|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Statutory requirements** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | | **Summer 2** |
| **EYFS** |  | Outdoor Education  Forest School  Develop awareness of self,  space and surroundings  during playtimes, forest  school based activities, large  scale play.  Co-ordination  Skills and  Games  Negotiate space around them. Throw and catch a large ball alone and with a partner. Use a foot to stop, kick and pass a large ball to a partner. Develop aim when kicking and throwing. Begin to use batting equipment to strike a ball. Begin to apply catching, throwing, kicking, aiming and batting skills in small group games | Outdoor Education Forest School Develop awareness of self, space and surroundings during playtimes, forest school based activities, large scale play.  Dance  Master basic movements  including running, jumping,  ; develop balance, agility  and coordination  Perform dance using simple  movements  Coordination (coach) | Outdoor Education Forest School Develop awareness of self, space and surroundings during playtimes, forest school based activities, large scale play.  Dance  Move with fluency, control and grace. Develop overall body strength, co-ordination, balance and agility. Improve core strength. Begin to combine movements to create a sequence. Explore different ways to move their bodies including size, shape, level and speed. Move their bodies appropriately in response to music. Negotiate space around them. | Outdoor Education Forest School Develop awareness of self, space and surroundings during playtimes, forest school based activities, large scale play.  Team games  Football  Use a foot to stop, kick and pass a large ball to a partner. Develop aim when kicking and throwing. Begin to apply catching, throwing, kicking, aiming skills in small group games Can walk, jog and run alternating between speeds | Outdoor Education Forest School Develop awareness of self, space and surroundings during playtimes, forest school based activities, large scale play.  Athletics  Begin to apply catching, throwing, kicking, aiming and batting skills in small group games Can walk, jog and run alternating between speeds. Can jump 2 feet to 2 feet Experiments with a variety of throws, including different objects and techniques. | Outdoor Education Forest School Develop awareness of self, space and surroundings during playtimes, forest school based activities, large scale play.  Team games and Races  Become competent in: rolling - crawling - walking - jumping - running - hopping - skipping – climbing – skipping ropes Move with fluency, control and grace. Develop overall body strength, co-ordination, balance and agility. Improve core strength. Begin to combine movements to create a sequence. | |
| **Year 1/2** | Key Stage 1   * *Master basic movements e.g running, jumping,*   *throwing, catching,*  *balance, agility and*  *co-ordination*   * *Participate in team games* * *Perform dances*   *using simple movement* | Outdoor Education  Forest School challenge  exploring the natural world  Games  *Fundamental movement skills catching and throwing*  *Y1* Can they throw underarm? Can they roll a piece of equipment?  Can they hit a ball with a bat?  Can they move and stop safely?  Can they catch with both hands?  Can they throw in different ways?  Can they kick in different ways?  Y2 Can they throw underarm? Can they roll a piece of equipment?  Can they hit a ball with a bat?  Can they move and stop safely?  Can they catch with both hands?  Can they throw in different ways?  Can they kick in different ways? | Outdoor Education  Forest School challenge  exploring the natural world  Gymnastics  Y1 Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling?  Can they control their body when balancing?  Can they copy sequences and repeat them? Can they roll in different ways?  Can they travel in different ways? Can they balance in different ways? Can they climb safely? Can they stretch in different ways?  Can they curl in different ways?  Y2 Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling?  Can they control their body when balancing?  Can they copy sequences and repeat them? Can they roll in different ways?  Can they travel in different ways? Can they balance in different ways?  Can they climb safely? Can they stretch in different ways?  Can they curl in different ways? | Outdoor Education  Forest School challenge  exploring the natural world  Dance  *Groups*  Y1 Can they copy actions?  Can they repeat actions and skills?  Can they move with control and care?  Y2 Can they copy actions?  Can they repeat actions and skills?  Can they move with control and care? | Outdoor Education  Forest School challenge  exploring the natural world  Games  *Locomotion*  Multi Skills & Maypole Dance  *Groups*  Y1 Can they copy actions?  Can they repeat actions and skills?  Can they move with control and care?  Y2 Can they copy actions?  Can they repeat actions and skills?  Can they move with control and care. | Outdoor Education  Forest School challenge  exploring the natural world  Athletic Activities/Sports Day  *Y1/2*  *Master basic movements e.g running, jumping,*  *throwing, catching,*  *balance, agility and*  *co-ordination*  *Participate in team games*  *Perform dances*  *using simple movement* | Outdoor Education  Forest School challenge  exploring the natural world  Challenge (OAA)  *Trust & Cooperation (Games)*  *Y1* Can they throw underarm? Can they roll a piece of equipment?  Can they hit a ball with a bat?  Can they move and stop safely?  Can they catch with both hands?  Can they throw in different ways?  Can they kick in different ways? | |
