

Ladysmith Federation

Year 3	Acquiring and Developing Skills	Selecting and Applying skills	Evaluating and Improving Performance	Knowledge and Understanding of Fitness and health
Dance	Improvise freely on their own and with a partner, translating ideas from a stimulus into movement.	Create and link dances using a simple dance structure or motif. Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups, with good control	Describe and evaluate some of the compositional features of dance performed by others. Talk in more detail and be specific about what they might improve in their own dance.	Keep up actively over a period of time and know they need to warm up and cool down for dance.
Gymnastics	Consolidate and improve the quality of their actions, body shapes and balance, and their ability to link movements together.	Improve their ability to select appropriate actions and use simple compositional ideas. Adapt basic sequences to suit different types of apparatus. Work with a partner sharing ideas and creating a simple sequence starting to introduce matching and mirroring a partner.	Describe and evaluate the effectiveness and quality of a performance. Commenting on similarities and differences in sequences. Be able to talk about how their own performances have improved and what was adapted.	Recognise and describe the short term effects of exercise on the body during different activities. Begin to understand the importance of suppleness and strength.
Games	Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Consolidate their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for different games, and play by them fairly. Invasion Games/ Field/Striking Games -Accurately pass to someone else and catch/kick the ball, whilst stationary and when moving with the ball (whilst being under pressure). -Begin to maintain possession of the ball in different situations. - Can accurately use space to support team mates. Net/Racket Games -Take part in opposed conditioned games. -Serve underarm over a target or net. -Accurately pass to someone else.		Recognise good quality in performance and specifically identify the parts which need developing. Use what they have learnt to improve their own performance. To set targets to improve performance.	Know and describe the short term effects of different exercise activities on the body. Know and understand how to improve stamina. Begin to understand and explain the importance of warming up.
Athletics	Consolidate and improve the quality, range and consistency of the techniques they use for particular activities. Begin to develop their ability to choose and use simple tactics and strategies in different situations.	Develop the following skills with increasing accuracy and velocity: Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies). Show accurate pace - Run at a speed that is appropriate for the distance being run. Take a running jump with appropriate foot patterns/movements. Take part in relay activities, understanding the concept.	Describe and evaluate the effectiveness of performances, recognising the aspects that need improving.	Know, measure and describe the short term effects of exercise on the body.

Ladysmith Federation

Year 4	Acquiring and Developing Skills	Selecting and Applying skills	Evaluating and Improving Performance	Knowledge and Understanding of Fitness and health
Dance	Respond imaginatively to a range of stimuli related to character and narrative.	Use simple choreographic principles to create motifs and narrative. Take the lead/control when working with a partner or in a group. Perform complex dance dances that communicate narrative and character well, performing clearly and fluently.	Describe, interpret and evaluate their own and others dances, taking into account narrative and character. Can they use appropriate language related to dance.	Know and describe what an effective warm up and cool down is, and how to do this safely.
Gymnastics	Develop the range of actions, body shapes and balances they include in their performance. Perform skills and actins more accurately and specifically.	Create gymnastic sequences that follow a set criteria, follow a specific theme or piece of music. Use compositional devices when creating their sequences, such as change in speed, level and direction. Work with a partner to create, repeat and improve a sequence with more than two phases	Describe their own and others work, making simple judgements about the quality of the performance and suggesting ways in which they can improve.	Describes how the body reacts during different types of activity and how this affects the way they perform.
Games	Develop the range and consistency of their skills in all games. Use rules accurately. Keep, adapt and make rules for different games, and play by them fairly. Use and adapt tactics in different situations, individually during a game according to what is happening and with a team during breaks. Invasion Games/ Field/Striking Games -Catch a ball consistently with one and two hands. - Consistently throw and catch with accuracy and with speed. -Choose appropriate tactics to cause trouble for the opposition. -Communicate effectively with team mates and work as part of a team and lead a team effectively. - Dodge defenders, being aware of opponents. Net/Racket Games -Confidently use forearm. -Be able to return a pass confidently. -Begin to start rallies (x3+), passing back and forth.		Be able to clearly explain their plans and ideas and share these with others. Specifically identify the parts of others performances which need developing. Suggest practices to improve their play.	Recognise which activities help their speed, strength and stamina and know when they are important in games. Recognise how specific activities/games can affect specific parts of the body.
Athletics	Consolidate and improve the quality, range and consistency of the techniques they use for particular activities. Begin to develop their ability to choose and use simple tactics and strategies in different situations.	Develop the following skills with increasing accuracy and velocity: Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies). Show accurate pace - Run at a speed that is appropriate for the distance being run. Take a running jump with appropriate feet patterns/movements.	Describe and evaluate the effectiveness of performances, recognising the aspects that need improving.	Know, measure and describe the short term effects of exercise on the body.

