

	Fundamentals	Hoalthy	Games	Gym	Dance	Athletics	Outdoor	Swimming	Evaluation
	runuamentais	Healthy	Gairies	Gyiii	Dance	Atmetics		Swiiiiiiiiig	Evaluation
		Lifestyles					Adventurous		
	_						Activities		
Year	Demonstrate	Describes,	Vary skills,	Select and	Beginning to	Continuing to	Continue to	Swims	Watches and
5	s good	using correct	actions and	combine their	exaggerate	build and use	develop	competently,	describes
	stamina	vocabulary	ideas and link	skills, techniques	dance	a variety of	strong	confidently up	performance
	when	the effect	these in ways	and ideas.	movements	running	listening skills.	to a distance	accurately.
	running.	exercise can	that suit the		and motifs	technique with	Beginning to	of at least 20	
		have on the	games activity.	Continually	(using	confidence.	use maps	metres,	Learn from
	Combines	body.	(See	develops	expression		and	unaided in	others how they
	running and		fundamentals)	strength,	when moving).	Can perform a	diagrams to	shallow water,	can improve
	jumping well.	Explains the		technique and		running jump	orientate self.	using their	their skills.
		importance	Shows	flexibility	Demonstrates	with more than	Follows a	arms and legs	
	Uses good	of exercise	confidence in	throughout	strong	one	leader and	to propel	Comment on
	control when	and nutrition	using ball skills in	performances.	movements	component	take a role in	themselves.	tactics and
	throwing,	on a healthy	various ways,		throughout a	(E.G. hop skip	a team to		techniques to
	running or	lifestyle.	and can link	Apply	dance	jump-triple	complete a	Uses a range	help improve
	jumping, in		these together.	combined skills	sequence.	jump).	task.	of strokes	performances.
	isolation and	Explains why		accurately,			Leads a	more	
	combination.	exercise is	Uses skills with	consistently	Combines	Demonstrates	team.	confidently to	Make
		good for	increasing co-	showing	flexibility,	a continued	Listens and	swim the	suggestions on
	Can move	overall	ordination,	precision,	techniques and	accuracy and	responds to	distance e.g.	how to improve
	with a ball in	health.	control and	control and	movements to	confidence in	others'	front crawl,	their work,
	a controlled		fluency.	fluency.	create a fluent	throwing and	suggestions.	backstroke	commenting on
	manner	Understands			sequence.	catching	Can	and	similarities and
	against an	the needs	Takes part in	Links skills with		activities.	overcome	breaststroke,	differences.
	opposition.	and some	competitive	control,	Moves		barriers in	making sure	
		effects to	games with a	technique, co-	appropriately	Can use more	new activities	they breathe.	Can make
	Pass	warm up	strong	ordination and	and with the	equipment	(physical or		suggestions as
	accurately	and cool	understanding	fluency.	required style in	safely and with	mental).	With or without	to what
	during an	down before	of tactics and		relation to the	good control.	Think	floats, swim	resources can
	opposed	and after	composition.	Understands	stimulus. (E.G.		activities	over longer	be used to
	game.	exercise.		composition by	using various	Beginning to	through and	distance and	differentiate a
			Apply skills for	performing	levels, ways of	record peers	problem	periods of time	game.
	Strike a		attacking and	more complex	travelling and	performance	solve.	with more	
	bowled ball.		defending.	sequences.	motifs.)	and evaluate	Choose and	controlled	Uses age
						these.	apply	kick.	appropriate
	Can use		Can create	Draw on what	Beginning to		strategies to		language when
	forehand		their own	they know	show a change	Describes	solve	Explore more	giving
	and		games using	about strategy,	of pace and	good athletic	problem.	freely how to	feedback.

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	backhand in racquet games.		knowledge and skills.	tactics and composition when performing and evaluation. Uses more complex gym vocabulary to describe how to improve and refine performances.	timing in their movements. Uses the space provided to their maximum potential. Improvises with confidence, still demonstrating fluency across their sequence. Modifies parts of a sequence as a result of self and peer evaluation. Uses more complex dance vocabulary to compare and	performance using correct vocabulary.		move in and under water. Recognise the effects on their temperature. Begin to perform safe self-rescue in different water based situations.	**************************************
Year 6	Apply athletic techniques to competitive situations. Uses good control when throwing, running or jumping, in isolation and combination	Describes, using correct vocabulary the effect exercise and a healthy lifestyle can have on the body. Explains the importance of exercise and nutrition	Vary skills, actions and ideas and link these in ways that suit the games activity. (See fundamentals) Shows confidence in using ball skills in various ways, and can link these together	Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.	improve work. Exaggerate dance movements and motifs, using expression when moving. Performs with confidence, using a range of movement patterns. Demonstrates a strong	Builds a variety of running techniques and use with confidence. Can perform a running jump with more than one component (E.G. hop skip jump-triple jump) with	Displays strong listening skills. Uses maps and diagrams to orientate self. Leads a team or takes a role in a team to complete a	Expectation – Swim competently, confidently and proficiently over a distance of at least 25 metres. Uses a range of strokes effectively to swim the distance e.g.	Analyses and describes performance accurately. Comment on skills and techniques to help improve performances. Understanding how these techniques are applied in own



