



**Physical Education Progression Document – Woodchurch CE Primary**

**2023-24**

F2	Fine motor skills 1	Gymnastics – Rocking and rolling	Object manipulation	Dance – The seasons	Invasion game skills 1	Athletics
	<p>I can:</p> <ul style="list-style-type: none"> <li>● use my body and create simple theme related shapes, movements and actions.</li> <li>● Use my body to express simple theme related shapes, movements and feelings.</li> <li>● Travel safely and creatively in space.</li> <li>● Use different levels when I travel.</li> <li>● Communicate effectively</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>● Rock on different body parts.</li> <li>● Perform a sequence of moves where I transfer the weight from one part of my body to another.</li> <li>● Travel from a rock into a roll.</li> <li>● Perform a log and egg roll with control and as part of a sequence.</li> <li>● Roll sideways and forwards with control.</li> <li>● Leap.</li> <li>● Scissor kick.</li> <li>● Perform varieties of pencil rolls.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>● Find a good space.</li> <li>● Show increasing control over an object in pushing it around parts of my body.</li> <li>● Play games, taking turns.</li> <li>● Show increasing control over an object.</li> <li>● Twist and turn.</li> <li>● Reach and bend.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>● Use my body and create simple theme related shapes, movements and actions.</li> <li>● Use my body to express simple theme related shapes, movements and feelings.</li> <li>● Travel safely and creatively in space.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>● Get into a good ready position to receive chest and bounce passes consistently well.</li> <li>● Pass the ball from my chest using a bounce pass.</li> <li>● Change direction confidently and competently.</li> <li>● Move around safely in a limited space.</li> <li>● Bounce a ball and</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>● Share space and run with my head up.</li> <li>● React quickly.</li> <li>● Jump 1 foot to 2 feet and 2 feet to 2 feet.</li> <li>● Coordinate a run with a jump.</li> <li>● Throw accurately.</li> <li>● Work cooperatively with a partner and within a group.</li> <li>● Share equipment and take turns.</li> </ul>

	<p>with a partner.</p> <ul style="list-style-type: none"> <li>● Use pictures to create shapes, movements and actions.</li> <li>● Work with a partner.</li> <li>● Look at pictures and create shapes, movements and actions.</li> <li>● Remember and perform a basic sequence of movement when led by a teacher.</li> <li>● Identify what good looks like.</li> </ul>	<ul style="list-style-type: none"> <li>● Jump from low apparatus in different ways.</li> <li>● Rock and roll.</li> <li>● Perform in canon with a partner.</li> <li>● Demonstrate 3 different ways of rolling with good control.</li> <li>● Move from one roll to another by rocking.</li> <li>● Give good feedback to a partner.</li> </ul>	<ul style="list-style-type: none"> <li>● Move a ball with control and in different directions.</li> <li>● Apply the right amount of force to a ball.</li> <li>● Roll a ball.</li> <li>● Stop a ball when it is rolled to me.</li> <li>● Catch an object.</li> <li>● Throw underarm accurately for my friend to catch.</li> <li>● Bounce and catch a ball.</li> <li>● Travel around bouncing safely.</li> </ul>	<ul style="list-style-type: none"> <li>● Show different levels when I travel.</li> <li>● Communicate effectively with a partner.</li> <li>● Use pictures to create shapes, movements and actions.</li> <li>● Work with a partner.</li> <li>● Look at pictures and create shapes, movements and actions.</li> <li>● Remember and perform a basic sequence</li> </ul>	<p>travel at the same time.</p> <ul style="list-style-type: none"> <li>● Keep my head up and travel with control whilst dribbling a ball.</li> <li>● Bounce / dribble a ball with my hands with good control.</li> <li>● Move around safely whilst bouncing/dribbling.</li> <li>● Push pass a hockey ball.</li> <li>● Receive a hockey ball.</li> <li>● Dribble a ball with my feet with good control.</li> <li>● Stop a ball on the run</li> </ul>	<ul style="list-style-type: none"> <li>● Run efficiently and within a lane.</li> <li>● Sustain my form during a race.</li> <li>● Dip for the finish.</li> <li>● Jump for height.</li> <li>● Time my take-off to clear an obstacle.</li> <li>● Throw a variety of pieces of equipment well.</li> <li>● Throw for distance.</li> <li>● Throw with good technique.</li> </ul>
--	--	---	--	---	---	--