Ladysmith Federation

		Take part in relay activities, understanding the concept.		
Swimming	<p>Work with confidence in the water. Explore and use skills, actions and ideas individually and in combination. i.e. Use arms to pull and push the water; use legs in kicking actions; hold their breathe under water. Remember, repeat and link skills learnt.</p> <p>Consolidate and develop the quality of their skills. i.e. front crawl, back crawl, breaststroke, floating, survival skills. Improve linking movements and actions together more fluently.</p>	<p>Know how to choose and use skills for different swimming tasks. i.e. using arms to stay balanced; knowing how to push against the water to move in a particular direction. Improve the control and co-ordination of their bodies in the water. Swim up to 25m unaided, co-ordinating stroke and breathing.</p> <p>Choose and use a variety of strokes and skills, according to the task and the challenge. i.e. swimming without aids, distance and time challenges. Swim up to 50m unaided, co-ordinating stroke and breathing.</p>	<p>ce Know that swimming is a type of exercise and that being active is fun and good for health Recognise and describe what their bodies feel like during different activities</p> <p>Know and describe the short term effects of exercise on the body and how it reacts to different types of activity.</p>	<p>Watch, copy and describe what they and others have done and use the information to improve their work.</p> <p>Describe and evaluate the quality of swimming and recognise what needs improving.</p>

Ladysmith Federation

Year 5	Acquiring and Developing Skills	Selecting and Applying skills	Evaluating and Improving Performance	Knowledge and Understanding of Fitness and health
Dance	Explore and improvise ideas for dances in different styles, individually, with a partner and with a group, expressing themselves sensitively.	Compose planned dances by using, adapting and developing steps, formations and patterning from different dance styles. Perform dances expressively, using a range of performance skills, showing accuracy and fluency.	Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context.	Organise their own warm up and cool down activities, to suit their own dance. Show an in-depth understanding of the importance of warm up/cool down and how to do this safely. Explain some important safety principles when preparing to exercise.
Gymnastics	Perform actions, shapes and balances consistently and fluently to a high standard, in specific activities.	Choose and apply basic compositional ideas to the sequences they create and adapt them to new situations. Can they extend their sequence?	Choose and use information and basic criteria to evaluate their own and other's work. Adapt their sequences to suit specific audiences.	Know and understand the basic principles of warming up and why it is important to lead to a good quality performance. Understand and explain why physical activity is good for their health and well-being.
Games	Develop a broader range of techniques and skills for attacking and defending. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them in different situations. Choose and apply skills more consistently in all games. Choose the best tactics needed to suit the game. Invasion Games/ Field/Striking Games - Control and catch a ball. - Pass the ball accurately whilst moving. - Work alongside team mates to gain and keep possession of the ball. - Use a variety of techniques to pass the ball. Net/Racket Games -Control a ball accurately with a racket. -Use forehand and backhand with a racquet. -Work alone/in pairs to gain possession of the ball. -Use forehand and backhand consistently.		Choose and use information to evaluate their own and others' work. Specifically identify the parts of their own and others performances which need developing and professionally approach these.	Know and understand the principles of warming up and understand why it is important for high quality performance. Understand the importance of physical activity and can talk confidently about why.
Athletics	Develop the consistency of their actions in a number of events. Increase the number of techniques they use	Confidently choose appropriate techniques for specific events. Develop the following skills with increasing accuracy and velocity: o Improve and sustain running techniques at different speeds. Demonstrate accuracy and technique in a range of throwing and jumping activities. Controlled take-off and landing when jumping. Combine running and jumping well with fluency. Be accurate and precise when throwing at a target. Follow and explain rules to others confidently.	Evaluate their own and others work and suggest constructive feedback.	Understand and explain the principles of warming up. Understand why fitness is good for health and wellbeing. Identify and explain good athletic performance.

