### Core Skills (to be covered throughout all units)

Year 3	Year 4
Begin to explain why it is important to warm up.	<ul> <li>Explain why it is important to warm up and the effect it has on the body.</li> </ul>
<ul> <li>Explain how to stay safe when exercising.</li> </ul>	<ul> <li>Explain how to stay safe when exercising, applying basic safety principles.</li> </ul>
<ul> <li>Follow a set of rules and engage in 'fair play'.</li> </ul>	<ul> <li>Follow rules competitively, but fairly and appropriately.</li> </ul>
Begin to demonstrate good sportsmanship.	Demonstrate good sportsmanship.
Describe differences between own and others' performances.	Compare own performance with others' performance.

### **Cluster events**

Girls Football (3+4)

Cross Country (3,4)

Sportshall Athletics (3,4)

Swimming (4)

Mini Tennis (3+4)

Tag Rugby Festival (3+4)

Tri Golf (3+4)

SEN Panathlon

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Year A	Indoor Athletics Sprint over a short distance	Gymnastics  Domanstrata different tunes	Dance Choose movements to	Netball Use changes in speed,	Outdoor Athletics Sprint over a short distance
	and conserve energy for a	Demonstrate different types of jumps with one and two	communicate a mood or	direction or height	and conserve energy for a
	longer distance.	feet take-offs and landings.	feeling.	effectively.	longer distance.
	Begins to perform specialised	Holds individual and partner	Perform dance sequences	Accelerates guickly from a	Begins to perform specialised
	movement skills / techniques.	balances with control.	with control, coordination	stationary position.	movement skills / techniques.
	Use a different style for	Describes what the core is	and rhythm.	Move into appropriate spaces	Use a different style for
	running short and long	and demonstrates how it	Move in time to music.	to pass and receive.	running short and long
	distances	supports the body.	Create dance sequences using	Use tactics to keep	distances
	Performs specialised	Demonstrate a number of	a variety of steps and actions.	possession.	Performs specialised
	movements skills /	basic jumps showing control	Suggest ways that others	Work as part of a team,	movements skills /
	techniques.	when taking off and landing.	could improve their actions or	communicating to gain	techniques.
		Combine partner balances	performances.	advantages.	·
		with linking movements.	Choose and combine	Copy tactics to attack or	
		Explains and demonstrates	movements to communicate	defend effectively.	
		how to make a balance more	mood or feeling.	Use a range of changes in	
		stable.	Refine movements to create	speed, direction or height	
			and perform a sequence.	effectively.	
			Perform dance sequences	Accelerates from a stationary	
			effectively and in time with	position in response to	
			music.	movement challenges e.g.	
			Evaluate and compare other	moves quickly to close down	
			people's work to improve	opponent.	
			own performance.	Work as part of a team to	
				create space.	
				Use a range of tactics to keep	
				possession.	

	1	2	3	4	5
Year A	<u>Football</u>	Hockey	<u>Handball</u>	OAA	Strike and Field
	Use changes in speed,	Use changes in speed,	Use changes in speed,	OAA curriculum currently	Demonstrates eye/hand and
	direction or height	direction or height	direction or height	under development to be	eye/foot co-ordination to
	effectively.	effectively.	effectively.	ready for teaching this	execute movement skills, e.g.
	Accelerates quickly from a	Accelerates quickly from a	Accelerates quickly from a	academic year.	striking a ball with a bat.
	stationary position	stationary position	stationary position		Throw a ball overarm
	Move into appropriate spaces	Move into appropriate spaces	Move into appropriate spaces		Catch a ball accurately with
	to pass and receive	to pass and receive	to pass and receive		one or two hands.
	Use tactics to keep	Use tactics to keep	Use tactics to keep		Moves efficiently into
	possession	possession	possession		suitable spaces.
	Work as part of a team,	Work as part of a team,	Work as part of a team,		Use eye/hand and eye/foot
	communicating to gain	communicating to gain	communicating to gain		co-ordination as part of skilful
	advantages.	advantages.	advantages.		performance.
	Copy tactics to attack or	Copy tactics to attack or	Copy tactics to attack or		Throw with accuracy to hit a
	defend effectively.	defend effectively.	defend effectively.		target.
	Use a range of changes in	Use a range of changes in	Use a range of changes in		When throwing for distance,
	speed, direction or height	speed, direction or height	speed, direction or height		throw accurately.
	effectively.	effectively.	effectively.		Catch a ball accurately with
	Accelerates from a stationary	Accelerates from a stationary	Accelerates from a stationary		one hand.
	position in response to	position in response to	position in response to		Uses space effectively to
	movement challenges e.g.	movement challenges e.g.	movement challenges e.g.		improve performance.
	moves quickly to close down	moves quickly to close down	moves quickly to close down		
	opponent.	opponent.	opponent.		
	Work as part of a team to	Work as part of a team to	Work as part of a team to		
	create space	create space	create space		
	Use a range of tactics to keep	Use a range of tactics to keep	Use a range of tactics to keep		
	possession	possession	possession		

