

	Reception Stages 1 & 2	Year 1 Stage 3	Year 2 Stage 4	Year 3 Stage 5	Year 4 Stage 6	Year 6 Stage 7
Athletics						
Running	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. ELG	To keep co-ordination of arms and legs at different speeds	To be able to perform FAST technique	To be able to perform FAST technique at speed	To be able to accelerate quickly over a short distance	To be able to start quickly and accelerate to top speed To be able to maintain top speed over a sprint distance To be able to pass a relay baton consistently in a competitive environment at full speed
Jumping		To be able to perform a standing long jump	To be able to hop, step and then jump in sequence		To be able to perform a long jump from a run up To be able to perform a triple jump from a run up	To be able to jump over hurdles without breaking stride
Throwing		To be able to jump over equipment whilst running	To be able to jump over several pieces of equipment in a row whilst running	To be able to jump over several hurdles in a row		
		To be able to throw with some accuracy	To be able to throw using the dominant arm from a straight arm behind the body	To be able to throw rotating hips through the throw	To be able to throw a javelin or vortex with correct technique for height and distance	To be able to throw a javelin or vortex with the correct technique with a run up for height and distance
Gymnastics						

Reception
Stage 1

Year 1
Stages 2 & 3

Stages 4 & 5

Year 4

Stages 6 & 7

Year 6

Demonstrate strength, balance and coordination when playing ELG

In years 5 & 6 pupils need to perform movements on the floor and on apparatus

To be able to experiment with different jumps

To be able to perform a star jump

To be able to perform a tuck jump

To be able to perform a straight jump with half turn

To be able to perform a pike jump

To be able to perform a straight jump

To be able to perform a straddle jump

To be able to experiment with different ways of rolling

To be able to perform a forward roll

To be able to perform teddy bear roll

To be able to perform a tuck roll

To be able to perform a backwards roll

To be able to perform a straight roll with pointed toes

	To be able to perform a cartwheel					To be able to perform a handstand
	To be able to experiment with balancing on different body parts	To be able to preform a balance on two different body parts	To be able to perform a balance on two different body parts on the floor	To be able to perform a counter balance with a partner		
			To be able to perform a balance on two different body parts on apparatus	To be able to perform assymetrical balances with a partner		
	To be able to move along the floor in different ways	To be able to perform a bunny hop with straight arms				To be able to perform a hurdle step on a spring board onto appratus
			To be able to perform a series of bunny hops across a variety of apparatus			To be able to perform a squat on, squat off apparatus with a run up and springboard
Sequencing	To perform a sequence of consisting of a roll, jump and balance		To be able to perform a sequence of skills at different heights		To be able to create a sequence of jumps, rolls, balances, weight on hands	
					To be able to perform a sequence of jumps, rolls and balances, weight on hands	
Rugby						
	stages 1, 2 & 3 Year 2		stage 4 Year 3	stage 5 Year 4	stage 6 Year 5	stage 7 Year 6
Passing	To be able to move with different objects in the hand	To hold a ball in two hands	To be able to pass a rugby backwards		To be able to pass the ball over short distances with accuracy	
	To be able to pass an object	To pass a rugby ball sideways				
Moving in space		To be able to beat a player 1 v 1	To be able to beat defenders moving at pace			
Attacking and defending		To be able to place a rugby ball on the floor with two hands	To be able to tag a player when facing them	To be able to tag a player moving at a reduced speed		

