



NATIONAL CURRICULM		
EYFS – In the moment	KEY STAGE 1	KEY STAGE 2
<p>ELG</p> <p>Moving and handling: Children show good control and coordination 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.</p> <p>Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>	<p>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.</p> <ul style="list-style-type: none">• 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.	<p>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.</p> <ul style="list-style-type: none">• 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.



Year group	Autumn		Spring		Summer	
EYFS	Workout Wednesdays	Workout Wednesdays				
1	Multi skills	Dance	Gymnastics	Invasion Games	Striking/Fielding Games	Athletics
2	Multi skills	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics
3	Invasion Games	Gymnastics	Dance	Invasion Games	Net/Wall Games	Athletics
4	Invasion Games	Gymnastics	Dance	Invasion Games	Striking/Fielding Games	OAA
5	Invasion Games	Gymnastics	Dance	Invasion Games	Net/Wall Games	Athletics
6	Invasion Games	Gymnastics	Dance	Invasion Games	Striking/Fielding Games	OAA



	Foundation Stage – in the moment	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi skills	<p>I am beginning to develop agility, balance and coordination (ABC)</p> <p>I can recognise the importance of keeping healthy</p> <p>I can give ways to keep healthy</p> <p>I can move with confidence, imagination and with safety</p> <p>I can recognise the changes that happen to my bodies when I am active.</p>	<p>I can change direction/speed</p> <p>I am developing spatial awareness</p> <p>I can use different movements, speeds & pathways</p> <p>I can recognise space in games</p> <p>I am beginning to manage my feelings/ emotions and those towards others</p>	<p>I can show control and balance.</p> <p>I have spatial awareness & awareness of others</p> <p>I can use simple tactics/movements to suit situations</p> <p>I understand how different activities make the body work differently</p>				
Dance	<p>I can explore movement ideas and respond imaginatively to a range of stimuli</p> <p>I can move confidently and safely, showing an awareness of myself, space and others</p> <p>I can demonstrate changes of speed, level and direction</p>	<p>I can: travel, jump, turn and use gesture and stillness</p> <p>I can create a dance demonstrating a beginning, middle, and an end.</p> <p>I can evaluate my own work and that of others.</p>	<p>I can use simple movement patterns showing rhythm</p> <p>I can create short dances to show different moods, ideas and feelings</p> <p>I can co-operate and collaborate with others</p>	<p>I can demonstrate control, fluency, expression and dynamics</p> <p>I can create and perform</p> <p>I can evaluate my own work</p>	<p>I can use control, fluency, expression and dynamics with increasing accuracy</p> <p>I can create and perform dance routines to different stimuli</p> <p>I can manage my feelings and emotions</p>	<p>I can use control, fluency, expression and dynamics</p> <p>I can create and perform routines incorporating props</p> <p>I can evaluate my own work and that of others</p>	<p>I can use control, fluency, expression and dynamics</p> <p>I can create and perform routines to different stimuli, using props when appropriate</p> <p>I can manage my feelings and emotions towards myself and others</p>



