



| End points | Pre | Nursery | Reception | Y1/2 cycle A | Y1/2 cycle B | Y3/Y4 cycle A | Y3/Y4 cycle B | Y5/ Y6 cycle A | Y5/ Y6 cycle B |
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| Fundamental Movement Skills (FMS) | <p>I can run well.</p> <p>I can jump with both feet off the ground at the same time.</p> <p>I can use the stairs independently.</p> <p>I can pedal a tricycle.</p> <p>I can climb confidently.</p> <p>I can use a scooter</p> | <p>I can begin to demonstrate balance</p> <p>I can negotiate space safely</p> <p>I can follow instructions with support</p> <p>I can explore movements</p> <p>I can make guided choices</p> <p>I can balance whilst stationary and on the move</p> <p>I can run and stop</p> <p>I can change direction</p> <p>I can jump and land</p> <p>I can hop and land with control</p> <p>I can explore different ways to travel</p> | <p>I am beginning to balance.</p> <p>I am beginning to run and stop.</p> <p>I can change direction.</p> <p>I can jump.</p> <p>I can hop.</p> <p>I can explore different ways to travel using equipment.</p> | <p>I can develop balance, stability and landing safely</p> <p>I can explore how the body moves differently when running at different speeds.</p> <p>I can develop changing direction and dodging.</p> <p>I can develop and explore jumping, hopping and skipping actions.</p> <p>I can develop co-ordination and combining jumps.</p> <p>I can develop combination jumping and skipping in an individual rope.</p> <p>I can follow instructions and work with others.</p> <p>I can co-operate and communicate in a small group to solve challenges.</p> <p>I can share my ideas, create a plan and help to solve tasks.</p> <p>I can understand how to use, follow and create a simple diagram/map.</p> <p>I can communicate effectively to solve problems</p> <p>I can develop the sprinting action.</p> <p>I can develop jumping for distance.</p> | <p>I can understand how to run for longer periods without stopping.</p> <p>I can develop co-ordination and timing when jumping in a long rope.</p> <p>I can develop individual skipping.</p> <p>I can take part in a circuit to develop stamina and agility.</p> <p>I can explore exercises that use your own body weight.</p> <p>I can develop 'ABC,' agility, balance and co-ordination.</p> | <p>I can show balance, coordination and technique when running at different speeds, stopping with control.</p> <p>I can link running, hopping and jumping actions using different take offs and landing with some control.</p> <p>I can jump for distance and height with an awareness of technique.</p> <p>I can throw a variety of objects, changing action for accuracy, power and distance.</p> <p>I can co-ordinate my body with increased consistency in a variety of activities.</p> | <p>I can develop balancing and understand the importance of this skill.</p> <p>I understand how to change speed and be able to demonstrate good technique when running at different speeds.</p> <p>I can demonstrate a change of speed and direction to outwit others.</p> <p>I can develop technique and control when jumping, hopping and landing.</p> <p>I can develop skipping in a rope.</p> <p>I can apply fundamental skills to a variety of challenges.</p> <p>I can develop stamina and an understanding of speed and pace in relation to distance.</p> <p>I can develop power and speed in the sprinting technique.</p> <p>I can develop technique when jumping for distance.</p> <p>I can develop power and technique when throwing for distance.</p> <p>I can develop a pull throw for distance and accuracy.</p> <p>I can develop officiating and performing skills.</p> | <p>I can develop an awareness of what your body is capable of.</p> <p>I can develop speed and stamina.</p> <p>I can develop strength using my own body weight.</p> <p>I can develop co-ordination through skipping.</p> <p>I can perform actions that develop agility.</p> <p>I can develop control whilst balancing.</p> <p>I can apply different speeds over varying distances.</p> <p>I can develop fluency and co-ordination when running for speed.</p> <p>I can develop technique in relay changeovers.</p> <p>I can develop technique and co-ordination in the triple jump.</p> <p>I can develop throwing with force for longer distances.</p> <p>I can develop throwing with greater control and technique.</p> | <p>I can develop an awareness of what your body is capable of.</p> <p>I can develop speed and stamina.</p> <p>I can develop strength using my own body weight.</p> <p>I can develop co-ordination through skipping.</p> <p>I can perform actions that develop agility.</p> <p>I can develop control whilst balancing.</p> <p>I can work collaboratively with a partner to set a steady pace.</p> <p>I can develop your own and others sprinting technique.</p> <p>I can develop power, control and technique for the triple jump.</p> <p>I can develop power, control and technique when throwing for distance.</p> <p>I can develop throwing with force and accuracy for longer distances.</p> <p>I can work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> |



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| | | | | <p>I can develop technique when jumping for height.</p> <p>I can develop throwing for distance.</p> <p>I can develop throwing for accuracy.</p> <p>I can develop technique when taking part in an athletics carousel.</p> | | | | | |