				To be able to loop around to beat defenders	To be able to use a diagonal line for attack To be able to use a flat line for defence
Football					
	Stage 1 Year R Negotiate space and obstacles safely, with consideration for themselves and others ELG	Stages 2 & 3 Year 1		stage 4 & 5 Year 3	
Passing	To be able to kick a ball to a partner	To be able to stop a ball with control	To be able to pass a ball to a partner accurately		To be able to move into space to receive a pass To be able to choose an appropriate pass for the chosen distance
Dribbling	To be able to move around a static player with a ball	To be able to dribble a ball to a space	To be able to turn whilst dribbling		To be able to change speed and direction whilst dribbling To be able to stop and go quickly whilst dribbling
Shooting	To be able to hit a target on the floor with a ball using your feet		To be able to hit a target with a stationary ball		To be able to strike a moving ball
Defending		To be able to tackle a player	To be able to intercept a pass		To be able to choose how to defend knowing when to tackle, block and intercept
Netball					
	Stages 1 & 2 Year 1		Stage 3, 4 & 5 Year 2		Stages 6 & 7 Year 6
Passing	To be able to throw a ball and catch it To be able to throw a ball to a partner	To be able to use a bounce pass To be able to catch a ball thrown by a partner	To be able to perform a chest pass accurately To be able to hop, step to pass a ball To be able to catch a pass and stand still	To be able to step into a pass choosing the most appropriate pass To be able to perform a hop step to catch a ball	To be able to perform a jump step to receive a pass
Moving		To be able to move into space		To be able to drive and dodge to create space To be able to pivot away from a defender	
Defending				To be able to stand appropriately to defend a pass	
Shooting		To be able to throw a ball at and into different targets			To be able to shoot for height (bending knees, flick wrist)

positional understanding	To understand the different positions in netball To understand the court markings				
	Tennis				
	Stages 1 & 2 Year 2		Stage 3, 4 & 5 Year 3		Stages 6 & 7 Year 5
Ball control	To be able to throw and catch a ball to self To be able to roll a ball in a specified direction		To be able to bounce and catch a ball with a partner To be able to hit an identified target with one bounce		To be able to hit a ball over a net inside the court
Racket control	To be able to bounce a ball on a racket		To be able to hit a ball with a backhand grip (one bounce feed) To be able to hit a ball with a forehand grip (one bounce feed)		To be able to hit a ball from a feed over the net To be able to hit a moving ball from a partner using correct forehand grip To be able to hit a moving ball from a partner using correct backhand grip
	To be able to hold a racket with a correct forehand grip To be able to hold a racket with a correct backhand grip				
Movement	To be able side step To be able to stop and go		To be able to move to catch or stop a ball in various places on the court		
Basketball					
	Stages 1 - 4 Year 3			Stages 5, 6 & 7 Year 4	
Passing	To be able to throw a ball and catch it To be able to throw a ball to a partner		To be able to use a bounce pass	To be able to perform a chest pass accurately To be able to hop, step to pass a ball To be able to catch a pass and stand still	To be able to step into a pass choosing the most appropriate pass To be able to perform a hop step to catch a ball To be able to perform a jump step to receive a pass
Moving	To be able to move into space		To be able to drive and dodge to create space To be able to pivot away from a defender		To be able to run whilst bouncing a ball To be able to drive at defenders whilst dribbling
			To be able to target and steal the ball		
Shooting	To be able to throw a ball at and into different targets				To be able to shoot for height (bending knees, flick wrist) To be able to perform a walking lay up
understanding	To understand the court markings				

positiona	To be able to move in and out of the 'key' within a timed period						
	Kwik Cricket						
	Stages 1 - 4 Year 4			Stages 5, 6 & 7 Year 5			
	Bowling	To be able to throw a ball underarm at a target			To be able to bowl a ball overarm at a wicket		To be able to bowl overarm with a run up
Batting	To be able to hit a ball from a tee	To be able to hold a bat with the correct grip To be able to hit a moving ball			To be able to hit a ball with accuracy and correct grip		
Fielding	To be able to stop a moving ball with two hands		To be able to stop a moving ball in a crouch			To be able to pick up and throw a moving ball to a target	
	To throw and catch a ball to self						
Dance							
stages 1	stage 2 Year 1	stage 3	stage 4 Year 3	stage 5	stage 6 Year 5	stage 7	
To be able to move in time with music	To be able to start to move to a specific count/beat	To dance in unison with a partner		To be able to dance in cannon	To be able to dance with rhythm and timing		
				To dance in time with the music	To be able to dance in unison in a large group		
	To perform stepping, skipping and jumping whilst travelling	To perform sliding moves		To be able to incorporate stillness			
		To perform turning moves	To perform a sequence of 5 moves				
		To be able to remember a sequence of 3 moves			To be able to be precise with movements		
					To be able to perform a sequence of dance moves consistently to a piece of music		