



Strand	Early Years									
Multi-skills	 To walk and run using small and large steps 									
	 To travel in a range of different ways / directions and stop on a given signal To use different body parts to move and balance a range of apparatus 									
	 To use different body parts to move and balance a range of apparatus 									
	 To jump forwards & sideways using small apparatus 									
	 To use ropes to practise jumping & hopping 									
	• To learn / develop / practice throwing different size balls in several different ways									
	 Develop core aquatic skills through structured play and develop independence necessary for next level 									
	 Demonstrate independent movement and a range of core aquatic skills 									
Swimming	 Develop confident breathing and submersion 									
	 Interaction with other adults and children 									
	 Listen to instruction and have less reliance on adult support 									
	 To move in different directions and at different speeds 									
Invasion	 To bounce & catch a large / medium sized ball – introducing movement and peers 									
games	 To introduce movement and peers into catching activities 									
	 To use different body parts to push / move a medium / large ball 									
Striking &	 To roll, run & field a medium / large sized ball 									
fielding	 To roll / bowl a ball to a partner varying distance & speed 									
nerung	 To introduce / develop / perform / evaluate a basic throw using small / large apparatus 									
	 To try to strike a ball from stationary, walking and running position – develop skills 									
	 To listen to instructions & be aware of the safety issues related to the activities they are doing 									
	• Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and									
Fun sports	equipment.									
run sports	 Practise and refine basic movement 									
	 Perform movement skills with increasing proficiency 									
	 Move with control and coordination, using space in different ways and moving with different speeds and dynamics. 									
	 To land using the correct technique (spring knees) 									
	 To work as part of a small group 									
	 To show awareness of shape and safety 									
Gymnastics	 To use different travelling methods – varying direction and level 									
Gymnastics	 To explore a variety of travelling actions on different body parts 									
	 To demonstrate different body shapes – show clarity & contrast 									
	 To explore pathways individually or with a partner 									
	• To link skills and actions in a short phrase									









	activity and the positive benefits of physical activity for health and wellbeing.	 Identify and name which body parts are being used during physical activity and why these are important. Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations. Identify and name which body parts are being used during physical activity and why these are important. 	 Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations. Understand the importance of warming up and cooling down the body when participating in physical activity. 			
Invasion Games	 Perform movement skills with increasing proficiency and use them sequentially Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. Explore and discover ways of interacting in movement with different situations and contexts, including a range of 	 O3 Move with control and coordination, using space in different ways and moving with different speeds and dynamics. Understand and follow simple rules and understand and use tactics and compositional ideas. Explore and discover ways of interacting in movement with different situations 	 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control. Understand and follow simple rules and understand and use tactics and compositional ideas. Respond to given and selected tasks and 	 Practise, refine and consolidate a broad range of movement skills. Demonstrate (through movement) and discuss understanding of language and concepts related to actions, dynamics, space and relationships. Show personal responsibility in physical activities, negotiating 	 Display movement skills that demonstrate increasing control, fluency and variety. Apply success criteria to own and others' movement performances and discuss ideas and plans for improvement with others. Understand and appreciate the need for rules and regulations to foster 	 Apply movement competence with confidence in a variety of self- selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others' movements, responses, and roles. Follow and understand the need for rules, apply





apparatus and	and contexts,	challenges in a range	successfully and	fair play, following	tactics/strategies
equipment.	including a range of	of movement	appropriately with	these in a variety of	and develop variety
 Know their roles and 	apparatus and	contexts.	other learners in	collaborative and	in compositional
start to recognise	equipment.	 Begin to take and share the lead in 	respect of shared	competitive physical	ideas.
others' roles in a	 Know how to work 	team/group work.	equipment, space,	activities in small	 Offer constructive
range of simple	independently	Understand when	and movement ideas	teams/groups.	and specific
individual and small	towards the	and how to engage	 Show involvement in 	 Demonstrate 	feedback to others
team/group context.	achievement of	the help of others	individual work,	independence and	on strengths and
 Understand 	agreed movements	during group	sharing space, playing	collaboration in	goals. Demonstrate
individual	goals.	movement tasks.	together, working in	evaluating own and	respect for others
responsibility for	Demonstrate	 Understand the importance of 	pairs, and working in	others' work, setting	when they are
moving and using	collaboration and	warming up and	small groups across a	short-term personal	working to improve
equipment and	begin to understand	cooling down the	range of physical	goals and areas for	individual/group
space safely,	what fair play is in	body when	activities.	development.	performances.
following associated	team/group physical	participating in	 Show patience and 	 Show patience and 	 Take responsibility in
rules and	activities.	physical activity.	care when working	care when working	leading and following
regulations.	Demonstrate		with others. Listen to	with others. Listen to	the lead of others,
Demonstrate	understanding of		others and plan	others and plan	contributing
understanding of	bodily changes		together to find	together to find	positively to the
bodily changes	during physical		solutions to	solutions to	group's tasks and
during physical	activity and the		movement	movement	activities.
activity and the	positive benefits of		challenges.	challenges.	 Understand own and
positive benefits of	physical activity for		 Demonstrate 	 Undertake physical 	others' movement
physical activity for	health and		understanding of the	activities responsibly	strengths, areas for
health and	wellbeing.		importance of	and safely through	improvement and
wellbeing.			physical activity in	assessing and	potential, applying
			relation to health,	managing risk and	this knowledge to
			fitness and wellbeing.	appropriate	improve movement
				preparation and	proficiency and
				learning.	refine movement
					patterns and
					sequences.
					 Identify the key
					components of





