

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>OUTDOOR GAMES PRACTICAL SKILLS</b>	<ul style="list-style-type: none"> <li>To develop their co-ordination, control, and movement.                             <ul style="list-style-type: none"> <li>Ball skills</li> </ul> </li> <li>ELG 04 Moving and handling:</li> <li>Children show good control and co-ordination in large and small movements.</li> <li>They move confidently in a range of ways, safely negotiating space.</li> <li>To understand the importance of physical activity.</li> <li>To make healthy choices in relation to food (PSHE links).</li> </ul>	<ul style="list-style-type: none"> <li>Can throw and catch a ball with a partner.</li> <li>Can move fluently by changing direction and speed easily and avoiding collisions.</li> <li>Can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking</li> </ul>	<ul style="list-style-type: none"> <li>Can pass a ball accurately to a partner over a variety of distances</li> <li>Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control.</li> <li>Can show a good awareness of others in running, chasing and avoiding games.</li> <li>Can make simple decisions about when and where to run.</li> </ul>	<ul style="list-style-type: none"> <li>Can travel whilst bouncing a ball showing control</li> <li>Can use a range of skills to help them keep possession and control of the ball.</li> <li>Can perform the basic skills needed for the games with control and consistency.</li> </ul>	<ul style="list-style-type: none"> <li>Can keep a game going using a range of different ways of throwing.</li> <li>Strike a ball with intent and throw it more accurately when bowling and/or fielding.</li> <li>Can use a range of skills with increasing control.</li> </ul>	<ul style="list-style-type: none"> <li>Can travel with a ball showing changes of speed and directions using either foot or hand.</li> <li>Can use a range of techniques when passing, e.g. high, low, bounced, fast, slow.</li> </ul>	<ul style="list-style-type: none"> <li>Can dribble effectively around obstacles.</li> <li>Can show precision and accuracy when sending and receiving.</li> <li>Perform skills with accuracy, confidence and control.</li> <li>Can combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game use different ways of bowling</li> </ul>
<b>OUTDOOR GAMES PLAYING SKILLS</b>	<ul style="list-style-type: none"> <li>Can understand rules of simple games</li> <li>Can take turns</li> <li>Can value winning and accept not winning</li> <li>To play fair and honestly</li> </ul>	<ul style="list-style-type: none"> <li>Can choose and use skills effectively for particular games understand the concepts of aiming, hitting into space.</li> <li>Can take the ball to a good position for aiming</li> <li>use skills in different ways in different team games.</li> <li>Can try to win by changing the way they use skills in response to their opponent's actions</li> <li>Links with Coleham school values and PSHE.</li> </ul>	<ul style="list-style-type: none"> <li>Can vary skills and show some understanding of simple tactics.</li> <li>Can choose and use tactics to suit different team games</li> <li>Can react to situations in a way that helps their partners and makes it difficult for their opponent.</li> <li>Links with Coleham school values and PSHE.</li> </ul>	<ul style="list-style-type: none"> <li>Can, in pairs, make up a game and play a simple rallying game.</li> <li>Can use a range of skills to keep possession and make progress towards a goal, on their own and with others.</li> <li>Can choose good places to stand when receiving, and give reasons for their choice</li> <li>Can choose and use batting or throwing skills to make the game hard for their opponents.</li> <li>Links with Coleham school values and PSHE.</li> </ul>	<ul style="list-style-type: none"> <li>Can effectively play a competitive net/wall game.</li> <li>Can keep and use rules they are given</li> <li>Can try to make things difficult for their opponent by directing the ball to space, at different speeds and height.</li> <li>Links with Coleham school values and PSHE.</li> </ul>	<ul style="list-style-type: none"> <li>Can hit the ball with purpose, varying the speed, height and direction.</li> <li>Can hit the ball from both sides of the body.</li> <li>Can judge how far they can run to score points.</li> <li>Links with Coleham school values and PSHE.</li> </ul>	<ul style="list-style-type: none"> <li>Can play games showing tactical awareness and knowledge of rules and scoring.</li> <li>Can respond consistently in the games they play, choosing and using skills which meet the needs of the situation.</li> <li>Can choose when to pass or dribble, so that they keep possession and make progress towards the goal.</li> <li>Links with Coleham school values and PSHE.</li> </ul>
<b>INDOOR (GYMNASTICS)</b>	<ul style="list-style-type: none"> <li>Coolkidz scheme of work</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls and jumps.</li> <li>To work with a partner to combine techniques.</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls and jumps.</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls, jumps and shapes.</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls, jumps and shapes</li> <li>To combine a 6 step sequence individually and with a partner and perform together.</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls, jumps and shapes.</li> <li>To combine a sequence of 8 elements to include change of direction and level, match and</li> </ul>	<p><b>Building on previous years' skills:</b></p> <ul style="list-style-type: none"> <li>Balance, travel and jump in a gymnastic manner.</li> <li>To know and safely practise rolls, jumps and shapes.</li> <li>To create and perform a sequence of 10 moves on the floor and apparatus (combined). Including twist, turn, flight,</li> </ul>

			<ul style="list-style-type: none"> <li>To work with a partner to combine 4 elements into a sequence and perform together.</li> </ul>	<ul style="list-style-type: none"> <li>To individually combine a 5 step sequence and perform together.</li> </ul>		mirror, jumps rolls and balances on both mats and apparatus.	change of direction and speed, shapes and balances.
