

Objective colour coding key:

Blue text: Autumn term assessment objectives

Green text: Spring term assessment objectives

Red text: Summer term assessment objectives

Purple text: Assessment objectives to be taught during Swimming and Dance / gymnastics session—TBC due to swimming pool booking availability

Black text: Objectives that will be taught and recovered in a variety of activities without assessment (Transferable skills)



Year R	Gymnastics	Dance	Movement fundamentals	Ball Skills
	<ul style="list-style-type: none"> • To experience jumping, sliding, rolling, moving over, under and on apparatus • To develop confidence in fundamental movements • To learn and refine a variety of shapes, jumps, balances and rolls • To link simple balance, jump and travel actions 	<ul style="list-style-type: none"> • To change direction during travelling moves. • Can skip in time to basic music patterns • Can “Freeze” when instructed or the music stops—maintaining balance for 2 seconds or more 	<ul style="list-style-type: none"> • To develop confidence in fundamental movements • To develop different forms of movement • Find space while playing chasing / racing games with others (Adjust direction of movement and speed of travel) • Uses a dominant hand to pick up / move cones • To develop coordination and gross motor skills 	<ul style="list-style-type: none"> • To develop basic sending and receiving techniques. • Show an increased control of a ball / object in pushing, pulling, patting, throwing, kicking and catching • Shows a dominant hand to collect a ball

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Year 1	Gymnastics	Dance	Multi Skills	Ball Skills	Throwing and Catching	Athletics
	<ul style="list-style-type: none"> •To identify and use simple gymnastics actions and shapes •To apply basic strength to a range of gymnastics actions •To begin to carry basic apparatus such as mats and benches •To recognise like actions and link •To perform a variety of basic gymnastics actions showing control •To introduce turn, twist, spin, rock and roll and link these into movement patterns •To perform longer movement phases and link with confidence 	<ul style="list-style-type: none"> • To change direction during travelling moves. • To link travelling moves that change direction and level (Height). • Move from one position to another while maintaining balance • To explore basic body patterns and movements to music. • To use a variety of moves that change speed and direction. • To practise taking off from different positions. 	<ul style="list-style-type: none"> • To explore static balancing and understand the concept of bases. • To combine a number of co-ordination drills, using upper and lower body movements. • To use a variety of equipment with control. • To travel in different ways, showing clear transitions between movements. • To travel in different directions (side to side, forwards and backwards) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations. • To move a ball or piece of equipment around obstacles with control (Different body parts) • To complete an obstacle course with control and agility. 	<ul style="list-style-type: none"> • To develop basic sending and receiving techniques. •To develop balance, agility and co-ordination while moving and with an object • To roll and bounce a ball / object along the ground • To time running to stop or intercept the path of a ball. • To bounce a ball with both hands over 10 times without losing control • To bounce a ball with a single hand over 10 times without losing control • To bounce a ball with alternating single hands over 4 times without losing control 	<ul style="list-style-type: none"> • To throw a ball into an object using an under arm motion • To use throwing, rolling and retrieving skills in a game. • To practise accuracy of throwing using an under-hand method • To perform a drop, bounce catch (with a variation of size and material of balls to vary speed of the bounce) • Improve dual handed catching technique for large and small balls / objects 	<ul style="list-style-type: none"> • To use varying speeds when running. • To jump from a single or both legs for distance • To explore the under arm throwing technique and increase accuracy when throwing to a target • To run over a short distance running using arm swing and knee drive for good form

