

Athletics, Games, Outdoor Activities and Swimming

Aims:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- understand the benefits of exercise
- lead healthy, active lives

Athletics

Reception	Y1	Y2	Y3	Y4	Y5	Y6
<p>Show balance when moving and stationary.</p> <p>Run and stop with some control.</p> <p>Safely change direction at slower speeds.</p> <p>Explore different travelling actions e.g. skipping.</p> <p>Bend knees when jumping or skipping.</p> <p>Begin to coordinate moving different body parts together.</p> <p>Throw objects into space e.g. beanbags into a hoop.</p>	<p><u>Running:</u></p> <p>Begin to understand that there is a difference between sprinting and jogging.</p> <p>Start to show an awareness of running technique.</p> <p>Start to show control and balance when changing direction.</p> <p><u>Jumping:</u></p> <p>Perform a range of jumps, taking off or landing on one or two feet.</p> <p>Learn to take off and land with control.</p> <p>Select an appropriate jumping style to cover the furthest distance.</p> <p><u>Throwing:</u></p> <p>Practice different throwing methods e.g. underarm / overarm.</p> <p>Aim into targets or target areas.</p>	<p><u>Running:</u></p> <p>Understand and demonstrate the difference between sprinting and jogging.</p> <p>Begin to develop an effective running technique.</p> <p><u>Jumping:</u></p> <p>Perform a range of jumps, taking off or landing on one or two feet showing balance and control.</p> <p>Recognise how to generate more height or distance in a jump.</p> <p><u>Throwing:</u></p> <p>Start showing an effective overarm and underarm technique.</p> <p>Explore ways to increase accuracy and distance in throws.</p>	<p>Coordinate their body with increasing consistency in a variety of movements.</p> <p><u>Running:</u></p> <p>Show balance and coordination when running at different speeds.</p> <p>Change direction and stop with control.</p> <p><u>Jumping:</u></p> <p>Show an awareness of technique when jumping for height or distance.</p> <p>Comment on how different body parts are used when jumping in different ways.</p> <p>Link running and jumping skills with an awareness of technique.</p> <p><u>Throwing:</u></p> <p>Begin to explore throwing different objects e.g. ball, javelin, howler.</p>	<p>Coordinate their body with increasing consistency in a variety of movements at increasing speed.</p> <p><u>Running:</u></p> <p>Adapt their running style to suit different distances.</p> <p>Show balance and control when changing direction or speed in combination with other actions.</p> <p>Understand running technique and be able to comment on the roles of different body parts.</p> <p><u>Jumping:</u></p> <p>Explore a wider range of jumps e.g. standing and running long jump; triple jump, high jump, vertical jump.</p> <p>Show an understanding of how different body parts are used when jumping in different ways.</p> <p>Set realistic targets for distance or height when jumping (with guidance).</p>	<p>Coordinate a range of body parts at a speed appropriate to the challenge presented.</p> <p><u>Running:</u></p> <p>Pace themselves and sustain effort over distances or for varied periods of times.</p> <p>Show effective running technique and be able to comment on this in self and others.</p> <p>Perform relay baton change-overs showing correct technique.</p> <p>Show appropriate balance and technique when changing speeds.</p> <p><u>Jumping:</u></p> <p>Show control and consistency when taking off and landing in basic and more complex jumps.</p> <p>Perform a range of more complex jumps with an awareness of correct technique combining</p>	<p>Coordinate a range of body parts at a speed appropriate to the challenge presented.</p> <p><u>Running:</u></p> <p>Demonstrate an effective running technique at an appropriate speed over longer distances.</p> <p>Show effective running technique and recognise this in self and others with the ability to offer feedback with positives and suggestions for improvement.</p> <p>Perform relay baton change-overs showing correct technique fluently at speed.</p> <p>Show appropriate balance, posture and technique when changing speeds.</p> <p><u>Jumping:</u></p> <p>Show control and consistency when taking off and landing in basic and more complex jumps and be able to discuss</p>

