



PE Progression of Skills and Knowledge

Key Stage 1

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key Stage 2

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

	Class 1	Class 2	Class 3
Autumn 1	Outdoor fundamental skills	swimming	Invasion games
Autumn 2	Indoor fundamental skills	balance	Divided court games
Spring 1	Dance/circuit training	swimming/circuit training	Dance
Spring 2	Gymnastics	Dance	Gym
Summer 1	Invasion games	Swimming/ Health and well being	Athletics
Summer 2	Multi skills	Athletics	Striking and fielding

	Games	Athletics	Gymnastics	Dance	OAA
Reception	-Hit a ball with a bat or racquet. -Roll equipment in different ways. -Throw underarm. -Throw an object at a target. -Catch equipment using two hands -Move a ball in different ways, including bouncing and kicking. -Use equipment to control a ball. -Kick an object at a target. -Move safely around the space and equipment. -Travel in different ways, including sideways and backwards. -Play a range of chasing games. -Follow simple rules. -Control body when performing a sequence of movements. -Participate in simple games. -Talk about what they have done. -Talk about what others have done.	-Run in different ways for a variety of purposes -Jump in a range of ways, landing safely. -Roll equipment in different ways. -Throw underarm. -Throw an object at a target. -Control their body when performing a sequence of movements - Participate in simple games -Talk about what they have done. -Talk about what others have done.	-Create a short sequence of movements. -Roll in different ways with control. -Travel in different ways. -Stretch in different ways. -Jump in a range of ways from one space to another with control. -Begin to balance with control. -Move around, under, over, and through different objects and equipment -Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll - Straight jump Tuck jump - Jumping Jack Half turn jump - Bunny hop -Tiptoe, step, jump and hop -Standing balances -Control body when performing a sequence of movements. - Participate in simple games	-Join a range of different movements together. -Change the speed of their actions. -Change the style of their movements. -Create a short movement phrase which demonstrates their own ideas. -Control my body when performing a sequence of movements. -Talk about what they have done. -Talk about what others have done.	
Vocabulary	Avoid, roll, strike, bounce, aim	Walk, jog, throw, target, run, hop, skip, fast, pass	Forwards, backwards, sideways,	Travel, still, direction, space	
Year 1	-Use hitting skills in a game.	-Vary their pace and	-Create and perform a	-Copy and repeat	

