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YEAR GROUP EXPECTATIONS

Year 1

agility



Can I...

body awareness	take my own pulse to check my heart rate - recognise what happens when I am tired
body awareness	identify right and left hand and right and left foot
dodging and evading	travel using side steps on both sides
dodging and evading	anticipate, dodge and evade others coming in opposite direction
flexibility of movement	jump off two feet and land on one foot (both left and right)
flexibility of movement	touch opposite hand to foot (both sides)
reaction	Get body in a start position and start running on command, ready; steady; go
reaction	receive a bean bag
rotation	throw a ball over arm with both left and right hand
rotation	pass a ball to someone behind me, by swivelling at the waist
travelling	Run continuously for 30 seconds
travelling	Carry a rugby ball, basketball, hockey stick, football, safely and appropriately

balance



Can I...

balancing equipment	balance a beanbag on a plastic tennis racket, right and left hand and walk 10m
balancing equipment	Balance a beanbag on your head and a bean bag on a plastic racket and walk 5m
dynamic balance	catch a bean bag standing on one leg (both sides)
dynamic balance	hop on 1 leg on the spot 10 times (both sides)
generating force through transfer of weight	run and kick a ball from a cone with right and left foot 10m
generating force through transfer of weight	Perform a standing jump off two feet and land on two feet
points of contact	balance on all fours for 10 seconds
points of contact	Set off running from an all fours position
static balance	kneeling down, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds



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static balance	stand on one leg for 5 seconds (on both sides) with eyes closed and finger on nose
understanding base	exert power through pushing/throwing an object
understanding base	bring my arms up when balancing

co-ordination

Can I...

combination of skills	Run and jump over a number of hurdles/obstacles in a relay race
combination of skills	Catch a bounced tennis ball
differentiating force	understand how to roll a ball to a partner at different speeds
differentiating force	change how you throw a ball at targets 2m, 4m, 6m away
organising limbs	increase the tempo of my dancing in time with a change in speed of a rhythm
organising limbs	move to get in line to receive a rolled ball
receiving	catch a beanbag at a variety of heights, feet, waist, above head etc.
receiving	move to receive a thrown beanbag and hold hands ready in cup position
sending	throw a ball to a partner using an underarm throw
sending	kick a static football (with both feet) to a partner 5 away
timing	strike a bouncing sponge ball with my hand (both sides)
timing	perform claps in time with a musical beat



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YEAR GROUP EXPECTATIONS

Year 2

agility



Can I...

body awareness	recover my breathing and lower my heart rate after exercise
body awareness	turn to the left and right quickly in a fluid movement
dodging and evading	anticipate, dodge and evade others coming in multiple directions
dodging and evading	demonstrate when to change direction whilst running
flexibility of movement	speed bounce for 1 minute
flexibility of movement	mirror the actions of a partner
reaction	jump over a hurdle when running at pace
reaction	receive a bouncing ball
rotation	hit a moving tennis ball with a racket - with both hands
rotation	pivot on one foot to pass and receive a ball
travelling	Run a continuous relay with a partner 2 minutes
travelling	dribble a rugby ball, basketball, hockey stick, football, safely and appropriately

balance



Can I...

balancing equipment	balance a beanbag on a plastic tennis racket, right and left hand and run through a 15m zig zag circuit
balancing equipment	Balance a beanbag on your head and a bean bag on a plastic racket in both hands at the same time and walk through a 15 m zig zag circuit
dynamic balance	hop 5m on right leg, and 5m on left leg
dynamic balance	catch a bouncing ball standing on one leg (both sides)
generating force through transfer of weight	kick a moving ball with both feet 10m
generating force through transfer of weight	perform standing two foot jump and use arms and legs to gain momentum
points of contact	Chose the best position to set off running
points of contact	stay in a 2 arm press up position for 5 seconds
static balance	standing on one leg, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds



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static balance	stand on one leg (both sides) for 10 seconds and change position of other limbs - controlling balance i.e. bend knees, rotate arms etc.
understanding base	widen my base to maintain stability
understanding base	Exert power to pull an object from an opponent

co-ordination

Can I...

