

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<h2 style="text-align: center;">Multi-Skills</h2>						
<p>Experiment with different ways of balancing</p> <p>Experiment with different ways of moving (agility)</p> <p>Experiment with different ways of throwing a moving ball with different body parts (co-ordination)</p> <p>Working with friends in a team - taking turns</p>	<p>Balance on lines with control and use equipment to balance</p> <p>on various parts of body</p> <p>Changing direction quickly with some control (agility)</p> <p>Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p>	<p>Balance on low apparatus with good control</p> <p>Changing direction quickly with good balance and control (agility)</p> <p>Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Compete challenges in a team in various running/obstacle games and working together to improve team performance</p>	<p>Balancing on various body parts while moving</p> <p>Agility focus - changing direction at speed</p> <p>Co-ordinate body to perform a combination of movements</p> <p>Complete a variety of fitness test successfully and get a personal best</p>	<p>Balancing confidently using various equipment and body parts</p> <p>Agility focus - changing direction at speed with good technique</p> <p>Co-ordinate body <b>efficiently</b> to perform combination of movements or actions</p> <p>Complete a variety of fitness tests confidently and achieve a number of personal bests</p>	<p>In combination with different skills can balance equipment while moving and co-ordinating another body action</p> <p>Agility focus - change direction quickly and efficiently with equipment</p> <p>Co-ordinate using both sides of the body</p> <p>Test and measure balance agility and coordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best</p>	<p>Balance equipment on various body parts whilst moving or co-ordinating another body actions <b>accurately</b></p> <p>Agility focus - can change direction at speed with balance and control whilst using various equipment</p> <p>Co-ordinate using both sides of the body with fluency to perform combination of movements or actions</p> <p>Complete each test with fluency and accurately measure and record.</p> <p>Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p>
<h2 style="text-align: center;">Vocabulary</h2>						

Hop Jump Skip Run Balance Climb Imagine Safe	Personal best Target Space Jag Rules Dribbling	Paces Race Control Apparatus Space Skipping Direction	Agility Balance Co-ordination Measure Record Team Speed Test Mini coach	Agility Balance Co-ordination Leadership Skills Co-operate Accuracy	Agility Balance Co-ordination Performance Combination Success Evaluate Create	Agility Balance Co-ordination Technique Fluency Efficiency Exercise Isolation Challenge
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## Athletics

<p>Marching/running for co-ordination</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Experiment with different ways of jumping- measuring with various objects</p> <p>Working with friends in a team - taking turns</p>	<p>Running pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping bending knees and pushing off - being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games</p>	<p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance 'Usain Bolt position'</p> <p>Use arms to improve jumping technique - beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p>	<p>Begin to perform 'FAST' technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform 'FAST' technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Accelerate quickly with speed and control in movement - timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p>
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## Vocabulary

March Quick Run Jump Walk Throw Hop	Throw Race Jump Personal best FAST Control Safe Mini coaches	Speed Accuracy Competition Challenge Personal best Distance Measure	Focus Accelerate Triple jump Relay Improve Shot put Power Hurdle	Technique Triple jump Compete Change over Baton Short distance	Evaluate React Collaborate Pace Peer access Feedback	Long distance Compete Sprint start Stride Gracious Leader
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## Gymnastics

<p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling</p> <p>in small shape (moon roll)</p> <p>Experiment with a rocket roll</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p>	<p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rack and a moon roll</p> <p>Perform a rocket roll with pointed toes</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p>	<p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rack, moon roll and forward roll</p> <p>Perform a rocket roll and extend to a dish/saucer roll</p> <p>Perform a bunny hop - hands flat with straight arms</p> <p>Perform a sequence - (roll, jump and balance)</p>	<p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a ¾ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p>	<p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus</p> <p>with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p>
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## Vocabulary

<p>Jump</p> <p>Strong</p> <p>Rack</p> <p>Stretch</p> <p>Crawl</p> <p>Star</p> <p>Safe</p> <p>Move</p>	<p>Pike</p> <p>Squat</p> <p>Tuck</p> <p>Straight</p> <p>Balance</p> <p>Roll</p> <p>Start</p> <p>Finish</p>	<p>Straddle</p> <p>Control</p> <p>Bunny hop</p> <p>Dish</p> <p>Arch</p> <p>Middle</p> <p>Sequences</p>	<p>Teddy bear</p> <p>Perform</p> <p>Half turn</p> <p>Point</p> <p>Travelling</p> <p>Patch</p> <p>Quarter turn</p> <p>Create</p>	<p>Matching</p> <p>Mirroring</p> <p>Elements</p> <p>Static</p> <p>Body tension</p> <p>Apparatus</p> <p>Sequences</p> <p>Fluency</p> <p>Sashay</p>	<p>Symmetrical</p> <p>Asymmetrical</p> <p>Collaborate</p> <p>Scissor kick</p> <p>Hurdle step</p> <p>Vaulting</p> <p>Canon</p> <p>Unison</p> <p>Speed</p>	<p>Counter tension</p> <p>Counter balance</p> <p>Aesthetic appeal</p> <p>Rhythm</p> <p>Precision</p> <p>Inverted</p> <p>Synchronised</p> <p>Momentum</p> <p>Formation</p>
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## Kwik Cricket

