

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when standing still and when exercising.	Describe how the body feels when still and when exercising. Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Recognise and explain what our bodies need to stay healthy. Carry and place equipment safely.	Recognise and describe the effects of exercise on the body and mind. Know the importance of strength and flexibility for physical activity. Carry and place equipment safely. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times of the day and how this might affect performance. Know the importance of controlling the body in physical activity. Explain why exercise is good for your health. Recognise and understand benefits of warming up and cooling down. Carry and set up equipment safely.	Understand and describe how different exercises affect performance in different ways. Recognise and understand benefits on the body, from warming up and cooling down. To be able to understand and explain safety principles when preparing for and during exercise. Understand why exercise is important for our health, fitness and wellbeing. Set up and carry equipment safely.	Understand and describe the importance of warming up and cooling down, alongside effects that they have on our bodies. Carry out warm-ups and cool downs safely and effectively. Understand why exercise is good for our physical and mental health and well-being. Understand and describe different lifestyles that we can maintain to keep ourselves more healthy and fit. Set up and carry equipment safely.
Acquiring and Developing (running skills)						
To run at different speeds. To run for varying distances. To run for a variety of purposes.	To vary their pace and speed when running. To demonstrate good posture and balance when running. To be able to change	To run at different paces, speeds and distances. To be able to describe the different paces and the effect that they have on our bodies.	To use a variety of stride lengths when running. To focus on the correct arm and leg technique when running.	To improve the correct arm and leg technique when running and sprinting. To confidently demonstrate an improved technique	To change pace, speed and direction within a relay race smoothly. Confidently demonstrate how to use the baton in a relay, using the	To know when to accelerate to pass other competitors. To know when to change pace, speed and direction in a race. To recap, practise and

<p>direction when jogging and running.</p> <p>To be able to jog and run in a straight line.</p> <p>To demonstrate good control of the body when jogging and running.</p> <p>To run with a basic technique over a variety of distances.</p>	<p>To begin to choose the most suitable pace and speed to run at, for different distances.</p> <p>To complete an obstacle course by jogging or running.</p> <p>To maintain control of the body when running over different distances.</p> <p>To maintain control of the body when changing direction and speed.</p>	<p>To demonstrate the correct sprinting technique with confidence.</p> <p>To begin to combine running with jumping over small hurdles.</p> <p>To focus on trail leg and lead leg action when running over small hurdles or obstacles.</p> <p>To identify and demonstrate how different running techniques and paces can affect their performance.</p> <p>To understand the importance of adjusting pace to suit the distance being ran.</p>	<p>for running and sprinting.</p> <p>To carry out an effective sprint start and finish.</p> <p>To perform a relay, confidently using the correct baton changeover technique.</p> <p>To speed up and slow down smoothly.</p> <p>To change pace, speed and direction within a relay smoothly.</p>	<p>correct changeover technique.</p> <p>To accelerate from a variety of starting positions.</p> <p>To identify and select the most appropriate starting position for that individual.</p> <p>To understand stamina and its importance for runners.</p> <p>To identify their reaction times when performing a sprint start.</p> <p>To ensure that they can confidently perform an effective sprint start and finish.</p>	<p>refine an effective running and sprinting technique, including starting and finishing.</p> <p>To confidently and independently select the most appropriate pace when running different distances.</p> <p>Demonstrate endurance and stamina over long distance running in order to maintain a sustained run.</p> <p>Run over hurdles with fluency, confidence and control.</p> <p>Run over hurdles focusing on the lead and trail leg technique.</p> <p>To focus on maintaining a consistent stride pattern when running over long distances.</p>
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Acquiring and Developing (jumping skills)

