

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
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.
Striking and Fielding skills						
To roll a ball at a target with control. Perform an underarm bowl at a target. Perform an underarm throw at a target.	To practise basic striking with a tennis racket. To throw and catch a ball with control and accuracy. To hit a target with a ball when either	To use fielding skills to play a game. To learn skills for playing small striking and fielding games. Strike a ball with a tennis racket with	To develop and investigate different ways of throwing. To aim at a target. To throw a ball underarm and overarm with control and	To practise the correct technique for batting with a rounders bat. To strike a ball with confidence, using a tennis racket or rounders bat.	Develop batting and fielding skills. Demonstrate effective teamwork and communication when working as fielders. To run, throw and catch with control.	To choose the most effective batting and fielding techniques and tactics in a game situation. To throw and catch with confidence and control, under pressure.

<p>rolling or throwing a ball.</p> <p>To strike a ball with a racket or bat.</p> <p>Use fielding skills to play a game.</p>	<p>control.</p> <p>Use the correct technique when striking a ball with a tennis racket.</p> <p>To position the body correctly to strike a ball.</p> <p>To develop catching skills.</p> <p>To throw a ball over a variety of distances.</p> <p>To throw a ball at a target with control and accuracy.</p> <p>To develop fielding skills to play a game.</p>	<p>accuracy.</p> <p>To understand basic rules of a striking and fielding game.</p> <p>To investigate different ways of throwing for distance and know when it is appropriate to use them.</p> <p>To consolidate and develop a range of fielding and striking skills.</p> <p>To practise the correct technique for catching a ball with control.</p> <p>To practise the correct technique for batting with a cricket bat.</p> <p>To practise the correct technique for batting with a cricket bat and using it in a game situation.</p> <p>To understand and demonstrate the role of a wicket keeper and backstop.</p> <p>To practise using a rounders bat.</p>	<p>To throw a ball at a target underarm and overarm with control and accuracy.</p> <p>To develop and investigate different ways of throwing for distance, knowing when each is appropriate.</p> <p>To use and demonstrate agility, balance and coordination when batting and fielding.</p> <p>To use hand eye coordination to strike a ball whilst on the move and whilst stationary.</p> <p>To strike a moving ball and a stationary ball with control.</p> <p>To play in a competitive situation, demonstrating effective teamwork and communication.</p> <p>To understand and demonstrate the role of a wicket keeper and backstop.</p> <p>Develop fielding skills and</p>	<p>Use the correct grip and technique when striking a ball using a cricket bat or rounders bat.</p> <p>To throw a ball at a target, underarm and overarm, with control and accuracy.</p> <p>To develop a safe and effective overarm bowl/ throw.</p> <p>To understand the rules of a competitive game.</p> <p>To develop control when striking a ball using a bat.</p> <p>To understand when to run, when to catch and when to throw.</p> <p>To be able to choose the most effective fielding techniques and tactics in a game situation.</p> <p>To understand and demonstrate the role of a wicket keeper and backstop.</p>	<p>To work on reaction times when fielding and batting.</p> <p>To fully understand the rules of a striking and fielding game in order to help others.</p> <p>To bowl and throw a ball overarm at a target with control and accuracy.</p> <p>To develop batting skills.</p> <p>To develop control when batting a ball for distance.</p> <p>To strike a ball for distance.</p> <p>To run for distance.</p> <p>To use a variety of fielding techniques to stop the ball quickly and effectively.</p> <p>To understand and demonstrate the role of a backstop.</p> <p>To demonstrate effective teamwork and communication when playing in a tournament.</p> <p>To use a variety of tactics in order to beat another team.</p>
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				understand the importance of fielders in a game situation.		
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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 performance.</p> <p>Begin to say how they could improve their skills and techniques.</p>	<p>Watch and describe performances, 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 techniques, skills and tactics.</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 techniques to achieve a better result.</p>	<p>Choose and use 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.</p> <p>Explain the effect that particular skills or techniques have had on their performance.</p>	<p>Choose and use criteria to evaluate their own and other's performances.</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate ideas for improvements.</p> <p>Explain why they have used particular skills or techniques.</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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