<p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p>	<p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p>	<p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p>	<p>Roll the ball with one hand</p> <p>and stop the ball attempting</p> <p>Long barrier method</p>	<p>Roll the ball with one hand and stop the ball from different directions using Long barrier method</p>	<p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p>	<p>Positioning in a modified game to field a ball</p> <p>(both throwing and stopping it)</p>
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<p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p>	<p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p>	<p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p>	<p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p>	<p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and same distance</p> <p>Communicate and collaborate as team to beat an opponent</p>	<p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with same speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p>
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### Vocabulary

<p>Rolling</p> <p>Catch</p> <p>Bat</p> <p>Release</p> <p>Safety</p> <p>Tee</p> <p>Target</p> <p>Cradle</p>	<p>Aim</p> <p>Control</p> <p>Overarm</p> <p>Challenge</p> <p>Bowl</p> <p>Striker</p>	<p>Long barrier</p> <p>Scooping</p> <p>Wicket</p> <p>Teamwork</p> <p>Bowler</p>	<p>Accuracy</p> <p>Batter</p> <p>Score</p> <p>Fielder</p> <p>Co-operate</p>	<p>Inspire</p> <p>Speed</p> <p>Distance</p> <p>Wide</p> <p>Wicket keeper</p> <p>Over</p> <p>Runs</p> <p>Fair play</p>	<p>Fluency</p> <p>Motion</p> <p>Technique</p> <p>Focus</p> <p>Leadership</p> <p>Zone</p>
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### Ball Skills

<p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye coordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest - "W" shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack</p>				
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<p>10</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet</p> <p>"toe, toe, toe, no, no, no!"</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader - trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game- trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2x2 game in the end zone</p>				
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## Tennis

<p>Throw and catch to self with a soft ball and attempt to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a</p>	<p>Throwing and catching a small ball with control and bounce catch to self and partner</p> <p>Balance a ball on racket</p>	<p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p>	<p>Move to catch a ball</p> <p>Control a ball on racket when moving</p> <p>Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor</p>	<p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p>	<p>Move to hit a ball with some control</p> <p>Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p>	<p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p>
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<i>partner</i> Move on the floor ball with hand in a variety of ways Push the ball with throw down strips to develop hand eye co-ordination	Racket familiarisation- moving ball with racket in forehand position Racket Familiarisation - moving a ball in backhand position Tap up tennis to self keeping control	Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving Racket Familiarisation - moving a ball in backhand position whilst moving Tap up tennis with a partner to keep control of the ball	using back hand position Hit a ball into a target (with one bounce)	Hit a ball in backhand position with a dropfeed Hit a ball into a target from a variety of distances with no bounce	Moving into position to hit a ball with backhand in skill practice and game Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.	Move into position to hit a ball with backhand. Begin to choose which shot it best in a game. Serve diagonally under/overarm in a game of mini tennis
<b><u>Vocabulary</u></b>						
Throw Catch Trick Side-step Target Aim Hop	Run Ready Racket Underarm Bounce Balance Cradle	Forehand Backhand Ready position Skills Honesty Control Team	Rules Focus Ready stance Points Rally doubles	Consecutive Drop feed Hand feed Accuracy Position Compete Grip Communicate	Collaborate Serve Shots Overarm Integrity Volley	Umpire Anticipate Speed Reaction Technique Empathy Precision
<b><u>Swimming</u></b>						
<b><u>Beginner (KS1/KS2)</u></b>	<b><u>Intermediate (KS1/KS2)</u></b>	<b><u>Advanced (KS2)</u></b>	<b><u>End of KS2</u></b>			
Enter and exit the pool in correct and safe manner by the poolside steps Gain confidence in water walking unaided in pool Breathing technique - blowing bubbles, face in water and begin to develop technique with float Developing whole strokes including "doggy paddle" swim on back through kicking and sculling Be able to swim 5-10metres Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water	Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out. Be confident to be able to swim across the pool without stopping Begin to show breathing technique when performing various strokes with and without a float Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke Be able to swim at least 25 metres Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc	Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out. Swim confidently using various strokes on the surface and under the water Use advance breathing techniques in all strokes Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly. Be able to swim over 25m Confidently perform safe self rescue skills in deep water	All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2. Each pupil is required to be able to do the following: Perform safe self-rescue in different water based situations Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.			

