|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Swimming** | NA | 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]Perform safe self-rescue in different water-based situations. | NA | 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]Perform safe self-rescue in different water-based situations. |
| **Control and Balance** | Can bounce a ball on the spot with consistency.Can perform a basic log, egg, shoulder and forward roll. | Can bounce a ball on the spot with consistency.Can perform a basic log roll, egg roll, shoulder roll and forward roll.Responds imaginatively and with control and coordination.Uses different body parts.Can vary dynamics, speed, direction and level of their movements. | Can bounce a ball on the spot with consistency.Responds imaginatively and with control and coordinationUses different body parts.Can vary dynamics, speed, direction and level of their movements.Can travel whilst bouncing a ball showing control.Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll.Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.  | Can bounce a ball on the spot with consistency.Responds imaginatively and with control and coordination.Uses different body parts.Can travel whilst bouncing a ball, showing control.Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction.Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.  |
| **Competitive games** | Participate in team games.Develop simple tactics for attacking and defending.Succeed and excel (in competitive sport) and other physically demanding activities. | Participate in team games.Develop simple tactics for attacking and defending.Play competitive games, modified where appropriate.Succeed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situations. | Participate in team games.Play competitive games, modified where appropriate through team and individual games.Develop simple tactics for attacking and defending.Apply basic principles suitable for attacking and defending.Succeed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situations. | Participate in team gamesPlay competitive games, modified where appropriate through team and individual gamesUse a range of tactics and strategies to overcome opponents in direct competitionApply basic principles suitable for attacking and defendingSucceed and excel (in competitive sport) and other physically demanding activities.Compete in a range of increasingly challenging situationsDevelop an understanding of how to improve in different physical activities and sports.  |
| **Movement patterns** | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed/level and direction.Apply basic compositional ideas to create dance phrases with a partner and in a small group. | Create and perform a short sequence linking basic actions, with a clear beginning, middle and end.Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed level and direction.Apply basic compositional ideas to create dance phrases with a partner and in a small group.Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.Plan and perform a movement sequence showing contrasts in speed/level and direction.Apply basic compositional ideas to create dance phrases with a partner and in a small group.Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance?Refine own performance in response to others and self-analysis. |