

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance	<ul style="list-style-type: none"> Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns Explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship 	<ul style="list-style-type: none"> Select and use a range of compositional ideas to create motifs that demonstrate their dance idea Perform to an accompaniment, communicating a dance idea on their own, with a partner and in a group 	<ul style="list-style-type: none"> Describe how dance contributes to fitness and wellbeing Identify what types of exercise they need to do to help their dancing 	<ul style="list-style-type: none"> Use appropriate language and terminology to describe, interpret and evaluate their own and others' work Comment on what works well and explain why Recognise how costume, music and set can help to improve a dance performance
Gymnastics	<ul style="list-style-type: none"> Perform fluently and with control, even when performing difficult combinations Work well with a partner or a small group to practise and refine their work 	<ul style="list-style-type: none"> Make up longer sequences and perform them with fluency and clarity of movement Vary direction, levels and pathways, to improve the look of a sequence Use planned variations and contrasts in actions and speed in their sequences 	<ul style="list-style-type: none"> Understand what it is important to include in a warm up for gymnastic activity Recognise that a cool down is important Understand how gymnastic activity helps their overall health 	<ul style="list-style-type: none"> Watch performances and use criteria to make judgements and suggest improvements Explain how a sequence is formed, using appropriate terminology to describe technique and composition
Invasion Games	<ul style="list-style-type: none"> Combine and perform skills with control, adapting them to meet the needs of the situation Perform skills with greater speed 	<ul style="list-style-type: none"> Choose when to pass or dribble, so that they keep possession and make progress towards the goal Use attacking and defending skills appropriately in games Choose and use different formations to suit the needs of the game 	<ul style="list-style-type: none"> Know the importance of being fit, and what types of fitness are most important for games Understand how playing games can contribute to a healthy lifestyle 	<ul style="list-style-type: none"> Recognise and describe the best points in an individual's and a team's performance Identify aspects of their own and others' performances that need improvement, and suggest how to improve them
Striking/ Fielding	<ul style="list-style-type: none"> Use different ways of bowling Bowl underarm accurately Vary how they bowl Bat effectively, using different types of shot Field with increased accuracy Throw over arm with accuracy and for a good distance 	<ul style="list-style-type: none"> Hit the ball from both sides of the body Direct the ball away from fielders, using different angles and speeds Plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding Gauge when to run after hitting the ball Use tactics which involve bowlers and fielders working together 	<ul style="list-style-type: none"> Make up their own warm up and explain how it is organised Recognise their own and others' strengths 	<ul style="list-style-type: none"> Identify what they need to improve in their performance and suggest how they could do this Know the importance of particular types of fitness to the game
Outdoor/ Adventure	<ul style="list-style-type: none"> Read a variety of maps and plans accurately, recognising symbols and features Use physical and teamwork skills well in a variety of different challenges 	<ul style="list-style-type: none"> Successfully apply their skills and understanding to new challenges and environments Recognise similarities between challenges and choose efficient approaches to new ones 	<ul style="list-style-type: none"> Understand the excitement and enjoyment of completing a challenge Know how to prepare physically and organisationally to be safe and efficient 	<ul style="list-style-type: none"> Are clear about what they have to achieve and recognise the importance of planning and thinking as they go Identify what they have done well and adapt plans to be more efficient when facing similar challenges

Main progression points:

- ☑ Respond to a range of stimuli using a range of controlled movements & patterns
- ☑ Perform to an accompaniment, communicating a dance idea on their own, partner AND group (8+ movements)
- ☑ Perform, with a partner or group, difficult combinations fluently and with control and practise & refine their work
- ☑ Make up longer sequences and perform them with fluency and clarity of movement (8+ actions)
- ☑ Perform skills with control and greater speed, adapting them to the situation
- ☑ Use attacking and defending skills appropriately and choose formations to suit the game
- ☑ Bat using different shot types and bowl over arm from greater distance
- ☑ Plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding
- ☑ Read a variety of maps and plans accurately, recognising symbols and feature