

A Year 1 sports person

Games

- I throw underarm.
- I hit a ball with a bat.
- I move and stop safely.
- I throw and catch with both hands.
- I throw and kick in different ways.

Gymnastics

- I make my body curled, tense, stretched and relaxed.
- I control my body when travelling and balancing.
- I copy sequences and repeat them.
- I roll, curl, travel and balance in different ways.

Dance

- I move to music.
- I copy dance moves.
- I perform my own dance moves.
- I make up a short dance.
- I move safely in a space.

General

- I copy actions.
- I repeat actions and skills.
- I move with control and care.
- I use equipment safely.

A Year 2 sports person

Games

- I use hitting, kicking and/or rolling in a game.
- I decide the best space to be in during a game.
- I use a tactic in a game.
- I follow rules.

Gymnastics

- I plan and perform a sequence of movements.
- I improve my sequence based on feedback.
- I think of more than one way to create a sequence which follows some 'rules'.
- I work on my own and with a partner.

Dance

- I change rhythm, speed, level and direction in my dance.
- I dance with control and coordination.
- I make a sequence by linking sections together.
- I use dance to show a mood or feeling.

General

- I copy and remember actions.
- I talk about what is different from what I did and what someone else did.

A Year 3 sports person

Games

- I throw and catch with control.
- I am aware of space and use it to support team-mates and to cause problems for the opposition.
- I know and use rules fairly.

Gymnastics

- I adapt sequences to suit different types of apparatus and criteria.
- I explain how strength and suppleness affect performance.
- I compare and contrast gymnastic sequences.

Dance

- I improvise freely and translate ideas from a stimulus into movement.
- I share and create phrases with a partner and small group.
- I repeat, remember and perform phrases.

Athletics

- I run at fast, medium and slow speeds; changing speed and direction.
- I take part in a relay, remembering when to run and what to do.

Outdoor and adventurous

- I follow a map in a familiar context.
- I use clues to follow a route.
- I follow a route safely.

A Year 4 sports person

Games

- I catch with one hand.
- I throw and catch accurately.
- I hit a ball accurately with control.
- I keep possession of the ball.
- I vary tactics and adapt skills depending on what is happening in a game.

Gymnastics

- I work in a controlled way.
- I include change of speed and direction.
- I include a range of shapes.
- I work with a partner to create, repeat and improve a sequence with at least three phases.

Dance

- I take the lead when working with a partner or group.
- I use dance to communicate an idea.

Athletics

- I run over a long distance.
- I sprint over a short distance.
- I throw in different ways.
- I hit a target.
- I jump in different ways.

Outdoor and adventurous

- I follow a map in a (more demanding) familiar context.
- I follow a route within a time limit.

A Year 5 sports person

Games

- I gain possession by working a team.
- I pass in different ways.
- I use forehand and backhand with a racket.
- I can field.
- I choose a tactic for defending and attacking.
- I use a number of techniques to pass, dribble and shoot.

Gymnastics

- I make complex extended sequences.
- I combine action, balance and shape.
- I perform consistently to different audiences.

Dance

- I compose my own dances in a creative way.
- I perform to an accompaniment.
- My dance shows clarity, fluency, accuracy and consistency.

Athletics

- I controlled when taking off and landing.
- I throw with accuracy.
- I combine running and jumping.

Outdoor and adventurous

- I follow a map into an unknown location.
- I use clues and a compass to navigate a route.
- I change my route to overcome a problem.
- I use new information to change my route.

A Year 6 sports person

Games

- I play to agreed rules.
- I explain rules to others.
- I can umpire.
- I make a team and communicate a plan.
- I lead others in a game situation.

Gymnastics

- I combine my own work with that of others.
- I sequences to specific timings.

Dance

- I develop sequences in a specific style.
- I choose my own music and style.

Athletics

- I demonstrate stamina.

Outdoor and adventurous

- I plan a route and a series of clues for someone else.
- I plan with others, taking account of safety and danger.