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and conservations and conservations longer distance and begins to prove movement.	etics a short distance we energy for a ince. erform specialised skills / techniques. ent style for ort and long  pecialised s skills /	Gymnastics Demonstrate different types of jumps with one and two feet take-offs and landings. Holds individual and partner balances with control. Describes what the core is and demonstrates how it supports the body. Demonstrate a number of basic jumps showing control when taking off and landing. Combine partner balances with linking movements. Explains and demonstrates how to make a balance more stable.	Dance Choose movements to communicate a mood or feeling. Perform dance sequences with control, coordination and rhythm. Move in time to music. Create dance sequences using a variety of steps and actions. Suggest ways that others could improve their actions or performances. Choose and combine movements to communicate mood or feeling. Refine movements to create and perform a sequence. Perform dance sequences effectively and in time with music. Evaluate and compare other people's work to improve own performance.	Basketball Use changes in speed, direction or height effectively. Accelerates quickly from a stationary position Move into appropriate spaces to pass and receive Use tactics to keep possession Work as part of a team, communicating to gain advantages. Copy tactics to attack or defend effectively. Use a range of changes in speed, direction or height effectively. Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent. Work as part of a team to create space Use a range of tactics to keep possession	Outdoor Athletics Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialised movement skills / techniques. Use a different style for running short and long distances Performs specialised movements skills / techniques.

	1	2	3	4	5
Year B	<u>Korfball</u>	<u>Dodgeball</u>	Tag Rugby	<u>OAA</u>	Strike and Field
	Use changes in speed,	Use changes in speed,	Use changes in speed,	OAA curriculum currently	Demonstrates eye/hand and
	direction or height	direction or height	direction or height	under development to be	eye/foot co-ordination to
	effectively.	effectively.	effectively.	ready for teaching this	execute movement skills, e.g.
	Accelerates quickly from a	Accelerates quickly from a	Accelerates quickly from a	academic year.	striking a ball with a bat.
	stationary position	stationary position	stationary position		Throw a ball overarm
	Move into appropriate spaces	Work as part of a team,	Move into appropriate spaces		Catch a ball accurately with
	to pass and receive	communicating to gain	to pass and receive		one or two hands.
	Use tactics to keep	advantages.	Use tactics to keep		Moves efficiently into
	possession	Use a range of changes in	possession		suitable spaces.
	Work as part of a team,	speed, direction or height	Work as part of a team,		Use eye/hand and eye/foot
	communicating to gain	effectively.	communicating to gain		co-ordination as part of skilful
	advantages.	Accelerates from a stationary	advantages.		performance.
	Copy tactics to attack or	position in response to	Copy tactics to attack or		Throw with accuracy to hit a
	defend effectively.	movement challenges e.g.	defend effectively.		target.
	Use a range of changes in	moves quickly to close down	Use a range of changes in		When throwing for distance,
	speed, direction or height	opponent.	speed, direction or height		throw accurately.
	effectively.		effectively.		Catch a ball accurately with
	Accelerates from a stationary		Accelerates from a stationary		one hand.
	position in response to		position in response to		Uses space effectively to
	movement challenges e.g.		movement challenges e.g.		improve performance.
	moves quickly to close down		moves quickly to close down		
	opponent.		opponent.		
	Work as part of a team to		Work as part of a team to		
	create space		create space		
	Use a range of tactics to keep		Use a range of tactics to keep		
	possession		possession		