	- Practise basic striking, sending and receiving -Throw underarm and overarm. Catch and bounce a ball. -Use rolling skills in a game - Practise accurate throwing and consistent catching -Travel with a ball in different ways. -Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. -Pass the ball to another player in a game. - Use kicking skills in a game -Use different ways of travelling in different directions or pathways. -Run at different speeds. -Begin to use space in a game. -Begin to use the terms attacking and defending. - Use simple defensive skills such as marking a player or defending a space. - Use simple attacking skills such as dodging to get past a defender. -Follow simple rules to play games, including team games. -Use simple defensive skills such as marking a player or defending a space. -Perform using a range of actions and body parts with some coordination. -Begin to perform learnt skills with some control.	- speed when running. - Run with a basic technique over different distances. -Show good posture and balance. -Jog in a straight line. -Change direction when jogging. -Sprint in a straight line. -Change direction when sprinting. -Maintain control as they change direction when jogging or sprinting -Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. -Perform a short jumping sequence. -Jump as high as possible. -Jump as far as possible. - Land safely and with control. -Work with a partner to develop the control of their jumps. -Throw underarm and overarm. -Throw a ball towards a target with increasing accuracy. -Improve the distance they can throw by using more power. -Begin to perform learnt skills with some control. - Engage in competitive	- movement sequence. -Copy actions and movement sequences with a beginning, middle and end. -Link two actions to make a sequence. -Recognise and copy contrasting actions (small/tall, narrow/wide). -Travel in different ways, changing direction and speed. -Hold still shapes and simple balances. -Carry out simple stretches. -Carry out a range of simple jumps, landing safely. -Move around, under, over, and through different objects and equipment. -Begin to move with control and care. -Log roll (controlled) - Curled side roll (egg roll) (controlled) - Teddy bear roll (controlled) - Straight jump Tuck jump - Jumping jack Half turn jump - Cat spring - Straight jump off springboard - Bunny hop Front support wheelbarrow with partner - Tiptoe, step, jump and hop - Hopscotch Skipping - Galloping - Standing balances - Kneeling balances Pike, tuck, star, straight,	- actions. -Put a sequence of actions together to create a motif. -Vary the speed of their actions. -Use simple choreographic devices such as unison, canon and mirroring. -Begin to improvise independently to create a simple dance -Perform using a range of actions and body parts with some coordination. -Begin to perform learnt skills with some control. -Watch and describe performances. -Begin to say how they could improve.	
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	-Engage in competitive activities and team games -Watch and describe performances. -Begin to say how they could improve.	- activities and team games. -Watch and describe performances. -Begin to say how they could improve.	- straddle shapes -Perform using a range of actions and body parts with some coordination. -Begin to perform learnt skills with some control.		
Vocabulary	Throw, catch, aim, follow, speed, direction	aim, bounce, jump, over/underarm, accelerate, baton, rely, take off, landing	Long, slow, on, off, stretched, curled, tuck, body parts	Beginning, middle, end, feelings, body parts, levels	
Year 2	-Strike or hit a ball with increasing control. -Learn skills for playing striking and fielding games. - Position the body to strike a ball. -Throw different types of equipment in different ways, for accuracy and distance. -Throw, catch and bounce a ball with a partner. -Use throwing and catching skills in a game. -Throw a ball for distance. -Use hand-eye coordination to control a ball. - Vary types of throw used -Bounce and kick a ball whilst moving. -Use kicking skills in a game. -Use dribbling skills in a game. -Know how to pass the ball in different ways. -Use different ways of travelling at different speeds and following different pathways, directions or courses. -Change speed and direction whilst running.	-Run at different paces, describing the different paces. -Use a variety of different stride lengths. -Travel at different speeds. -Begin to select the most suitable pace and speed for distance. - Complete an obstacle course. -Vary the speed and direction in which they are travelling. -Run with basic techniques following a curved line. - Be able to maintain and control a run over different distances. -Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. -Combine different jumps together with some fluency and control.	-Copy, explore and remember actions and movements to create their own sequence. -Link actions to make a sequence. -Travel in a variety of ways, including rolling. - Hold a still shape whilst balancing on different points of the body. -Jump in a variety of ways and land with increasing control and balance. - Climb onto and jump off the equipment safely. -Move with increasing control and care -Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll - Crouched forward roll - Straight jump Tuck jump - Jumping jack Half turn jump Cat spring Cat spring to straddle - Hurdle step onto springboard Straight	-Copy, remember and repeat actions. -Create a short motif inspired by a stimulus. -Change the speed and level of their actions. -Use simple choreographic devices such as unison, canon and mirroring -Use different transitions within a dance motif. - Move in time to music. Improve the timing of their actions. -Perform sequences of their own composition with coordination. -Perform learnt skills with increasing control. -Compete against self and others. -Watch and describe performances, and use what they see to improve their own performance. - Talk about the differences between their work and that of	

