

**Year 6**

Statement	Sport
1. Uses knowledge of the relationship between the body and exercise to improve all fitness components	Athletics, Badminton, Gymnastics, HRE, Parkour, Tennis
2. Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Dance
3. Create complex, demanding and well executed sequences containing a variety of gymnastic components	Gymnastics
4. Display an understanding of fair play, working well with others and leading a large group	Basketball (*), Cricket, Dance, Football, Gymnastics, Handball, Netball, Hockey, Invictus, Multi Skills, Rounders, Tag Rugby
5. Field, defend and attack tactically by anticipating and reacting to the direction of play.	Badminton, Basketball (*), Cricket, Football, Handball, Netball, Hockey, Rounders, Tag Rugby, Tennis
6. Utilise new skills in competitive situations, as an individual or part of a team	Athletics, Badminton, Cricket, Dance, Football, Handball, Netball, Hockey, Invictus, Multi Skills, Parkour, Rounders, Tag Rugby, Tennis
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)	Athletics, Basketball (*), HRE
8. Swim 100m fluently with controlled strokes (breast stroke, front and back.)	Swimming

**Year 5**

Statement	Sport
1 Uses knowledge of the relationship between the body and exercise to improve all fitness components	Athletics, Badminton, Gymnastics, HRE, Parkour, Tennis
2 Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Dance
3 Create complex, demanding and well executed sequences containing a variety of gymnastic components	Gymnastics
4 Display an understanding of fair play, working well with others and leading a large group	Basketball (*), Cricket, Dance, Football, Gymnastics, Handball, Netball, Hockey, Invictus, Multi Skills, Rounders, Tag Rugby
5 Field, defend and attack tactically by anticipating and reacting to the direction of play.	Badminton, Basketball (*), Cricket, Football, Handball, Netball, Hockey, Rounders, Tag Rugby, Tennis
6 Utilise new skills in competitive situations, as an individual or part of a team	Athletics, Badminton, Cricket, Dance, Football, Handball, Netball, Hockey, Invictus, Multi Skills, Parkour, Rounders, Tag Rugby, Tennis
7 Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)	Athletics, Basketball (*), HRE
8 Swim 50m fluently with controlled strokes (breast stroke, front and back.)	Swimming

**Year 4**

Statement	Sport
1 Utilise changes of direction, speed & level during performances/competition to succeed	Badminton, Football, Gymnastics, Hockey, Parkour, Tennis
2 Select and utilise appropriate tactics and techniques to cause problems for opponents	Badminton, Basketball, Cricket, Football, Handball, Netball, Hockey, Invictus, Multi Skills, Rounders, Tag Rugby, Tennis
3 Demonstrates a developed understanding of how the body changes/functions during exercise	HRE, Parkour
4 Create movements that convey a clear stimulus, refining these movements into sequences	Dance,
5 Displays an understanding of fair play, working well with others and leading a small group	Badminton, Basketball, Cricket, Dance, Football, Gymnastics, HRE, Handball, Netball, Hockey, Invictus, Multi Skills, Rounders, Tennis
6 Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements	Dance, Gymnastics, Parkour
7 Swim 25-50m unaided, demonstrates proficiency in a range of strokes at the surface and below.	Swimming
8 Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)	Basketball, Cricket, Handball, Netball, Multi Skills, Rounders, Tag Rugby, Athletics (*)
9 Change running styles according to distance, with the intention of beating personal best's	Athletics (*)

**Year 3**

Statement	Sport
1 Throw and catch displaying control and accuracy, in isolation and varied environments	Basketball, Cricket, Handball, Multi Skills, Rounders, Tag Rugby
2 Demonstrate changes of direction, speed & level during performances or in competitive environments	Gymnastics, Parkour
3 Demonstrates an understanding of how the body changes/functions during exercise	HRE
4 Move in a clear, fluent and expressive manner	Dance, Gymnastics, Netball, Parkour
5 Plan, perform and repeat sequences of movements	Dance, Gymnastics, HRE, Netball, Parkour
6 Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Badminton, Basketball, Football, HRE, Handball, Hockey, Multi Skills, Tag Rugby, Tennis
7 Use FUNdamentals of movement to employ simple tactics in varied environments	Badminton, Basketball, Cricket, Football, Handball, Hockey, Invictus, Multi Skills, Rounders, Tag Rugby, Tennis
8 Swim 25m unaided, Can demonstrate proficiency in a range of strokes	Swimming
9 Displays an understanding of respect, fair play and working well with others	Badminton, Cricket, Dance, Football, Hockey, Invictus, Rounders, Tennis

**Year 2**

Statement	Sport
1 Link two or more actions to perform a sequence showing control and co-ordination	Dance, Gymnastics
2 Demonstrate changes of direction, speed & level during performances or in competitive environments	Dance, Gymnastics (*), Invictus
3 Show an awareness of how the body changes/functions during exercise	Athletics, Gymnastics (*), HRE, Invictus, Multi Skills
4 Perform and repeat sequences of movements	Dance, Gymnastics (*), HRE, Orienteering
5 Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Athletics, Dance (*), Football (*), HRE (*), Multi Skills (*)
6 Use FUNdamentals of movement to employ simple tactics in varied environments	Athletics (*), Football (*), Orienteering, Striking & Fielding
7 Swim 25m unaided, proficient in a stroke	Swimming
8 With guidance participate displaying respect, fair play and working well with others	Striking & Fielding (*), Football, Invictus, Orienteering

**Year 1**

Statement	Sport
1 Throw and catch showing a degree of competency, in isolation and in varied environments	Multi Skills, Striking & Fielding
2 Demonstrate changes of direction, speed & level	Dance, Gymnastics, Invictus
3 Show an awareness of how the body changes/functions during exercise	Athletics, Gymnastics (*), HRE, Invictus. Multi Skills
4 Perform and repeat sequences of movements	Dance, Gymnastics, HRE, Orienteering
5 Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Athletics, Dance, Football, HRE, Multi Skills
6 Use FUNdamentals of movement to achieve success, individually and as a team	Athletics (*), Football (*), Orienteering. Striking & Fielding
7 Show proficiency in one stroke when swimming	Swimming
8 With guidance participate displaying respect, fair play and working well with others	Football, Invictus, Orienteering, Striking & Fielding