combination of skills	throw a tennis ball up, clap twice and catch it with one hand (both sides)
combination of skills	run and jump over a number of low obstacles in a relay race whilst travelling with a variety of balls
differentiating force	understand the power needed to throw a shuttlecock, a tennis ball and a beanbag the same distance
differentiating force	understand how to change the power I use to throw a bean bag to different targets (all underarm)
organising limbs	create a short individual dance sequence to music
organising limbs	run to get in line to receive a bounced ball
receiving	catch a bouncing ball at a variety of heights and angles
receiving	run to receive a bounced ball and get hands ready, cup position or inverted cup position
sending	kick a static football (with both feet) to a partner 7m away
sending	bounce pass a basketball to a partner
timing	strike a bouncing ball with a racket with a forehand (both sides)
timing	follow musical cues



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YEAR GROUP EXPECTATIONS

Year 3

cognitive



Can I...

anticipation	build up my readiness and complete a sprint start on 'Ready, Steady, Go' command
anticipation	catch a ball whilst travelling
evaluation	identify my own sporting strengths and weaknesses
evaluation	award points in a small dance competition
peer mentoring	identify good and bad technique in others
peer mentoring	identify the elements of good team work and why they are important
tactical variation	understand the role each player has in cricket (batter, bowler, fielder, wicket keeper)
tactical variation	demonstrate a block, a dodge, and a catch and understand their roles in dodge ball
team work	Work with a small team to follow a simple map
team work	co-operate with team mates
understanding rules	listen and follow instructions
understanding rules	maintain a two handed grip on my hockey stick

manipulation



Can I...

accuracy	accurately throw a dodge ball at a static target from 3m (with either hand)
accuracy	demonstrate a good javelin technique from a standing position
dribbling	dribble a hockey ball around a cone 5m away and back, keeping the ball under control
dribbling	understand the different techniques of dribbling a basketball
fielding and catching	repeatedly and successfully perform upward facing basket catches
fielding and catching	use the correct technique to catch a bean bag at a variety of heights
passing	perform the technique of a chest pass, a lob pass and a bounce pass over 5m
passing	accurately throw a ball to a partners hands, aiming between their shoulders and their waist
shooting	kick a static ball through a gate that is 5m away and is 2m wide (with both feet)



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shooting	hit a range of static targets with a bean bag
striking	hit a ball off a tee with a cricket bat
striking	strike a bouncing ball with a racket on my forehand and backhand (both sides)

physical



Can I...

agility	perform a 5m shuttle run
agility	demonstrate a sidestep technique off both sides whilst carrying a rugby ball
control	catch a football passed to me at a variety of heights
control	perform a controlled volley (forehand and backhand)
physical processing	adjust my body position to catch a netball whilst travelling
physical processing	quickly process information and mirror a partners actions
power	throw a ball 10 yards (with both arms)
power	perform 5 sit ups
speed	perform a running jump, take off from one foot and land on two feet, using arms and legs to gain momentum
speed	perform 4 x 10m shuttles in under 10 seconds
strength	hold a strong body position for 1 minute with two feet together and arms wide apart
strength	understand the roles arms and legs play in good sprint/jumping technique



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YEAR GROUP EXPECTATIONS

Year 4

cognitive



Can I...

anticipation	successfully compete in a 4 man relay team, with a smooth baton handover
anticipation	defend appropriately when a direct opponent is shooting
evaluation	Observe others and get ideas to take into my own performances
evaluation	measure my own performance against that of my peers
peer mentoring	help a 'blindfolded' team mate navigate a course with clear instructions
peer mentoring	communicate suggestions for improvements to others
tactical variation	demonstrate that I can vary my shots to hit into the space
tactical variation	demonstrate an understanding of the difference between an attacking and a defensive approach
team work	demonstrate good team work skills
team work	be part of an effective team
understanding rules	understand the importance rules play in the safety of sport
understanding rules	create a task and explain the rules to others

manipulation



Can I...

