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| **Term** | Assessment Period 1 | Assessment Period 2 | Assessment Period 3 |
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| **Year 1** | **Mastering Basic Movements**: Developing agility, balance and co-ordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Content: Fundamental movement/ gymnastics/ invasion games | **Mastering Basic Movements**: Copy and perform dances using simple movement patterns. Content: Fundamental movement/ dance | **Mastering Basic Movements**: Developing agility, balance and coordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Content: Fundamental movement/ invasion games/ striking and fielding games |
| **Year 2** | **Mastering Basic Movements**: Develop agility, balance and co-ordination skills further and apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using repeated movement patterns. Perform dances using simple choreography. Content: Fundamental movement/ gymnastics/ dance/ invasion games  | **Mastering Basic Movements**: Develop agility, balance and coordination skills further and apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Content: Athletics/ striking and fielding games/ invasion games |
| **Year 3** | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Content: Fundamental movement/ invasion games/ striking and fielding games | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities Content: Fundamental movement/ athletics/ OAA |
| **Year 4** | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Content: Fundamental movement/ invasion games/ striking and fielding games | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities Content: Fundamental movement/ athletics/ OAA |
| **Year 5** | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Content: Fundamental movement/ invasion games/ striking and fielding games | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities Content: Fundamental movement/ athletics/ OAA |
| **Year 6** | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Content: Fundamental movement/ invasion games/ striking and fielding games | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics | **Applying and Developing Skills:** Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities Content: Fundamental movement/ athletics/ OAA |