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Apply		in a healthy	effectively.	Performs	imagination	confidence	task	front crawl,	and others'
	cally in	lifestyle.	(E.G. dribbling,	difficult actions,	when creating	and control.	successfully	backstroke	work.
comp	petitive		bouncing, and	with an	own dance			and	
situati	ions.	Can suggest	kicking).	emphasis on	sequences and	Records peers	Listens and	breaststroke.	Modify and
		ways to		extension, clear	motifs.	performance,	responds to		refine skills and
Deve	lop own	improve	Keeps	body shape		and evaluates	others'	Performs safe	techniques to
warm	up and	lifestyles via	possession of a	and changes in	Demonstrates	these.	suggestions	self-rescue in	improve own
cool	down	health	ball during	direction.	strong			different water	performance.
activi	ities to	practices.	game		movements	Demonstrates	Work with	based	
suit th	neir	•	situations.	Develops	throughout a	accuracy and	others to plan	situations.	Can make
body		Understands		strength,	dance	confidence in	responses to		suggestions as
,		needs and	Consistently	technique and	sequence.	throwing and	an activity or	Exceeding the	to what
Comb	bine	effects to	uses skills with	flexibility	'	catching	challenge.	expectation –	resources can
	ng and	warm up	co-ordination,	throughout	Combines	activities.		Swim between	be used to
movir		and cool	control and	performances.	flexibility		Adapt to	50 and 100	differentiate a
within		down before	fluency.		techniques and	Uses	surroundings	metres,	game.
game		and after	, ,	Adapts	movements to	equipment	or challenges	swimming at	0
3		exercise.	Apply	sequences to	create a fluent	safely and with	(E.G.	45 to 90	Uses age
Strike	a	071010101	knowledge of	include a	sequence.	good control.	weather).	seconds.	appropriate
	ed ball		skills for	partner or a		9			language when
with			attacking and	small group.	Moves	Describes	Choose	Use three	giving
accu	racv.		defending	9. 2 2 12 1	appropriately	good athletic	appropriate	different	feedback.
0.000	, .		successfully.	Gradually	and with the	performance	strategies to	strokes (front	
			.,,,	increases the	required style in	using correct	solve	crawl, back	
			Takes part in	length of	relation to the	vocabulary.	problem.	stroke and	
			competitive	sequence work	stimulus. (E.G.		p. 0.0.0	breast stroke),	
			games with a	with a partner	Using various			swimming on	
			strong	to make up a	levels, ways of			their front and	
			understanding	short sequence	travelling and			back.	
			of tactics and	using the floor,	motifs).			0.0.0	
			composition.	mats and				Controlled	
			0011.10001110111	apparatus,	Beginning to			breathing and	
			Can create or	showing	show a change			swim	
			modify	consistency,	of pace and			confidently	
			competitive	fluency and	timing in their			and fluently	
			games.	clarity of	movements.			on the surface	
			garries.	movement.	THOVCITICITIS.			and under	
			Compares and	THO VOITICITI.	Is able to move			water.	
			compares and comments on	Draw on what	to the beat			waldi.	
			skills to support	they know	accurately in				
			2011 10 20hh01	IIICY KIIOW	accordibly in		<u> </u>		<u> </u>

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creation of new	about strategy,	dance		Know the	
games.	tactics and	sequences.		dangers of	
	composition			water locally	
	when	Improvises with		and	
	performing and	confidence, still		nationally.	
	evaluating.	demonstrating			
		fluency across		Learn how	
	Analyse and	their sequence.		and why to	
	comment on	·		use	
	skills and	Dances with		appropriate	
	techniques and	fluency, linking		survival and	
	how these are	all movements		self-rescue	
	applied in their	and ensuring		skills if they fall	
	own and	they flow.		in by	
	others' work.	,		accident, or	
		Demonstrates		get into	
	Uses more	consistent		difficulty and	
	complex gym	precision when		know what to	
	vocabulary to	performing		do if others	
	describe how to	sequences.		get into	
	improve and	·		trouble in the	
	refine	Modifies parts		water.	
	performances.	of a sequence			
	'	as a result of			
		self and peer			
		evaluation.			
		Uses more			
		complex dance			
		vocabulary to			
		compare and			
		improve work.			