



Areas of study	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Motor Competence	Negotiate a variety of spaces safely, with consideration for themselves and others.	Participate in simple team games and sports using agility and control	Participate in simple team games and sports with increased agility and control	Play competitive games (Football, Tag Rugby, Netball)	Play competitive games (Football, Tag Rugby, Netball, cricket, rounders, Hockey)	Develop increased competence and skill in a range of competitive games, (Basketball, Tag Rugby, Netball, Tennis & Hockey)	Increased competence and accurate repetition of skill in a range of competitive games, (Football, Tag Rugby, Netball, Tennis, Hockey, Rounders)
Rules, strategies and tactics	Know rules for safety and movement in space	Developing simple tactics for attacking and defending	Understanding of simple tactics for attacking and defending	Know how to apply pressure by reducing space and time	Know how to create time and space by movement within the rules	Know the basic rules for games (Football, Tag Rugby, Netball, Tennis & Hockey)	Know the rules for games (Cricket, Tag Rugby, Netball, Tennis & Rounders)
Procedural knowledge	Apply the rules and motor skills within activities	Know how and when we score and win games	Know how and when we score and win games	Apply principles of play in a range of activities	Apply some of the rules and tactics within a team	Use rules and tactics to advantage you/your team	Use range of strategies and tactics to advantage you/your team
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