<b>INDOOR (DANCE: following 'Dance Class In A Box' scheme)</b>	<ul style="list-style-type: none"> <li>Perform simple movement or dance work and self-evaluate</li> </ul>	<ul style="list-style-type: none"> <li>Perform simple movement or dance work, sometimes with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>Perform a simple dance or movement sequence to a small group, expressing ideas, emotions or feelings.</li> </ul>	<ul style="list-style-type: none"> <li>Create/perform a sequence of movements showing good balance/body tone.</li> </ul>	<ul style="list-style-type: none"> <li>Create/perform fluently a sequence of movement, showing good balance/body tone and practise to improve.</li> <li>Use constructive feedback to make improvements to their performances.</li> </ul>	<ul style="list-style-type: none"> <li>Perform individually or with a partner/as a group with increasing confidence and accuracy.</li> <li>Using the whole body across different levels/spaces, to a range of audiences</li> <li>Compare performances.</li> </ul>	<ul style="list-style-type: none"> <li>Perform sequences, on multiple levels to an audience with control and grace, using available space expressively.</li> <li>Explain how to improve their own performance.</li> </ul>
<b>SWIMMING (KS2)</b>				<p><b>Develop safe entries including submersion.</b></p> <ul style="list-style-type: none"> <li>jump in from poolside and submerge.</li> <li>fully submerge to pick up an object.</li> </ul> <p><b>Travel up to 10 metres on their front and back.</b></p> <p><b>Travel and rotate unaided to regain upright positions.</b></p> <ul style="list-style-type: none"> <li>travel on front, tuck to rotate, return on back.</li> </ul> <p><b>Basic water safety knowledge (PSHE links).</b></p>	<p><b>Develop the understanding of buoyancy through a range of skills.</b></p> <ul style="list-style-type: none"> <li>Perform a sequence of changing shapes whilst floating on the surface.</li> </ul> <p><b>Refine a kicking technique for all strokes.</b></p> <ul style="list-style-type: none"> <li>Kick 10 metres in backstroke, front crawl, butterfly and breast stroke. Front and back.</li> </ul> <p><b>Swimming 10 metres to a given standard as directed by the ASA.</b></p>	<p><b>Developing watermen ship through sculling and treading water skills.</b></p> <ul style="list-style-type: none"> <li>Perform a stationary scull on their back.</li> </ul> <p><b>Complete rotation.</b></p> <p><b>Performing all strokes to given standard as directed by the ASA.</b></p> <ul style="list-style-type: none"> <li>Swim 10 metres in backstroke, front crawl, and butterfly and breast stroke.</li> </ul>	<p><b>Develop effective skills including coordinated breathing.</b></p> <ul style="list-style-type: none"> <li>front crawl</li> <li>back stroke</li> <li>butterfly</li> <li>All to include 6 rhythmical breaths</li> </ul> <p><b>Developing water safety aspects.</b></p> <ul style="list-style-type: none"> <li>exit the water without using the steps.</li> </ul> <p><b>Build up to 25metres swimming.</b></p> <p><b>By the end of KS2 pupils should:</b></p> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>