

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health and Fitness</b>						
Describe how the body feels when exercising.	Describe how the body feels when still and when exercising.  Describe how the body feels before, during and after exercise.	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.
<b>Invasion skills – Basketball + Netball</b>						
To control a ball and move it around their body.  To travel confidently in a variety of ways.  To pat a large ball, making it bounce.	To begin to travel with a ball.  To throw a ball to another player over a short distance.  To change direction whilst travelling.	To keep good control of a ball whilst travelling with it.  To throw and catch a ball with a partner with control.  To perform a variety	To keep good control of a ball whilst dribbling.  To pass a ball by creating a W on the ball.  To make a series of passes to other	To move in multiple directions in isolation and in a game situation.  To dribble the ball  To understand the difference between dribbling and double	To dribble with the ball using the correct technique, varying their speed and changing direction.  To ensure that they can look up and ahead when dribbling with the ball.	To pass and receive a netball with one hand and two hands with some confidence and success.  Demonstrate a chest pass, bounce pass, overhead pass and shoulder pass with

<p>To bounce and catch a large ball.</p> <p>To throw a large ball to a partner over a very short distance.</p> <p>To catch a ball thrown by a partner with two hands.</p>	<p>To change direction whilst travelling with a ball.</p> <p>To pass a ball to another player whilst on the move.</p> <p>To travel in a range of different ways to get into a useful space.</p> <p>To keep good control of a ball whilst travelling with it.</p> <p>To pass a ball quickly to another player.</p> <p>To use a simple overarm and underarm throw.</p> <p>To catch a ball thrown by a partner with two hands.</p> <p>To throw a ball into a hoop.</p> <p>To identify useful spaces for throwing and catching a ball.</p> <p>To defend a goal or space.</p> <p>To demonstrate basic attacking and defending skills in a game situation such as dodging, side stepping and leaping.</p>	<p>of passes with control.</p> <p>To perform a chest pass and bounce pass with control.</p> <p>To stop a ball with two hands.</p> <p>To bounce a ball whilst on the spot and whilst moving.</p> <p>To get into a position to catch a ball.</p> <p>To begin to work as part of a team.</p> <p>To understand the importance of rules and follow them in simple games.</p> <p>To begin to use and understand the terms attacking and defending.</p> <p>To apply and demonstrate simple attacking and defending skills in a game successfully, including dodging and marking.</p> <p>To make quick decision about which player to pass to.</p>	<p>players, moving towards the scoring area.</p> <p>To perform a chest pass, bounce pass and shoulder pass with control.</p> <p>To use space well to pass and receive a ball.</p> <p>To recognise and begin to apply basic defending skills such as marking and intercepting with some success.</p> <p>To understand and demonstrate the term intercepting.</p> <p>To recognise and begin to apply basic attacking skills such as dodging and marking, with some success.</p> <p>To understand and apply the basic rules of basketball in a game situation.</p> <p>To know when to pass or dribble with the ball.</p> <p>To identify and use tactics to help their team keep possession of the</p>	<p>dribbling.</p> <p>To dribble with the ball using different techniques.</p> <p>To ensure that they can look up and ahead when dribbling with the ball.</p> <p>To pass a basketball in a variety of ways with control and accuracy.</p> <p>To mark an opposition player with confidence and success.</p> <p>To contribute to the success of their team in attack and defence.</p> <p>To demonstrate effective teamwork and communication in a game situation.</p> <p>To move in multiple directions with speed and confidence.</p> <p>To understand and apply the rules of basketball in a game situation.</p> <p>To identify when a pass should be made</p>	<p>To use the correct pass and the correct technique when passing a ball over a range of distances.</p> <p>To know the rules for pivoting and perform this skill using the correct footwork.</p> <p>To occasionally combine more than one skill, such as dribbling and pivoting in a game situation.</p> <p>Demonstrate a clear technique whilst dribbling to protect the ball from a defender who is trying to keep possession.</p> <p>Know and demonstrate how to mark a player man-to-man successfully to prevent an opposition player from receiving a pass.</p> <p>To demonstrate effective teamwork and communication in a game situation.</p> <p>To understand and apply the rules of basketball in a game</p>	<p>success, using the correct technique.</p> <p>To be able to jump with the ball.</p> <p>To move quickly with the ball when changing direction, showing speed, power and agility.</p> <p>To use more than one type of netball pass in a game situation.</p> <p>To land with one or two feet with or without the ball.</p> <p>To use efficient footwork in a game situation, including pivoting in a range of situations.</p> <p>To pivot using the correct footwork in a game situation and combine the skill of pivoting with other learnt netball skills.</p> <p>Perform the correct shooting technique when scoring a point.</p> <p>To understand what being part of a team involves and demonstrate this skill in a game situation with effective communication.</p>