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Year 2	Gymnastics	Dance	Multi Skills	Ball Skills	Throwing and Catching	Athletics
	<ul style="list-style-type: none"> •To describe and explain how performers can transition and link gymnastic elements •To perform with control and consistency basic actions at different speeds and on different levels •To challenge themselves to develop strength and flexibility •To create and perform a simple sequence that is judged using simple gymnastic scoring •To develop body management through a range of floor exercise •To use core strength to link recognized gymnastics elements e.g. back support and half twist •To attempt to use rhythm whilst performing a sequence 	<ul style="list-style-type: none"> •To explore different levels and speeds of movement. • To change direction during travelling moves. • To compose and perform simple dance phrases containing multiple moves. •To show contrast in simple dance positions including different body shapes • To develop a range of dance movements and improve timing to music. • To work to music, creating movements that match the speed of the music (Fast and slow) 	<ul style="list-style-type: none"> • To develop static balancing and understand the concept of using bases. • To combine a number of co-ordination drills, using upper and lower body movements together and in isolation • To use a variety of equipment with control. • To time running to stop or intercept the path of a ball. • To travel in different ways, showing clear transitions between directions and types of movements. • To travel in different directions (side to side, forwards and backwards) with control and fluency. • To practice ABC (agility, balance and coordination) at circuit stations. • To move a ball or piece of equipment around obstacles with control and cross the centre line (All body parts) • To complete an obstacle course with control and agility (With or without equipment) • To understand directional movement to invade. 	<ul style="list-style-type: none"> • To develop basic sending and receiving techniques with a range of equipment and in methods related to different sports • To develop balance, agility and co-ordination while in possession of a ball • To develop balance, agility and co-ordination while moving and with an object • To bounce a ball with both hands over 20 times without losing control • To bounce a ball with a single hand over 15 times without losing control • To bounce a ball with alternating single hands over 15 times without losing control • To use ball skills in game based activities 	<ul style="list-style-type: none"> • To bounce a ball along the ground or into an object using an under arm motion to a target or partner • To use throwing, rolling and retrieving skills in a game. • To practise accuracy of throwing using an underhand method to a target (Points scoring games) • To perform double handed catch from a self serve / Partner serve • Improve dual handed catching technique for large and small balls / objects 	<ul style="list-style-type: none"> • To run with increasing agility and balance when as speed. • To learn the correct jumping techniques for single and dual leg jumps. • To jump laterally, forwards and backwards (across the mid line) • To throw different objects in a variety of ways. • To hurdle an obstacle and maintain motion when running . • To run at speed in good body form • To complete an obstacle course with control and agility. (under and over objects)

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Year 3	Gymnastics	Dance	Swimming	Ball Skills	Throwing and Catching	Striking net games	Athletics
	<ul style="list-style-type: none"> To explore jumping techniques and link them with other gymnastic actions. To select and use different floor movements (Side roll to knee, teddy bear roll, side roll, forward roll with support) To create different floor shapes with balance (Front, back and side support, crabs and bridges, v-sit, shoulder stand) To improve the ability to choose contrasting movements when creating a short sequence of gymnastic movements to music. To safely move on and mount apparatus. (mount apparatus by: forwards jump, star jump, tuck jump, straddle jump) (Move on apparatus by Walking forwards, backwards and laterally) 	<ul style="list-style-type: none"> To explore dance movements and create patterns of movement. (Link to a topic) To work with a partner to create dance patterns that match the topic or theme. To perform a dance with rhythm and expression. To use knowledge of dance to create a story in small groups. To develop precision of movements at different levels To work co-operatively with a group to create a dance piece. To perform in front of others with confidence. 	<ul style="list-style-type: none"> To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water. 	<ul style="list-style-type: none"> To develop an awareness of others when playing games. (special awareness) To perform a range of movements while maintaining control of the ball. To catch with increasing control and accuracy. To bounce a ball with alternating hands over 30 times when stationary. To travel with a ball and maintain control (Dribbling) To hit / strike a ball with increasing consistency in different forms / sports To strike the ball for distance. To consolidate and develop a range of skills in striking and fielding. To apply skills and tactics in small-sided games. To identify and follow the rules of games. To choose and use simple tactics to suit different situations. To know how to play a striking and fielding game competitively and fairly. 	<ul style="list-style-type: none"> To master the basic catching technique (2 hands) To master the basic throwing technique. (Under arm) To develop and investigate different ways of throwing and to know when it is appropriate to use them. To use the correct technique for catching a ball in a game. To consolidate and develop a range of skills when fielding the ball. (Long barrier) To practise the correct technique for fielding (Stopping and retrieving the ball) use it in a game situation. 	<p><u>(Tennis/ badminton and table tennis)</u></p> <ul style="list-style-type: none"> To become familiar with balls and short tennis rackets. To strike the ball with a forehand motion after a self serve To serve using an under-arm drop serve To build up a rally by returning a serve after a sandwich catch (Half volley) To direct a variety of shots in a game situation and to explore when different shots should be played. To play a competitive game where a rally occurs and include a points scoring game 	<ul style="list-style-type: none"> To run in different directions and at different speeds, using a good technique. To improve the over arm throwing technique. To improve jumping techniques for different activities (Coil before) To understand the relay race and the concept of passing the baton from one runner to another. To choose and understand appropriate running techniques for speed To compete in a mini competition, including personal best