<p>Striking/Fielding Games</p>	<p>I can compose, showing rhythmic phrases of movement</p> <p>I can copy movement ideas from a partner</p> <p>I can recognise how my body feels after exercising.</p> <p>I can move with increased agility, balance and coordination (ABC)</p>	<p>I can hit a ball, run as far as possible, throw a ball to a base</p> <p>I am beginning to attack and defend</p> <p>I am developing self-confidence/ awareness and resilience</p>		<p>I am beginning to strike and aim accurately</p> <p>I can attack and defend</p> <p>I understand what a healthy lifestyle is</p>	<p>I can hit, bowl, intercept and catch equipment with increasing accuracy</p> <p>I can alter my play to respond to strengths/ weaknesses of opponents</p> <p>I have knowledge and understanding of fitness and health</p>		<p>I can hit, bowl, intercept and catch equipment with accuracy</p> <p>I can alter my play to respond to strengths/ weaknesses of opponents and teammates</p> <p>I understand fitness and health and its importance</p>
<p>Invasion Games</p>	<p>I am beginning to develop familiarity with a variety of small games equipment</p>	<p>I can perform skills in isolation and then in combination</p> <p>I am beginning to attack and defend</p> <p>I can communicate with my teammates</p>	<p>I can move with a ball, changing speed and direction in a space safely</p> <p>I can participate in team games</p> <p>I can manage my feelings/ emotions and those towards others</p>	<p>I am beginning to pass, shoot, dribble , control, and intercept in a game with some success</p> <p>I can attack and defend</p> <p>I can co-operation and collaborate with a team</p>	<p>I am developing my passing, shooting, dribbling , controlling, intercepting</p> <p>I can apply different attack and defence techniques</p> <p>I can co-operate and collaborate with my team to reach a common goal</p>	<p>I can pass, shoot, dribble , control and, intercept equipment</p> <p>I can appropriately alter my attacking and defending techniques based on my opponent</p> <p>I can co-operate and collaborate with my team to reach a common goal</p>	<p>I can pass, shoot, dribble , control and, intercept equipment with accuracy</p> <p>I can alter my play to respond to strengths/ weaknesses of opponents and teammates</p> <p>I can co-operate and collaborate with my team to reach a common goal</p>
<p>Athletics</p>		<p>I am developing my running, jumping, throwing and catching skills</p> <p>I can apply different techniques to different activities</p> <p>I can recognise that body temperature changes with different activity</p>	<p>I can run, jump, throw and catch</p> <p>I can sustain effort to maintain quality performance</p> <p>I can observe successful play and evaluate it</p>	<p>I can alter my technique appropriately</p> <p>I can apply technique to challenge</p> <p>I can manage my feelings/ emotions and those towards others (including healthy competition)</p>		<p>I can alter my technique to be more successful</p> <p>I can use a combination of techniques where appropriate</p> <p>I can manage my feelings/ emotions and those towards others (including healthy competition)</p>	



<p>Net/Wall Games</p>			<p>I can demonstrate control of different sized projectiles (balls, shuttlecocks) with a racket</p> <p>I can work as a pair / group</p> <p>I can communicate with my partner to achieve a common goal</p>	<p>I am continuing to develop my striking/ aiming and am beginning to apply this to net/wall games</p> <p>I know some appropriate attacking and defending techniques</p> <p>I can give some examples of what a healthy life style might look like</p>		<p>I can apply previously learnt striking/ fielding techniques to net/wall games appropriately and accurately</p> <p>I can appropriately alter my attacking and defending techniques based on my opponent</p> <p>I understand the importance of a healthy lifestyle and what this might look like</p>	
<p>Gymnastics</p>		<p>I can perform short sequences on floor and apparatus</p> <p>I can create and repeat movement phrases and sequences</p> <p>I can co-operate/collaborate with others</p> <p>I can name some ways to stay safe in gymnastics</p>	<p>I can use up to 4 elements in a sequence e.g. balance, roll, jump, travel.</p> <p>I can work with a partner to combine work</p> <p>I am continuing to develop my self-confidence/awareness/ resilience</p> <p>I can explain why safety procedures are needed</p>	<p>I am developing my rolls, jumps, travel, balance</p> <p>I can create and repeat movement phrases and sequences using different apparatus</p> <p>I have self-confidence/awareness and Resilience</p>	<p>I can use different rolls, jumps, travel, balance</p> <p>I can create and repeat movement phrases and sequences to a stimuli</p> <p>I demonstrate self-confidence/awareness and resilience when I don't win</p>	<p>I can use a variety of rolls, jumps, travel, balance in combination</p> <p>I can create and repeat movement phrases and sequences using a variety of rolls, jumps, travelling and balances</p> <p>I am developing my self-confidence/ awareness and resilience</p>	<p>I can use a variety of rolls, jumps, travel, balance in combination</p> <p>I can create and repeat movement phrases and sequences using a variety of rolls, jumps, travelling and balances using different apparatus and stimuli</p> <p>I have self-confidence/ awareness and resilience</p>



OAA					I can plan and draw a route I can move and carry objects I can listen to and follow instructions I can help others		I can plan before starting challenges I can show control/ co-ordination of movements I can use problem solving, to adapt to new challenges, I can self/ peer assess I can work with others, problem solving
Swimming					I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke I can perform safe self-rescue in different water-based situations		
Evaluation							