

|                         | <b>Year 1</b>   | <b>Year 2</b>  | <b>Year 3</b>  | <b>Year 4</b>  | <b>Year 5</b>  | <b>Year 6</b>   |
|-------------------------|---|--|--|--|--|---|
| <b>Dance</b>            | gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue forwards, backwards, sideways near, far, in and out, on the spot, own beginning, middle, end jolly, stormy fast, strong, gentle | words to describe body actions and body parts stimulus (the starting point for dance) high, medium, low words to describe directions curved, zigzag happy, angry, calm, excited, sad, lonely tired, hot, sweaty, heart rate warm up, cool down | words to describe actions, dynamics, space and relationship square, circle, line partner, copy, follow, lead unison, canon, repeat structure motif dance phrase improvisation, explore | Character narrative, costume, props describe, analyse, interpret, evaluate communication gesture words to describe choreographic devices, eg unison, canon, repetition, action and reaction, question and answer myth, legend mobilise joints diet | dance style, technique formation, pattern, gesture, rhythm pavane, haka motif, variation | social dance crazes style high energy, fast footwork contact work, lean, push, pull, lift unison, canon Lindy Hop, scarecrow, frog stamina  |
| <b>Games Activities</b> | Avoiding Tracking a ball Rolling Striking Overarm throwing Bouncing Catching Free space, own space Opposite Team  | Rebound Tracking or following the movement of a ball Aiming Speed Direction Passing Controlling Shooting Scoring   | N/A  | N/A  | N/A  | principles of attack and defence finding and using space, changing speed, being direct marking, covering, delaying moving feet, watching the ball, following through warming up, cooling down collecting and analysing data |
| <b>Gymnastics</b>       | jump, land, rock, roll, grip, hang, push, pull, bounce, hop, skip, step, spring, crawl, slide stop, still, slowly tall, long, wide, narrow up, down, forwards high, low zigzag, straight            | hang, swing, sequence, copy, upside-down, take off, smooth, quarter-turn fast twisted, curled, wide, narrow medium backwards, sideways   | inverted contrasting flow combinations half-turn sustained explosive   | rotation, 90°, 180°, 270° spinning axis strength, suppleness, stamina combine approaching, leaving height  | asymmetry symmetry display matching flight feet apart, feet together crouch inclined     | counterbalance counter-tension tension obstacle straddle over aesthetic judgement towards and away near and far to and from timing  |

|                                 |  |  |  |   |  |   |
|---------------------------------|--|--|--|---|--|---|
|                                 | feet, hands, toes, heels, knees, head, elbows, bottom, back, tummies along, around, across, on, off, over, under, through tension, extension, relaxation | zigzag, angular legs, arms, hips, fingers, shoulders, tummy, sides under, through, towards, in front, behind, over |  | inversion against, towards, away, across  |  | mirrored, canon, unison, synchronised flight  |
| <b>Invasion games</b>           | N/A  | N/A  | keeping possession, keeping the ball scoring goals, keeping the score making space pass, send and receive dribble, travel with the ball back up, support partners and others in their team | keep possession, keep control make and use space support pass points, goals rules tactics | keeping possession passing dribbling shooting shielding the ball width, depth support marking, covering  | possession, repossession attackers, defenders marking covering supporting team play, team positions |
| <b>Striking and field games</b> | N/A  | N/A  | batting fielding bowler wicket tee base boundary innings rounder backstop score  |   | stance the crease or batting point non-striker leg-side offside home base pitch over innings   |   |
| <b>Net/wall games</b>           | N/A  | N/A  | court, target, net striking, hitting defending making it difficult for the opponent tactics scoring points   |   | forehand, backhand, volley, overhead rally singles, doubles using width, using depth, changing direction, changing speed short tennis, badminton defending court, covering court and partner |   |

|   |   |  |  |     |
|---|---|--|--|-----|
| <b>Athletic activities</b>                | run<br>catch<br>hop<br>skip<br>step<br>sideways, forwards, backwards<br>throw high, low, far, near, straight<br>aim<br>drop<br>bounce<br>fast, medium, slow<br>safely | sprint, jog<br>steady, fast, medium, slow<br>sling, push, pull<br>power<br>stamina<br>speed<br>safety<br>relay<br>time<br>measure<br>record  | race<br>run-up<br>position of feet on<br>last stride<br>pacing, stamina<br>strength and speed<br>= power<br>suppleness<br>safety and rules<br>relay take-over area<br>time, measure<br>record<br>set targets   | N/A |
| <b>Outdoor and adventurous activities</b> | listen<br>explore, plan and do<br>maps, diagrams<br>pictures, symbols<br>follow a trail<br>seek and find<br>challenges<br>problem solving<br>plan, do and talk about  | maps, diagrams<br>symbols, scale<br>orienteering<br>controls<br>challenges, problem solving<br>plan alone, plan in pairs and groups<br>do - try, think about and try again<br>review - talk about an activity and decide<br>how to do better | maps, diagrams<br>orienteering<br>planning a journey<br>challenges, problem solving<br>plan - strategies and approaches<br>do - try, review and try again or improve<br>review - talk about and agree good ways of<br>working<br>team work - collaborate and take on roles<br>and responsibilities |     |