				of movement when led by a teacher. <ul style="list-style-type: none"> <li>Identify what good looks like.</li> </ul>	by trapping it.	
Year 1	<b>Yoga</b>	<b>Gymnastics – Balancing and spinning.</b>	<b>Fundamental movement skills 2</b>	<b>Net and wall game skills 2</b>	<b>Athletics 2</b>	<b>Dance – Under the sea</b>
	I can: <ul style="list-style-type: none"> <li>Pose like a variety of jungle creatures.</li> <li>Control my breathing pattern.</li> <li>Work imaginatively.</li> <li>Work without inhibitions.</li> <li>Bend, stretch and reach.</li> <li>Pose depicting Mother Earth.</li> <li>Depict Roman Life through my poses.</li> </ul>	I can: <ul style="list-style-type: none"> <li>Perform controlled spins.</li> <li>Support my body weight in symmetrical balances.</li> <li>Spin on apparatus.</li> <li>Work with a partner to perform routines in different formations.</li> <li>Perform a combination of symmetrical and</li> </ul>	I can: <ul style="list-style-type: none"> <li>Hop.</li> <li>Move carefully retaining my balance.</li> <li>Jump in a variety of ways.</li> <li>Land safely in different jumps.</li> <li>Combine a run and a jump.</li> <li>Travel backwards safely.</li> <li>Share space</li> </ul>	I can: <ul style="list-style-type: none"> <li>Send and receive a ball with some degree of accuracy.</li> <li>Move quickly into good positions to catch.</li> <li>Send a ball with increasing accuracy.</li> <li>Keep a short rally going with a partner.</li> </ul>	I can: <ul style="list-style-type: none"> <li>Show a sense of anticipation to begin work.</li> <li>React quickly Demonstrate agility, balance and coordination</li> <li>Discover and develop different styles of jumping</li> </ul>	I can: <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions.</li> <li>Travel safely and creatively in space.</li> <li>Show different levels when I travel.</li> <li>Use my body to</li> </ul>

	<ul style="list-style-type: none"> <li>• Breathe in 3 parts.</li> <li>• Work quietly focusing on what I am doing in the moment.</li> </ul>	<p>asymmetrical spins on patches.</p> <ul style="list-style-type: none"> <li>• Perform asymmetrical spins on side front back and bottom.</li> <li>• Demonstrate quality work on the floor and apparatus.</li> <li>• Balance asymmetrically Spin at different levels on points.</li> <li>• Perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes.</li> <li>• Hold balances on points of the body.</li> </ul>	<p>considerately.</p> <ul style="list-style-type: none"> <li>• Dodge.</li> <li>• Move safely with awareness of others.</li> <li>• Evade others.</li> <li>• Attack and defend.</li> <li>• Punt a ball.</li> <li>• Strike a ball accurately and with power with my laces.</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a ball with some degree of accuracy.</li> <li>• Volley a ball by getting in line and underneath it.</li> <li>• Develop a good grip and stance.</li> <li>• Begin to strike with more consistency and accuracy on the forehand.</li> <li>• Return a ball after one bounce that has been thrown to</li> </ul>	<p>Leap, jump and hop.</p> <ul style="list-style-type: none"> <li>• Jump in a variety of ways.</li> <li>• Coordinate a run with a jump.</li> <li>• Jump in a variety of ways competently.</li> <li>• Add a short run up to my jump.</li> <li>• Throw with good technique.</li> <li>• Throw with a run up.</li> <li>• Help a peer improve their performance with good feedback.</li> </ul>	<p>express simple theme related shapes, movements and feelings.</p> <ul style="list-style-type: none"> <li>• Communicate effectively with a partner.</li> <li>• Use pictures to create shapes, movements and actions.</li> <li>• Work with a partner.</li> <li>• Look at pictures and create shapes, movements and actions.</li> <li>• Remember and perform a basic sequence of</li> </ul>
--	--	---	--	--	---	--

