



**KNOWLEDGE**

	EYFS	KS1		KS2			
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental movements	How to play by rules	Share equipment and take turns.	Use arms to help with hopping.				
	Know what a jump is	Run around with my head up.	To glance periodically over both shoulders when travelling backwards.				
	Know how to dodge	Know which parts of my body help me with balancing.	To make a W shape when I want to receive a catch.				
	Know how to gallop	Recognise some effects of exercise on my body.	Travel around the space being aware of others.  When kicking from the ground, children need to put standing foot adjacent to the ball.				

<p><b>Dance</b></p>	<p>Know that we need to look forward to safely move around space</p> <p>use words to help create movements with the help of a teacher</p> <p>How to turn what i see into ways of moving</p>	<p>Contribute simple key words to an age appropriate theme related mind map.</p> <p>Translate ideas into simple theme related shapes, movements, actions.</p> <p>Understand the need to look forwards to safely move around in space.</p>	<p>Turn what I see into ways of moving.</p> <p>How to listen to other people's ideas and vocalise my own thoughts.</p> <p>Understand that we need to control our speed to ensure safety.</p> <p>Use simple technical language to give constructive and useful feedback.</p>	<p>How to translate theme related actions into travelling movements.</p> <p>How to contribute key words to a theme related mind map.</p> <p>How to listen to others and share my own ideas.</p>	<p>How to translate images into actions to communicate meaning</p> <p>How to listen to others and share my own ideas.</p> <p>How to use canon, formation changes, direction and level to improve our ideas</p> <p>How to recognise good timing, execution and performance skills</p>	<p>How to contribute key words to a theme related mind map</p> <p>How to translate words/ideas into actions and combine together</p> <p>How to use chance choreography to create a sequence</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p>	<p>How to translate theme related actions into travelling movements</p> <p>How to translate images into actions to communicate meaning</p> <p>How to use canon, formation changes, direction and level to improve our ideas</p> <p>How to recognise good timing, execution and performance skills</p>
<p><b>Gymnastics</b></p>	<p>To bend my legs when landing.</p> <p>That there are lots of different ways of jumping.</p> <p>How to share</p>	<p>How to start and finish a sequence.</p> <p>How to work with a partner in different formations.</p>	<p>To take off from one foot and then spring from two into a jump.</p> <p>How to land safely.</p>	<p>What symmetrical and symmetrical shapes look like.</p> <p>How to use feedback to improve my</p>	<p>To use the floor space imaginatively as well as the apparatus</p> <p>Different ways of supporting myself</p>	<p>How to perform an Arabesque</p> <p>To use gymnastic terminology in my feedback</p> <p>How to mirror,</p>	<p>How to mount and dismount the apparatus safely.</p> <p>A variety of shapes in the air</p> <p>How to use</p>

