

		Ģ	jymnastics Skills			
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Travel (Bunny	Travel (Bunny	Travel (Bunny	Travel (Bunny	Travel (Bunny	Travel (Bunny
Go up steps	Hop, Caterpíllar	Hop, Caterpíllar	Hop, Caterpíllar	Hop, Caterpíllar	Hop, Caterpíllar	Hop, Caterpíllar
and stairs,	Walk, Monkey	Walk, Monkey	Walk, Monkey	Walk, Monkey	Walk, Monkey	Walk, Monkey
or clímb up	Walk,	Walk,	Walk,	Walk,	Walk,	Walk,
apparatus,	Humming Bird,	Humming Bird,	Humming Bird,	Humming Bird,	Humming Bird,	Humming Bird,
using	Crab Walking.)	Crab Walking.)	Crab Walking.)	Crab Walking.)	Crab Walking.)	Crab Walking.)
alternate	Roll (Roll on	Roll (Roll on	Roll (Roll on	Roll (Roll on	Roll (Roll on	Roll (Roll on
feet.	back, Teddy	back, Teddy	back, Teddy	back, Teddy	back, Teddy	back, Teddy
	bear roll, egg	bear roll, egg	bear roll, egg	bear roll, egg	bear roll, egg	bear roll, egg
Skíp, hop,	roll, Pencíl roll,	roll, Pencíl roll,	roll, Pencíl roll,	roll, Pencíl roll,	roll, Pencíl roll,	roll, Pencíl roll,
stand on	Dísh roll.)	Dísh roll.)	Dísh roll.)	Dísh roll.)	Dísh roll.)	Dísh roll.)
one leg and	Jump (star, cat	Squat and tuck	Squat and tuck	Squat and tuck	Squat and tuck	Squat and tuck
hold a pose	leap, pencíl,	their head	their head	their head	their head	their head
for a game	half turn, full	between their	between their	between their	between their	between their
líke musícal	turn).	legs to perform	legs to perform	legs to perform	legs to perform	legs to perform
statues.	Balance	a forward roll	a forward roll	a forward roll	a forward roll	a forward roll
	independently	Perform	Perform	Squat and tuck	Squat and tuck	Squat and tuck
Use large-	Balance with a	dífferent jumps	different jumps	their head in	their head in	their head in
muscle	partner	(star, cat leap,	(star, cat leap,	and perform a	and perform a	and perform a
movements	stretch and curl	pencíl, tuck,	pencíl, tuck,	backwards roll.	backwards roll.	backwards roll.
to wave	ín dífferent	halfturn, full	píke, straddle,	Perform	Perform	Perform
flags and	ways	turn).	half turn, full	dífferent jumps	different jumps	different jumps
streamers,	Clímb safely	Balance	turn).	(star, cat leap,	(star, cat leap,	(star, cat leap,
paint and	Control their	independently	Balance	pencíl, tuck,	pencíl, tuck,	pencíl, tuck,
make	body when	Balance with a	independently	, píke, straddle,	píke, straddle,	, píke, straddle,
marks.	balancing and	partner	(holding the	, half turn, full	half turn, full	halfturn, full
	travelling	•	position)	turn).	turn).	turn).



Match their	Posture and	Twist, turn and	Balancing in	Balance	Balance	Balance
developing	position	create dífferent	pairs (Holding	independently	independently	independently
physical	Finishing off	shapes (with	the position)	(holding the	(holding the	(holding the
skills to	movements	their bodies)	Twist, turn,	position)	position)	position)
tasks and	correctly	while	stretch and curl	Balancíng ín	Balance on	Balance on
activities in	Use equipment	balancíng.	ín dífferent	pairs (holding	hands to	hands to
the setting.	safely with	stretch and curl	ways	the position)	perform a head	perform a head
For	consideration	ín dífferent	(Flexíbilíty)	Twist, turn,	stand (with	stand (with
example,	of others	ways	Clímb safely	stretch and curl	partners	partners
they decide	Spatial	Climb safely	Balance on	ín dífferent	support)	support)
whether to	awareness	Balance on	apparatus	ways	Balance on	Balance on
crawl, walk		apparatus	Control their	(Flexíbílíty)	hands to	hands to
or run		Control their	body when	Clímb safely	perform a hand	perform a hand
across a		body when	balancing and	Balance on	stand (with	stand (with
plank,		balancing and	travelling	apparatus	partners	partners
depending		travelling	Posture and	Control their	support)	support)
on íts		Posture and	posítíon	body when	Balancing in	Balancing in
length and		position	Finishing off	balancing and	paírs	pairs
wíðth.		Finishing off	movements	travelling	To hold a	To hold a
		movements	correctly	Posture and	balance	balance
		correctly	Use equípment	posítíon	Twíst, turn,	Twíst, turn,
Develop the		Use equípment	safely and with	Finishing off	stretch and curl	stretch and curl
overall body		safely and with	consideration	movements	ín dífferent	ín dífferent
strength,		consideration	ofothers	correctly	ways	ways
co-		of others	Spatial	Use equipment	(Flexíbílíty)	(Flexíbílíty)
ordínatíon,		Spatial	awareness.	safely and with	Clímb safely	Clímb safely
balance		awareness.	Work ín a team	consideration	Balance on	Balance on
and agility			to create a	of others	apparatus	apparatus
needed to			sequence		Control their	Control their
engage					body when	body when