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	To demonstrate a variety of movements including running, jumping, hopping, leaping, side stepping and dodging.	To throw a ball over a range of distances.  To throw and bounce a ball into a hoop.  To pass a ball quickly and accurately to another player.	ball.  To practice scoring a ball into a basketball hoop from a spot, from a variety of distances.  To travel with a ball and pass to another player to score points in a game situation.	in a game situation and identify which pass to use.  To pass and receive a ball with control and accuracy.	situation.  To understand the scoring system in a game of basketball.  To use a range of attacking and defending skills and tactics to contribute towards the success of their team.  Understand and demonstrate the defensive stance when marking an opposition player.  To understand the different types of basketball scoring shots and demonstrate how to execute them with control.	To execute the movement skills of dodging and marking a player in a game situation successfully.  To apply a range of attacking and defending movement skills within a game situation to contribute to the success of their team.  To understand the rules of netball and understand the roles of each position.
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### Invasion skills - Football

To kick a ball using the correct part of their foot.  Keep a ball under control.  To develop the ability to kick a ball towards a target.  To stop a football using the correct	To travel with a football with control.  To dribble a football using the correct technique.  To kick a football towards a target.  To travel with a football whilst dribbling.	To change direction whilst travelling with a football.  To begin to dribble a football around an area whilst running.  To pass a ball quickly and accurately to another player whilst standing still	To dribble with their dominant and non-dominant foot, with control.  To understand the term 'intercepting' and demonstrate it in small games.  To demonstrate marking in a game situation.	To dribble a ball with both dominant and non-dominant foot with control and correct technique.  To confidently demonstrate how to intercept in a game situation.  To confidently	To play effectively in a variety of positions and formations in a game situation.  To be able to demonstrate a variety of attacking and defending techniques and tactics in a game situation.	To make quick decisions of how and when to pass to someone in a game situation.  To use a range of ways to keep a ball under control, depending on where it is coming from.  To draw a defender away to create space.
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<p>technique.</p> <p>To begin to travel with a football.</p> <p>To dribble a football around an area whilst walking.</p> <p>To show control when kicking a football.</p>	<p>To show control when stopping a football, using the correct technique.</p> <p>To dribble a football around an area whilst walking and jogging.</p> <p>To travel in a variety of ways with control in order to get into a useful space.</p> <p>To change direction whilst travelling with a football.</p> <p>To pass and receive a football with a partner, using the correct technique.</p>	<p>and on the move.</p> <p>To demonstrate effective teamwork and communication in a game situation.</p> <p>To kick a ball at a target, at varying lengths and distances.</p> <p>To follow basic rules to play a variety of football related games and understand the importance of having rules.</p> <p>To kick a ball towards a target with control.</p> <p>To use space well to pass and receive a football.</p> <p>To learn how to mark a player when they have the ball.</p>	<p>To move in different directions whilst dribbling a football.</p> <p>To understand the difference between attacking and defending in football.</p> <p>To demonstrate at least two techniques to attack, such as dodging and changing direction.</p> <p>To demonstrate at least two techniques to defend, such as marking and intercepting.</p> <p>To make quick decisions about which player to pass to in a game situation.</p> <p>To know when to pass or dribble with the ball in a game situation.</p> <p>To follow basic rules of a football match and understand the importance of having rules.</p> <p>To demonstrate effective teamwork and communication.</p> <p>To develop their</p>	<p>demonstrate how to mark man to man in a game situation.</p> <p>To move in a variety of directions whilst dribbling a football.</p> <p>To demonstrate attacking and defending in a game situation.</p> <p>To demonstrate various ways of attacking and defending in a game situation.</p> <p>To pass a football at varying lengths and distances to others in a game situation.</p>	<p>To move in a variety of directions whilst dribbling a football, with greater speed.</p> <p>To pass a football at varying lengths and distances with greater speed.</p> <p>To choose and implement a variety of ways to attack and defend in a game situation.</p>	<p>To position their body correctly to defend effectively, making successful interceptions.</p> <p>To know how space changes within a game and when and how to move into changing spaces.</p> <p>To suggest, lead and plan simple drills to practice skills.</p> <p>To choose and implement a variety of ways to attack and defend in a game situation.</p>