| **Year 3/4** | Key Stage 2   * *Use running,*   *jumping, throwing,*  *catching, in isolation and combination*   * *Play competitive games (modified)* * *Take part in outdoor and adventurous activities* * *Develop flexibility, control and balance in gym, dance and athletics* * *Compare performances to achieve personal*   *bests*   * *Swim 25metres confidently, use a range of strokes, perform safe self-rescue* | Outdoor Education  Forest School challenge  exploring the natural world    Team games:  Netball, Hockey, Tag Rugby, Football, Multi skills  Y3 Can they throw and catch with control when under limited pressure?  Are they aware of space and use it to support team- mates and cause problems for the opposition?  Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that is not used for throwing and catching skills?  Y4 Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening? | | Outdoor Education  Forest School challenge  exploring the natural world  Dance  Y3 Can they improvise freely, translating ideas from a stimulus into movement? Can they share and create phrases with a partner and in small groups?  Can they repeat, remember and perform these phrases in a dance?  Y4 n they take the lead when working with a partner or group? Can they use dance to communicate an idea?  Can they work on their movements and refine them? Is their dance clear and fluent?  Gymnastics  Y3 Can they use a greater number of their own ideas for movement in response to a task?  Can they adapt sequences to suit different types of apparatus and their partner’s ability?  Can they explain how strength and suppleness affect performances Can they compare and contrast gymnastic sequences, commenting on similarities and differences?  Y4 Can they work in a controlled way? Can they include change of speed? Can they include change of direction? Can they include range of shapes? Can they follow a set of ‘rules’ to produce a sequence? Can they work with a partner to create, repeat and improve a sequence with at least three phases? | | Outdoor Education  Forest School challenge  exploring the natural world  Striking and Fielding games: Rounders, Cricket, Tennis Y3 Can they throw and catch with control when under limited pressure?  Are they aware of space and use it to support team- mates and cause problems for the opposition?  Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that is not used for throwing and catching skills?  Y4 Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening?  Maypole Dance  Y3 Can they improvise freely, translating ideas from a stimulus into movement? Can they share and create phrases with a partner and in small groups?  Can they repeat, remember and perform these phrases in a dance?  Y4 n they take the lead when working with a partner or group? Can they use dance to communicate an idea?  Can they work on their movements and refine them? Is their dance clear and fluent?  Athletics  *Rounders*  Y3 Can they run at fast, medium and slow speeds, changing speed and direction?  Can they link running and jumping activities with some fluency, control and consistency?  Can they make up and repeat a short sequence of linked jumps?  Can they take part in a relay activity, remembering when to run and what to do?  Do they throw a variety of objects, changing their action for accuracy and distance?  Y4 Can they run over a long distance? Can they sprint over a short distance? Can they throw in different ways? Can they hit a target? Can they jump in different ways?  Swimming  Y3/4 Swim 25metres confidently, use a range of strokes, perform safe self-rescue | | |
| **Year 5/6** | Outdoor Education  Forest School challenge  Take part in outdoor and adventurous activities  Team games:  Netball, Hockey, Tag Rugby, Football, Multi skills  *Play competitive games (modified)*  Y5 Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?  Y6 Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation? | | Outdoor Education  Forest School challenge  Take part in outdoor and adventurous activities  Gymnastics  Y5 Can they make complex or extended sequences? Can they combine action, balance and shape? Can they perform consistently to different audiences? Are their movements accurate, clear and consistent?  Y6 Do they combine their own work with that of others? Can they link their sequences to specific timings?  Dance  Y5 Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?  Y6 Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation?  Athletics Activities Sports hall  Y5 Are they controlled when taking off and landing in a jump? Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules?  Y6 Can they demonstrate stamina? Can they use their skills in different situations? | | Outdoor Education  Forest School challenge  Take part in outdoor and adventurous activities    Striking and Fielding games:  Rounders, Cricket, Tennis  Y5 Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?  Y6 Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation?  Maypole Dance  Y5 Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?  Y6 Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation?  Swimming  Swim 25metres confidently, use a range of strokes, perform safe self-rescue  Athletics  Y5 Are they controlled when taking off and landing in a jump? Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules?  Y6 Can they demonstrate stamina? Can they use their skills in different situations? | | |