and in a group. • Use action and reaction to represent an idea. • Change dynamics to express changes in character or narrative. • Use counts when choreographing short phrases.	• Demonstrate how and when to speed up and slow down when running. • Link hopping and jumping actions with some control. • ump for distance and height showing balance and control. • Throw with some accuracy and power towards a target area • Demonstrate good balance when performing other fundamental skills. • Show balance when changing direction at speed in combination with other skills. • Begin to co-ordinate their body at speed in response to a task.	• Link dribbling the ball with other actions with increasing control. • Change direction when dribbling with feet with some control in game situations. • Use a variety of throwing techniques with increasing success in game situations • Kick with increasing success in game situations. • Catch a ball passed to them using one and two hands with increasing success. • Receive a ball using different parts of the foot under pressure. • Strike a ball using varying techniques with increasing accuracy. • Change direction to lose an opponent with some success. • Create and use space with some success in game situations. • Use simple tactics to help their team score or gain possession.	• Use body tension to perform balances both individually and with a partner. • Demonstrate increasing strength, control and technique when taking own and others weight. • Demonstrate increased flexibility and extension in more challenging actions. • Plan and perform sequences showing control and technique with and without a partner.	• Accurately follow instructions given by a peer and give clear and usable instructions to a peer. • Confidently communicate ideas and listen to others before deciding on the best approach. • Plan and apply strategies to solve problems. • Identify key symbols on a map and use a key to help navigate around a grid. • Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	

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Year 5	- Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing - Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. - confidently perform choosing appropriate dynamics to represent an idea. - Use counts accurately when choreographing to perform in time with others and the music.	- Run at the appropriate speed over longer distances or for longer periods of time. - Show control at takeoff and landing in more complex jumping activities. - Perform a range of more complex jumps showing some technique. - Show accuracy and power when throwing for distance. - Demonstrate good balance and control when performing other fundamental skills. - Demonstrate improved body posture and speed when changing direction. - Can co-ordinate a range of body parts at increased speed.	- Use dribbling to change the direction of play with some control under pressure - Dribble with feet with some control under increasing pressure - Use a variety of throwing techniques with some control under increasing pressure. - Use a variety of kicking techniques with some control under increasing pressure. - Catch and intercept a ball using one and two hands with some success in game situations. - Receive a ball using different parts of the foot under pressure with increasing control. - Strike a ball using a wider range of skills. Apply these with some success under pressure. - Use a variety of techniques to change direction to lose an opponent. - Create and use space for self and others with some success - Understand the need for tactics and can identify when to use them in different situations.	- Show increasing control and balance when moving from one balance to another. - Use strength to improve the quality of an action and the range of actions available. - Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them. - Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.		

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Year 6	- Perform dances confidently and fluently with accuracy and good timing. - 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. - Improvise and combine dynamics demonstrating an awareness of the impact on performance. - Use counts when choreographing and performing to improve the quality of work.	- Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. - Link running, jumping and hopping actions with greater control and co-ordination. - Perform jumps for height and distance using good technique. - Show accuracy and good technique when throwing for distance. - Show fluency and control when travelling, landing, stopping and changing direction. - Change direction with a fluent action and can transition smoothly between varying speeds. - Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.	- Use dribbling to change the direction of play with control under pressure. - Use a variety of dribbling techniques to maintain possession under pressure. - Use a variety of throwing techniques including fake passes to outwit an opponent. - Select and apply the appropriate kicking technique with control. - Catch and intercept a ball using one and two hands with increasing success in game situations. - Receive a ball with consideration to the next move. - Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. - Confidently change direction to successfully outwit an opponent. - Effectively create and use space for self and others to outwit an opponent. - Work collaboratively to create tactics within their team and evaluate the effectiveness of these.	- Combine and perform more complex balances with control, technique and fluency. - Demonstrate more complex actions with a good level of strength and technique. - Confidently transition from one action to another showing appropriate control and extension for the complexity of the action. - Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.	- Communicate with others clearly and effectively when under pressure. - Confident to lead others and show consideration of including all within a group. - Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem. - Confidently and efficiently orientate a map, identifying key features to navigate around a course. - Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.	- Confidently combine skills to retrieve an object from greater depth. - Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. - Confidently demonstrate good technique in a wider range of strokes over increased distances. - Combine gliding and transitioning into an appropriate stroke with good control. - Confidently link a variety of floating actions together demonstrating good technique and control. - Select and apply the appropriate survival technique to the situation.