						warm-up and cool- down routines in preparation for physical activity, understanding their importance.
Gymnastics	 Practise and refine basic movement skills. Perform movement skills with increasing proficiency and use them sequentially Move with control and coordination, using space in different ways and moving with different speeds and dynamics. Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control. Explore a variety of movement patterns that begin to demonstrate creativity. 	 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control. Explore a variety of movements and movement patterns that begin to demonstrate creativity. Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment. Respond to given and selected tasks and challenges in a range of movement contexts. 	 Discover and use a range of compositional ideas to express themes, moods and emotions. Describe own and others' movements using simple activity-specific vocabulary. Describe actions, dynamics, space and relationships when observing and engaging in movement Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. Recognise movement qualities in self and others and be able to describe own movement. Recognise the current limits of own capacities, and 	 Perform and be able to link together a wider variety of movement skills in short sequences. Describe own and others' movements using some activity- specific vocabulary and be able to identify more and less effective movement. Show creativity and innovation in a range of individual, group, expressive, competitive and cooperative contexts Demonstrate independence and collaboration in evaluating own and others' work, setting short-term personal goals and areas for development. Show patience and care when working with others. Listen to others and plan together to find 	 Display movement skills that demonstrate increasing control, fluency and variety. Demonstrate (through movement) and discuss understanding of language and concepts related to actions, dynamics, space and relationships. Address given and self-directed tasks and challenges, finding solutions through innovative use of movement in individual and group tasks. Undertake physical activities responsibly and safely through assessing and managing risk and appropriate preparation and learning. Show ability to share space and equipment 	 Apply movement competence with confidence in a variety of self- selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others' movements, responses and roles. Apply success criteria to own and others' movement performances, and discuss ideas and plans for improvement with others. Address given and self-directed tasks and challenges, finding solutions through innovative use of movement in individual and group tasks. Undertake physical activities responsibly and safely through





	 Show increasing ability to share space and equipment to 	 Understand individual responsibility for 	understand the risks associated with different contexts	solutions to movement challenges	skillfully and safely, communicating and collaborating with	assessing and managing risk and appropriate
	 and equipment, to take turns and to cooperate with others. Identify and name which body parts are being used during physical activity and why these are important 	responsibility for moving and using equipment and space safely, following associated rules and regulations.	different contexts and physical activities.	 challenges. Undertake physical activities responsibly and safely through assessing and managing risk and appropriate preparation and learning. 	 collaborating with others during this process. Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group performances. 	 appropriate preparation and learning. Understand own and others' movement strengths, areas for improvement and potential, applying this knowledge to improve movement proficiency and refine movement patterns and sequences. Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group performances.
Net & wall Games	 Perform movement skills with increasing proficiency and use them sequentially Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. Explore and discover ways of interacting in movement with different situations 	 Move with control and coordination, using space in different ways and moving with different speeds and dynamics. Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. 	 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control. Understand and follow simple rules 	 Practise, refine and consolidate a broad range of movement skills. Describe own and others' movements using some activity-specific vocabulary and be able to identify more and less effective movement. 	 Display movement skills that demonstrate increasing control, fluency and variety. Apply success criteria to own and others' movement performances, and discuss ideas and plans for 	• Apply movement competence with confidence in a variety of self- selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others'