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			<p>scoring skills when scoring towards a target or goal with control and accuracy.</p> <p>To understand and demonstrate what they and their team must try to do to keep possession of the ball.</p>			
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### Invasion skills - Hockey

<p>Hit a ball with a racket or bat.</p>	<p>Use hitting / striking skills in a small game.</p> <p>Practice basic striking, sending and receiving skills.</p>	<p>Strike or hit a ball with a hockey stick, with control.</p> <p>Learn basic skills for playing a small hockey game.</p> <p>Position the body correctly to strike a ball with a hockey stick.</p> <p>Direct a ball using a hockey stick, with control.</p>	<p>Demonstrate successful striking skills.</p> <p>Develop a range of striking skills, using the correct technique.</p> <p>Use the correct striking technique in a game situation.</p> <p>Practice striking the ball at varying lengths and distances.</p> <p>Direct a ball using a hockey stick, with control.</p>	<p>Use a hockey stick to strike a ball with accuracy and control.</p> <p>Use a hockey stick to strike a ball using the correct technique, with control.</p> <p>Confidently use at least two different ways of striking a ball with a hockey stick.</p> <p>Consistently perform basic hockey skills, such as dribbling and a push pass.</p> <p>To begin to implement basic rules of hockey.</p> <p>To develop tactics and apply them to basic competitive</p>	<p>Use a variety of techniques to hit a ball using a hockey stick.</p> <p>Identify and apply techniques for hitting a ball in a game situation.</p> <p>Identify and apply techniques and tactics that can be used in a game situation.</p> <p>To be able to combine basic hockey skills such as dribbling and push pass.</p> <p>To begin to play effectively in different positions on the pitch, both attacking and defending.</p> <p>To increase power</p>	<p>Demonstrate effective hand-eye coordination to be able to direct a ball with control.</p> <p>Demonstrate effective hand-eye coordination when striking or hitting a ball with a hockey stick.</p> <p>Identify and apply techniques for hitting a ball in a game situation.</p> <p>Identify and apply techniques and tactics that can be used in a game situation.</p> <p>To choose and implement a range of strategies and tactics to attack and defend.</p> <p>To combine and perform more complex skills.</p> <p>To increase speed and</p>
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				situations.  To increase speed and endurance during game play.	and strength of passes, moving the ball over short and long distances.	endurance during game play.
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### Invasion skills – Tag Rugby

<p>To control a rugby ball and move it around their body.</p> <p>To travel confidently in a variety of ways. To throw and catch a ball.</p> <p>To throw and catch a large ball with a partner.</p> <p>To catch a ball thrown by a partner with two hands.</p>	<p>To begin to travel with a ball.</p> <p>To throw a ball to another player over short and long distances.</p> <p>To change direction whilst travelling.</p> <p>To change direction whilst travelling with a ball.</p> <p>To pass a ball to another player whilst on the move.</p> <p>To travel in a range of different ways to get into a useful space.</p> <p>To keep good control of a ball whilst travelling with it.</p> <p>To pass a ball quickly to another player.</p> <p>To catch a ball thrown by a partner</p>	<p>To keep good control of a ball whilst travelling with it.</p> <p>To throw and catch a ball with a partner sideways or backwards.</p> <p>To stop a ball with two hands.</p> <p>To get into a position to catch a ball.</p> <p>To begin to work as part of a team.</p> <p>To understand the importance of rules and follow them in simple games.</p> <p>To begin to use and understand the terms attacking and defending.</p> <p>To apply and demonstrate simple attacking and defending skills in a game successfully,</p>	<p>Know how to hold a rugby ball with the correct grip.</p> <p>To throw a rugby ball sideways, using the correct technique, whilst stationary.</p> <p>To catch a rugby ball with control.</p> <p>To begin to run with a rugby ball, keeping the ball under control.</p> <p>To use space well to pass and receive a ball.</p> <p>To understand and demonstrate the term intercepting.</p> <p>To recognise and begin to apply basic attacking and defending skills such as marking and dodging.