

	Football	Handball	Volleyball	Cricket	Tennis	Badminton	Athletics	Dance	Gymnastics
Reception	T1 Manipulation and coordination.	T1 Manipulation and coordination.		T6 Cooperation and solve problems.	T4 Body management.	T4 Body management.	T5 Speed and agility.	T3 Dance	T2 Gymnastics
Year 1	T1 Attack and defence.	T1 Attack and defence.		T6 Hit, catch, run	T4 Send and return.	T4 Send and return.	T5 Run, jump, throw.	T3 Dance	T2 Gymnastics
Year 2	T1 Attack and defence.	T1 Attack and defence.		T6 Hit, catch, run	T4 Send and return.	T4 Send and return.	T5 Run, jump, throw.	T3 Dance	T2 Gymnastics
Year 3	T1 Football	T1 Handball	T6 Volleyball	T6 Cricket	T4 Tennis	T4 Badminton	T5 Athletics	T3 Dance	T2 Gymnastics
Year 4	T1 Football	T1 Handball	T6 Volleyball	T6 Cricket	T4 Tennis	T4 Badminton	T5 Athletics	T3 Dance	T2 Gymnastics
Year 5	T1 Football	T1 Handball	T6 Volleyball	T6 Cricket	T4 Tennis	T4 Badminton	T5 Athletics	T3 Dance	T2 Gymnastics
Year 6	T1 Football	T1 Handball	T6 Volleyball	T6 Cricket	T4 Tennis	T4 Badminton	T5 Athletics	T3 Dance	T2 Gymnastics

Year group	
1/ 2	To master basic movements including balance, agility and co-ordination and be able to apply these in a range of ways. Perform dances using simple movements and patterns.
3/4	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movements and patterns.
5/6	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movements and patterns.

Year group	
1/ 2	<ul style="list-style-type: none"> Participate in team games, developing simple tactics for attacking and defending. Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities.
3 /4	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
5/ 6	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Year group	
1/ 2	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games.
3/ 4	<ul style="list-style-type: none"> Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
5/6	<ul style="list-style-type: none"> Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Year group	
1/ 2	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • Participate in team games, •
3/ 4	<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Use running, throwing and catching in isolation and in combination. • Play competitive games.
5/ 6	<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Use running, throwing and catching in isolation and in combination. • Play competitive games.

Year group	
1/2	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
3/4	<ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Develop flexibility, strength, technique, control and balance. • Take part in outdoor and adventurous activity challenges both individually and within a team.
5/6	<ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Develop flexibility, strength, technique, control and balance. • Take part in outdoor and adventurous activity challenges both individually and within a team.