	<p>space and take turns</p> <p>Know what a half turn is</p> <p>How to jump on and off apparatus safely</p>	<p>What Points are.</p> <p>Different ways of changing direction.</p> <p>How to start linking my moves.</p> <p>How to mount and dismount apparatus imaginatively and safely.</p>	<p>What a zig zag pathway is.</p> <p>What a curved pathway is.</p> <p>What mirroring is.</p> <p>How to perform in synchrony with a partner.</p> <p>What a curled shape looks like.</p> <p>How to form arches with my body.</p> <p>A range of different types of jumps and which are stretched and which are curled.</p>	<p>sequencing work.</p> <p>The importance of working with control and good transitions between movements.</p> <p>Different ways of performing with a partner.</p> <p>To spin with control.</p> <p>How to move from one shape to another smoothly</p> <p>How to perform symmetrically and asymmetrically</p> <p>How to use the space available to the best of my ability</p>	<p>in shoulder balances</p> <p>How to work in tandem with a partner in different ways</p> <p>The correct technique for rolling backwards.</p> <p>How to roll over a partner safely.</p> <p>How to mirror a partner on the apparatus</p> <p>How to perform a forward roll safely.</p>	<p>and in unison with my partner.</p> <p>The importance of timing and how to ensure I work in synchrony with my partner.</p> <p>That I need to get some momentum through my forward and backward rolls to be able to get back to my feet</p> <p>What an arch and bridge are</p> <p>How to leapfrog safely</p> <p>How to vary the speed of my movements to demonstrate contrast</p>	<p>apparatus as part of my jumping</p> <p>To take off one foot and then spring from two into flight.</p> <p>What points and patches are.</p> <p>What mirroring, canon and unison are.</p> <p>How to adapt a floor sequence to make it work on the apparatus</p>
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<p><b>Athletics</b></p>		<p>To land with really soft knees</p> <p>To use my arms to help me power forwards when jumping</p> <p>How to stand to throw overarm</p> <p>Why to dip at the finish (sprinting)</p>	<p>Jump in a variety of ways</p> <p>Cushion my knees when landing</p> <p>How to improve my technique to increase the height and distance of my jumps</p> <p>The difference between a leap and a jump</p> <p>How to increase the distance of my throws</p>	<p>How to start a sprint race.</p> <p>Which my take off foot is.</p> <p>To position my body sideways on when throwing</p> <p>How to receive and transfer a baton safely.</p> <p>How to measure my own and others' performances.</p>	<p>The importance of keeping my first few metres low and powerful.</p> <p>The technique associated with hurdling</p> <p>The pull technique in throwing.</p> <p>To run in an arc &amp; to approach the bar sideways on when high jumping</p> <p>I can improve on personal bests.</p>	<p>How to control my running over middle distance</p> <p>How to throw safely as part of a group.</p> <p>How to throw a shot using, 'clean palm, dirty neck' technique.</p> <p>How to approach the bar from an arced run up when high jumping.</p> <p>My take off foot and lead leg</p>	<p>How running a bend differs from running a straight.</p> <p>To get sideways on when throwing.</p> <p>To use my non-throwing arm to help me throw.</p> <p>How to generate power from the thighs.</p> <p>The technique, 'same, different, both' for triple jump.</p> <p>How to hurdle efficiently</p>
<p><b>Target Games</b></p>	<p>It is important to stand with one leg forward, the opposite leg to the hand I am throwing from.</p> <p>Which part of my</p>	<p>Which part of my foot I need to strike with</p> <p>To get into a sideways position when striking.</p>	<p>What position I need to get my body in to throw well.</p> <p>That it is more challenging to hit moving targets</p>				

	<p>foot to use when striking for power.</p> <p>How to lean back if I want my strike to go higher.</p> <p>That the ball travels all the way across the ground when I roll.</p> <p>That I need to bend and adopt a sideways stance when rolling.</p>	<p>How I should stand when throwing overarm.</p> <p>When to throw underarm and when to throw overarm.</p>	<p>That I can't aim directly at somebody who is moving at speed.</p> <p>What technique I need to use when striking a ball with a racket.</p> <p>How to hit with more force.</p>				
<p>Health Related Fitness</p>				<p>What stamina is and can you sustain physical exertion over periods of time.</p> <p>How to adapt exercises to make them easier/harder</p> <p>What flexibility is and why it is important in life.</p>			<p>Why core strength is important in most sports.</p> <p>How to develop all round strength for my body.</p> <p>What factors have contributed to any improvement in performance</p>

				A range of exercises that can help me develop my fitness			What exercises will develop core strength How to set up a circuit of exercises
Striking and Fielding Games		<p>That I need to run, after striking a ball, to accumulate runs.</p> <p>How to form a long barrier to stop a ball.</p> <p>To try and bowl keeping my arms straight.</p>	<p>To run between the wickets after striking a ball into space.</p> <p>Why is it important to be adept at picking the ball up with both hands.</p> <p>What the correct technique for throwing overarm is.</p> <p>The importance of good communication between batters and fielders.</p>	<p>Make decisions about when to run and when not to.</p> <p>How to grip a ball so that it comes out of my fingers smoothly when bowling.</p> <p>To call my name if going for a high catch</p> <p>To run after the ball when it goes out of play</p> <p>What a no ball is</p>	<p>How to grip a ball when bowling.</p> <p>When to slide my bat to make my ground when running between the wickets</p> <p>The different calls I can make as a batsman.</p> <p>Which batsman/ woman calls for runs and the circumstances when each should call.</p> <p>The process of bowling from the coil to release of the ball.</p>	<p>What ground fielding techniques to use and can choose the right one for the circumstance.</p> <p>That fielders on 2nd, 3rd and 4th base can start deep and then come onto their bases as necessary.</p> <p>Importance of great communication when playing rounders.</p>	<p>What a position of anticipation looks like when fielding</p> <p>How to grip the bat correctly and take up a suitable stance</p> <p>Which ground fielding technique to use and why.</p> <p>To work as a team ensuring that I back up for possible overthrows.</p>

