

By the end of Early Years:

- Children show good control and co-ordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.
- Children know the importance for good health, of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.
- They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Context	Year 1	Year 2	Year 3	Year 4
Games	<ul style="list-style-type: none"> • Can throw and catch a ball with a partner • Can move fluently by changing direction and speed easily and avoiding collisions • Can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking. • Can choose and use skills effectively for particular games understand the concepts of aiming, hitting into a space • Can take the ball to a good position for aiming and use skills in different ways in different games. • Can try to win by changing the way they use skills in response to their opponent's actions 	<ul style="list-style-type: none"> • Can pass a ball accurately to a partner over a variety of distances • Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control • Can show a good awareness of others in running, chasing and avoiding games • Can make simple decisions about when and where to run • Can vary skills and show some understanding of simple tactics • Can choose and use tactics to suit different situations • Can react to situations in a way that helps their partners and makes it difficult for their opponent. 	<ul style="list-style-type: none"> • Can travel while bouncing a ball showing control • Can use a range of skills to help them keep possession and control of the ball • Can perform the basic skills needed for the games with control and consistency. • Can, in pairs, make up a game and play a simple rallying game • Can use a range of skills to keep possession and make progress towards a goal, on their own and with others. • Can choose good places to stand when receiving, and give reasons for their choice • Can choose and use batting or throwing skills to make the game hard for their opponents. 	<ul style="list-style-type: none"> • Can keep a game going using a range of different ways of throwing. • Strike a ball with intent and throw it more accurately when bowling and or fielding • Can use a range of skills with increasing control. • Can effectively play a competitive net/wall game • Can keep and use rules they are given. • Can try to make things difficult for their opponent by directing the ball to space, at different speeds and heights.
Dance	<ul style="list-style-type: none"> • Can explore movements • Can move confidently and safely • Can perform phrases • Can recognise how their body feels after exercise • Can discuss dance ideas 	<ul style="list-style-type: none"> • Can explore, remember and repeat dance actions • Can compose and perform dance and short phrases • Can describe how different dance moves make them feel • Can watch and describe dance phrases and dances and use what they learn to improve. 	<ul style="list-style-type: none"> • Can improvise freely on their own or with a partner. • Can translate ideas into a dance. • Can create and link phrases using a simple dance structure • Can perform dances with an awareness of rhythm on their own or in a group. 	<ul style="list-style-type: none"> • Can explore and create characters and narratives. • Can create motifs. • Can describe the need to warm up. • Can evaluate their own performance and comment on improvements.

Gymnastics	<ul style="list-style-type: none"> • Can explore gymnastics and still movements • Can move safely and with confidence • Can know how to carry and place equipment • Can watch, copy and describe what others have done • Can perform movement phrases using a range of body parts and actions. 	<ul style="list-style-type: none"> • Can remember, repeat and link gymnastics and still movements • Can move safely and with confidence • Can know how to carry, lift and place equipment • Can watch, copy and describe what others have done. • Can improve their work using information they have gained by watching and listening. 	<ul style="list-style-type: none"> • Can improve the quality of their actions, body shapes and balance. • Can select appropriate actions and consolidate simple ideas. • Can know the importance of strength. • Can evaluate their work and quality of their performance • Can recognise how their work can be improved. 	<ul style="list-style-type: none"> • Can develop a range of actions, body shapes and include in a performance. • Can create gymnastic sequences that meet a theme or set of objectives. • Can describe how their body reacts to different situations • Can make simple judgements on their own and others work. • Can suggest ways performances can be improved.
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Swimming – Year 3