

Year Group	Athletics	Basketball	Cricket	Hockey	Tag Rugby
Y3&4	<p>Use the correct technique to start a sprint race.</p> <p>Develop my coordination to improve speed. To run in an arc &amp; to approach the bar sideways on when high jumping.</p> <p>Develop the technique and consistency of my Jump consistently off the same foot. I can scissor kick. Hurdle efficiently and consistently.</p> <p>Sprint between hurdles jumps. Throw overarm accurately. Throw overarm with power for distance.</p> <p>Accurately replicate the technique for running, jumping and throwing events. Run</p>	<p>I can control a basketball using both hands and protect the ball under pressure.</p> <p>I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass.</p> <p>I can use different skills such as varying speed and direction to get past defenders.</p> <p>I can mark a player or an area of the court to limit opportunities for the opposition.</p> <p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball.</p> <p>I can dribble, pass and shoot the basketball using correct the correct</p>	<p>Stand sideways on with a high back lift ready to receive a ball. Step back and across to pull a short ball.</p> <p>Bowl a ball overarm with a straight arm.</p> <p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket.</p> <p>Throw accurately and powerfully. Drive a ball and then run between a set of wickets, sliding my bat when necessary.</p> <p>Bat successfully with a partner, communicating effectively. Bowl with increasing accuracy.</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p>	<p>Dribble a ball confidently.</p> <p>Stop a ball.</p> <p>Develop my dribbling technique Change direction easily.</p> <p>Pass a ball accurately.</p> <p>Control a ball sent to me.</p> <p>Pass in a variety of ways using good technique.</p> <p>Receive a pass on the run.</p> <p>Perform a jab tackle Play advantage appropriately.</p> <p>Can you compete in a hockey tournament? Work effectively as part of a team.</p>	<p>Scoop a ball up from the floor. Dodge to avoid being tagged by an opponent. Tag safely.</p> <p>Pocket pass with accuracy from my right and left.</p> <p>Make a target to receive the ball. Send and receive a ball under pressure.</p> <p>Pass a rugby ball backwards accurately. Dummy a pass.</p> <p>Pass backwards consistently</p> <p>Create an overlap.</p> <p>Pass, missing out players in a line. Set up defensively opposite an opponent.</p> <p>Apply a range of skills effectively in a game of rugby. Play to the rules.</p>

	<p>a relay efficiently as part of a team. Replicate the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances.</p>	<p>technique to play in a game.</p>	<p>Communicate effectively with a partner when batting. Back up my fellow fielders in the field Play purposefully in a competitive game, taking on multiple roles effectively.</p>		
<b>Y5&amp;6</b>	<p>Change pace and run at different tempos. Sustain my pace over longer distances. Throw with greater force and over longer distances. Throw with accuracy and power using the pull technique. Throw after a run up. Perform the correct techniques for triple jump, high jump and standing vertical jump. Measure accurately my</p>	<p>I can control a basketball using both hands and protect the ball under pressure. I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass. I can use different skills such as varying speed and direction to get past defenders. I can mark a player or an area of the court to limit</p>	<p>Catch consistently well under pressure. Throw accurately overarm. Pull a ball from a short delivery to the leg side I can bowl with a short run up and straight arm with some accuracy. Perform a range of fielding techniques confidently and consistently. Bowl with a run up. Bowl with consistent accuracy and length.</p>	<p>Hold the stick correctly. Dribble the ball with my head up. Indian dribble Push pass accurately. Jab tackle Send and receive under pressure Pass and move. Work with a partner to get past a defender. Develop a range of attacking skills and strategies. Develop my skills in different positions. Support my teammates by communicating with them.</p>	<p>Pop pass and pocket pass. Tag someone safely. What constitutes a try and what doesn't. Send and receive a ball on the run and under pressure. Pass well to my left and right. Pass a rugby ball backwards consistently. Pass accurately. Dummy a pass. Pass missing out players in a line. Take a tap penalty with a dummy half. Attack in staggered lines. Organise my position so</p>