					How to position myself wicket keeping so no obstructions to my vision		
Net and Wall Games	Know that a range of resources can be used to bat, pat and hit a ball when modelled by a teacher (DM)	To move to the line of the ball and to get into a T position. That the ball needs to be struck over the net (tennis).  What a T position is and how it can help me.  How to throw for accuracy and power (dodgeball).	To try and get back to the centre of the court after each shot (tennis).  Which the best technique to use is, to return a ball (tennis).  That I have to get under the ball sufficiently to strike it upwards and over a net (tennis).  What a T position is (tennis)..  That the ball has to go over the net and land in the	To signal with my hands when I want to receive a pass.  To move into space after passing How to perform in unison  How to back up teammates when throws are wild and misplaced.	To try and get into the centre of the court after playing each shot  That I can play backhand with one hand or two, whichever feels more comfortable.  The rules of tennis How to score  To hit with a nice full backswing.  To keep my head still and to try and hit with control  To volley a ball by	How to get free from a defender.  To dribble with the ball close to me and my head up  To run at pace when trying to dribble past a defender.  When defending how to make it harder for the attacker  What an overload, overlap and underlap are  How to shield a ball using my body.	What the 'ready position' is.  To change my grip slightly to hit backhand shots.  How we hit a backhand differently from a forehand.  How to link shots e.g. serve and volley

			court on the other side (tennis).		deflecting it downwards.	How to 'fake and go' and when to use it.	
Yoga			<p>The importance of quiet and focus whilst performing yoga moves.</p> <p>To breathe whilst I am stretching and warming up.</p> <p>What 3 part breathing is.</p>		<p>How to prepare my body by breathing and stretching.</p> <p>Breathe and follow instructions</p> <p>Maintain concentration and avoid distraction</p>		<p>What wider benefits doing regular yoga provides.</p> <p>That doing yoga can help to banish worries</p> <p>What benefits there are to me physically and mentally from the different poses</p> <p>The benefits of individual poses specifically to me and to others</p>

OAA				<p>I have to communicate well and negotiate to solve problems in a group.</p> <p>To persevere and try again when things don't go immediately to plan.</p> <p>How to navigate around an area following directions.</p> <p>The importance of listening to others and communicating well.</p>	<p>The compass points.</p> <p>The importance of listening to others and communicating well.</p> <p>How to orientate a map and find clues.</p> <p>How to take turns and use equipment safely</p>	<p>The importance of having a plan before I undertake a challenge.</p> <p>That I need to contribute to a plan even if it is only through good listening</p> <p>How to use a simple map to navigate myself around.</p>	<p>How to keep a partner safe.</p> <p>Where I need to position myself to give clear instructions and keep my partner safe</p> <p>What ordnance survey symbols mean</p>
Invasion Game skills	<p>To keep my arms out to help me balance</p> <p>To know my left from right</p> <p>How to dodge to the right off their</p>	<p>How far to bounce a pass between me and a friend.</p> <p>How to receive a bounce pass differently to a chest pass.</p>	<p>To track the flight of the ball right into my hands.</p> <p>To stay light on my feet and be prepared to move quickly.</p>	<p>I know to travel with my head up.</p> <p>To get my body between my opponent and the ball.</p> <p>Close the space</p>	<p>To signal for the ball with my hands so as not to alert defenders</p> <p>How to trick opponents by looking one way and then passing</p>	<p>That I get a better view of the whole pitch when I get wide and sideways on.</p> <p>That sometimes it is better to go backwards with</p>	<p>I can only use the flat side of the stick.</p> <p>That I can't lift the stick higher than my waist.</p> <p>How to receive a</p>