</p> <p>To know when to</p>	<p>Use the correct grip whilst holding a rugby ball.</p> <p>Pass a rugby ball with accuracy, using the correct technique.</p> <p>To accurately make a pass whilst stationary and on the move.</p> <p>Pass a rugby ball sideways and backwards with control and some accuracy.</p> <p>To catch a rugby ball accurately.</p> <p>To move their hands to catch a ball at different heights and angles, using the correct grip.</p> <p>To get into the correct position to receive a pass from a teammate.</p>	<p>Use the correct grip whilst holding the ball to be able to pass it effectively.</p> <p>To pass the ball with accuracy, using the correct technique whilst stationary.</p> <p>To pass the ball with accuracy, using the correct technique whilst on the move.</p> <p>To confidently pass a rugby ball sideways or backwards with control and accuracy.</p> <p>To demonstrate knowledge and understanding of what a tactical decision is in a game situation.</p> <p>To sidestep a defender with success and use the space effectively.</p> <p>To demonstrate</p>	<p>To confidently and consistently use the correct grip whilst moving with the ball.</p> <p>Pass the ball confidently and effectively.</p> <p>Pass a rugby ball with control and accuracy, to the left and right, using the correct technique.</p> <p>To confidently pass the ball backwards in a game situation.</p> <p>Use the correct technique whilst running with the ball with speed and pace.</p> <p>To confidently sidestep and dodge a defender with pace.</p> <p>To avoid being tagged in a variety of ways, including passing the ball, dodging, sidestepping</p>
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	<p>with two hands.</p> <p>To identify useful spaces for throwing and catching a ball.</p> <p>To defend a goal or space.</p> <p>To demonstrate basic attacking and defending skills in a game situation such as dodging, side stepping and leaping.</p> <p>To demonstrate a variety of movements including running, jumping, hopping, leaping, side stepping and dodging.</p>	<p>including dodging and marking.</p> <p>To make quick decision about which player to pass to.</p> <p>To throw a ball over a range of distances.</p> <p>To pass a ball quickly and accurately to another player.</p>	<p>make a pass.</p> <p>To explain and demonstrate some rules of tagging.</p>	<p>To understand and demonstrate a sidestep.</p> <p>To sidestep to move around a defender in a game situation.</p> <p>To explain and demonstrate the tagging rules, including in a game situation.</p> <p>To avoid being tagged in a variety of ways, including passing the ball, dodging, sidestepping etc.</p> <p>To demonstrate knowledge of how to intercept a pass and when to intercept a pass.</p> <p>To use a range of attacking and defending skills successfully in a game situation.</p> <p>Demonstrate knowledge of some tag rugby rules and follow them in a game.</p> <p>To understand what a tactic is in a game situation and the importance.</p>	<p>knowledge of how to intercept a pass and execute this in drills and in a game situation.</p> <p>To avoid being tagged in a variety of ways, including passing the ball, dodging, sidestepping etc.</p> <p>To confidently explain and demonstrate the rules of tagging.</p>	<p>etc.</p> <p>To confidently explain and demonstrate the rules of tagging.</p> <p>Confidently intercept a pass to win possession for their team to set up an attack.</p> <p>Make appropriate and informed tactical decisions when attacking and defending.</p> <p>Share tactical decisions with teammates and support each other when making these decisions.</p>
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## 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 movements.</p>	<p>Watch and describe others, using what they see to improve their own performance.</p> <p>Talk about the differences between their work and the work of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Use simple vocabulary to evaluate, compare and improve work.</p> <p>Identify what aspects worked well and what aspects could be improved next time.</p>	<p>Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Use simple vocabulary when evaluating, comparing and improving skills.</p> <p>Modify their skills to achieve a better result.</p>	<p>Choose and use specific criteria to evaluate their own and other's performances.</p> <p>Use complex vocabulary to evaluate, compare and improve work.</p> <p>Explain why they have used particular skills or techniques within a game situation.</p> <p>Explain the effect that particular skills or techniques have had on their performance.</p>	<p>Choose and use specific criteria to evaluate their own and other's performances.</p> <p>Thoroughly identify evaluate their own and others' work, suggesting thoughtful and appropriate ideas for improvements.</p> <p>Explain why they have used particular skills or techniques within their game.</p> <p>Explain the effect that particular skills or techniques have had on their performance.</p> <p>Use complex vocabulary to evaluate, compare and improve work.</p>
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