	<p>performance at standing vertical jumping. Combine sprinting with hurdling Transfer a relay baton efficiently as part of a team.</p>	<p>opportunities for the opposition. I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball. I can dribble, pass and shoot the basketball using correct the correct technique to play in a game.</p>	<p>Pick up and return a ball with one hand quickly and consistently well. Use my feet to get to the pitch of the ball when batting. Show tactical awareness as a fielder Bowl out of the back of my hand Play a square cut shot. Link my skills and perform in a competitive game. Bowl by running in close to the wickets.</p>	<p>Respect the rules of the game and decisions of my peers. Adapt tactics in a game if they are not working.</p>	<p>that I receive passes on the run. Apply skills effectively Develop game understanding and compete in a game of Tag Rugby.</p>
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Year Group	Dance	Dodgeball	Handball	Yoga
Y3&4	<p>Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p>Creatively change static actions into travelling movements Show different levels and pathways when I travel.</p> <p>Communicate effectively with a partner.</p> <p>Communicate effectively within a group.</p> <p>Communicate effectively within a group</p> <p>Improve our ideas.</p> <p>Evaluate the work of other's using accurate technical language.</p>	<p>Throw overarm powerfully and accurately. Keep my eye on the opposition at all times.</p> <p>Time when to move to the net to throw.</p> <p>Catch to bring teammates back into the game. Judge which balls to try and catch and which to dodge.</p> <p>Show good peripheral awareness. Adapt to different rules quickly.</p> <p>Attack decisively</p> <p>Defend skilfully Work alongside others to agree tactics.</p> <p>Make good decisions at crucial times of games Compete with passion, self-belief, respect, honesty, determination and teamwork.</p>	<p>Send using a javelin style pass accurately. Catch a handball on the run.</p> <p>Pass and receive the ball on the move Pass quickly under pressure.</p> <p>Throw/shoot accurately using good overarm technique.</p> <p>Intercept passes Block a shot.</p> <p>Participate purposefully in a small sided game Play to the rules of the game.</p> <p>Show a wide range of skills</p> <p>Play in a variety of positions with equal proficiency Keep control of my emotions whilst playing a tournament.</p>	<p>Perform a variety of poses Retain my focus.</p> <p>Hold positions with good alignment and shape.</p> <p>Work with control and isolating body parts.</p> <p>Control my breathing as exercising.</p> <p>Devise my own meditation work in a group to perform different poses.</p>

<p><b>Y5&amp;6</b></p>	<p>Develop a motif demonstrating some agility, balance, co-ordination and precision. Creatively change static actions into travelling movements Show different levels and pathways when I travel. Communicate effectively with a partner. Communicate effectively within a group. Improve our ideas. Evaluate the work of other's using accurate technical language</p>	<p>Develop a motif demonstrating some agility, balance, co-ordination and precision. Creatively change static actions into travelling movements Show different levels and pathways when I travel. Communicate effectively with a partner. Communicate effectively within a group. Improve our ideas. Evaluate the work of other's using accurate technical language.</p>	<p>Get into a good ready position to move quickly and receive the ball. I can send a ball accurately I can dribble a ball through different pathway. Dribble a ball in front of me whilst travelling. Receive the ball sideways on. Anticipate the play. Shoot with power and accuracy. Pass out of the back of my hand. Fake and Go Disguise passes and dummy pass. Apply a range of kills purposefully in a game. Demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork.</p>	<p>Adopt the rest position and relaxation pose Hold my poses for 3 slow breaths. Prepare my body for yoga Put myself in the right state of mind to get the most out of my yoga session. Identify which poses are particularly helpful for me. Perform a relaxation sequence of meditation. Make positive affirmations. Perform a wide range of poses Articulate what I have enjoyed about yoga.</p>

GYMNASTICS			
Year 3	Year 4	Year 5	Year 6
<p>Create a sequence using different spins on patches</p> <p>Perform with smooth transitions</p> <p>Create a sequence of spins on points at different levels and with smooth transitions</p> <p>Walk like a giraffe</p> <p>Spin symmetrically and asymmetrically on points and patches</p> <p>Work at different levels</p> <p>Forward roll</p> <p>Perform a series of symmetrical and asymmetrical rolls with a partner</p> <p>Work in different formations</p> <p>Perform in unison with others</p> <p>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</p> <p>Alternate between performing symmetrically and asymmetrically</p>	<p>Balance on different points and patches</p> <p>Match a partner's moves in synchrony</p> <p>Compose a sequence with a partner</p> <p>Perform elements of my sequence in contrast to a partner</p> <p>Match my partner's asymmetrical balances</p> <p>Work with contrasting dynamics to my partner</p> <p>Work alongside a partner to produce our best work</p> <p>Create a sequence involving matching and contrasts</p> <p>Work in a group</p> <p>Help to compose, and then perform, a sequence with contrasting and matching shapes and moves</p> <p>Work at contrasting levels</p> <p>Perform in unison and canon</p>	<p>Perform matching moves with a partner within a sequence.</p> <p>Hold balances on different numbers of points of contact.</p> <p>Control an Arabesque.</p> <p>Contrast my partner's moves so that we work at different levels and in different pathways.</p> <p>Perform a sequence mirroring a partner's symmetrical and asymmetrical shapes.</p> <p>Perform a sequence with a partner which moves from matching moves to contrasting.</p> <p>Work as a group to demonstrate fluent routines involving mirroring and contrasts.</p> <p>Perform elements of unison and canon in a group routine.</p>	<p>Work in a group of 4 to create a sequence of rolls. Perform in unison. Work as part of a team to create sequence starting &amp; finishing points are clearly defined.</p> <p>Work in a group of 6 to create a sequence involving different formations and pathways. Work as part of a team to create a sequence involving flight.</p> <p>Create a sequence working at different levels and with different dynamics. Spin on a variety of points and patches.</p> <p>Take weight on my hands in different ways.</p> <p>Travel on different body parts.</p> <p>Perform a sequence as a group with changes in direction, level and speed.</p> <p>Create sequences with pathways that cross.</p> <p>Mirror asymmetrical body shapes within a group. Time my moves within a group sequence.</p>