 and contexts, including a range of apparatus and equipment. Know their roles and start to recognise others' roles in a range of simple individual and small team/group context. Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations. Demonstrate understanding of bodily changes during physical activity and the positive benefits of physical activity for health and wellbeing. 	 Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment. Know how to work independently towards the achievement of agreed movements goals. Demonstrate collaboration and begin to understand what fair play is in team/group physical activities. Demonstrate understanding of bodily changes during physical activity and the positive benefits of physical activity for health and wellbeing. 	 and understand and use tactics and compositional ideas. Respond to given and selected tasks and challenges in a range of movement contexts. Recognise movement qualities in self and others and be able to describe own movement strengths and areas for improvement. Understand when and how to engage the help of others during group movement tasks. Understand the importance of warming up and cooling down the body when participating in physical activity. 	 Take responsibility in leading and following the lead of others, contributing positively to the group's tasks and activities. Understand and appreciate the need for rules and regulations to foster fair play, following these in a variety of collaborative and competitive physical activities in small teams/groups. Demonstrate understanding of the importance of physical activity in relation to health, fitness and wellbeing. 	 improvement with others. Follow and understand the need for rules, apply tactics/strategies and develop variety in compositional ideas. Understand own and others' movement strengths, areas for improvement and potential, applying this knowledge to improve movement proficiency and refine movement patterns Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group performances. Undertake physical activities responsibly and safely through assessing and managing risk and appropriate 	 movements, responses and roles. Follow and understand the need for rules, apply tactics/strategies and develop variety in compositional ideas. Understand own and others' movement strengths, areas for improvement and potential, applying this knowledge to improve movement proficiency and refine movement patterns Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group performances. Identify the key components of warm-up and cool- down routines in preparation for





					preparation and learning.	physical activity, understanding their importance.
Striking & Fielding Games	 Practise and refine basic movement skills. Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment. Know their roles and start to recognise others' roles in a range of simple individual and small team/group context. Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations. Understand the importance of warming up and 	 Move with control and coordination, using space in Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges. Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment. Know how to work independently towards the achievement of agreed movements goals. Demonstrate collaboration and begin to understand what fair play is in team/group physical activities. Understand the importance of warming up and cooling down the body when 	 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control. Understand and follow simple rules and understand and use tactics and compositional ideas. Respond to given and selected tasks and challenges in a range of movement contexts. Recognise movement qualities in self and others and be able to describe own movement strengths and areas for improvement. Understand when and how to engage the help of others during group movement tasks. 	 Practise, refine and consolidate a broad range of movement skills. Describe own and others' movements using some activity-specific vocabulary and be able to identify more and less effective movement. Show involvement in individual work, sharing space, playing together, working in pairs, and working in small groups across a range of physical activities. Show patience and care when working with others. Listen to others and plan together to find solutions to movement challenges. Demonstrate understanding of the importance of physical activity in relation to health, fitness and wellbeing. 	 Display movement skills that demonstrate increasing control, fluency and variety. Demonstrate (through movement) and discuss understanding of language and concepts related to actions, dynamics, space and relationships. Understand the concepts of team/group work and expectations and roles of individual team/group members. Understand and appreciate the need for rules and regulations to foster fair play, following these in a variety of collaborative and competitive physical activities in small teams/groups Undertake physical activities responsibly and safely through assessing and managing risk and 	 Apply movement competence with confidence in a variety of self- selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others' movements, responses and roles. Apply success criteria to own and others' movement performances, and discuss ideas and plans for improvement with others. Take responsibility in leading and following the lead of others, contributing positively to the group's tasks and activities. Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve