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Year 4	Gymnastics	Dance	Swimming	Ball Skills	Throwing and Catching	Striking net games	Athletics
	<ul style="list-style-type: none"> To explore jumping techniques and link them with other gymnastic actions. To select and use different floor movements (Side roll to knee, teddy bear roll, side roll, forward roll with support) To create different floor shapes with balance (Front, back and side support, crabs and bridges, v-sit, shoulder stand) To improve the ability to choose contrasting movements when creating a short sequence of gymnastic movements to music. To safely move on and mount apparatus. (mount apparatus by: forwards jump, star jump, tuck jump, straddle jump) (Move on apparatus by Walking forwards , backwards and laterally) To use counterbalances and incorporate them into a sequence of movements. To perform movements in unison (small groups). To perform and evaluate own and others' sequence. 	<ul style="list-style-type: none"> To identify and practise the patterns and actions of chosen dance style. To demonstrate an awareness of the music's rhythm and phrasing when improvising. To create an individual dance that reflects the chosen dancing style or theme To create partnered dances that reflect the dancing style and apply the key components of dance. To remember a sequence of multiple moves and perform the dance To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water. 	<p><u>Invasion (Tag rugby/Hockey, basketball)</u></p> <ul style="list-style-type: none"> To use accurate passing and dribbling in isolation drills and begin to use during a game. To identify and apply ways to move the ball towards an opponent's goal (Passing and dribbling in different directions). To Strike the ball using techniques specific to the sport To keep possession of a ball when in a group by dribbling or passing to a team mate To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation. To understand how to intercept a pass. To learn how to shoot in different manners (where appropriate) To learn concepts of attack and defence. To compete in points scoring games / competition and understand the element of scoring 	<p><u>(Cricket)</u></p> <ul style="list-style-type: none"> To develop and investigate different ways of throwing, and to know when each is appropriate. To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation. To use hand-eye coordination to field a moving ball with correct hand position in relation to the ball and your body (Using the long barrier) To develop fielding skills and understand their importance when playing a game. To compete in a competitive situation, and to demonstrate sporting behaviour. 	<p><u>(Tennis/ badminton and table tennis)</u></p> <ul style="list-style-type: none"> To strike the ball consistently with a forehand motion) To accurately serve (underarm) To build a rally, focusing on accuracy of strokes. To direct a variety of shots in a game situation and to explore when different shots should be played. To play a competitive game where a rally occurs and include a points scoring game 	<ul style="list-style-type: none"> To run in at speed with good form and facing forwards whilst at speed To improve the accuracy and power of over arm throwing technique. To improve efficiency of the different jumping techniques for different activities Pass the baton from one runner to another whilst the receiver is facing away from the runner To choose and understand appropriate running techniques for speed and the distance of the race Record scores with increasing accuracy To compete in a mini competition, including personal best and internal competitions.

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Year 5	Gymnastics	Dance	Swimming	Ball Skills	Throwing and Catching	Striking net games	Athletics
	<ul style="list-style-type: none"> • To create longer and perform more complex sequences using a combination of positions or moves. • To take the lead in a group when preparing a sequence • To develop symmetry individually, as a pair and in a small group • To compare performances and judge strengths and areas for improvement • To select a component for improvement. For example—timing or flow • To take responsibility in own warm up including remembering and repeating a variety of stretches • To perform more complex actions, shapes and balances with consistency • To use information given by others to improve performance 	<ul style="list-style-type: none"> • To identify and practise the patterns and actions of chosen dance style. • To demonstrate an awareness of the music's rhythm and phrasing when improvising. • To create an individual dance that reflects the chosen dancing style. • To create group dances that reflect the dance style. • To perform dance using a range of movement patterns. • To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water. • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids. • To develop entry and exit, travel further, float and submerge. • To develop balance, link activities and travel further on whole stroke. • To show breath control. • Introduction to deeper water. • Treading water. 	<p>Invasion (Tag rugby/Hockey, basketball)</p> <ul style="list-style-type: none"> • To demonstrate different methods of passing • To begin to dribble / move in and out of possession in different directions at speed • To use good hand/eye co-ordination to receive a ball successfully from a team mate. • To develop a range of passes and choice of technique depending on the distance the ball needs to travel. • To understand the importance of 'getting free' / finding space when not in possession in order to receive a pass. • To use specific striking techniques for individual sports • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand how to intercept a pass. • To use hand-eye coordination to strike a moving and a stationary ball. • To learn how to shoot in different manners (where appropriate) • To recognise which positions are attacking and which are defending. 	<p>(Cricket)</p> <ul style="list-style-type: none"> • To develop and investigate different ways of throwing, and to know when each is appropriate. (overarm, underarm, bounce throw) • Catch a ball using appropriate hand positioning for the height of the ball and sport that is being played • To bowl with an over arm technique, maintaining a straight bowling arm • To develop fielding skills and understand their importance when playing a game. • To play in a competitive situation, and to demonstrate sporting behaviour. 	<p>(Tennis)</p> <ul style="list-style-type: none"> • To identify and apply fore-hand and back hand techniques for hitting a tennis ball. • To develop the techniques for ground strokes and volleys. • To serve underarm with increasing accuracy and begin to use the overhead serve • To develop a backhand technique and use it in a game. • To build a rally, focusing on accuracy of strokes. • To play a competitive game where a rally occurs and include a points scoring game • To practise techniques for all strokes. • To use the scoring system and court for mini tennis. • To aim shots into different areas of the court and understand that the drop shot is an attacking shot, and why. • To play a tennis game using an over or underhand serve and the correct selections of shots. • To learn the point scoring system of mini tennis (first to 7 points) 	<ul style="list-style-type: none"> • To run in at speed with good form and facing forwards whilst at speed • To develop the cardio endurance to run at a suitable pace for distance. • To throw using an over arm technique with increasing accuracy and power. • To use correct form for all jumping activities and offer constructive comments on others' techniques • During relay races, begin to jog before the baton is received • To begin to link the three phases of the triple jump together (non fluid) • Record scores with increasing accuracy on all indoor athletics activities (Using the scale) • To compete in a mini competition, including personal best and internal competitions.

