

Nursery						Skills
1A	1B	2A	2B	3A	3B	
<ul style="list-style-type: none"> • Move around without bumping into things. • Explore the climbing equipment 	<ul style="list-style-type: none"> • Move safely in the space 	<ul style="list-style-type: none"> • Use the climbing frame, bikes and other large resources safely 	<ul style="list-style-type: none"> • Move in different ways around the outdoor area avoiding objects and other people • Explore ways of moving on a pathway 	<ul style="list-style-type: none"> • Balance objects using my finger • Move slowly and carefully • Balance and follow a pathway 	<ul style="list-style-type: none"> • Ride a bike 	<p>To master basic movements including: agility, balance, coordination, individually and with others.</p> <p>Spatial awareness and safety</p>
•	<ul style="list-style-type: none"> • Throw a ball at a target 	<ul style="list-style-type: none"> • Jump and land safely with bendy knees 	•	<ul style="list-style-type: none"> • Throw the bean bag into a goal 	<ul style="list-style-type: none"> • Crawl, creep, run in, on under and through large equipment in an obstacle course • Play games where I have to balance, throw, run in and out 	<p>To master basic movements including: running, jumping, throwing and catching.</p>
•	<ul style="list-style-type: none"> • Throw a ball to a friend and try to catch it 	•	•	•	•	<ul style="list-style-type: none"> • To participate in team games: developing tactics for attacking and defending.
•	<ul style="list-style-type: none"> • Explore different ways of moving to the sounds and music I hear 	<ul style="list-style-type: none"> • Follow instructions for movement • Join in with the beat/rhythm • Move like a Chinese dragon 	<ul style="list-style-type: none"> • Join in with actions to the song 	<ul style="list-style-type: none"> • Copy movements • Copy and make different shapes with my body 	<ul style="list-style-type: none"> • Move like a caterpillar 	<ul style="list-style-type: none"> • To perform dances using simple basic movement, both individually and with others

Reception						Year 1						Year 2						Skills	
1A Games	1B Gym	2A Dance	2B Gym	3A Games	3B Gym	1A Dance & Games	1B Gym & Dance	2A Dance & Gym	2B Games & Athletics	3A Athletics & Games	3B Orienteering & Athletics & Games	1A Swimming & Games	1B Swimming & Gym	2A Dance & Gym	2B Dance & Athletics	3A Orienteering & Games	3B Orienteering & Athletics & Games		
Find a space on floor Balance bean bags on different body parts Ride a bike using the pedals	Explore the space in different ways Run and hop around the space Travel around, under, over and through balancing equipment Travel in and out of hoops	Move body with control Perform big and small shapes using different body parts Travel on hands and feet	Travel avoiding obstacles in space Make a big and small shape Travel along and across an apparatus Hold big and small shapes whilst balancing on different body parts. Travel in different ways from one apparatus to the next Travel on hands and feet and on different body parts		Explore ways of moving on and off mats safely Perform a pattern on the mat Use the apparatus safely Travel using different body parts Travel over and along the apparatus	Finding and being confident in safe spaces Moving in space at different speeds, levels and directions Copying, creating and linking movement phases Performing movement phases using body actions and body parts Exploring balances using hands and knees Making wide and narrow shapes Walking on tip toes around the space (high and low) Travelling high and low into different hoops		Balancing on combinations of different body parts Balancing and travelling using the same combinations of body parts Making shapes with body and travelling in short and long pathways Being safe whilst balancing on apparatus		Walking around the space and, on command, stop and place a ball on the ground. Jogging and, on command, return to retrieve their ball. Circling ankles and hips (keeping balance)	Travel with and hand over an object in the relay Moving side to side to prevent your opponent from scoring	Knowing how to intercept the ball/object from entering their area Observing the weather and designing symbols Using shapes and/or symbols as map references Travelling about a space following instructions Orienteering themselves using simple map references and a key Planning routes when completing challenges (6 controls)	Awareness of others when travelling in a space Dodge and swerve in and out of each other	Walk on tip toe around the space. Walk anywhere in the space and stop when requested Explore and choose balances and ways of travelling Move smoothly in different ways from high to low to high Exploring and choosing types of balances and ways of travelling on apparatus	Explore shapes they can make whilst in the air Explore ways to turn on the spot Slip step to the left and right Taking weight on a series of body parts and balance with their hands and feet closed together, far apart and in different ways that they explore Travel on straight and zig zag pathway	Exploring ways of turning on the spot at speed keeping balance	Estimating time to complete challenges Comparing estimated time with actual time Working cooperatively with no preparation time and no speaking to solve challenges Apply knowledge of signs to follow a trail. Adapting plans when faced with challenges Carry, collect and jog with ball then on command, place it on ground and move to different ball	Observing and recording the weather accurately Identify seasonal changes to the weather Designing symbols of weather and suggesting ways to record the changes Planning routes when completing challenges (8 controls) – repeating and improving their time	To master basic movements including agility, balance, coordination, individually and with others. Spatial awareness and safety
