



## Gymnastics

Demonstrate a range of directions, speed and levels in their performances; move with clarity, fluency and expression.

Recognise the position of their centre of gravity and how this affects their balance; improve the placement and alignment of body parts in balances.

Use equipment to vault in a variety of ways.

Begin to use flight to travel.

Create a movement sequence to fit a theme; develop strength, technique and flexibility in performances.



## Dance

Learn and repeat the movement patterns and actions of a chosen dance style.

Compose and improvise a dance independently or with a partner that reflects a chosen dance style; compose longer dance sequences in a small group.

Show rhythm, spacial awareness, precision and varied dynamics when responding to a stimuli.

Suggest ideas for improvement using dance vocabulary, and modify techniques to improve own performance.



## Games (Invasion)

Keep possession a ball; use ABC (agility, balance and coordination) to keep control of a ball in a competitive situation.

Pass and dribble accurately and with some speed; throw a range of balls into different height and size targets.

Understand the concept of attack and defence; identify ways to move a ball towards an opponent's goal.

Work well as a team and make it harder for the opposition; discuss tactics in a team before playing..

Take part in a range of competitive games; show determination and sustained energy level; rec. parts of performance that need improvement.



## Games (striking & fielding, tennis)

Choose and use batting and throwing skills to make the game hard for their opponents; work well as a team to achieve this.

Accurately serve or pitch underarm.

Build a rally with a partner (see *specific tennis skill progression document*).

Use hand-eye coordination to strike a moving and a stationary ball.

Use fielding skills as an individual to prevent a player from scoring.

Vary the tactics they use in a game; adapt rules to later games.



## Athletics (inc. cross country)

Demonstrate a correct sprinting technique which engages all parts of the body.

Use a correct sprint-finish.

Perform a relay with a baton changeover.

Speed up and slow down efficiently.

Learn how to combine a hop, step and jump to perform a standing triple jump; measure the distance jumped.

Perform a pull throw; measure the distance of throws.



## Indoor Athletics (MPB), fitness & body awareness

Describe how the body reacts at different times and how this affects performance; explain why exercise is good for your health; explain some reasons for warming up and cooling down.

**My Leadership:**  
To lead a whole-class warm up game.  
To organise a game or activity for KS1.  
To be team or house captain in a competition.

**My Skills:** speed bounce, standing long jump, vortex/soft javelin throw, five strides, 50m sprint.

This year I have: swum a longer distance or learnt a new stroke; competed in a different inter-house competition.



## OAA

Use the eight compass points N, NE, E, SE, S, SW, W, NW to games.

Match orienteering symbols to aerial photos in a relay game.

Use a simple map to solve problems, using compass to orientate (Counting cones game, Tri-O).

Use an orienteering map to complete a half Hacton site timed course (10 markers).



## Swimming

To develop basic pool safety skills and confidence in the water.

Development of basic skills: travel in a vertical or horizontal position with or without the use of floats; push and glide to begin stroke; safe entry and exit; float and submerge.

Show breath control.

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively, for example front crawl, breaststroke and backstroke.



## Gymnastics (specific skills)

**Travelling & Linking:** straight jump half/full turn, pivot

**Shapes & balances:** 1,2,3 & 4-point balances, balances with and against a partner.

**Jumps & turns:** cat leap, cat leap half turn

**Rolls:** straddle forward roll, backward roll to straddle

**Vault:** straddle on  
**Handstands, cartwheels, roundoffs:** lunge into handstand and lunge into cartwheel