			<p>Show an awareness in the changes of technique when throwing for accuracy or distance.</p> <p>Comment on throwing technique with reference to different body parts.</p>	<p><u>Throwing:</u></p> <p>Show an understanding of varied technique when throwing different objects e.g. ball, howler, javelin.</p> <p>Increase accuracy and distance in throws.</p> <p>Describe throwing technique with reference to different body parts.</p> <p>Set appropriate distance targets (with guidance).</p>	<p>running, hopping, jumping etc.</p> <p><u>Throwing:</u></p> <p>Throw with greater accuracy, consistency and efficiency of movement.</p> <p>Understand and explain differences in technique when throwing different objects.</p> <p>Set appropriate distance targets when throwing different objects (with guidance).</p>	<p>strengths and areas for improvement in self and others.</p> <p>Perform a range of more complex jumps with an awareness of correct technique and consistency, combining running, hopping, jumping etc.</p> <p><u>Throwing:</u></p> <p>Throw with greater accuracy, consistency and efficiency of movement and be able to discuss strengths and areas for improvement in self and others.</p> <p>Understand and explain differences in technique when throwing different objects and demonstrate these consistently.</p> <p>Set appropriate distance targets when throwing objects.</p>
--	--	--	---	--	---	---

Swimming

By the end of Y6 all children should be able to:

- 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.

Games						
Reception	Y1	Y2	Y3	Y4	Y5	Y6
<p>Move around in a space showing some awareness of others.</p> <p>Drop and catch a larger ball with two hands.</p> <p>Roll and throw a variety of balls and beanbags into space.</p> <p>Kick a larger ball into space.</p> <p>Stop a larger ball or beanbag when passed to them.</p> <p>Attempt to stop a larger ball with feet when passed to them.</p> <p>Make very simple decisions in response to situations.</p>	<p>Begin to understand space in relation to those around them.</p> <p>Run, stop and change direction with some balance and control.</p> <p>Drop and catch a ball after one bounce while moving.</p> <p>Catch a medium or large ball when thrown to them.</p> <p>Roll or throw a ball towards a stationary target.</p> <p>Begin to show an awareness of technique when rolling or throwing a ball.</p> <p>Move a ball using different parts of the foot.</p> <p>Kick a ball towards a stationary target.</p> <p>Attempt to track a ball moving in their direction.</p> <p>Begin to explore simple tactics with guidance.</p>	<p>Move into space to gain advantage or to limit the advantage of opposition players.</p> <p>Run, stop and change direction with increasing balance and control.</p> <p>Dribble a ball with some success and stop when appropriate.</p> <p>Show some success when rolling or throwing a ball towards a stationary target.</p> <p>Catch a ball or other object when thrown to them with or without a bounce.</p> <p>Show some control and coordination when kicking towards a target.</p> <p>Track a ball coming towards them and move to stop it with some success.</p> <p>Strike a ball with a bat or racket.</p> <p>Use simple game tactics with guidance.</p>	<p>Use space effectively in game situations.</p> <p>Change direction with balance and control in game situations.</p> <p>Demonstrate some success when catching a ball thrown to them using one or two hands.</p> <p>Dribble a ball with hands or feet and keep possession in a game situation.</p> <p>Pass a ball with some accuracy to a partner using a throw or kick.</p> <p>Strike a ball with bat or racket using various techniques.</p> <p>Use simple tactics individually and as part of a team.</p>	<p>Begin to create space and use it effectively in game situations.</p> <p>Change direction in order to evade an opponent with some success.</p> <p>Link dribbling a ball with other actions in game situations.</p> <p>Change direction when dribbling with some success.</p> <p>Show increasing success when using throwing / kicking techniques in game situations.</p> <p>Catch a ball passed to them in game situations with increasing success.</p> <p>Strike a ball with bat or racket using various techniques showing increasing accuracy and control.</p> <p>Use simple tactics to benefit their tem in game situations.</p>	<p>Create space and begin to understand how to create space for others and use it effectively in game situations.</p> <p>Change direction using different techniques in order to evade an opponent.</p> <p>Dribble at appropriate times with control to avoid an opponent in game situations.</p> <p>Dribble at appropriate times in game situations when under pressure.</p> <p>Use a variety of throwing / kicking techniques showing some control when under pressure.</p> <p>Catch a ball passed to them in game situations when under pressure.</p> <p>Attempt to intercept passes with some success in game situations.</p> <p>Strike a ball with a bat or racket using a wider range of techniques showing accuracy, control and good decision making.</p> <p>Understand why the use of game tactics is important and select appropriate tactics for game situations.</p>	<p>Create space for themselves and others and use it effectively in game situations.</p> <p>Confidently change direction to avoid an opponent when under pressure.</p> <p>Use dribbling to influence the pace and direction of play in a game situation.</p> <p>Use a variety of techniques to maintain possession of a ball when under pressure.</p> <p>Use a variety of passing techniques showing control and accuracy to outwit an opponent.</p> <p>Catch a ball passed to them by an opponent showing that some consideration has been given to their next move.</p> <p>Show increasing success when intercepting passes in game situations.</p> <p>Work with others in games to create tactics, evaluate their effectiveness and adapt as appropriate.</p>