| Games | <p>I am beginning to explore a range of ball skills.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I can make guided choices.</p> <p>I persevere with support when trying new challenges.</p> <p>I can kick a large ball</p> <p>I can throw a large ball.</p> <p>I can play with others.</p> <p>I can take turns.</p> | <p>I can roll a ball to a target</p> <p>I can stop a rolling ball</p> <p>I am starting to accurately throw to a target</p> <p>I can bounce and catch a ball</p> <p>I can dribble a ball with my feet</p> <p>I can kick a ball</p> <p>I can safely run and stop</p> <p>I can throw and keep score</p> <p>I can play a game and show an understanding of the roles</p> <p>I can move safely when playing games</p> <p>I can work cooperatively</p> <p>I can work with others to play a team game</p> | <p>I am starting to roll and track a ball.</p> <p>I am starting to use accuracy when throwing to a target.</p> <p>I am starting to dribble with hands.</p> <p>I can throw and catch with a partner.</p> <p>I can dribble a ball with your feet.</p> <p>I can kick a ball to a target.</p> <p>I can throw and practise keeping score.</p> <p>I can follow instructions and move safely when playing tagging games.</p> <p>I can learn to play against an opponent.</p> <p>I can play by the rules and develop coordination.</p> <p>I can explore striking a ball and keeping score.</p> | <p>I can develop an understanding of target games and consider how much power to apply when aiming at a target.</p> <p>I can understand how to score in different target games using overarm throwing.</p> <p>I can develop understanding of different target games using the skill of kicking.</p> <p>I can develop striking to a target.</p> <p>I can develop hitting a moving target.</p> <p>I can select an appropriate skill to play a game.</p> <p>I can defend space, using the ready position.</p> <p>I can play against an opponent and keep the score.</p> <p>I can develop control when handling a racket.</p> <p>I can develop racket and ball skills.</p> | <p>I can roll a ball to hit a target.</p> <p>I can develop co-ordination and be able to stop a rolling ball.</p> <p>I can develop technique and control when dribbling a ball with your feet.</p> <p>I can develop control and technique when kicking a ball.</p> <p>I can develop co-ordination and technique when throwing and catching.</p> <p>I can develop control and co-ordination when dribbling a ball with your hands.</p> <p>I can roll a ball towards a target.</p> <p>I can track and receive a rolling ball.</p> <p>I can stop, send and receive a ball with your feet.</p> <p>I can develop throwing and catching skills.</p> <p>I can develop throwing and catching skills.</p> | <p>I can track a ball with confidence and accuracy.</p> <p>I can dribble the ball with one hand with some control in game situations.</p> <p>I can use a variety of throwing techniques in game situations.</p> <p>I can receive a ball sent to them using different parts of the foot and under pressure.</p> <p>I can dribble a ball with feet and change direction with some control in game situations.</p> <p>I can catch a ball passed to them using one and two hands with increasing success.</p> <p>I can pass and receive a ball sent to them using different parts of the foot and under pressure.</p> <p>I can change direction with increasing speed in game situations.</p> <p>I can use simple tactics individually and within a</p> | <p>I can develop passing and moving and play within the footwork rule.</p> <p>I can develop passing and moving towards a goal.</p> <p>I can develop movement skills to lose a defender.</p> <p>I can defend an opponent and try to win the ball.</p> <p>I can develop the shooting action.</p> <p>I can develop playing using netball rules.</p> <p>I can develop overarm throwing and catching.</p> <p>I can develop underarm bowling.</p> <p>I can learn how to grip the bat and develop batting technique.</p> <p>I can field a ball using a two handed pick up and a short barrier.</p> <p>I can develop an overarm bowling technique.</p> | <p>I can develop protective dribbling against an opponent.</p> <p>I can move into space to support a teammate.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can track an opponent and use defensive techniques to win the ball.</p> <p>I can perform a set shot and a jump shot.</p> <p>I can apply the rules and tactics you have learnt to play in a basketball tournament.</p> <p>I can dribble the ball under pressure.</p> <p>I can pass the ball accurately to help to maintain possession.</p> <p>I can use different turns to keep the ball away from defenders.</p> <p>I can develop defending skills to gain possession.</p> <p>I can develop goalkeeping skills to</p> | <p>I can develop attacking principles, understanding when to run and when to pass.</p> <p>I can use the 'forward pass' and 'offside' rules.</p> <p>I can play games using tagging rules.</p> <p>I can develop dodging skills to lose a defender.</p> <p>I can develop drawing defence and understanding when to pass.</p> <p>I can apply the rules and tactics you have learnt to play in a tag rugby tournament.</p> <p>I can develop passing and moving.</p> <p>I can use the attacking principle of creating and using space.</p> <p>I can change direction and lose a defender.</p> <p>I can defend ball side and know when to go for interceptions.</p> <p>I can develop the shooting action.</p> |