	cooling down the body when participating in physical activity.	participating in physical activity.	• Demonstrate understanding of bodily changes during physical activity and the positive benefits of physical activity for health and wellbeing.		appropriate preparation and learning.	 individual/group performances. Identify the key components of warm-up and cool- down routines in preparation for physical activity, understanding their importance.
Swimming	 Become water confident and develop core aquatic skills Introduce non- swimmers to water and establish an understanding of safety Establish an understanding of basic core aquatic skills Encourage independent movement Develop skills through enjoyment, fun and self- discovery 	 Further develop water confidence and develop core aquatic skills without aids Develop confidence and ability to perform a wide range of core skills without buoyancy aids Develop the basic technique of strokes Introduce the basic technique of sculling Develop balance and buoyancy 	 Increase competency of core aquatic skills and develop basic stroke technique. Introduce and progress new core aquatic skills Develop stroke technique to include all four strokes Introduction to diving Develop awareness through a variety of core aquatic skills 	 Introduce stroke technique. Further develop competency in all four strokes Development of diving Further develop strokes aiming to achieve legal technique 	 Improve quality of stroke technique, introduce multi- aquatic skills/disciplines and basic lifesaving skills. Demonstrate competent technique in all four strokes Introduce lifesaving skills and basic aquatic discipline skills Provide basic skills to enable progression into all aquatic disciplines including life saving 	 Improve and maintain stroke technique over distance, and develop basic training and race skills producing a swimmer who is 'Race ready'. Improve efficiency in all four strokes Develop turn technique for all four strokes Improve Knowledge and understanding of rules in competitive swimming
Athletics & Cross- Country	 Practise and refine basic movement skills. Refine and extend movement competence and confidence through responding and adapting to the 	 Perform movement skills with increasing proficiency Refine and extend movement competence and confidence through responding and adapting to the 	 Move with control and coordination, using space in different ways and moving with different speeds and dynamics. Refine and extend movement 	 Practise, refine and consolidate a broad range of movement skills. Apply success criteria to own and others' movement performances and discuss ideas and 	 Display movement skills that demonstrate increasing control, fluency and variety. Apply success criteria to own and others' movement performances and 	 Apply movement competence with confidence in a variety of self- selected and more structured physical activities, showing the ability to respond and adapt





demands of a range	demands of a range	competence and	plans for	discuss ideas and	to changing contexts
of contexts,	of contexts,	confidence through	improvement with	plans for	and to others'
apparatus and	apparatus and	responding and	others.	improvement with	movements,
equipment, showing	equipment, showing	adapting to the	 Demonstrate 	others.	responses, and roles.
coordination and	coordination and	demands of a range	independence and	 Understand own and 	Apply success criteria
control.	control.	of contexts,	collaboration in	others' movement	to own and others'
 Describe own and 	• Use simple criteria to	apparatus and	evaluating own and	strengths, areas for	movement
others' movements	evaluate success and	equipment, showing coordination and	others' work, setting	improvement and	performances and
using simple activity-	identify the need for	control.	short-term personal	potential, applying	discuss ideas and plans for
specific vocabulary.	improvement in	• Use simple criteria to	goals and areas for	this knowledge to	improvement with
 Explore and discover 	basic movement		development.	improve movement	others.
ways of interacting	tasks and challenges.	evaluate success and		proficiency and	Understand own and
in movement with	• Explore and discover	identify the need for	Offer constructive	refine movement	others' movement
different situations	ways of interacting in	improvement in	and specific feedback		
and contexts,	movement with	basic movement	to others on	Offer constructive	strengths, areas for
including a range of	different situations	tasks and challenges.	strengths and goals.	and specific feedback	improvement and
		 Explore and discover 	 Demonstrate 	to others on	potential, applying
apparatus and	and contexts,	ways of interacting	understanding of the	strengths and goals.	this knowledge to
equipment.	including a range of	in movement with	importance of	 Identify which body 	improve movement
 Understand 	apparatus and	different situations	physical activity in	parts, including joints	proficiency and
individual	equipment.	and contexts,	relation to health,	and muscles, are	refine movement
responsibility for	 Understand 	including a range of	fitness and wellbeing.	being used during a	 Offer constructive
moving and using	individual	apparatus and	Undertake physical	physical activity and	and specific
equipment and	responsibility for			discuss how working	feedback to others
space safely,	moving and using	equipment.	activities responsibly	these can contribute	on strengths and
following associated	equipment and	 Understand 	and safely through		-
rules and	space safely,	individual	assessing and	to physical fitness.	goals.
regulations.	following associated	responsibility for	managing risk and	Describe the	• Engage in and plan for
-	-	moving and using	appropriate	different	a range of physical
Demonstrate	rules and	equipment and	preparation and	components of	activities, evaluating
understanding of	regulations.	space safely,	learning.	fitness.	and comparing the
bodily changes	 Identify and name 	following associated	-	 Undertake physical 	required level of
during physical	which body parts are	rules and		activities responsibly	intensity within each
activity and the	being used during	regulations.		and safely through	of these.
positive benefits of	physical activity and	•		assessing and	Undertake physical
physical activity for	why these are	Identify the required		managing risk and	activities responsibly
., ,	important.	level of intensity		00	
		during a range of		appropriate	and safely through





health and	simple physical	preparation and	assessing and
wellbeing.	activities and begin	learning.	managing risk and
	to work towards		appropriate
	achieving this.		preparation and
			learning.