

I AM ACTIVE- Year 1

HEALTHY

LIFESTYLES

Knows the importance of a warm up and cool down and what it does to their body.

DANCE

Copies and explores basic movements and body patterns

Remembers simple movements and dance steps

Links movements to sounds and music.

TEAM GAMES

Beginning to perform a range of throws.

Receives a ball with basic control

Beginning to develop hand-eye coordination

Participates in simple games e.g. clap catch, time bomb,

WOW EXPERIENCE:

Activity Games Day building co-ordination



GYMNASTICS

Copies and explores basic movements with some control and coordination.

Can perform different body shapes

Can perform 2 footed jump

Balances with some control

Application:

Can link 2-3 simple movements

Can use equipment safely

ATHLETICS

Can run at different speeds.

Can jump from a standing position

Performs a variety of throws with basic control.

I AM ACTIVE- Year 2

DANCE

Copies and explores basic movements with clear control.

Varies levels and speed in sequences

Can vary the size of their body shapes

Add a change of direction to a sequence

Uses space well and negotiates space clearly.

Application:

Creates own short sequence to a piece of music

ATHELETICS

Can change speed and direction whilst running.

Can jump from a standing position with accuracy.

Performs a variety of throws with control and co-ordination.

Application:

Shot put and javelin

WOW EXPERIENCE:

Activity Games Day: focusing on balance and control



GYMNASTICS

Explores and creates different pathways and patterns with a controlled balance

Link movements together to create a sequence

Application:

Uses equipment in a variety of ways to create a sequence

TEAM GAMES

Confident to send the ball to others in a range of ways: bounce, chest pass etc.

Beginning to apply and combine a variety of skills (to a game situation)

Develop strong spatial awareness.

Understand the importance of rules in games.

Develop simple tactics and use them appropriately.

Beginning to develop an understanding of attacking/defending through games, e.g. Guard the Pin

HEALTHY

LIFESTYLES

Can explain the importance of a warm up and cool down and what it does to their body.

I AM ACTIVE- Year 3

DANCE

Beginning to improvise independently to create a simple dance.

Beginning to improvise with a partner to create a simple dance.

Translates ideas from stimuli into movement with support.

Beginning to compare and adapt movements and motifs to create a larger sequence.

ATHLETICS

Beginning to run at speeds appropriate for the distance e.g. sprinting and cross country

Can perform a running jump with some accuracy

Performs a variety of throws using a selection of equipment.

Can use equipment safely and with good control.

WOW EXPERIENCE:

Activity Games Day:

Paralympics Games



GYMNASTICS

Copies, explores and remembers a variety of movements and uses these to create their own sequence.

Uses turns whilst travelling in a variety of ways.

Beginning to show flexibility in movements

Beginning to develop good technique when travelling, balancing, using equipment etc

TEAM GAMES

Use hand-eye co-ordination with ball skills, moving, with control to where the ball will land.

Application:

- Badminton/Tennis

Apply basic principles of attacking and defending in games, e.g. dodgeball

HEALTHY

LIFESTYLES

Understand the importance and impact of exercise on a healthy body.

I AM ACTIVE- Year 4

DANCE

Beginning to create longer dance sequences in a larger group.

Demonstrating precision and some control in response to stimuli.

Beginning to vary dynamics and develop actions and motifs.

Demonstrates rhythm and spatial awareness.

Modifies parts of a sequence as a result of self-evaluation.

ATHLETICS

Conduct the Bleep Test at intervals throughout the year to build on stamina and fitness.

Can perform a running jump with more than one component e.g. hop skip jump (triple jump)

Demonstrates accuracy in throwing and catching activities.

WOW EXPERIENCE:

1 Overnight Stay at Outdoor Centre



GYMNASTICS

Develops strength, technique and flexibility throughout performances.

Creates sequences using various body shapes and equipment.

Application:

Combines equipment with movement to create sequences.

TEAM GAMES

Use hand-eye co-ordination with ball skills, recognising where a ball will land based on the force and projection it was thrown/delivered.

Application:

- Badminton/Tennis

Apply basic principles of attacking and defending in games, e.g. dodgeball

SWIMMING

Swims competently, confidently and proficiently over a distance of at least 25 metres

Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.

Performs safe self-rescue in different water-based situations.

HEALTHY LIFESTYLES

Understand and explain the impact of exercise on a healthy body .



I AM ACTIVE- Year 5

DANCE

Beginning to exaggerate dance movements and motifs (using expression when moving)

Demonstrates strong movements throughout a dance sequence ensuring it combines flexibility, techniques and movements to create a fluent sequence.

Moves appropriately and with the required style in relation to the stimulus, e.g using various levels, ways of travelling and motifs.

Beginning to show a change of pace and timing in their movements.

Uses the space provided to his maximum potential.

Modifies parts of a sequence as a result of self and peer evaluation.

HEALTHY LIFESTYLES

Understand the importance of diet and impact of exercise on a healthy body.

WOW EXPERIENCE:

Sponsored Walk/Orienteering Activity

TEAM GAMES

Shows confidence in using ball skills in various ways, and can link these together

Takes part in competitive games with a strong

understanding of tactics and composition:

- Football/Hockey

Can make suggestions as to what resources can be used to differentiate a game.

GYMNASTICS

Apply combined skills accurately and appropriately, consistently showing precision, control and fluency on the floor or on equipment.

Understands composition by performing more complex sequences.

Analyse and comment on skills and techniques and how these are applied in their own work

ATHLETICS

Develop flexibility, strength, technique, control, balance and stamina through running, jumping and throwing

Work through the Athletics booklet to monitor PBs and improve them

SWIMMING

Swims competently, confidently and proficiently over a distance of at least 25 metres

Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.

Performs safe self-rescue in different water-based situations.



I AM ACTIVE- Year 6

DANCE

Exaggerate dance movements, using expression when moving

Demonstrates a strong imagination when creating own dance sequences and motifs.

Demonstrates strong movements throughout a dance sequence.

Combines flexibility, techniques and movements to create a fluent sequence.

Moves appropriately and with the required style in relation to the stimulus, e.g using various levels, ways of travelling and motifs.

Beginning to show a change of pace and timing in their movements.

Is able to move to the beat accurately in dance sequences and dances with fluency, linking all movements and ensuring they flow.

Demonstrates consistent precision when performing dance sequences.

Modifies parts of a sequence as a result of self and peer evaluation.

WOW EXPERIENCE:

4 nights Outdoor Education

Centre: Laches Wood

HEALTHY

LIFESTYLES

Understand the importance of diet and impact of exercise on a healthy body and mind.

TEAM GAMES

Shows confidence in using ball skills in various ways catching the ball in isolation and in combination with running/jumping, and can link these together effectively:

- Basketball/netball

Takes part in competitive games with a strong understanding of tactics and composition.

GYMNASTICS

Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.

Adapts sequences to include a partner or a small group

Gradually increases the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.

Analyse and comment on skills and techniques and how these are applied in their own and others' work.

ATHLETICS

Develop flexibility, strength, technique, control, balance and stamina through running, jumping and throwing.

Work through the Athletics booklet to monitor PBs and improve them