		<ul style="list-style-type: none"> <li>• Hold balances at different levels.</li> <li>• Spin out of balances to form a sequence.</li> <li>• Perform spins and balances in different formations as part of a wider routine.</li> <li>• Perform in different formations i.e. adjacent, front and back, mirroring.</li> </ul>		<p>me by a partner.</p> <ul style="list-style-type: none"> <li>• Begin to rally a few shots with more success.</li> <li>• Strike a backhand from my own feed.</li> <li>• Play a game against an opponent using a variety of shots.</li> <li>• Move fluently around the court.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a variety of athletic techniques competently.</li> </ul>	<p>movement when led by a teacher.</p> <ul style="list-style-type: none"> <li>• Identify what good looks like.</li> </ul>
Year 2	<b>Gymnastics – pathways</b>	<b>Dance – fire of London</b>	<b>Invasion games 2</b>	<b>Dance – pirates</b>	<b>Striking and fielding game skills 1</b>	<b>Athletics.</b>
	<p>I can:</p> <ul style="list-style-type: none"> <li>• Run and jump through 90,</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Use my body and create</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• I can throw overarm for</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Use my body and</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Strike a ball off a tee.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Show a sense of</li> </ul>

	<p>180 and 270 degrees.</p> <ul style="list-style-type: none"> <li>• Turn elegantly.</li> <li>• Perform a sequence in different pathways.</li> <li>• Demonstrate zig zag and straight pathways in my sequence work.</li> <li>• Perform with control and adaptations to my original work.</li> <li>• Work at all 3 levels.</li> <li>• Create a sequence in zig zag pathways.</li> <li>• Demonstrate variety in my</li> </ul>	<p>theme related shapes, movements and actions.</p> <ul style="list-style-type: none"> <li>• Travel safely and creatively in space.</li> <li>• Show different levels when I travel.</li> <li>• Use my body to express simple theme related shapes, movements and feelings.</li> <li>• Communicate effectively with a partner.</li> <li>• Use pictures to create shapes, movements and actions.</li> <li>• Work with a partner.</li> <li>• Look at pictures and create</li> </ul>	<p>my partner to catch after one bounce.</p> <ul style="list-style-type: none"> <li>• Catch a ball consistently after one bounce.</li> <li>• Track an opponent.</li> <li>• Intercept a pass.</li> <li>• Catch a ball consistently on the full.</li> <li>• To move my opponent around court when playing against them.</li> <li>• Dodge to beat an opponent.</li> <li>• Close the space down that attackers</li> </ul>	<p>create theme related shapes, movements and actions.</p> <ul style="list-style-type: none"> <li>• Travel safely and creatively in space.</li> <li>• Show different levels when I travel.</li> <li>• Use my body to express simple theme related shapes, movements and feelings.</li> <li>• Communicate</li> </ul>	<ul style="list-style-type: none"> <li>• Get in line with the ball and field it.</li> <li>• Bowl a ball overarm at a target.</li> <li>• Strike a ball off a tee through the off side.</li> <li>• Stop a ball with 2 hands, creating a barrier behind it with my feet or body.</li> <li>• Hit a ball to the leg side.</li> <li>• Pick up a ball with one hand and throw it underarm.</li> <li>• Call for runs sensibly and decisively when batting.</li> </ul>	<p>anticipation to begin work.</p> <ul style="list-style-type: none"> <li>• React quickly Demonstrate agility, balance and coordination .</li> <li>• Discover and develop different styles of jumping Leap, jump and hop.</li> <li>• Jump in a variety of ways.</li> <li>• Coordinate a run with a jump.</li> <li>• Jump in a variety of ways competently.</li> </ul>
--	---	--	---	---	---	---

