



Areas of study	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Motor Competence	Develop the skills of running, jumping and throwing	Develop the skills of running, jumping and throwing	Running for speed and running for distance, throwing for distance and jumping for height and length	Use acquired skills competitively and with increased accuracy as an individual	Use acquired skills competitively and with increased accuracy as an individual and in a team	Use acquired skills competitively and with increased accuracy as an individual and in a team with power and strength	Use acquired skills competitively and with increased accuracy as an individual and in a team with power, strength.
Rules, strategies and tactics	Know rules for safety and movement with equipment	Know rules for safety and movement with equipment	Understanding of simple tactics and strategies for gaining height and distance	Understanding of simple tactics and strategies for gaining height and distance	Know how to start and end a race. Know how to measure distance accurately.	Know how to start and end a race. Know how to measure distance and time accurately	Know how to start and end a variety of running races. Know how to measure distance and time accurately
Procedural knowledge	Apply the rules and motor skills within athletic activities	Know how and when to run, throw or jump according to activity	Know how and when to run, throw or jump according to activity	Apply principles of throwing for distance, jumping for height and length	Apply some of the rules and tactics within team situations such as relay races	Use rules and tactics to advantage you and your team but with respect and fairness	Use rules, tactics and strategies to advantage you and your team but with respect and fairness. Know when and when not to exert maximum effort.
Healthy Participation	Continuous movement of at least 2minutes episodes without stopping	Continuous movement of at least 3minutes episodes without stopping	Continuous movement of at least 4minutes episodes without stopping	Continuous movement of at least 5 minutes without stopping	Continuous movement of at least 6 minutes episodes without stopping	Continuous movement of at least 7 minutes episodes without stopping and links to health benefits	Continuous movement of at least 8 minutes episodes without stopping and making links to range of health benefits and physical activity
Cross-curricular links	Being safe and special – PSHE/RE The world around us	Science – the body and parts RE - values and Perseverance	English - Jesse Owen text Science – the body and parts	Science – the body and parts PSHE - Health education and choices	English – Marcus Rashford Science – the body and parts	Science – the body, parts and their functions PSHE – Health education	Science – the body parts and functions PSHE – Healthy Lifestyles/Education RE values - respect