

EYFS

Autumn	Spring	Summer
<p>Strength (Core/Shoulder/Leg) Children will develop core and shoulder strength through climbing, rolling, and crawling. Children will ride balance bikes or scooters with adult support.</p> <p>Gross Motor (Stability/Locomotion) Children will practise balancing and moving safely in space. Children will walk, run and change direction safely during outdoor games.</p>	<p>Strength (Core/Leg) Children will climb, jump, and land safely on varied surfaces. Children will develop stamina through outdoor active play and dance linked to stories.</p> <p>Gross Motor (Stability/Locomotion) Children will move over, under and through obstacles increasingly confidently.</p> <p>Gross Motor (Object Control) Children will throw and catch large balls with two hands. Children will kick and pass balls with control.</p>	<p>Strength (Core/Shoulder) Children will hang, swing and climb on play equipment with increasing confidence.</p> <p>Gross Motor (Stability/Locomotion) Children will participate in relay games. Children will participate in Sports Day activities demonstrating speed, balance and agility.</p> <p>Gross Motor (Object Control) Children will participate in ball games developing coordination. Children will throw and catch small balls with control.</p>

Year 1

Autumn	Spring	Summer
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Master basic movements & perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques</p> <p>Master basic movements & perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques</p> <p>Master basic movements & perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending</p>

Year 2

Autumn	Spring	Summer
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Master basic movements Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Master basic movements Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Master basic movements Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.</p>

Year 3

Autumn	Spring	Summer
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Participate in outdoor and adventurous challenges. Make comparisons. Play competitive games. Develop flexibility, strength, technique, control and balance.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Participate in outdoor and adventurous challenges. Make comparisons. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Participate in outdoor and adventurous challenges. Make comparisons. Play competitive games. Develop flexibility, strength, technique, control and balance.</p>

Year 4

Autumn	Spring	Summer
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance.</p>

Year 5

Autumn	Spring	Summer
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Swim competently, confidently and proficiently over a distance of at least 25 metres . Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</p>

Year 6

<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Swim competently, confidently and proficiently over a distance of at least 25 metres . Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.</p>	<p>Develop Practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.</p> <p>Use running, jumping, throwing and catching. Play competitive games. Participate in outdoor and adventurous challenges. Make comparisons. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.</p>