	<p>movements. Perform with clear starting and finishing positions.</p> <ul style="list-style-type: none"> <li>• Perform a sequence of moves in a curved pathway.</li> <li>• Improve my work by acting upon feedback.</li> <li>• Travel backwards and sideways as part of a sequence.</li> <li>• Link my movements together well.</li> <li>• Perform a variety of moves on floor and apparatus using</li> </ul>	<p>shapes, movements and actions.</p> <ul style="list-style-type: none"> <li>• Remember and perform a basic sequence of movement when led by a teacher.</li> <li>• Identify what good looks like.</li> </ul>	<p>have to work in.</p> <ul style="list-style-type: none"> <li>• Pass the ball consistently with control.</li> <li>• Retain possession of the ball.</li> <li>• Compete with some spatial awareness in team games.</li> <li>• Pass and move decisively.</li> </ul>	<p>effectively with a partner.</p> <ul style="list-style-type: none"> <li>• Use pictures to create shapes, movements and actions.</li> <li>• Work with a partner.</li> <li>• Look at pictures and create shapes, movements and actions.</li> <li>• Remember and perform a basic sequence of movement when led</li> </ul>	<ul style="list-style-type: none"> <li>• Chase and retrieve a ball.</li> <li>• Make good decisions when batting about when to run and when not to.</li> <li>• Bowl either under or overarm with some accuracy.</li> <li>• Wicket keep effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Add a short run up to my jump.</li> <li>• Throw with good technique.</li> <li>• Throw with a run up.</li> <li>• Help a peer improve their performance with good feedback.</li> <li>• Demonstrate a variety of athletic techniques competently.</li> </ul>
--	--	--	---	--	---	--

	<p>different pathways.</p> <ul style="list-style-type: none"> <li>• Make my sequences flow.</li> </ul>			<p>by a teacher.</p> <ul style="list-style-type: none"> <li>• Identify what good looks like.</li> </ul>		
Year 3	<b>Netball</b>	<b><i>Gymnastics - Linking movements</i></b>	<b>Athletics</b>	<b>Tag rugby</b>	<b>Tennis</b>	<b>Dance – Romans</b>
	<p>I can:</p> <ul style="list-style-type: none"> <li>• Send a netball accurately in a variety of ways.</li> <li>• Pass under pressure.</li> <li>• Attack by being fluid in my positioning, using the width and passing quickly.</li> <li>• Get free from opponents by feinting.</li> <li>• Pass netball to bypass a</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Step gracefully and with control Turn through 90, 180, 270 and 360 degrees.</li> <li>• Spin on points and patches.</li> <li>• Show different graceful ways of getting from floor to ground and vice versa Link high and low moves.</li> <li>• Hold balances with good control.</li> <li>• Find ways of moving out of</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Use the correct technique to start a sprint race.</li> <li>• Develop my coordination to improve speed.</li> <li>• Develop the technique and consistency</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Scoop a ball up from the floor.</li> <li>• Dodge to avoid being tagged by an opponent.</li> <li>• Tag safely.</li> <li>• Pass a rugby ball backwards accurately.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Take up a 'ready position' and move into good positions to strike a ball.</li> <li>• Play a game of hand tennis trying to move my opponent around the court.</li> <li>• Get into good</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance, coordination and precision.</li> <li>• Communicate effectively with a partner.</li> <li>• Creatively change static actions into</li> </ul>