successfully	Adapt a	Work ín a team	balancing and	balancing and
with future	sequence to	to create a	travelling	travelling
physical	ínclude	sequence	Posture and	Posture and
education	dífferent levels	Adapta	position	position
sessions and	Show	sequence to	Finishing off	Finishing off
other	increasing	ínclude	movements	movements
physical	control when	dífferent levels	correctly	correctly
díscíplínes	performing	and speeds	Use equipment	Use equipment
including	Compare and	Show	safely and with	safely and with
dance,	contrast	increasing	consideration	consideration
5	· •	control and	of others	of others
gymnastics,	sequences (símílarítíes		Work in a team	Work in a team
sport and	•	accuracy when		
swimming.	and	performing	to create a	to create a
	dífferences)	Compare and	sequence	sequence
	Show support of	contrast	Adapta	Adapta
Use their	teammates.	sequences	sequence to	sequence to
core muscle		(símilarítíes	ínclude	ínclude
strength to		and	dífferent levels,	dífferent levels,
achieve a		dífferences)	speed and	speed and
good		Show awareness	dírectíons	dírectíons
posture		of space and	Show	Show
when sitting		use it tactically	increasing	increasing
at a table		Create longer	control,	control,
or sitting		sequences that	accuracy and	accuracy and
on the floor.		show fluency	fluency when	fluency when
		and creativity	performing	performing
		-	Compare and	Compare and
Confidently			contrast	contrast
and safely			sequences	sequences
use a range			(símilaríties	(similaríties



oflarge		and	and
and small		dífferences)	dífferences)
		••	••
apparatus		Show awareness	Show awareness
índoors		of space and	of space and
and		use it tactically.	use ít tactícally.
outside,		Create longer	Create longer
alone and		sequences that	sequences that
ín a group.		show fluency	show fluency
		and creativity	and creativity
Develop		Create and	Create and
overall		repeat longer	repeat longer
body-		sequences with	sequences with
strength,		extension, clear	extension, clear
balance, co-		body shape and	body shape and
ordination		changes in	changes in
and agility.		dírection.	dírection.
0 5		Show improved	show improved
		coordination	coordination
		in sequences.	ín sequences.
			Use specific
			tímíngs
			Smooth
			transitions
			Planned
			starting and
			finishing points



		Ĩ	Dance Skills			
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Are	Identífy the	Identify the	Identify the	Identify the	Identífy the	Identífy the
increasingly	rhythm of					
able to use	dífferent pieces	different pieces	different pieces	dífferent pieces	dífferent pieces	different pieces
and	of musíc (clap,	of musíc (clap,	of music.	of music.	of musíc.	of music.
remember	tap, stamp).	tap, stamp).	Confidently	Confidently	Confidently	Confidently
sequences		Confidently	travel in	travel in	travel in	travel in
and	Travel ín	travel in	dífferent ways	dífferent ways	dífferent ways	dífferent ways
patterns of	dífferent ways	different ways	(walk, run,	(walk, run,	(walk, run,	(walk, run,
movements	(walk, run,	(walk, run,	sídestep, skíp,	sídestep, skíp,	sídestep, skíp,	sídestep, skíp,
which are	sídestep, skíp,	sídestep, skíp,	hop, crawl).	hop, crawl).	hop, crawl).	hop, crawl).
related to	hop, crawl).	hop, crawl).	Copy and	Copy and repeat	Copy and repeat	Copy and repeat
music and	Show	Change rhythm,	repeat complex	complex	complex	complex
rhythm.	coordination	speed, level and	movements to	movements to	movements to	movements to
-	ín dance moves.	dírectíon.	music	musíc (30	musíc (45	musíc (1
	Use dífferent	Show	Show	seconds long)	seconds long)	mínute long)
	body parts.	coordination	coordination	Show	Show	Show
	Copy and	ín dance moves.	ín dance moves.	coordination	coordination	coordination
	repeat at least	Use dífferent	Use dífferent	ín dance moves.	ín dance moves.	ín dance moves.
	three actions	body parts.	body parts.	Use dífferent	Use dífferent	Use dífferent
	and skills.	Copy and	Improvíse freely	body parts.	body parts with	body parts with
		repeat at	to the rhythm of	Improvíse freely	agility and	agility and
		multiple	the music	to the rhythm of	confídence	confidence
		actions and	Change rhythm,	the music	Improvíse freely	Improvíse freely
		skílls.	speed, level and	develop	to the rhythm of	to the rhythm of
		Copy and	dírectíon when	improvisations	the music	the music
		repeat complex	dancing (using	ofown	develop	develop
				movements.	ímprovísatíons	improvisations