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Year 6	Gymnastics	Dance	Swimming	Ball Skills	Throwing and Catching	Striking net games	Athletics
	<ul style="list-style-type: none"> •To lead group warm up showing understanding of need for strength and flexibility •To demonstrate accuracy, consistency and clarity of movement •To work independently and in small groups to make up own sequences •To arrange own apparatus to enhance work and vary compositional ideas •To experience flight on and off of high apparatus •To combine own ideas with others to build sequences •To compose and practise actions and relate to music •To show a desire to improve competency across a broad range of gymnastics actions 	<ul style="list-style-type: none"> • To identify and practise the patterns and actions of chosen dance style. • To demonstrate an awareness of the music's rhythm and phrasing when improvising. • To create an individual dance that reflects the chosen dancing style. • To create group dances that reflect the dance style. • To perform dance using a range of movement patterns. • To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> •To develop basic pool safety skills and confidence in water. •To develop travel in vertical or horizontal position and introduce floats. •To develop push and glides, any kick action on front and back with or without support aids. •To develop entry and exit, travel further, float and submerge. •To develop balance, link activities and travel further on whole stroke. •To show breath control. • Introduction to deeper water. • Treading water. 	<p>Invasion (Tag rugby/Hockey, basketball)</p> <ul style="list-style-type: none"> • To use good hand/eye co-ordination to pass and receive a ball successfully. • To develop skills in the range of passes and to understand which pass to use depending on the distance the ball needs to travel. • To understand how to make space by moving away and coming back and by dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand how to intercept a pass. • Use different dribbling techniques to protect possession of the ball •To play specific shot techniques for different sports • To recognise which positions are attacking and which are defending. • To play in a competitive situation, and to demonstrate sporting behaviour. 	<p>(Cricket)</p> <ul style="list-style-type: none"> •Begin to independently apply different ways of throwing, and to know when each is appropriate. (overarm, underarm, bounce throw) • Bowl using a full fluid figure of 6 manner • Catch a ball using appropriate hand positioning for the height of the ball and sport that is being played (High / low fingers) • To fielding a ball using the long barrier technique • Begin to use score sheets and score games of cricket to the Kwik cricket rules. 	<p>(Tennis)</p> <ul style="list-style-type: none"> • To demonstrate and use the correct grip of the racket and understand how to get into the ready position. • To use good hand/eye co-ordination to be able to contact the ball with both faces of the racket forehand and back hands. • Understand how to serve using the over arm techniques • Recognise the difference between the low serve and the high serve (apply as a game technique) • Begin to use different shot types during a rally • To aim shots into different areas of the court and understand that the drop shot is an attacking shot, and why. • To know where the drop should be aimed for, for it to be most productive, and why. • Use different shots as a tactic to outwit an opponent in a game. • To learn the point scoring system of mini tennis (first to 7 points) 	<ul style="list-style-type: none"> •To use good form / technique when running at speed (Head up and knee drive) • To develop the cardio endurance to run at a suitable pace for distance. • To throw using an over arm technique with increasing accuracy and power. • During relay races, received the baton at full speed without looking (fluid) • To link the three phases of the triple jump together (fluid) • Record scores with increasing accuracy • To compete in a mini competition, interclass competitions, and score / measure all events with accuracy • To demonstrate good sportsmanship in a competitive situation.