	<p>defender by passing quickly, or using feinting or by, 'giving the eyes.'</p> <ul style="list-style-type: none"> <li>Defend individually and/or as part of a team.</li> <li>Shoot using good technique.</li> <li>Position myself to take rebounds from the post.</li> <li>Play a game of Bee Flier Netball, abiding by the rules of the game.</li> <li>Pivot having landed in possession of the ball Track an opponent on court.</li> <li>Demonstrate the school</li> </ul>	<p>one balance and into another.</p> <ul style="list-style-type: none"> <li>Explore a variety of rolls.</li> <li>Create a sequence of rolls and balances.</li> <li>Travel on patches close to the ground.</li> <li>Perform with work at contrasting levels.</li> <li>Perform a range of gymnastic movements at my own level.</li> <li>Link movements seamlessly.</li> </ul>	<p>of my jumps.</p> <ul style="list-style-type: none"> <li>Jump consistently off the same foot.</li> <li>Scissor kick.</li> <li>Hurdle efficiently and consistently.</li> <li>Sprint between hurdles.</li> <li>Throw overarm accurately.</li> <li>Throw overarm with power for distance.</li> <li>Accurately replicate the</li> </ul>	<ul style="list-style-type: none"> <li>Dummy a pass Pocket pass with accuracy from my right and left.</li> <li>Make a target to receive the ball.</li> <li>Send and receive a ball under pressure.</li> <li>Pass backwards consistently.</li> <li>Create an overlap Pass, missing out players in a line.</li> </ul>	<p>positions to play backhand shots.</p> <ul style="list-style-type: none"> <li>Strike the ball on the backhand with some consistency.</li> <li>Hit consistent forehand returns.</li> <li>Get into consistently good positions to hit the ball after one bounce.</li> <li>Volley a ball on the forehand and backhand striking the ball downwards.</li> </ul>	<p>travelling movements.</p> <ul style="list-style-type: none"> <li>Show different levels and pathways when I travel.</li> <li>Communicate effectively within a group.</li> <li>Communicate effectively within a group.</li> <li>Improve our ideas.</li> <li>Evaluate the work of other's using accurate technical language.</li> </ul>
--	---	---	---	---	--	---

	<p>games values of passion, self-belief, respect, honesty, determination and teamwork.</p>		<p>technique for running, jumping and throwing events.</p> <ul style="list-style-type: none"> <li>• Run a relay efficiently as part of a team.</li> <li>• Replicate the techniques for running, jumping and throwing events in competitive situations.</li> <li>• Challenge myself to beat previous performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Set up defensively opposite an opponent.</li> <li>• Apply a range of skills effectively in a game of rugby.</li> <li>• Play to the rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Serve from the baseline into my opponents side of the court.</li> <li>• Move into the correct position to play a variety of shots.</li> <li>• Use tactics against an opponent.</li> </ul>	
--	--	--	--	---	--	--

Year 4	Netball	Gymnastics – arching and bridging	Dance – Egyptians	Tag rugby	Athletics	Rounders
	<p>I can:</p> <ul style="list-style-type: none"> <li>• Send a netball accurately in a variety of ways.</li> <li>• Pass under pressure.</li> <li>• Attack by being fluid in my positioning, using the width and passing quickly.</li> <li>• Get free from opponents by feinting.</li> <li>• Pass netball to bypass a defender by passing quickly, or using feinting or by, ‘giving the eyes.’</li> <li>• Defend individually</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Support my body weight on my hands and feet only.</li> <li>• Spin from one means of support to another.</li> <li>• Create sequences involving different controlled rolls and front and back supports.</li> <li>• Spin and take my weight in my hands.</li> <li>• Perform sequences using front and back asymmetrical supports and</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance, coordination and precision.</li> <li>• Communicate effectively with a partner.</li> <li>• Creatively change static actions into travelling movements.</li> <li>• Show different levels and</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Scoop a ball up from the floor.</li> <li>• Dodge to avoid being tagged by an opponent.</li> <li>• Tag safely.</li> <li>• Pass a rugby ball backwards accurately.</li> <li>• Dummy a pass</li> <li>• Pocket pass with accuracy from my right and left.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Use the correct technique to start a sprint race.</li> <li>• Develop my coordination to improve speed.</li> <li>• Develop the technique and consistency of my jumps.</li> <li>• Jump consistently off the same foot.</li> <li>• Scissor kick.</li> <li>• Hurdle efficiently and consistently.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Send using good throwing technique.</li> <li>• Receive using good catching technique.</li> <li>• Develop my throwing skills.</li> <li>• Communicate with other players for the good of my team.</li> <li>• Develop basic bowling and batting skills.</li> <li>• Field the ball off the ground using</li> </ul>