Throw and catch a ball/beanbag Throw and hit a target Be able to Run, walk, hop, jump and stop with control		Hop and bounce Walk, jog and run Move like leaves in the wind	Skip or hop forwards and backwards Throw a bean bag into a hoop Roll a ball to hit a target Throw a bean ball at a target	Throw a bean bag into a hoop Roll a ball to hit a target Throw a bean ball at a target	Jump and land on two feet Jump off low apparatus	Throwing a beanbag accurately and over increasing distances Fielding a beanbag on the ground Running around a hoop to score points	Travelling over and under apparatus Travelling in different ways using hands and feet Move like animals, statues, seeds, and flowers	Travelling in different ways showing 'fear or excitement' (sliding jumping stepping crawling) Travelling using 'push' and 'pull' actions – over under through across	Catching and throwing in 1 movement Deciding on types of throws to use improving accuracy To pass the ball by bouncing it To hop, walk and bounce at different speeds Refining simple jumping skills	Travelling at different speeds Using travelling skills to prepare for a relay Refining jumping, bouncing and hopping skills Performing and refining three basic throwing actions – focussing on distance and technique	Throwing with precision Choosing the best type of throw Using a range of actions to travel at speed Linking time to distance – overestimating and underestimating Investigating and comparing running styles Improving running techniques	Throw with control and varying directions Strike a ball with control and consistency Return ball efficiently Sending the ball with the palm of your hands	Travel along, over, through, under and around apparatus changing levels as they go		Travelling towards, alongside and leading and following a partner. Travelling whilst negotiating the apparatus (over under around etc) Exploring shapes whilst in the air (jumping) Choosing and linking 2 or 3 jumps together (1 to 2 to 1 foot and 2 to 1 to 2 feet) Making decisions on types of throws and running styles	Striking with increasing control and accuracy Practising striking and fielding different projectiles. Striking away from fielders (understanding strategy) Striking the ball with control at a target Striking in areas relative to the positions of fielders Fielding relative to strength and weaknesses of striker	Throwing over arm and push with a modified preparation. Exploring ways of approaching in preparation for an over arm throw (run ups) Practise throwing techniques such as slinging and flinging Turning the body when throwing beanbags tied to the end of a rope Sending with pat or racket	To master basic movements including running, jumping, throwing and catching.	
		Create simple journey using different ways of moving Match basic movements to sound patterns		Roll a ball with control to a partner Roll a ball/bean bag through the feet of a partner Work in a group to hit a target		Working in groups of 4. 1 striker and 3 fielders. Fielders thinking strategically about where to stand (defending)			Working in groups of 4. 2 strikers 2 fielders. Strikers throwing and catching a ball whilst fielders retrieve balls that have been thrown Thinking strategically on where to stand when defending	To work as a team to find who is fastest using which travelling action Using travelling skills in a relay as a team (discussing tactics) Working as a team to score the most points in a throwing competition (thinking tactically on who should throw the furthest or the closest)	Attackers and defenders are thinking tactically – where to stand, how to throw, where the throw	Adapting a returning tactic Striking relative to the position of the fielders to gain maximum advantage Choosing to attack the field or play safe relative to the game situation Bowl to the strengths and weakness of the striker Backing up and covering other fielders			Participating in jumping competitions (tactically choosing the most appropriate jumps and deciding rules)	Using and adapting a returning tactic when fielding (defending)	Organising simple throwing competitions in teams. Exploring different sending actions giving tactical advantage	To participate in team games: developing tactics for attacking and defending.	
						Moving with confidence and safety Showing awareness of space Matching movements to sound patterns	Explore travelling in different ways to the rhythm of the words Creating a whole group dance with the teacher Practising and repeating a group dance Creating dances with narrow and wide shapes Performing a 'perfect presentation'	Performing gestures using a combination of different body parts Combining travelling actions and gestures. Providing feedback to one another on how to improve						Gesture and travel using curved and circular pathways Gesture with hands and arms and combine with marching Practise and refine with a partner a matching sequence starting and finishing with sideways jumps linked with side steps	Marching whilst gesturing Creating a dance in a group choosing different actions – rolling, balancing, travelling turning jumping			To perform dances using simple basic movement, both individually and with others	