	<p>left foot/dodge right off their left foot</p>	<p>That being able to dodge off both feet makes me twice as hard to catch.</p> <p>To move into space after passing a ball.</p> <p>To use 'big toe, little toe' to dribble keeping the ball close to me.</p>	<p>To close the space down quickly when defending.</p> <p>To attack at speed.</p> <p>To work hard in attack and defence for the good of the team</p>	<p>down quickly when defending</p> <p>The importance of clearing the danger in any way possible near my goal</p>	<p>another</p> <p>How to dummy pass</p> <p>The importance of keeping my eye on the ball and not player's feet when defending</p> <p>The technique for push passing.</p> <p>To use a short and flat backswing, with the stick parallel to the ground when hitting a slap pass.</p> <p>The importance of good close control</p> <p>How to hold a rugby ball</p> <p>How to score a try</p>	<p>the ball if nobody is free forwards</p> <p>When to attack and when not to</p> <p>How to create space for my teammates</p> <p>The importance of defending as a team</p> <p>That I need to be alert in defence and always have on eye on the ball and one on my opponent</p> <p>That by moving around I make myself more difficult to hit</p> <p>When it is wise to attempt to catch the ball and when to dodge.</p> <p>Who to target on</p>	<p>ball by cushioning its impact.</p> <p>How to carry out a jab tackle</p> <p>When to pass a ball and when to dribble</p> <p>What position I need to get into when passing left and how it changes when I pass to my right.</p> <p>To close the space when defending and be wary of the dummy pass.</p>
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					To close the space down quickly when defending and then brace myself to grab a tag.	the opposition and what tactics might be best deployed.	
Team Building and Problem Solving						<p>To make a plan</p> <p>The difference between non-verbal and verbal communication</p> <p>To respect the opinions of my teammates</p> <p>To evaluate as a team to see if we can improve in the future.</p> <p>The importance of clear instructions</p> <p>That the team needs a plan before an activity begins</p>	

Leadership							<p>That we can change activities if they are not working</p> <p>What inappropriate behaviour looks like and some strategies for dealing with it.</p> <p>The importance of clear instructions</p> <p>That the team needs a plan before an activity begins</p>
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**SKILLS**

	<b>EYFS</b>	<b>KS1</b>		<b>KS2</b>			
		<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Fundamental movements</b>	Pick up, carry and put down with care  Use tools to help me manipulate objects  Begin to balance on one leg  Thread objects  Demonstrate crawling, rolling and jumping through an obstacle course	Pick up, carry and put down with care/control  Balance on one leg  Move through an obstacle course skillfully	Be able to hop on one leg  Travel backwards safely  Jump in a variety of ways  Combine a run and a jump  Dodge/evade others  Skip using a rope  Pass accurately in different ways				

			Signal that I want the ball				
Dance	<p>Use my body and create simple theme related shapes, movements and actions</p> <p>Travel safely and creatively in space.</p> <p>Show different levels when I travel</p> <p>Look at pictures and create shapes, movements and actions</p> <p>Remember and perform a basic sequence of</p>	<p>Use my body and create themed related moves and actions</p> <p>Travel safely and creatively in space</p> <p>Work with a partner to join ideas</p> <p>Remember and perform a basic sequence of movements when led by a teacher</p>	<p>Use my body to express simple themes related shapes, movements and feelings</p> <p>Show different levels when I travel</p> <p>Communicate effectively with a partner</p> <p>Remember and perform a basic sequence of my own movements</p>				

	movement when led by a teacher						
<b>Gymnastics</b>	<p>Jump in a variety of ways</p> <p>Construct a simple jumping sequence with a partner</p> <p>Control a star jump and pencil jump</p> <p>Jump as part of a sequence of other movements.</p> <p>Jump and show a tucked body shape in the air</p> <p>Include jumps and leaps in sequence work</p>	<p>Support bodyweight in symmetrical balances</p> <p>Performed controlled spins on patches and points</p> <p>Hold balances at different levels</p> <p>Create a sequence involving sideways, forwards and backwards stepping</p> <p>Perform a sequence in a zigzag pathway</p>	<p>Run and jump through 90, 180 and 270 degrees</p> <p>Demonstrate variety in my movements</p> <p>Demonstrate zig zag pathways in my sequence work</p> <p>Work at 3 different levels (floor, body level and high on apparatus)</p> <p>Travel backwards and sideways as part of my sequence</p>				