	<p>and/or as part of a team.</p> <ul style="list-style-type: none"> <li>• Shoot using good technique.</li> <li>• Position myself to take rebounds from the post.</li> <li>• Play a game of Bee Flier Netball, abiding by the rules of the game.</li> <li>• Pivot having landed in possession of the ball Track an opponent on court.</li> <li>• Demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork.</li> </ul>	<p>symmetrical spinning.</p> <ul style="list-style-type: none"> <li>• Create sequences, moving seamlessly from front and back supports to other balances.</li> <li>• Form different shapes with my legs whilst in shoulder balances.</li> <li>• Work in different formations within a sequence.</li> <li>• Perform in unison to a set count.</li> <li>• Work in a pair.</li> <li>• Create a sequence of front and back supports which</li> </ul>	<p>pathways when I travel.</p> <ul style="list-style-type: none"> <li>• Communicate effectively within a group.</li> <li>• Communicate effectively within a group.</li> <li>• Improve our ideas.</li> </ul> <p>Evaluate the work of other's using accurate technical language.</p>	<ul style="list-style-type: none"> <li>• Make a target to receive the ball.</li> <li>• Send and receive a ball under pressure.</li> <li>• Pass backwards consistently.</li> <li>• Create an overlap Pass, missing out players in a line.</li> <li>• Set up defensively opposite an opponent.</li> <li>• Apply a range of skills</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint between hurdles.</li> <li>• Throw overarm accurately.</li> <li>• Throw overarm with power for distance.</li> <li>• Accurately replicate the technique for running, jumping and throwing events.</li> <li>• Run a relay efficiently as part of a team.</li> <li>• Replicate the techniques for running, jumping and throwing</li> </ul>	<p>a variety of techniques.</p> <ul style="list-style-type: none"> <li>• Catch high balls comfortably.</li> <li>• Backpedal to catch balls over me.</li> <li>• Perform well in a range of positions in a competitive game.</li> </ul>
--	---	--	--	--	--	---

		involve working under and over.		effectively in a game of rugby. <ul style="list-style-type: none"> <li>• Play to the rules.</li> </ul>	events in competitive situations. <ul style="list-style-type: none"> <li>• Challenge myself to beat previous performances.</li> </ul>	
Year 5	<b>Netball</b>	<b>Health related fitness</b>	<b>Tag rugby</b>	<b>Team building</b>	<b>Tennis</b>	<b>Athletics</b>
	I can: <ul style="list-style-type: none"> <li>• Send a netball in a variety of ways.</li> <li>• Receive a ball and already know what I want to do with it.</li> <li>• Shoot with good technique.</li> <li>• Land and pivot to</li> </ul>	I can: <ul style="list-style-type: none"> <li>• Warm up and cool down after exercise.</li> <li>• Sustain my performance even when tiring.</li> <li>• Demonstrate good core strength.</li> <li>• Keep going even when my</li> </ul>	I can: <ul style="list-style-type: none"> <li>• Pop pass and pocket pass.</li> <li>• Tag someone safely.</li> <li>• What constitutes a try and what doesn't.</li> <li>• Pass a rugby ball backwards consistently</li> </ul>	I can: <ul style="list-style-type: none"> <li>• Communicate verbally.</li> <li>• Use non-verbal communication effectively.</li> <li>• Make a plan.</li> <li>• Perform calmly</li> </ul>	I can: <ul style="list-style-type: none"> <li>• Get into the 'ready position?'</li> <li>• Grip a racket and get into sideways positions to strike the ball.</li> <li>• Get into a good position and play</li> </ul>	I can: <ul style="list-style-type: none"> <li>• Use the correct technique to start a sprint race.</li> <li>• Develop my coordination to improve speed.</li> <li>• Develop the technique and</li> </ul>