	actions to music. Explore and perform a simple routine with control and coordination.	own movements). Develop possession and control skills when using a range of equipment (balls, flags, hoops). Work with a partner to create a sequence including a beginning, middle and end. Perform a sequence with greater control and coordination.	Change rhythm, speed, level and direction when dancing (using own movements). Develop possession and control skills when using a range of equipment (balls, flags, hoops). Work with a partner to create a sequence including a beginning, middle and end. (30 seconds long) Dance with fluency and creativity. Perform a sequence with greater control	of own movements. express themselves in a particular style of dance. Change rhythm, speed, level and direction when dancing (using own movements). Develop possession and control skills when using a range of equipment (balls, flags, hoops). Work with a small group to choreograph a sequence including a beginning, middle and end (45 seconds long).	of own movements. express themselves in a particular style of dance. Change rhythm, speed, level and direction when dancing (using own movements). Develop possession and control skills when using a range of equipment (balls, flags, hoops). Work with a small group to choreograph a sequence including a beginning, middle and end (1 minute long).
--	--	--	---	--	--



		coordination. Evaluate and refine sequences and dances.	fluency and creativity. Perform a sequence with	Link sequences and dances to specific timings (1 minute of a
		Show awareness	greater control	song).
		of space and	and	Explore dance
		use ít tactícally.	coordination.	and movement
			Evaluate and	ídeas
			refine sequences	ímaginatívely
			and dances.	including
			Show awareness	actions,
			of space and	dynamics, space
			use ít tactícally.	and
				relatíonshíps.
				Dance with
				fluency and
				creatívíty.
				Perform a
				sequence with
				greater control
				and
				coordination.
				Evaluate and
				refine sequences
				and dances.
				Show awareness
				of space and
				use it tactically.
				Develop and
				compose/extend





			choreography independently, adding own creativity and style. Perform independently with fluency and confidence.
--	--	--	--



		(	James Skills/Strik	ing Fielding		
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Kíck dífferent	Move dífferent	Be able to hít a	Be able to throw	Be able to hít	Be able to hold
Start taking	sized balls to a	sized balls	moving object	an object with	an object with	a ball
partin	partner at a	using the inside	with the palm	overarm throw.	the palm of	accurately
some group	short dístance.	of your feet.	ofhand	Be able to throw	hand	while moving.
activities	Kíck a ball to a	Stop a ball	Be able to hit a	an object	Be able to hít	Be able to hold
whích they	partner at	using the soul	moving object	underarm.	an object with	a
make up for	longer	of your feet.	with the back of	Be able to catch	the back of	racket/bat/stick
themselves,	dístances.	Travel with a	hand	an object with a	hand	accurately
or in teams.	Kíck a ball at a	ball in different	Be able to	two-handed	Be able to hít	with control
	range of	dírections.	position/tilt	catch.	an object with	(appropriate to
Collaborate	dístances.	Dríbble a ball	hand to make	Be able to catch	base of your	the
with others	Stop/trap a ball	in and out of a	the ball move	an object with	forearm	game)
to manage	using hands	set of obstacles	ín a certaín	one hand.	(bump)	To throw a ball
large ítems,	and feet.	(using inside	dírectíon	Be able to catch	Be able to volley	laterally across
such as	Use hitting,	foot).	(hitting at the	an object at a	an object.	the
moving a	kicking,	Move the ball	side/tilting	dístance.	Be able to	body.
long plank	throwing and	with control.	upwards,	Be able to hold	Spíke/hít an	To throw a ball
safely,	rolling	Kíck dífferent	straight or	a racket/bat	object.	backwards in
carrying	techniques with	sized balls to a	towards the	accurately	Be able to hold	dífferent
large	a ball.	partner at a	ground)	(appropriate to	a racket/bat	directions.
hollow	Kíck a ball ínto	short dístance.	Be able to hold	the game)	accurately with	To throw a ball
blocks.	a target from a	Kíck a ball to a	a racket	Be able to hít	control	backwards at
	short dístance.	partner at	accurately	an object with	(appropriate to	dífference
	Kick a ball into	longer	(appropriate to	different sized	the game)	speeds.
Develop the	a target from a	dístances (up to	the game)	rackets with	Be able to	Be able to
overal body	longer	4m).	Be able to hit	some control	balance an	transport an
strength,	dístance.		an object with			object to a