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| | | | <p>I can work co-operatively as a team.</p> | <p>I can develop sending a ball using a racket.</p> <p>I can develop hitting over a net.</p> | <p>I can send and receive a ball using a racket.</p> <p>I can track a rolling ball and collect</p> <p>I can develop accuracy in underarm throwing and consistency in catching when fielding a ball.</p> <p>I can develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score.</p> <p>I can develop striking for distance and accuracy.</p> <p>I can develop decision making to get a batter out.</p> <p>I can develop decision making when under pressure.</p> <p>I can understand what being in possession means and support a teammate to do this.,</p> <p>I can use a variety of skills to score goals.</p> <p>I can develop stopping goals.</p> <p>I can learn how to gain possession of the ball.</p> <p>I can develop an understanding of marking an opponent.</p> <p>I can learn to apply simple tactics for attacking and defending.</p> | <p>team to score or gain possession.</p> <p>I can dribble a ball with feet and change direction with some control in game situations.</p> <p>I can track/jockey an opponent.</p> <p>I can control a ball with different parts of my body.</p> <p>I can use a variety of throwing techniques in game situations.</p> <p>I can use simple tactics individually and within a team to score or gain possession.</p> <p>I can catch a ball passed to them using one and two hands with increasing success.</p> <p>I can strike a ball using varying techniques with increasing accuracy.</p> <p>I can create and use space with some success in game situations.</p> <p>I can develop racket and ball control.,</p> <p>I can develop returning the ball using a forehand groundstroke.</p> <p>I can rally using a forehand.</p> <p>I can develop the two handed backhand.</p> <p>I can learn how to score.</p> <p>I can develop playing against an opponent.</p> | <p>I can play and apply skills learnt to mini cricket.</p> <p>I can develop throwing, catching and running with the ball.</p> <p>I can develop an understanding of tagging rules.</p> <p>I can begin to use the 'forward pass' and 'off side' rule.</p> <p>I can dodge a defender and move into space when running towards the goal.</p> <p>I can develop defending skills and use them in a game situation.</p> <p>I can apply the rules and skills you have learnt and play in a tag rugby tournament.</p> | <p>stop the opposition from scoring.</p> <p>I can apply the rules and tactics you have learnt to play in a football tournament.</p> <p>I can develop the bowling action and understand the role of the bowler.</p> <p>I can develop batting technique.</p> <p>I can make decisions about where and when to send the ball to stump a batter out.</p> <p>I can develop a variety of fielding techniques and when to use them in a game.</p> <p>I can develop long and short barriers in fielding and understand when to use them.</p> <p>I can apply the rules and skills you have learnt to play in a rounders tournament.</p> <p>I can develop returning the ball using a forehand groundstroke.,</p> <p>I can develop returning the ball using a backhand groundstroke.</p> <p>I can work cooperatively with a partner to keep a continuous rally.</p> <p>I can develop the underarm serve and</p> | <p>I can use and apply skills and tactics to small sided games.</p> <p>I can develop throwing accuracy and catching skills.</p> <p>I can develop batting accuracy and directional batting.</p> <p>I can develop catching skills (close/deep catching and wicket keeping).</p> <p>I can develop overarm bowling technique and accuracy.</p> <p>I can develop a variety of fielding techniques and to use them within a game.</p> <p>I can develop long and short barriers and apply them to a game situation.</p> <p>I can develop footwork and the forehand and backhand grip.</p> <p>I can develop the backhand serve over a net</p> <p>I can develop rallying using an overhead forehand clear.</p> <p>I can develop the forehand serve over a net.</p> <p>I can learn how to score points and play in competitive games.</p> <p>I can develop the backhand clear and</p> |
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| | | | | | | I can work collaboratively with a partner and compete against others. | | understand the rules of serving. I can develop the volley and understand when to use it. I can use a variety of strokes to outwit an opponent. | apply this to game situations. I can show respect, honesty and fair play when competing against an opponent. |