	-Begin to choose and use the best space in a game. -Begin to use and understand the terms attacking and defending. -Use at least one technique to attack or defend to play a game successfully -Understand the importance of rules in games. - Use at least one technique to attack or defend to play a game successfully -Perform sequences of their own composition with coordination. -Perform learnt skills with increasing control. -Compete against self and others. -Watch and describe performances, and use what they see to improve their own performance. - Talk about the differences between their work and that of others.	-Jump for distance from a standing position with accuracy and control. -Investigate the best jumps to cover different distances . -Choose the most appropriate jumps to cover different distances. - Know that the leg muscles are used when performing a jumping action. -Throw different types of equipment in different ways, for accuracy and distance. -Throw with accuracy at targets of different heights. -Investigate ways to alter their throwing technique to achieve greater distance. -Perform learnt skills with increasing control. -Compete against self and others. -Watch and describe performances, and use what they see to improve their own performance. -Talk about the differences between their work and that of others.	- jump off springboard - Tuck jump off springboard - Bunny hop - Front support wheelbarrow with partner - T-lever - Scissor kick - Tiptoe, step, jump and hop - Hopscotch - Skipping - Galloping - Straight jump half-turn - Standing balances - Kneeling balances - Large body part balances - Balances on apparatus - Balances with a partner - Pike, tuck, star, straight, straddle shapes - Front and back support -Perform sequences of their own composition with coordination. -Perform learnt skills with increasing control.	others.	
Vocabulary	Pass, control, direction, shoot, score, track,	aim, bounce, jump, over/underarm, accelerate, baton, rely, take off, landing	Tall, small, shape, jump, hop, bounce, travel, copy, mirror	Directions, pathways, speed, rhythm	

Year 3	-Demonstrate successful hitting and striking skills. -Develop a range of skills in striking (and fielding where appropriate). -Practise the correct batting technique and use it in a game. -Strike the ball for distance. -Throw and catch with greater control and accuracy. -Practise the correct technique for catching a ball and use it in a game. -Perform a range of catching and gathering skills with control. -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast or slow). -Develop a safe and effective overarm bowl -Move with the ball in a variety of ways with some control. - Use two different ways of moving with a ball in a game. -Pass the ball in two different ways in a game situation with some success. -Know how to keep and win back possession of the ball in a team game. -Find a useful space and get into it to support teammates. -Use simple attacking and defending skills in a game. -Use fielding skills to stop a ball from travelling past	-Identify and demonstrate how different techniques can affect their performance. - Focus on their arm and leg action to improve their sprinting technique. - Begin to combine running with jumping over hurdles. -Focus on trail leg and lead -Throw with greater control and accuracy. -Show increasing control in their overarm throw. -Perform a push throw. -Continue to develop techniques to throw for increased distance. - leg action when running over hurdles. -Understand the importance of adjusting running pace to suit the distance being run -Use one and two feet to take off and to land with. -Develop an effective take-off for the standing long jump. -Develop an effective flight phase for the standing long jump. -Land safely and with control -Perform learnt skills and techniques with control and confidence. - Compete against self and others in a	-Choose ideas to compose a movement sequence independently and with others. -Link combinations of actions with increasing confidence, including changes of direction, speed or level. -Develop the quality of their actions, shapes and balances. -Move with coordination, control and care. -Use turns whilst travelling in a variety of ways. - Use a range of jumps in their sequences. -Begin to use equipment to vault. -Create interesting body shapes while holding balances with control and confidence. - Begin to show flexibility in movements - Crouched forward roll - Forward roll from standing - Tucked backward roll - Straight jump - Tuck jump - Jumping jack - Star jump - Straddle jump - Pike jump - Straight jump half-turn - Cat leap - Hurdle step onto springboard - Squat on vault - Star jump off - Tuck jump off - Straddle jump off - Pike jump off - Handstand - Lunge into handstand - Cartwheel	-Begin to improvise with a partner to create a simple dance. -Create motifs from different stimuli. -Begin to compare and adapt movements and motifs to create a larger sequence. -Use simple dance vocabulary to compare and improve work. -Perform with some awareness of rhythm and expression. -Develop the quality of the actions in their performances. - Perform learnt skills and techniques with control and confidence. - Compete against self and others in a controlled manner. -Watch, describe and evaluate the effectiveness of a performance. - Describe how their performance has improved over time.	-Orientate themselves with increasing confidence and accuracy around a short trail. -Identify and use effective communication to begin to work as a team -Identify symbols used on a key -Begin to choose equipment that is appropriate for an activity -Communicate with others -Begin to complete activities in a set period of time -Describe how performance has improved over time
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	them. -Apply and follow rules fairly. -Understand and begin to apply the basic principles of invasion games. -Know how to play a striking and fielding game fairly. -Develop the quality of the actions in their performances. -Perform learnt skills and techniques with control and confidence. -Compete against self and others in a controlled manner. -Watch, describe and evaluate the effectiveness of a performance. -Describe how their performance has improved over time.	controlled manner. -Watch, describe and evaluate the effectiveness of a performance. -Describe how their performance has improved over time	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support -Develop the quality of the actions in their performances. -Perform learnt skills and techniques with control and confidence. -Compete against self and others in a controlled manner		
Vocabulary	Possession, space, pass, send, receive, dribble, travel, points, target	Distance, sprint, steady pace, accuracy, height, leading leg, landing foot, stamina, approach, hurdles, relay, obstacles	Symmetrical, asymmetrical combination, refine. Pathway, contrasting, inverted, suppleness	Space, repeat, phrase, improvisation, character	Orientate, team, challenge,
Year 4	-Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. -Accurately serve underarm. -Build a rally with a partner. -Use at least two different shots in a game situation. -Use hand-eye coordination to strike a moving and a stationary ball. -Develop different ways of throwing and catching. -Move with the ball using a	-Confidently demonstrate an improved technique for sprinting. -Carry out an effective sprint finish. -Perform a relay, focusing on the baton changeover technique. -Speed up and slow down smoothly. -Learn how to combine a hop, step and jump to perform the standing	-Create a sequence of actions that fit a theme. -Use an increasing range of actions, directions and levels in their sequences. -Move with clarity, fluency and expression. -Show changes of direction, speed and level during a performance. -Travel in different ways, including using flight.	-Identify and repeat the movement patterns and actions of a chosen dance style. -Compose a dance that reflects the chosen dance style. -Confidently improvise with a partner or on their own. -Compose longer dance sequences in a small group. -Demonstrate precision and some control in	-Orientate themselves with accuracy around a short trail -Create a short trail for others with a physical challenge -Start to recognise features of an orienteering course -Communicate clearly with other people and with other teams -Have experience of a range of roles within a