	<p>pass the ball.</p> <ul style="list-style-type: none"> <li>• Pass accurately and using a variety of passes.</li> <li>• Anticipate the play and release the ball quickly and efficiently.</li> <li>• Shoulder pass accurately and with force.</li> <li>• Create space for myself.</li> <li>• Position myself to take rebounds from missed shots.</li> <li>• Participate purposefully in a</li> </ul>	<p>muscles are really fatiguing.</p> <ul style="list-style-type: none"> <li>• Perform a variety of yoga poses.</li> <li>• I can retain my focus and concentrate on the quality of my own work.</li> <li>• Jump dynamically Land safely.</li> <li>• Start and finish a sprint race with good technique.</li> <li>• Demonstrate good sprinting technique.</li> <li>• Refine my techniques.</li> <li>• Improve on previous personal bests.</li> </ul>	<ul style="list-style-type: none"> <li>• Pass accurately.</li> <li>• Dummy a pass.</li> <li>• Send and receive a ball on the run and under pressure.</li> <li>• Pass well to my left and right.</li> <li>• Pass missing out players in a line.</li> <li>• Take a tap penalty with a dummy half.</li> <li>• Attack in staggered lines.</li> <li>• Organise my position so that I receive passes on the run.</li> </ul>	<p>under pressure.</p> <ul style="list-style-type: none"> <li>• Work with others effectively.</li> <li>• Put my trust in others.</li> <li>• Work with others to apply a plan.</li> <li>• Keep going when things are not necessarily going as I would want them to.</li> </ul>	<p>backhand shots with some consistency.</p> <ul style="list-style-type: none"> <li>• Play deft shots near the net within a small area.</li> <li>• Hit a forehand shot, consistently.</li> <li>• Control where I hit the ball.</li> <li>• Volley accurately on my forehand and backhand.</li> <li>• Smash.</li> <li>• Lob.</li> <li>• Serve.</li> <li>• Use some tactics</li> </ul>	<p>consistency of my jumps.</p> <ul style="list-style-type: none"> <li>• Jump consistently off the same foot.</li> <li>• Scissor kick.</li> <li>• Hurdle efficiently and consistently.</li> <li>• Sprint between hurdles.</li> <li>• Throw overarm accurately.</li> <li>• Throw overarm with power for distance.</li> <li>• Accurately replicate the technique for running, jumping and</li> </ul>
--	---	--	---	---	---	--

	<p>netball match.</p> <ul style="list-style-type: none"> <li>• Apply some tactics we have decided on as a team.</li> <li>• Play by the rules.</li> </ul>		<ul style="list-style-type: none"> <li>• Apply skills effectively</li> </ul> <p>Develop game understanding and compete in a game of Tag Rugby.</p>		<p>against an opponent.</p> <ul style="list-style-type: none"> <li>• Play a competitive game using a range of ground strokes.</li> </ul>	<p>throwing events.</p> <ul style="list-style-type: none"> <li>• Run a relay efficiently as part of a team.</li> <li>• Replicate the techniques for running, jumping and throwing events in competitive situations.</li> <li>• Challenge myself to beat previous performances.</li> </ul>
Year 6	<b>Netball</b>	<b>Dance - British Values</b>	<b>Tag rugby</b>	<b>Dance - WW2</b>	<b>Athletics</b>	<b>Rounders</b>
	<p>I can:</p> <ul style="list-style-type: none"> <li>• Send a netball in a variety of ways.</li> <li>• Receive a ball and</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance, coordination and precision.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Pop pass and pocket pass.</li> <li>• Tag someone safely.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance,</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Use the correct technique to</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>• Catch with soft hands</li> <li>• Throw</li> </ul>