	<p>on the floor and apparatus</p>	<p>create sequences in curved pathways</p> <p>Travel and balance with body in a wide shape</p> <p>Take own bodyweight and move in tight curled shapes</p> <p>Form a sequence of long shapes</p> <p>Form a sequence to include a curled shape, a narrow shape and a wide shape</p>	<p>Use apparatus to move in different pathways</p> <p>Stretch whilst in a balance</p> <p>Create a sequence which flows and involved arching and stretching</p> <p>Show inversion and counterbalance using the apparatus</p> <p>Form front and back supports</p> <p>Perform a sequence with clear starting and finishing points</p>				
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<p>Athletics</p>		<p>Share space and run with my head up</p> <p>React quickly</p> <p>Jump 1 foot to 2 feet and 2 feet to 2 feet.</p> <p>Coordinate a run with a jump</p> <p>Throw accurately</p> <p>Work cooperatively with a partner and within a group</p> <p>Run efficiently and within a lane</p> <p>Time my take -off to clear an obstacle</p>	<p>Jump in a variety of ways</p> <p>Coordinate a run with a jump</p> <p>Add a short run up to a jump</p> <p>throw with a good technique</p> <p>Throw with a run up</p>				
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<p>Target Games</p>	<p>Throw a ball underarm with some accuracy at a target.</p> <p>Strike a ball with my foot for power.</p> <p>Roll a ball with some accuracy</p>	<p>Coordinate the skill of punting a ball consistently</p> <p>Coordinate the action of punting with either foot</p> <p>Punt a ball with increasing accuracy with both feet.</p> <p>Strike a ball at a target using equipment</p> <p>Choose correctly when it is best to throw underarm and when to throw overarm.</p> <p>Throw a ball overarm with some accuracy at a target</p>	<p>Throw a ball underarm with either hand and with some accuracy at a target.</p> <p>Strike at targets that move.</p> <p>Roll with some accuracy with either hand</p> <p>Strike a ball with a racket or bat at a target with some degree of force.</p> <p>Strike with a degree of accuracy</p>				
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<p>Striking and Fielding Games</p>		<p>Strike a ball off a tee</p> <p>Stop a ball with 2 hands creating a barrier</p> <p>Bowl a ball overarm at a target</p> <p>Pick up a ball with one hand and throw it underarm</p> <p>Chase and retrieve a ball</p> <p>Make good decisions when batting about when to run and when no to</p>	<p>Bowl overarm with a straight arm at a target</p> <p>I can make a long barrier when fielding</p> <p>I can chase a ball and throw it back accurately to the correct person when fielding</p> <p>I can strike a ball off a tee whilst on the move</p>				
<p>Net and Wall Games</p>	<p>Demonstrate using a range of resources to used to bat, pat and hit a ball when modelled by a teacher (DM)</p>	<p>Send a large ball with some accuracy</p> <p>Throw with accuracy and power</p>	<p>Move quickly into a good position to catch</p> <p>Send and receive a ball with come accuracy</p>				

		Keep my eye on the ball at all times	Keep a short rally going with a partner  Return a ball after one bounce  Strike a backhand				
Yoga			Pose like a variety of jungle creatures  Bend, stretch and reach  pose depicting Mother Earth  Breathe in 3 parts				
OAA							
Invasion Game skills	Twist, bend and reach whilst maintaining my balance  Dodge to my left foot off my right foot.  Travel safely	Pass the ball from my chest using a bounce pass  Change direction confidently and competently  bounce/dribble a ball with my hand	Throw overarm for my partner to catch after a bounce  Catch a ball consistently after one bounce  intercept a pass				

	<p>considering others</p> <p>Dodge off either foot.</p>	<p>showing good control</p> <p>Move around safely in limited space</p> <p>Push pass a hockey ball</p> <p>Receive a hockey ball</p> <p>Stop a ball on the run by trapping it</p>	<p>Dodge to beat an opponent</p> <p>Keep possession of the ball with my team</p> <p>Compete with some spatial awareness in team games</p>				
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