	range of techniques showing control and fluency. -Pass the ball with increasing speed, accuracy and success in a game situation. -Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. -Make the best use of space to pass and receive the ball. -Use a range of attacking and defending skills and techniques in a game. -Use fielding skills as an individual to prevent a player from scoring -Vary the tactics they use in a game. -Adapt rules to alter games. -Perform and apply skills and techniques with control and accuracy. -Take part in a range of competitive games and activities. -Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. - Modify their use of skills or techniques to achieve a better result.	triple jump. -Land safely and with control. -Begin to measure the distance jumped. -Perform a pull throw. -Measure the distance of their throws. - Continue to develop techniques to throw for increased distance. -Perform and apply skills and techniques with control and accuracy. -Take part in a range of competitive games and activities. -Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. -Modify their use of skills or techniques to achieve a better result.	Improve the placement and alignment of body parts in balances. -Use equipment to vault in a variety of ways. - Carry out balances, recognising the position of their centre of gravity and how this affects the balance. -Begin to develop good technique when travelling, balancing and using equipment. -Develop strength, technique and flexibility throughout performances. -Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn - Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off - Lunge into handstand Lunge into cartwheel Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap	response to stimuli. -Begin to vary dynamics and develop actions and motifs in response to stimuli. -Demonstrate rhythm and spatial awareness. -Change parts of a dance as a result of self-evaluation. -Use simple dance vocabulary when comparing and improving work. -Perform and create sequences with fluency and expression. -Perform and apply skills and techniques with control and accuracy. - Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. -Modify their use of skills or techniques to achieve a better result.	team and begin to identify the key skills required to succeed at each stage -Associate the meaning of a key in the context of their environment -Plan and organise a trail that others can follow -Communicate clearly with others -Work as part of a team -Begin to use a map to complete an orienteering course -Start to improve trails to increase the challenge of the course
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			Cat leap half turn Pivot 1, 2, 3 and 4- point balances -Balances on apparatus -Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support -Perform and create sequences with fluency and expression. - Perform and apply skills and techniques with control and accuracy.		
Vocabulary	Rules, tactics, batting, fielding, bowler, wicket, base, defend, forehand, backhand, volley, rally	Distance, sprint, steady pace, accuracy, height, leading leg, landing foot, stamina, approach, hurdles, relay, obstacles	90 degrees, 180 degrees, approaching, balance, rotation, tucked, straight, twisted, safety	Gesture, prop, costume, action, reflection, pattern	Map, key, grid, challenge, communicate
Year 5	-Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. - Explore when different shots are best used. -Develop a backhand technique and use it in a game. - Practise techniques for all strokes. -Play a tennis game using an overhead serve. -Consolidate different ways of throwing and catching, and know when each is appropriate in a game. -Use a variety of ways to dribble in a game with success. - Use ball skills in various ways, and begin to link	-Accelerate from a variety of starting positions and select their preferred position. -Identify their reaction times when performing a sprint start. -Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. - Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. - Identify and demonstrate stamina, explaining its	-Select ideas to compose specific sequences of movements, shapes and balances. - Adapt their sequences to fit new criteria or suggestions. -Perform jumps, shapes and balances fluently and with control. -Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. -Confidently use equipment to vault in a	-Identify and repeat the movement patterns and actions of a chosen dance style. - Compose individual, partner and group dances that reflect the chosen dance style. - Show a change of pace and timing in their movements. - Develop an awareness of their use of space. -Demonstrate imagination and creativity in the movements they devise in response to stimuli. -Use transitions to link motifs smoothly together. Improvise with	-Start to orientate themselves with increasing confidence and accuracy around an orienteering course -Design an orienteering course that can be followed and offers some challenge to others -Begin to use navigation equipment to orientate around a trail -Use clear communication to effectively complete a particular role in a team -Identify a key on a map and begin to use information in activities -Identify the quickest

