



	TERM	YEAR 3	YEAR 4	YEAR 5	YEAR 6
YEAR A	Autumn	<p>Topic Name: Dance (A Trip to... The Stone Age!)</p> <ul style="list-style-type: none"> I can repeat, remember and perform a dance phrase. I can use counts to keep in time with a partner and/or a group. I can create short dance phrases that communicate an idea, using dynamic and expressive qualities. I can work with a partner and/or small group, sharing ideas. <p>Topic Name: Invasion Games (Matball)</p> <ul style="list-style-type: none"> I can throw, catch and shoot the ball with some control. I understand my role as both an attacker and a defender. I can find space away from others and towards my goal. I can defend an opponent to slow them down. I am learning the rules of the game and am beginning to use them honestly. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can complete actions with increasing balance and control, including balances. I can use matching and contrasting actions in a partner sequence, choosing actions that flow well into one another. I can use a greater number of my own ideas for movements in response to a task. I can adapt sequences to suit different types of apparatus. 	<p>Topic Name: Dance (A Trip to... The Stone Age!)</p> <ul style="list-style-type: none"> I can copy and remember set choreography. I can use counts to keep in time with others and the music. I can use changes in timing and spacing to develop a dance, working imaginatively to convey a narrative. I can use simple movement patterns to structure dance phrases on my own, with a partner and with a group. <p>Topic Name: Invasion Games (Matball)</p> <ul style="list-style-type: none"> I can throw, catch and shoot the ball with increasing control. I can move into space to help my team keep possession and score a goal with some consistency. I can delay an opponent and help to prevent the other team from scoring with some consistency. I can use simple tactics to help my team gain possession. I understand the rules of the game and I can use them often and honestly, sharing ideas and working with others to manage the game. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I understand how body tension can improve the control and quality of my movements. I can safely perform balances with and without a partner. I can plan and perform sequences with a partner that include a change of level and shape. 	<p>Topic Name: Dance (Stamp, Clap and Rock 'n' Roll)</p> <ul style="list-style-type: none"> I can choreograph dance phrases individually. I can accurately copy and repeat set choreography. I can use counts when choreographing to stay in time with others. I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. <p>Topic Name: Tag Rugby</p> <ul style="list-style-type: none"> I can pass and receive the ball with some control under pressure. I can tag opponents and close down space. I know what position I am playing and how to contribute when attacking and defending. I can communicate with my team and move into space to keep possession and score. I understand there are different skills for different situations and am beginning to apply this. <p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can swim competently over a distance of at least 25 metres using a stroke of choice. I can attempt to perform a safe self-rescue in the water. I can use more than one main stroke effectively (for example, front crawl, backstroke and breaststroke). 	<p>Topic Name: Dance (Stamp, Clap and Rock 'n' Roll)</p> <ul style="list-style-type: none"> I can work creatively and imaginatively on my own and with a partner. I begin to choreograph a routine involving the safe-use of a prop. I can refine the way I use actions, dynamics, relationships and space to convey ideas, emotions, feelings and characters. I can perform dances confidently and fluently with accuracy and good timing. <p>Topic Name: Tag Rugby</p> <ul style="list-style-type: none"> I can pass and receive the ball with increasing control under pressure. I can tag opponents individually and when working within a unit. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can select the appropriate action for the situation and make this decision quickly. <p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can perform a safe self-rescue in different water-based situations. I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).

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YEAR A	Spring	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can enter and exit the water safely. I float on my front and back effectively. I can begin to perform a push and glide. I can retrieve an object from the floor. I can swim one stroke with confidence and proficiency. I can discuss how to perform a safe self-rescue in the water. I can attempt a range of strokes with some competency. <p>Topic Name: Basketball</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can track an opponent to slow them down. I understand my role as an attacker and a defender. I am learning the rules of the game and beginning to use them honestly. <p>Topic Name: Dance (States of Matter)</p> <ul style="list-style-type: none"> I can use dynamic and expressive qualities to convey a character and/or idea with increasing consistency. I can work with a partner and/or small group, sharing ideas. I can create short dance phrases that communicate an idea. I can provide feedback using keywords. 	<p>Topic Name: Swimming</p> <ul style="list-style-type: none"> I can float on my front and back confidently and effectively. I can perform a push and glide with increasing power and distance. I can retrieve an object from the floor by fully submerging myself. I can swim one stroke with confidence and proficiency, aiming closer towards 25 metres. I can discuss and begin to practice how to perform a safe self-rescue in the water. I am beginning to use a range of strokes with increasing confidence and competence. <p>Topic Name: Basketball</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can move to space to help my team to maintain possession and score. I can delay an opponent and help to prevent the other team from scoring. I can use simple tactics to help my team score or gain possession. I understand the rules of the game and use them often and honestly. <p>Topic Name: Dance (States of Matter)</p> <ul style="list-style-type: none"> I can choose actions and dynamics to convey an idea. I can use changes in timing, spacing and speed to develop a dance. I can use simple movement patterns to structure dance phrases on my own, with a partner and with a group. I can provide feedback using appropriate language relating to the lessons. 	<p>Topic Name: Dance (A Benin Adventure and China)</p> <ul style="list-style-type: none"> I can accurately copy and repeat set choreography. I can use counts when choreographing to stay in time with others. I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can use canon and synchronisation, and matching and mirroring when performing with a partner and/or with a group, saying how it affects the performance. I can create and perform sequences using apparatus, individually and with a partner. I can use feedback provided to improve my work. I can use strength and flexibility to improve the quality of my performance. I can use criteria to make judgements about a performance and suggest ways they could be improved. <p>Topic Name: Basketball</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with some control under pressure. I can use tracking and intercepting when defending a player. I can communicate with my team and move into space to keep possession and score. I understand the rules of the game and can apply them honestly most of the time. I understand that there are different skills and tactics for different situations and I am beginning to apply this. 	<p>Topic Name: Dance (A Benin Adventure and China)</p> <ul style="list-style-type: none"> I can lead a small group through a short warm-up routine. I begin to choreograph a routine involving the safe-use of a prop. I can refine the way I use actions, dynamics, relationships and space to convey ideas, emotions, feelings and characters. I can perform dances confidently and fluently with accuracy and good timing. <p>Topic Name: Gymnastics</p> <ul style="list-style-type: none"> I can combine and perform gymnastics actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality. I understand what counter-balance and counter-tension is, and can show examples with a partner. I can use appropriate language to evaluate and refine my own and others' work. <p>Topic Name: Basketball</p> <ul style="list-style-type: none"> I can dribble, pass, receive and shoot the ball with increasing control under pressure. I understand when to use different styles of defence in game situations. I can create and use space to help my team. I can use the rules of the game honestly and consistently. I can select the appropriate action for the situation and make this decision quickly.