# Football

<p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game.</p> <p>Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p>	<p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader - trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p>	<p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game- trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p>	<p>Control a ball using inside, outside and sole of feet</p> <p>Pass the ball with inside of feet with accuracy</p> <p>Dribble the ball beginning to turn with some control (inside and outside hook)</p> <p>Begin to defend making a standing tackle in a 1v1</p> <p>Kick a ball stationary past a goal keeper</p> <p>Embracing rules and playing fairly</p>	<p>Move body to correct position to stop and control a ball</p> <p>Pass the ball with inside of feet whilst on the move</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate</p> <p>Begin to defend making a standing tackle or intercept a pass</p> <p>Kick a ball whilst moving past a goal keeper with some accuracy</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>Control the ball using either foot when moving</p> <p>Pass the ball with inside, front or laces on the foot</p> <p>Dribble the ball using various turns beginning to accelerate past an opponent</p> <p>Show good body position to defend and press in a 2v2 game</p> <p>Scoring using top of foot (laces)- aiming for corners of the goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Move into space to receive the ball and control with either foot in a game</p> <p>Select the correct pass for various distances in a game situation</p> <p>Dribble the ball in a game situation around a defender</p> <p>Communicate with team when defending in a game -making interceptions, cover space</p> <p>To work as a team to score, shooting from various angles</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>
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## Vocabulary

<p>Forward</p> <p>Look</p> <p>Balance</p> <p>Close</p> <p>Move</p> <p>Around</p> <p>Safe</p>	<p>Sole</p> <p>Plant</p> <p>Pass</p> <p>Point</p> <p>Touches</p> <p>Dribble</p> <p>Outside</p>	<p>Score</p> <p>Space</p> <p>Invasion</p> <p>Aware</p> <p>Inside</p> <p>Outside</p> <p>Tackle</p>	<p>Control</p> <p>Passing</p> <p>Tackle</p> <p>Stationary</p> <p>Throw-in</p> <p>Defending</p> <p>Attacking</p>	<p>Body position</p> <p>Inside hook</p> <p>Outside hook</p> <p>Drag back</p> <p>Fairness</p> <p>Intercept</p> <p>Communication</p> <p>Accuracy</p>	<p>Possession</p> <p>Block</p> <p>Lofted pass</p> <p>Interceptions</p> <p>Technique</p> <p>Evaluate</p> <p>Performance</p>	<p>Tactics</p> <p>Direction</p> <p>Power</p> <p>Laces</p> <p>Angles</p> <p>Accelerate</p> <p>Feints</p> <p>Speed</p>
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# Rugby



<p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p><b>Hand over</b> the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p><b>Pass</b> the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>	<p>Tag a player in isolation using the tag belts</p> <p>Move with a ball in their hand using correct position</p> <p>'dirty fingers clean palms'</p> <p>Pass the ball backwards and sideways in isolation</p> <p>Move into a space to avoid a defender through dodging techniques</p> <p>Beat a defender to score a try</p>	<p>Tag a player whilst moving using tag belts</p> <p>Move with control in a variety of directions holding the ball in the correct position.</p> <p>Pass the ball backwards/ sideways with control whilst moving</p> <p>Use speed and space to avoid a passive defender</p> <p>Beat a defender at speed to score a try</p>	<p>Tag more than one player using either hand whilst moving with tag belts</p> <p>Choose different pathways to move with a ball in hands against a defender</p> <p>Pass and receive the ball in a game situation</p> <p>Use speed and space to avoid an active defender</p> <p>In a game situation beat defenders to score a try</p>	<p>Tag a player using either hand when moving at full speed in a game situation</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged</p> <p>Pass and receive the ball when in a pressurised modified game situation</p> <p>Play modified competitive games avoiding defenders</p> <p>Work as a team in a game situation to score a try</p>
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## Dance

<p>Moving in time to happy and sad music</p> <p>Experiment with different ways of moving</p> <p>Experiment with actions at different levels</p> <p>Moving around as different characters or animals to the music</p>	<p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p> <p>Remember simple dance steps perform with control in time to the music</p>	<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform canon with a group</p> <p>Use some different levels and pathways</p>	<p>Cooperate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner/group</p> <p>Performing a range of movement patterns</p> <p>Perform canon showing a range of movement patterns</p> <p>Perform a variety of levels and pathways in a dance</p>	<p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns</p> <p>I can translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p>	<p>Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing</p> <p>I can translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing, energy and strength</p> <p>Dance in canon in a group showing good timing, energy and strength</p> <p>Use levels, travelling and space with timing and musicality</p>
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## Vocabulary

<i>Space</i> <i>Perform</i> <i>Moving</i> <i>Listen</i>	<i>Time</i> <i>Start</i> <i>Finish</i> <i>Levels</i>	<i>Movement</i> <i>Control</i> <i>Count</i> <i>Beat</i> <i>Travel</i>	<i>Unison</i> <i>Levels</i> <i>Perform</i> <i>Canon</i> <i>Stimulus</i> <i>Feedback</i>	<i>Inspire</i> <i>Pathways</i> <i>Direction</i> <i>Counts</i> <i>Collaborate</i> <i>Choreograph</i> <i>Timing</i> <i>Create</i>	<i>Energy</i> <i>Fluency</i> <i>Shape</i> <i>Precision</i> <i>Strength</i> <i>Rhythm</i> <i>Leader</i>	<i>Transition</i> <i>Evaluate</i> <i>Expression</i> <i>Space</i> <i>Formations</i> <i>Musicality</i> <i>Contact</i>
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