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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 gamesI 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. |