<p>To jump in a variety of ways, landing safely.</p> <p>To jump and land using the correct technique, with both feet.</p>	<p>To perform a variety of jumps safely, with control.</p> <p>To perform different types of jumps, such as, one foot to one foot, two feet to two feet, one foot to two</p>	<p>To perform a variety of jumps safely, with control and confidence.</p> <p>To combine different jumps together to make a sequence.</p>	<p>To use one foot to take off and land with.</p> <p>To confidently use two feet to take off and land with.</p> <p>To develop an</p>	<p>To develop an effective take-off for the standing long jump.</p> <p>To understand and demonstrate the hop, step and jump when performing a</p>	<p>To perform a variety of jumps with control and accuracy, landing safely.</p> <p>To perform an effective standing long jump and standing triple jump</p>	<p>To develop the technique for the standing vertical jump.</p> <p>To develop the technique used for a triple jump.</p> <p>To develop and improve</p>
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	<p>feet or two feet to one foot.</p> <p>To perform a short jumping sequence.</p> <p>To perform a variety of jumps from a given sequence.</p> <p>To jump at a variety of heights and distances.</p> <p>To jump as far as possible and as high as possible.</p> <p>To work with a partner to develop the control and length of their jumps.</p>	<p>To combine different jumps together with confidence and fluency.</p> <p>To jump as far as possible from a standing position, with control.</p> <p>To choose the most appropriate jump for varying distances.</p> <p>To perform and compare different types of jumps, such as, one foot to one foot, two feet to two feet, one foot to two feet or two feet to one foot.</p>	<p>effective take-off for the standing long jump.</p> <p>To understand that the leg muscles are primarily used when performing a jumping action.</p> <p>To combine a variety of jumps together with confidence and control.</p> <p>To identify and demonstrate the flight phase for the standing long jump.</p> <p>To practise jumping over small hurdles.</p>	<p>triple jump.</p> <p>To perform a variety of jumps with control and accuracy, landing safely.</p> <p>To begin to measure the distance when jumping with a partner, further developing the control and length of their jump.</p> <p>To understand and demonstrate the flight phase when performing a standing long jump.</p> <p>To practise jumping over hurdles with a lead and trail foot.</p> <p>To combine running and jumping over hurdles with control.</p>	<p>with control and confidence.</p> <p>To develop an effective technique for the standing vertical jump.</p> <p>To focus on take-off, flight phase and landing when jumping for height.</p> <p>To perform a triple jump confidently using the correct hop, step and jump technique.</p> <p>To measure the distance and height achieved with a partner when jumping.</p> <p>To understand the lead and trail foot technique when performing hurdles.</p> <p>To confidently perform a hurdle run and jump with fluency.</p>	<p>the technique used for a standing long jump.</p> <p>To maintain control and fluency at each of the different stages of a triple jump.</p> <p>To perform a variety of jumps with control, confidence and accuracy, landing safely.</p> <p>To perform and apply different types of jumps in other contexts.</p> <p>To set up and lead a variety of jumping activities.</p> <p>To measure different jumps with confidence and accuracy.</p> <p>To develop and improve their techniques for jumping for height and distance, supporting others in improving their performance.</p> <p>To understand and develop the lead and trail foot technique when performing hurdles.</p> <p>To confidently perform a hurdle run and jump with fluency and control.</p>
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Acquiring and Developing (throwing skills)						
<p>To roll equipment in a variety of ways.</p> <p>To roll a ball at a target with control.</p> <p>Throw a beanbag or ball underarm.</p> <p>To throw a beanbag or ball at a target.</p>	<p>Throw a ball underarm and overarm with control.</p> <p>To throw a ball at a target with accuracy.</p> <p>To use power when throwing a ball in an open space, improving the distance that they can throw.</p>	<p>To throw a beanbag, ball or quoit in a variety of ways.</p> <p>To throw a ball at a target with accuracy and control.</p> <p>To throw a ball underarm and overarm at a target.</p> <p>To throw a ball or beanbag at targets of different heights.</p> <p>Investigate ways to change their throwing technique when throwing for distance.</p> <p>Modify their throwing technique when trying to achieve a greater distance.</p>	<p>To throw a shotput with control and accuracy.</p> <p>To throw a javelin with control and accuracy.</p> <p>To develop the correct technique for throwing a shotput and javelin safely.</p> <p>To perform a push throw with a shotput or ball.</p> <p>Show increasing control in their overarm and underarm throws.</p> <p>Continue to develop techniques used to throw for increased distance.</p>	<p>Use the correct technique for a push throw when throwing a shotput.</p> <p>To develop the correct technique when performing a pull throw.</p> <p>Continue to develop techniques used to throw for increased distance.</p> <p>To perform a pull throw when throwing a javelin.</p> <p>Measure the distances of their throws with a partner or in a small group.</p>	<p>Continue to develop techniques used to throw for increased distance.</p> <p>To perform a fling throw.</p> <p>To develop the correct technique when performing a fling throw.</p> <p>To use the correct technique when throwing a discus with control.</p> <p>Throw a shotput, discus and javelin with control and accuracy.</p> <p>Measure and record the distances of their throws with a partner or in a small group.</p>	<p>To perform a heave throw.</p> <p>To develop the correct technique when performing a heave throw.</p> <p>Measure and record the distances of their throws with a partner or independently.</p> <p>Continue to develop techniques to throw for greater distance.</p> <p>Support others in improving their throwing techniques.</p> <p>To develop and refine throwing techniques to throw for accuracy.</p>
Evaluation						
<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve their performance.</p>	<p>Watch and describe performances, using what they see to improve their own performance.</p> <p>Talk about the differences between</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Identify what aspects worked well and what aspects could</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p>	<p>Choose and use criteria to evaluate their own and other's performances.</p> <p>Explain why they have used particular skills or techniques</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate ideas for improvements.</p>

		their technique and the techniques of others.	be improved next time.	Modify their use of skills or techniques to achieve a better result.	when throwing for distance.	Explain why they have used particular skills or techniques when throwing for greater distance. Explain the effect that particular skills or techniques have had on their performance.
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