

End of Year 1 Expectations



Topic	Criteria
Fundamental Movement Skills 2	Apply basic skills such as punting, kicking and evading in a range of physical activities.
Gymnastics—Balancing & Spinning on Points & Patches	Be physically confident by being able to support body weight, perform symmetrical and asymmetrical spins, demonstrating a range of levels.
Invasion Games Skills 1	Apply attacking and defending skills within a range of different invasion-based activities.
Dance—Animals	Perform a basic sequence of movements and comment on the work of others using technical language.
Dance—Mini Beasts	Perform a basic sequence of movements and comment on the work of others using technical language.
Gymnastics—Wide, narrow & curled rolling & balancing.	Demonstrate physical confidence by showing a range of shapes, changing level of direction with control and performing with a partner.
Net & Wall Game Skills 1	Send and receive a ball with increasing levels of accuracy and adhere to the ethos and rules of the game being played.
Gymnastics—Pathways—Small & Long	Travel with control via different pathways on the floor and using apparatus.
Striking & Fielding Game Skills 1	Strike a ball with control into a desired direction. Receive and send a ball within the boundaries and rules of the game being played.
Target Games 2	Strike a ball at a target using a piece of equipment and to select the correct throw (underarm or overarm).
Athletics 2	Be able to leap, jump and hop, throw with a run-up and demonstrate sporting values.
Object Manipulation 2	Travel, manipulate and use a ball whilst negotiating space without losing control.

End of Year 2 Expectations



Topic	Criteria
Invasion Game Skills 2	Throw towards a partner, including a bounce to anticipate the direction of the ball. Have a greater understanding of spatial awareness in a range of team games.
Gymnastics—Pathways—Straight, Zig-Zag and Curving	Be able to run and jump through 90, 180 and 270 degrees elegantly. Perform at three different levels and accept feedback from peers.
Dance—Under the Sea	Create theme-specific shapes with your body. Work and communicate effectively with a partner.
Target Games 3	Be able to send a ball accurately with both feet/hands with an increasing degree of accuracy.
Dance—Pirates	Use my body to express themes and shapes and link precisely with other actions.
Net and Wall Game Skills 2	Find space to become 'free and open' in order to receive a pass away from defenders.
Fundamental Skills 3	Explore using a range of equipment in a variety of ways to jump and travel with a ball with my head up and with the ball under control.
Gymnastics—Spinning, Turning and Twisting	Devise a sequence of balances, spins and change my pathway between these actions.
Target Games 3	Send a ball with a flatter trajectory with increasing accuracy towards a target.
Gymnastics—Curling, Stretching and Arching	Travel in a curled position and create a sequence with a seamless transition whilst including partner balances.
Tri-Golf	Grip the golf club correctly and begin to send the ball in a forwards direction.
Striking and Fielding Game Skills 2	Catch a ball after one bounce and begin to anticipate where fellow fielders will be.

End of Year 3 Expectations



Topic	Criteria
Gymnastics—Linking Movements Together	Perform a range of gymnastic movements at my own level, linking movements seamlessly
Tag Rugby	Apply a range of skills effectively in a game whilst playing to the rules.
Dance—Dance Around the World	Recognise good timing, execution and performance when evaluating the work of others using technical language.
Football	To get into sideways positions when receiving the ball. Plan ahead when out of possession and demonstrate a good understanding of the rules.
Dance—Space	How to use cannon, formation changes, direction and level to improve our ideas
Invasion Game Skills 3	Communicate effectively with teammates to ensure everyone is in the correct position and alert.
Gymnastics—Receiving Body Weight	Perform with control and a range of dynamics knowing what points and patches are
Hockey	Pass in a variety of ways using good technique and receive a pass on the run whilst working effectively as part of a team.
Cricket	Bowl with increasing accuracy, bat successfully with a partner and throw accurately and powerfully.
Swimming (depends on ability not cohort)	Push and glide with arms extended front and back with support
Athletics	Accurately replicate the technique for running, jumping and throwing events
Health-Related Fitness	Demonstrate good sprinting technique, jump dynamically and land safely.

End of Year 4 Expectations



Topic	Criteria
Gymnastics—Arching and Bridges	Work in a pair using different formations with in a sequence and performing in unison to a set count
Netball	Play a game of high five netball abiding by the rules of the game
Dance—Romans	How to translate images into actions to communicate meaning
Tag Rugby	Defend across the width of a pitch and begin to support the ball carrier by standing behind them
Gymnastics—Partner Work Pushing and Pulling	Work in a group to compose and then perform a sequence with contrasting and matching shapes and moves
Handball	Participate purposefully in a small sided game using a wide range of skills and playing in a variety of positions.
Dance—The Vikings	Translate theme related actions into travelling movements
Tennis	Know the rules of tennis and volley a ball on the forehand and backhand
Gymnastics—Rolling and Travelling Low	Mirror a partner on the apparatus and roll over a partner safely
OAA	Identify areas of the school grounds using a map whilst working with others to solve problems
Swimming	Travel 10m unaided with their feet off the floor
Rounders	Field the ball off the ground using a variety of techniques and catch high balls comfortably

End of Year 5 Expectations



Topic	Criteria
Gymnastics—Matching, Mirroring and Contrasting	Work as a group to demonstrate fluent routines involving mirroring and contrasts
Invasion Games Skills 4	Be mobile and fluid in my attacking and not stick ridged to one position
Dance—The Haka	Understand the significance of, and perform a cultural dance
Leadership	Work with others to apply a plan and persevere when things don't go to plan
Gymnastics—Partner Work Under & Over	Travel over a partner by taking weight on my hands and work over and under on the floor and apparatus
Hockey	Develop my skills in different positions and use the width of a pitch while attacking
Dance—British Values	Demonstrate agility, balance coordination and precision to create a sequence
Dodgeball	Choose the right moment to attack and defend and play adaptive games and special rules
Swimming	Swim 10m unaided with an optional stroke
OAA	Navigate my way around school using a map whilst working quickly and effectively against the clock
Team Building and Problem Solving	Speak encouragingly to teammates and understand the importance of planning and using clear instructions
Cricket	Use my feet to get to the pitch of the ball when batting and bowl whilst running close to the wickets

End of Year 6 Expectations



Topic	Criteria
Gymnastics—Counter Balance and Counter Tension	Hold a range of symmetrical and asymmetrical counter balances. Link asymmetrical and counter tensions counter balances by using transitional moves.
Netball	Shoulder pass accurately and with force and create space for myself. Apply tactics that we have decided as a team
Football	Defend thoughtfully by slowing attackers down and combine skills to create goal scoring opportunities
Dance—Through The Ages	Evaluate the work of others using technical language and how to recognise good timing, execution and performance skills
Gymnastics—Flight	Perform jumps gracefully, access how to cat spring and explore different levels in my sequences
Health Related Fitness	Perform exercises with control and good technique and how to measure elements of fitness
Tag Rugby	Pass the ball by missing out players in a line and organising my own position to receive the ball on the run
Danish Longball	Make good decisions under pressure and send/receive whilst on the move as well as working effectively as part of a team
Swimming	Swim between 25-50m unaided performing more than one stroke. Use breathing and survival techniques.
Dance—World War 2	Perform a themed dance with cohesion and unity in a large scaled group whilst showing different pathways and levels for effect
Basketball	To dribble, pass and shoot using the correct technique in a game and understand the principles of attacking and defending
Athletics	Transfer a relay baton efficiently as part of a team and enjoy competing and challenging myself in order to improve