



Areas of study	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Motor Competence	Demonstrate, balance, and coordination safely, with consideration for themselves and others.	Perform simple dances and gymnastics routines using simple movement patterns	Perform dances and gymnastics routines using simple movement patterns	Develop flexibility, strength, technique, control and balance when performing	Develop flexibility, strength, technique, control and balance when performing on and off apparatus	Perform a range of dances and gymnastic routines as an individual and group using a range of movement patterns that link movements and in rhythm to music	Perform a range of dances and gymnastic routines as an individual and group using a range of movement patterns that link movements in sequence and rhythm to music
Rules, strategies and tactics	Know rules for safety and movement in space	Developing simple strategies for moving with control	Understanding of simple tactics for starting and ending a routine	Understanding of simple tactics for starting and ending a routine	Know how to create movement within the rules that is aesthetically pleasing	Know how to create movement within the rules that is aesthetically pleasing within a group performance	Know how to create movement within the rules that is aesthetically pleasing within a group performance
Procedural knowledge	Apply the rules and motor skills within activities	Know how and when to move and stay still/balance	Know how and when to move and stay still/balance	Apply principles of smooth, controlled movement	Apply some of the rules and tactics within a performance to improve	Be able to compare and contrast performance in order to show what went well and what needs to improve	Evaluate self, team and other group performances with respect and appropriate vocabulary
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