accuracy	accurately throw a dodge ball at a static target from 5m (with either hand)
accuracy	demonstrate a good shot put technique
dribbling	understand the correct technique of dribbling with a hockey stick
dribbling	outwit an opponent by using fakes and dummies when dribbling a basketball
fielding and catching	catch a ball at a variety of heights and speeds
fielding and catching	use the correct technique to catch a soft ball at a variety of heights
passing	understand the different techniques of passing a rugby ball, football, hockey ball and a basketball over 3m
passing	understand how to create a passing opportunity
shooting	kick a moving ball through a gate that is 7m away and is 2m wide



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shooting	hit a static target with a dodge ball from 3m away
striking	throw a ball up and hit it with a cricket bat (no bounce)
striking	perform a rally with a partner using my hands to strike a soft ball (both hands)

physical



Can I...

agility	demonstrate a controlled change of direction on command
agility	catch a rugby ball arriving at a variety of heights
control	control and retain possession of a hockey ball which is passed to me
control	perform a drop shot
physical processing	catch and pass a netball in one fluid movement
physical processing	work with a partner on a sequence of movements
power	throw a ball from 1st base to 4th base (with both arms)
power	perform 5 press ups, keeping my back straight
speed	run 60m in a straight line in under 12 seconds
speed	run 10m stepping/jumping over a cone at 1m intervals
strength	perform a vertical standing jump to a height above my own knees
strength	hold a strong body position for 1 minute with two feet together and arms straight up, pointing up



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YEAR GROUP EXPECTATIONS

Year 5

cognitive



Can I...

anticipation	understand how to anticipate and perform an interception
anticipation	Pace my self over a 400m run.
evaluation	observe others and identify areas for improvement
evaluation	complete a fitness circuit forwards and backwards and identify reasons for variations in performance on each station
peer mentoring	observe, review and feedback to others
peer mentoring	devise, understand and execute a team plan
tactical variation	demonstrate good decision making
tactical variation	set the field to predict or restrict play
team work	perform a synchronised gymnastics phrase with a team
team work	use teamwork to solve problems
understanding rules	Think flexibly and creatively as part of a team
understanding rules	play a small sided game of uni hock to the rules I have learned

manipulation



Can I...

accuracy	accurately throw a dodge ball at moving targets (with either hand)
accuracy	Throw a tennis ball further than 15m
dribbling	demonstrate an understanding of when to dribble and when to pass
dribbling	dibble a football at pace, incorporating some tricks (step over, chop, cruyff turn etc.).
fielding and catching	use the correct technique to catch a variety of balls at a variety of heights
fielding and catching	demonstrate that I can get in line with the ball and use the long barrier technique
passing	understand the different techniques of passing over a variety of distances
passing	perform a range of passes to children in different positions - understand passing for retention and passing for attack
shooting	hit a moving target with a dodge ball from 3m away



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shooting	turn and shoot into two alternating targets, changing feet and body position as appropriate
striking	kick a range of balls out of my hands (both feet)
striking	perform a 4 shot tennis rally with a partner using tennis rackets

physical



Can I...

agility	perform a variety of 'fast feet' drills
agility	pass a rugby ball to children on either side of me
control	demonstrate an understanding of the tension of a surface in control
control	alternate between a long shot (baseline) and a short shot (drop shot)
physical processing	react quickly to a number of moving objects
physical processing	remember and perform a 5 move dance routine in a small group
power	strike a ball with a bat so that the ball goes beyond a rounders square
power	throw a basketball over 6m using a chest pass
speed	run a full rounder at full speed
speed	run 60m jumping over hurdles at 5m intervals
strength	perform a vertical standing jump to a height above my own waist
strength	hold a strong body position for 1 minute with one foot on the floor, and other 3 limbs extended with the torso tipped forwards.