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YEAR A	Summer	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I am developing jumping for distance, and can use different take off and landings. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use key points to help to improve my sprinting technique. <p>Topic Name: Tennis</p> <ul style="list-style-type: none"> I can return a ball to a partner. I can use basic racket skills. I understand the aim of the game. I can work collaboratively and provide feedback using keywords. <p>Topic Name: Kwik Cricket</p> <ul style="list-style-type: none"> I am able to bowl a ball towards a target. I am beginning to strike a bowled ball after a bounce. I can use overarm and underarm throwing and catching skills. I am developing an understanding of tactics and I am beginning to use them in game situations. I can provide feedback using keywords. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can jump for distance with balance and control. I can take part effectively in a relay activity, remembering consistently when to run and what to do. I can throw with some power and accuracy to a target area. I can demonstrate the difference in sprinting and jogging techniques. I can identify when I was successful and what I need to do to improve. <p>Topic Name: Tennis</p> <ul style="list-style-type: none"> I can return to the ready position to defend my own court. I can use a range of basic racket skills. I can sometimes play a continuous game. I can communicate with my teammates to apply simple tactics. I can provide feedback using key terminology and understand what I need to do to improve. <p>Topic Name: Kwik Cricket</p> <ul style="list-style-type: none"> I am able to bowl a ball with some accuracy and consistency. I can strike a bowled ball after a bounce with increasing consistency. I can use overarm and underarm throwing and catching skills with increasing accuracy. I can communicate with my teammates to apply simple tactics. I can provide feedback using key terminology and understand what I need to do to improve. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can perform a range of jumps showing good technique. I can show control at take-off and landing in jumping activities. I show accuracy and power when throwing for distance. I can choose the best pace for a running event. I can take on the role of a coach, official and timer when working in a group. <p>Topic Name: Badminton</p> <ul style="list-style-type: none"> I am developing a wide range of skills and I am beginning to use these under some pressure. I can identify when I was successful and what I need to do to improve. I understand the need for tactics and can identify when to use them in different situations. I can work cooperatively with others to manage our game. <p>Topic Name: Kwik Cricket</p> <ul style="list-style-type: none"> I can strike a bowled ball with increasing consistency. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I can identify when I was successful and what I need to do to improve. I understand the need for tactics and can identify when to use them in different situations. 	<p>Topic Name: Athletics</p> <ul style="list-style-type: none"> I can perform a range of jumps for distance, using a good technique. I show accuracy and good technique when throwing for distance. I can select and apply the best pace for a running event. I can help others to improve their technique using key teaching points. I can compete within the rules, showing fair play and honesty. <p>Topic Name: Badminton</p> <ul style="list-style-type: none"> I can use a wide range of skills with increasing control under pressure. I can recognise my own and other's strengths and areas for development and can suggest ways to improve. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can work collaboratively with others so that games run smoothly. <p>Topic Name: Kwik Cricket</p> <ul style="list-style-type: none"> I can strike a bowled ball with increasing consistency and accuracy. I can use a wider range of fielding skills with increasing control under pressure. I can select the appropriate action for the situation. I can recognise my own and other's strengths and areas for development and can suggest ways to improve. I understand and can apply some tactics in the game as a batter, bowler and fielder.

Belonging, Courage, Curiosity, Kindness, Perseverance, Respect

Growing Minds, Kind Hearts, Rooted in Love

'Rooted and Grounded in Love' (Ephesians 3:16)