	<p>already know what I want to do with it.</p> <ul style="list-style-type: none"> <li>• Shoot with good technique.</li> <li>• Land and pivot to pass the ball.</li> <li>• Pass accurately and using a variety of passes.</li> <li>• Anticipate the play and release the ball quickly and efficiently.</li> <li>• Shoulder pass accurately and with force.</li> <li>• Create space for myself.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate effectively with a partner.</li> <li>• Creatively change static actions into travelling movements.</li> <li>• Show different levels and pathways when I travel.</li> <li>• Communicate effectively within a group.</li> <li>• Improve our ideas.</li> <li>• Evaluate the work of other's using accurate technical language.</li> </ul>	<ul style="list-style-type: none"> <li>• What constitutes a try and what doesn't.</li> <li>• Pass a rugby ball backwards consistently .</li> <li>• Pass accurately.</li> <li>• Dummy a pass.</li> <li>• Send and receive a ball on the run and under pressure.</li> <li>• Pass well to my left and right.</li> <li>• Pass missing out players in a line.</li> <li>• Take a tap penalty with a</li> </ul>	<p>coordination and precision.</p> <ul style="list-style-type: none"> <li>• Communicate effectively with a partner.</li> <li>• Creatively change static actions into travelling movements.</li> <li>• Show different levels and pathways when I travel.</li> <li>• Communicate effectively within a group.</li> <li>• Improve our ideas.</li> <li>• Evaluate the work</li> </ul>	<p>start a sprint race.</p> <ul style="list-style-type: none"> <li>• Develop my coordination to improve speed.</li> <li>• Develop the technique and consistency of my jumps.</li> <li>• Jump consistently off the same foot.</li> <li>• Scissor kick.</li> <li>• Hurdle efficiently and consistently.</li> <li>• Sprint between hurdles.</li> <li>• Throw overarm accurately.</li> </ul>	<p>accurately into space.</p> <ul style="list-style-type: none"> <li>• Catch and throw quickly from backstop.</li> <li>• Strike with some accuracy into a given area.</li> <li>• Bowl accurately at a consistent height.</li> <li>• Ground field consistently well.</li> <li>• Back up fellow fielders in the outfield.</li> <li>• Communicate with my fellow batsmen/</li> </ul>
--	--	---	--	--	--	---



	<ul style="list-style-type: none"> <li>• Position myself to take rebounds from missed shots.</li> <li>• Participate purposefully in a netball match.</li> <li>• Apply some tactics we have decided on as a team.</li> <li>• Play by the rules.</li> </ul>		<p>dummy half.</p> <ul style="list-style-type: none"> <li>• Attack in staggered lines.</li> <li>• Organise my position so that I receive passes on the run.</li> <li>• Apply skills effectively</li> </ul> <p>Develop game understanding and compete in a game of Tag Rugby.</p>	<p>of other's using accurate technical language.</p>	<ul style="list-style-type: none"> <li>• Throw overarm with power for distance.</li> <li>• Accurately replicate the technique for running, jumping and throwing events.</li> <li>• Run a relay efficiently as part of a team.</li> <li>• Replicate the techniques for running, jumping and throwing events in competitive situations.</li> <li>• Challenge myself to beat previous</li> </ul>	<p>women when between bases.</p> <ul style="list-style-type: none"> <li>• Throw with real accuracy and under pressure.</li> <li>• Play a full game in a small group taking on different roles within the team.</li> <li>• Adapt my game according to the direct opponent/situation.</li> </ul>
--	---	--	--	--	---	--

					performance s.	
--	--	--	--	--	-------------------	--