| Dance | I can take part in action songs. I can clap and stamp to music | I can listen with increased attention to sound. I can move to the sounds. I can remember the sequence of movements. I can explore movement skills I can negotiate space safely I can follow instructions with support | I can count to help stay in time with music when copying and creating actions I can move safely with confidence and imagination, communicating ideas through movement. I can explore movement using a prop with control and co-ordination. I can move with control and coordination, expressing ideas through movement. I can move with control and coordination, copying, linking and repeating actions. I can remember and repeat actions, exploring pathways and shapes. | I can repeat, link and choose actions. I can create actions and accurately copy other's actions. I can copy, remember and repeat actions using facial expressions to show different characters. I can perform in unison creating shapes with a partner. I can mirror a partner and create ideas. I can copy, repeat and create actions in response to a stimulus. I can copy, create and perform actions considering dynamics. I can create a short dance phrase with a partner showing clear changes of speed. | I can explore travelling actions and use counts of 8 to move in time with the music. I can remember and repeat actions and respond imaginatively to a stimulus. I can copy, remember and repeat actions that represent the theme. I can copy, repeat, create and perform actions that represent the theme. I can use expression and create actions that relate to the story. I can use a pathway when travelling. | | | | |
| Body Management (gymnastics) | I can identify and move freely around the space. I can control large movements such as kicking, waving, rolling and crawling. | I can copy and creates shape with my body I can create shapes whilst on apparatus I can balance and take weight on different parts of my the body | I can create short sequences using shapes, balances and travelling actions. I can start to balance safely using apparatus. I can start to jump and land safely from a height. | I can explore travelling movements using the space around you. I can develop quality when performing gymnastic shapes. I can develop stability and control when performing balances. | I can perform gymnastic shapes and link them together. I can use shapes to create balances. I can link travelling actions and balances using apparatus. | I can complete balances with increasing stability, control and technique both individually and with a partner. I can performance a variety of jumps and rolls. I can demonstrate increasing strength, | I can develop individual and partner balances. I can develop control in performing and landing rotation jumps. I can develop the straight, barrel, forward and straddle roll. | I can perform symmetrical and asymmetrical balances. I can develop the straight, forward, straddle and backward roll. I can explore different methods of travelling, linking actions in both | I can develop the straddle, forward and backward roll. I can develop counter balance and counter tension. I can perform inverted movements with control. |



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| | | <p>I can jump and land safely</p> <p>I can rock and roll</p> <p>I can copy and create short sequences linking actions together</p> | <p>I can rock and roll</p> <p>I can explore travelling around, over and through apparatus.</p> <p>I can create short sequences linking actions together and including apparatus.</p> | <p>I can develop technique and control when performing shape jumps.</p> <p>I can develop technique in the barrel, straight and forward roll.</p> <p>I can link gymnastic actions to create a sequence.</p> | <p>I can demonstrate different shapes, take off and landings when performing jumps.</p> <p>I can develop rolling and sequence building.</p> <p>I can develop sequence work on apparatus.</p> | <p>control and technique when taking own and others weight.</p> <p>I can demonstrate increased flexibility and extension in more challenging actions.</p> <p>I can plan and perform sequences showing control and technique with and without a partner both on and off apparatus.</p> | <p>I can develop strength in inverted movements.</p> <p>I can create a partner sequence to include apparatus</p> | <p>canon and synchronisation.</p> <p>I can perform progressions of inverted movements.</p> <p>I can explore matching and mirroring using actions both on the floor and on apparatus.</p> <p>I can create a partner sequence using apparatus.</p> | <p>I can perform the progressions of a headstand and a cartwheel.</p> <p>I can use flight from hands to travel over apparatus. To be able to create a group sequence using formations and apparatus.</p> |
| Swimming | | | | Developers | | Intermediate | | | |
| | | | | <p>I can confidently and consistently retrieve an object from the floor with the same breath.</p> <p>I can begin to co-ordinate breath in time with basic strokes showing some consistency in timing.</p> <p>I can demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.</p> <p>I can combine gliding and floating on front and back over an increased distance.</p> <p>I can float on front and back using different shapes with increased control.</p> <p>I can comfortably demonstrate sculling head first, feet first and treading water.</p> | | <p>I can confidently combine skills to retrieve an object from greater depth.</p> <p>I can confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.</p> <p>I can confidently demonstrate good technique in a wider range of strokes over increased distances.</p> <p>I can combine gliding and transitioning into an appropriate stroke with good control.</p> <p>I can confidently link a variety of floating actions together demonstrating good technique and control.</p> <p>I can select and apply the appropriate survival technique to the situation.</p> | | | |