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YEAR GROUP EXPECTATIONS

Year 6

cognitive



Can I...

anticipation	read the play - I can predict where the ball will go next when I am not in possession
anticipation	successfully complete a 40m hurdle course with hurdles spaced out intermittently
evaluation	create a programme of practices to help me to improve my weaker areas
evaluation	lead and help others to improve
peer mentoring	organise and manage a team in a game situation
peer mentoring	select and lead a short gymnastics performance routine
tactical variation	suggest formations/tactics in a dodge ball game
tactical variation	demonstrate tactical understanding within a game situation
team work	build team relationships and create sub teams to solve multiple problems
team work	work with team mates to solve problems in a competitive situation
understanding rules	work as a team to plan and manage a competition for others
understanding rules	referee a small sided game of uni hoc

manipulation



Can I...

accuracy	demonstrate a good javelin technique incorporating a run up
accuracy	accurately throw a dodge ball at moving targets (with either hand) from the back of the dodge ball court
dribbling	competently demonstrate that I have good transferable dribbling skills in hockey, basketball and football
dribbling	incorporate dribbling techniques into game situations
fielding and catching	perform catches and accurate throws in quick succession
fielding and catching	perform a catch, turn and throw back to a wicket
passing	incorporate passing techniques into game situations
passing	select the correct pass in a game situation
shooting	use a variety of thrown shots, incorporating fakes, delays and aiming for legs/ feet



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shooting	react to balls served at different heights to get a first time shot
striking	demonstrate that I can strike the ball using a number of different tennis shots in a match
striking	demonstrate a good range of transferable striking skills - tennis/football/cricket/rounders

physical



Can I...

agility	use swerves, dodges and sidesteps within a game situation
agility	change from an attacking run to a defensive position quickly in a game situation
control	understand how to control a football with various parts of my body to set up my next movement
control	perform a range of different shots with different power and target areas
physical processing	assess and select the best option in a fast paced game situation
physical processing	remember and perform an 8 piece dance routine in a small group
power	demonstrate powerful play (throwing/running/hitting) in a game of rounders
power	use power to pull a ball out of an opponents grip
speed	demonstrate speed of running and speed of throwing in a game
speed	perform a triple jump (run up, hop, skip, jump & landing)
strength	hold a strong body position for 1 minute, parallel to the floor, feet together, with one arm stretched upwards
strength	perform a running jump of 1.5m in height



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YEAR GROUP EXPECTATIONS

Reception

agility



Can I...

body awareness	identify part of the body - knees, head, arms, hands, legs, back
body awareness	assume different positions - stand, sit & crouch
dodging and evading	travel safely from one zone to another
dodging and evading	zig zag from one side of a zone to another
flexibility of movement	touch right hand to right foot, and left hand to left foot
flexibility of movement	jump up on the spot and land on two feet
reaction	receive a rolling ball
reaction	Follow a simple instruction, run to a line and STOP.
rotation	take a ball passed into one hand and put into the other hand to pass it on
rotation	move both arms at the same time in a circular motion
travelling	identify different equipment rugby ball, basketball, hockey stick, football etc.
travelling	Run in a straight-line from one zone to another

balance



Can I...

balancing equipment	Balance a beanbag on your head and walk 5m
balancing equipment	balance a beanbag on a plastic tennis racket and walk 5m
dynamic balance	bounce from one foot to the other and back
dynamic balance	walk along a straight line on the floor (heel to toe - like a tightrope)
generating force through transfer of weight	move weight from one foot to the other (with both feet on the floor)
generating force through transfer of weight	kick a ball off a cone
points of contact	Set off running from a sitting down position
points of contact	balance on 1 leg for 3 seconds
static balance	stand on one leg for 5 seconds (on both sides)



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static balance	standing still, balance a beanbag on your head and on a plastic tennis racket held out in front of you with a straight arm (repeat on both sides) for 10 seconds
understanding base	understand what happens when I lean too far
understanding base	stand on one leg pushing a hula hoop with a partner (both legs)

co-ordination

Can I...

combination of skills	bounce a large ball and catch it with two hands
combination of skills	Run from one zone to another zone jumping over cones as you move
differentiating force	understand how to slide a bean bag along the floor to a partner at different speeds
differentiating force	change how you throw a beanbag at targets 2m, 4m, 6m away
organising limbs	understand how to move to a rhythm
organising limbs	move to get in line to receive a bean bag
receiving	receive a bean bag and hold hands ready in cup position
receiving	catch a beanbag at waist height
sending	roll a ball to a partner
sending	kick a static football (with both feet) to a partner 3m away
timing	throw and catch a sponge ball - 1 bounce - to a partner
timing	stop and start a simple movement action to music