CO	Kíck a ball wíth	Kíck a ball at a	different sized	Be able to	object on a	target
ordínatíon,	some accuracy	range of	rackets	position/tilt the	racket.	Be able to dodge
balance	Hold a racket	dístances.	Be able to	racket in order	Be able to	between
and agility	(handshake	Kick a ball into	position/tilt the	to hit the ball	bounce an	opponents.
needed to	grasp)	a target from a	racket in order	ín a certaín	object on a	Be able to travel
engage	accurately.	short dístance.	to hít the ball	dírectíon	racket.	with an object
successfully	Balance a ball	Kíck a ball ínto	ín a certaín	(upwards,	Be able to hít	using the
with future	on a racket	a target from a	dírectíon	straight, down)	an object with	appropriate tool
physical	(varíous sízed	longer dístance	(upwards,	Be able to hít	the appropriate	(hockey stick)
education	balls)	(up to 4m).	straight, down)	the appropriate	racket with	with control.
sessions and	Bounce a ball	Learn to defend	Be able to hít	sized ball to	control	Be able to
other	on a racket.	by stopping the	the appropriate	partner	Be able to use	position/tilt/curl
physical	(varíous sízed	ball passing	sized ball to	Be able to hít	forehand and	the
díscíplínes	balls)	уои.	partner	the appropriate	backhand híts	stick in order
including	Hít a ball wíth	Use hitting,	Be able to hít	sízed ball to a	with a racket.	to move the ball
dance,	a racket.	kíckíng,	the appropriate	partner at	Be able to	ín a certaín
gymnastics,	(varíous sízed	throwing and	sized ball to a	dífferent	position/tilt the	dírectíon
sport and	balls)	rolling	partner at	dístances.	racket in order	(forwards,
swimming.	Dísplay a	techniques with	dífferent	Show awareness	to hít the ball	backwards,
0	variety of	a ball.	dístances.	of space and	ín a certaín	sídeways).
	running	Dodge obstacles	Show awareness	use it to support	dírectíon	Be able to
	skills/pace	while moving	of space and	teammates.	(upwards,	hít/dríve an
	depending on	with a ball.	use it to support	Apply running	straight, down)	object with
	actívíty.	Dísplay a	teammates.	skills in a	Be able to	the
	Follow the rules	variety of	Apply running	competítive	control the	correct
	and play small,	running	skills in a	situation.	speed and	techníque.
	símple games.	skills/pace	competitive	Use tactics for	dírectíon of a	Be able to
		depending on	situation.	attacking and	ball.	control the
		actívíty.	Follow rules	defending.	Be able to hít	speed and
		Follow rules	and cooperate	Follow rules	the appropriate	dírectíon of



and cooperate	in simple	and cooperate	sized ball to	a ball.
in simple	games.	in simple	partner	Be able to
games.	Build teamwork	games.	, Be able to hít	hít/pass the
0	skills	Build teamwork	the appropriate	appropriate
		skills	sized ball to a	sized ball
			partner at	to partner.
			dífferent	Be able to
			dístances.	hít/pass the
			Show awareness	appropríate
			of space and	sized ball
			use it to support	to a partner at
			teammates.	dífferent
			Apply running	dístances.
			skills in a	Show awareness
			competitive	of space and use
			situation.	it to
			Use tactics for	support
			attacking and	teammates.
			defending.	Apply running
			Build teamwork	skills in a
			skílls	competitive
				situation.
				Use tactics for
				attacking and
				defending.
				Explain and
				follow
				complicated
				rules





Make team   Make team   decisions and   communicate a   plan based on   how the game is   going.
--