Social, Emotional and Thinking Development			
Year	Social	Emotional	Thinking
Reception	<p>Take turns.</p> <p>Share equipment with others.</p> <p>Share ideas with others.</p>	<p>Try again if they are not successful first time.</p> <p>Take on new challenges with confidence.</p> <p>Practice skills independently.</p>	<p>Start to recognise personal success.</p> <p>Choose basic actions appropriate to the task.</p> <p>Begin to offer basic feedback to others suggesting what they liked about a performance or action.</p>
KS1	<p>Provide encouragement to others.</p> <p>Collaborate with a partner, share ideas and listen to each other.</p> <p>Work with a partner or in a team to play games.</p>	<p>Continue on task for a sustained period.</p> <p>Show drive to complete tasks and challenges when set.</p> <p>Explore skills independently before seeking support.</p> <p>Confidently contribute to class discussions share ideas and perform demonstrations in front of the class.</p>	<p>Make sensible decisions when presented with a simple challenge e.g. moving into space.</p> <p>Begin to select and apply appropriate skills in a wider range of situations.</p> <p>Provide appropriate feedback with some reference to vocabulary used in lessons.</p>
LKS2	<p>Encourage and motivate others to reach personal goals.</p> <p>Work with others to achieve a shared goal.</p> <p>Work with others to self-manage simple activities.</p>	<p>Persevere with a task when it is challenging.</p> <p>Understand what they are able to achieve at their best and work hard to get there.</p> <p>Use game rules with an awareness of fairness and honesty.</p> <p>Show empathy when playing games or giving feedback.</p>	<p>Make faster and more complex decisions when selecting actions appropriate to the task e.g. pass to a free player and move into space.</p> <p>Select from a wider range of actions in response to a task or action.</p> <p>Provide appropriate feedback using key terminology and vocabulary correctly.</p>
UKS2	<p>Share ideas with others and agree on a method for approaching a task.</p> <p>Show leadership skills which demonstrate an understanding of inclusion for all in a group.</p> <p>Show clear and effective communication skills.</p> <p>Represent the school or your house before the end of Y6.</p>	<p>Understand what maximum effort feels like and show determination to achieve it.</p> <p>Show perseverance and resilience to achieve personal best performances.</p> <p>Compete within game rules showing honesty and a sense of fair play when working independently.</p> <p>Confidently take on tasks and challenges that fall outside their comfort zone.</p>	<p>Select and apply the appropriate skills and actions to a situation when under pressure.</p> <p>Recognise and explain their decision making process when taking on tasks or playing games.</p> <p>Reflect on their own performance as an individual or in a team and suggest areas for improvement.</p> <p>Critically analyse the performance of others using correct terminology and provide sensitive feedback on areas for development.</p>

Outdoor and Adventurous Activities			
Reception	KS1	LKS2	UKS2
Take part in Forest School Activities.	<p>Take Part in Forest school Activities showing an awareness of personal safety and the safety of others.</p> <p>Use a simple map of the school.</p>	<p>Take part in an overnight camp at school.</p> <p>To follow simple maps.</p> <p>To know what orienteering is.</p> <p>To know and understand a range of map symbols.</p>	Take part in a residential visit and experience water and rock climbing activities.