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| EYFS | **Where are they coming from? Relevant ELGs**  Negotiate space and obstacles safely, with consideration for themselves and others; -  Demonstrate strength, balance and coordination when playing; -  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | | | | | |
|  | Basic movements | Team games | dance | |  | |
| 2 | I can run quickly and change direction.  I can perform a variety of jumps; hop, jump, skip (no rope).  I can throw underarm or overarm into a range of targets (hoop, net, goal)  I can catch different balls most of the time with one or two hands.  I can balance on a range of points independently.  I can perform the front and back support. | I can take part in different competitive and cooperative games  I can demonstrate defensive tactics (getting in the way of the attacker, staying near to the goal, being aggressive)  I can demonstrate attacking tactics (taking up good positions, avoiding the defenders, making quick decisions)  I can pass and shoot a ball in two different sports.  I can strike a ball with a racquet or bat accurately. | I can move to music.  I can copy and also create my own dance moves to match the theme of the dance.  I can change speed, level and rhythm when dancing.  I can perform a simple dance in a group.  I can evaluate a performance and say how it could be improved. | |  | |
|  | Basic movements | Team games | dance | gymnastics | athletics | OAA |
| 4 | I can throw underarm or overarm as part of a team game making quick decisions.  I can catch as part of a team game reliably. | I can take part in a range of sports independently.  I can demonstrate defending tactics by staying close to the attacker and make blocks/interceptions.  I can demonstrate attacking tactics by getting into space to receive the ball and making quick decisions to pass/shoot the ball.  I can reliably strike a ball in a range of sports (e.g. cricket, tennis, hockey) showing awareness of direction, the target and team members.  I can continue a rally with a partner reliably. | I can create phrases and repeat them.  I can create dance moves which are clear and fluent.    I can help create and perform a dance in a group which has clear, repeated phrases and matches the music. | I can perform the Arabesque balance with control.  I can perform counter balances with a partner.  I can perform the bridge.  I can perform a forwards and backwards roll with control.  I can land safely on one or two feet.  I can combine up to 6 actions into a routine.  I can make simple assessments of a performance based on a criteria and say how I could go about improving them. | I can develop my jumping technique so it is consistent and controlled.  I can take part in the long jump increasing my personal best.  I can show correct technique for Javelin and shot put.  I can run in sprints and over longer distances.  I can begin to combine my sprinting with low hurdles. | I can follow a more demanding map.  I can use clues to follow a route.  I can show teamwork by working in a small team to complete a challenge. |
| 6 | I can throw a range of passes (bounce, chest, overhead) as part of a team game beginning to show some disguise through feints etc.  I can catch as part of a team game whilst under pressure. | I can defend in a range of sports showing awareness of space, tactics and communication with others.  I can demonstrate attacking tactics by showing awareness of space, tactics and communication with others. | I can create and develop dances in which are imaginative and in specific styles.  I can choose my own style, music and dance moves. | I perform a cartwheel.  I can perform a round off.  I can perform a handstand.  I can perform a range of different rolls with control and extension.  I can land safely on one or two feet following a half or full turn.  I can combine up to 10 movements into a routine.  I can evaluate my own performance and peers using appropriate terminology. | I can run in sprints and sustain pace over longer distances.  I can change pace and run at different tempos.  I can develop efficiency when running as a team for the relay with changeover skills.  I can take part in the jump events (e.g. long jump, vertical jump) increasing my personal best.  I can perform the correct triple jump technique  I can show correct technique for Javelin and shot put (increasing my personal best). | I can change my route if there is a problem.  I can show leadership skills by taking charge of a group to lead a challenge. |