	together. -Pass a ball with speed and accuracy using appropriate techniques in a game situation. -Keep and win back possession of the ball effectively in a team game. -Demonstrate an increasing awareness of space -Choose the best tactics for attacking and defending. Shoot in a game. -Use fielding skills as a team to prevent the opposition from scoring. -Know when to pass and when to dribble in a game. - Devise and adapt rules to create their own game. -Consistently perform and apply skills and techniques with accuracy and control. -Take part in competitive games with a strong understanding of tactics and composition. -Choose and use criteria to evaluate one's own and others' performance. -Explain why they have used particular skills or techniques, and the effect they have had on their performance	importance for runners. -Improve techniques for jumping for distance. -Perform an effective standing long jump. -Perform the standing triple jump with increased confidence. - Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. -Land safely and with control. -Measure the distance and height jumped with accuracy. -Investigate different jumping techniques. -Perform a fling throw. -Throw a variety of implements using a range of throwing techniques. -Measure and record the distance of their throws. -Continue to develop techniques to throw for increased distance. -Consistently perform and apply skills and techniques with accuracy and control. -Take part in competitive games with a strong understanding of tactics and composition. -Choose and use criteria to evaluate one's own and others'	variety of ways. -Apply skills and techniques consistently. -Develop strength, technique and flexibility throughout performances. -Combine equipment with movement to create sequences. -Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle - Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault - Lunge into handstand Lunge into cartwheel Lunge into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot 1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight,	confidence, still demonstrating fluency across the sequence. -Ensure their actions fit the rhythm of the music. -Modify parts of a sequence as a result of self and peer evaluation. -Use more complex dance vocabulary to compare and improve work -Perform own longer, more complex sequences in time to music. - Consistently perform and apply skills and techniques with accuracy and control. -Choose and use criteria to evaluate one's own and others' performances. -Explain why they have used particular skills or techniques, and the effect they have had on their performance.	route to accurately navigate an orienteering course -Begin to use a compass for navigation - Successfully use a map to complete an orienteering course
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		performance. -Explain why they have used particular skills or techniques, and the effect they have had on their performance.	straddle shapes Front and back support -Perform own longer, more complex sequences in time to music. -Consistently perform and apply skills and techniques with accuracy and control.		
Vocabulary	Dribble, shoot, shield, support, mark, cover, attack, defend,	Sprint, pacing, leading leg, trajectory, release, control, run up, stamina, rhythm, speed, obstacle, distance	dynamics , combination, mirroring, matching, display, perform, muscles, joints, control	Style, technique, formation, pattern, variation	Design, navigate, route
Year 6	-Hit a bowled ball over longer distances. - Use good hand-eye coordination to be able to direct a ball when striking or hitting. - Understand how to serve in order to start a game. -Throw and catch accurately and successfully under pressure in a game. -Show confidence in using ball skills in various ways in a game situation, and link these together effectively. -Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. -Keep and win back possession of the ball effectively and in a variety of ways in a team game -Demonstrate a good awareness of space. -Think ahead and create a	-Recap, practise and refine an effective sprinting technique, including reaction time. - Build up speed quickly for a sprint finish. -Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. -Accelerate to pass other competitors. -Work as a team to competitively perform a relay. -Confidently and independently select the most appropriate pace for different distances and different parts of the run. -Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. -Develop the technique for the standing vertical jump. -Maintain control	-Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. -Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. -Confidently use equipment to vault and incorporate this into sequences. -Apply skills and techniques consistently, showing precision and control. -Develop strength, technique and flexibility throughout performances. - Forward roll from standing Straddle	- Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Use dramatic expression in dance movements and motifs. - Perform with confidence, using a range of movement patterns. - Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Show a change of pace and timing in	-Orientate themselves with confidence and accuracy around an orienteering course when under pressure -Design a course that is clear to follow and offers challenge to others -Use navigation equipment to improve the trail -Use clear communication to work as part of a team -Complete a course on multiple occasions, in a quicker time due to improved techniques