Ladysmith Federation

Year 6	Acquiring and Developing Skills		Selecting and Applying skills	Evaluating and Improving Performance	Knowledge and Understanding of Fitness and health
Dance	Explore, improvise and combine movement ideas fluently, effectively and being creative, on their own, with a partner or in a small group. Show controlled movements which express emotion and feeling		Create and structure motifs, sections and whole dances. Begin to use basic compositional principles when creating their own dances. Select their own music, style and dance based on interests.	Understand and talk about how a dance is formed and preformed. Evaluate, refine and develop their own work and others work using an appropriate criteria.	Understand and talk about why dance is good for health, fitness and wellbeing. Take necessary and detailed steps to prepare for dance, using accurate and appropriate warm up and cool down strategies, independently.
Gymnastics	Combine and perform gymnastic actions, shape and balances more fluently and effectively, ensuring actions are clear, accurate and consistent. Combine sequences together with partners or small groups		Develop their own gymnastic sequence by understanding, choosing and applying a range of compositional principles. Set sequences to specific timings and strictly stick to them, individually, with a partner or in a small group	Appropriately evaluate their own and other work, making fair judgements and offering appropriate tips to improve.	Understand why exercise is good for health, fitness and well-being and how to become healthier themselves. Carry out warm up and cool down exercises confidently and accurately supporting all parts of the body.
Games	Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of strategies for defence and attack. Use tactics and strategies more consistently in similar games (making links). Explain rules to other confidently and accurately. Effectively make a team plan and communicate this to others. Leading others in and out of a game situation. Invasion Games/ Field/Striking Games -Use all members of a team effectively. - Control movement with a ball in opposed situation, whilst moving. -Play longer duration games, to encourage use of skills and tactics learnt. Confidently field, attack and defend typically by anticipating the direction of play. Net/Racket Games -Use forehand and backhand strokes with increased accuracy and speed, confidently using a racket. - Develop serve technique with speed and precision. -Combine several accurate passing techniques in a game. - Control movement with a ball in opposed situation, whilst moving			Develop their ability to evaluate their own work and others work and to suggest constructive and specific ways to improve. To be able to confidently talk about injury and ways of overcoming these to improve performance in various games (warming up).	Understand why exercise is good for their fitness, health and well-being and supports energy for day-to-day life. Understand and explain the need to prepare properly for activities/games and to understand that preparation may differ dependent on activity.
Athletics	Develop the consistency of their actions in a number of events. Increase the number of techniques they use	Confidently choose appropriate techniques for specific events. Develop the following skills with increasing accuracy and velocity: o Improve and sustain running techniques at different speeds. Demonstrate accuracy and technique in a range of throwing and jumping activities. o		Evaluate their own and others work and suggest constructive feedback.	Understand and explain the principles of warming up. Understand why fitness is good for health and wellbeing. Identify and explain good athletic performance.

Ladysmith Federation

		Controlled take-off and landing when jumping. Combine running and jumping well with fluency. Be accurate and precise when throwing at a target. o Follow and explain rules to others confidently		
--	--	--	--	--

Ambition  Adventure  Achievement