	plan of attack or defence. -Apply knowledge of skills for attacking and defending. -Work as a team to develop fielding strategies to prevent the opposition from scoring -Follow and create complicated rules to play a game successfully. -Communicate plans to others during a game. - Lead others during a game. -Perform and apply a variety of skills and techniques confidently, consistently and with precision. -Take part in competitive games with a strong understanding of tactics and composition. -Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	at each of the different stages of the triple jump. -Land safely and with control. -Develop and improve their techniques for jumping for height and distance and support others in improving their performance. -Perform and apply different types of jumps in other contexts. -Set up and lead jumping activities including measuring the jumps with confidence and accuracy. -Perform a heavy throw. -Measure and record the distance of their throws. -Continue to develop techniques to throw for increased distance and support others in improving their personal best. -Develop and refine techniques to throw for accuracy. -Perform and apply a variety of skills and techniques confidently, consistently and with precision. -Take part in competitive games with a strong understanding of tactics and composition -Thoroughly evaluate their own and others' work, suggesting	forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault Straddle over vault Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot 1, 2, 3 and 4- point balances Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group	their movements. Move rhythmically and accurately in dance sequences. Improvise with confidence, still demonstrating fluency across their sequence. Dance with fluency and control, linking all movements and ensuring that transitions flow. Demonstrate consistent precision when performing dance sequences. Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work. Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.	
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		thoughtful and appropriate improvements.	formations Pike, tuck, star, straight, straddle shapes Front and back support -Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music. - Perform and apply a variety of skills and techniques confidently, consistently and with precision. -Begin to record their peers' performances, and evaluate these.		
Vocabulary	Boundary, rounder, innings, backstop, net, wicket, pitch, defend, singles, doubles	Distance, sprint, steady pace, accuracy, height, leading leg, landing foot, stamina, approach, hurdles, relay, obstacles	elements, audience, dynamics, parallel, creativity, flight, timing, combination, inverted, tension	Improvisation, unison, canon, action, reaction, phrase	Route, directions, compass, challenge, key, map