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	PSHE										
Gymnastics Cymnastics											
		Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
		To be able to confidently and safely use a range of large and small apparatus indoors and outside	To be able to explore different jumps and balances using different body parts	To be able to move along the floor in different ways e.g. sliding, rolling, stretching etc	To be able to use their body to perform various shapes	To be able to perform a simple balance holding for 3 seconds	To be able to perform a basic jump (straight jump, Star jump etc)	To be able to perform a tuck rock and a tuck roll and rocket roll with pointed toes	To be able to devise and perform their own basic sequence	To be able to begin to observe and comment on others sequences and give feedback	To be able to perform shapes with a strong body and control
G	Gymanstics	Step 11	Step 12	Step 13	Step 14	Step 15	Step 16	Step 17	Step 18	Step 19	Step 20
		To be able to Perform jumps (straight, star, tuck jump) with control and a strong body	To be able to Perform a tuck rock, tuck roll, forward roll* and dish/arch roll *Under supervision	To be able to Perform a balance on one or more parts of body	To be able to Perform a sequence on apparatus– (roll, jump and balance)	To be able to move on and off apparatus with strong body and control	To be able to link like movements to perform sequences	To be able to use appropriate vocabulary when giving feedback	To be able to use others feedback and their own knowledge to improve their own sequence		
Dance											
		Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
		To be able to experiment with different ways of moving	To be able to move fluently to match music. Fast, slow, happy	To be able to move around to different characters to the music e.g. superheroes, explorers etc	To be able to explore and copy basic movements and body patterns	To be able to choose own movements and body shapes to make a simple dance actions	To be able to practice and repeat movements so they can be performed in a controlled way	To be able to perform basic dance travelling movements to combine into a sequence, e.g. sliding, turning and gesturing	To be able to move in time to the music showing some expression	To be able to perform dance movements at variable speeds and levels	To be able to perform dance movements showing travelling in different directions whilst negotiating space e.g. sliding, turning, gesturing
	Dance	experiment with different ways of	move fluently to match music. Fast,	move around to different characters to the music e.g. superheroes,	explore and copy basic movements	choose own movements and body shapes to make a simple	practice and repeat movements so they can be performed in a	perform basic dance travelling movements to combine into a sequence, e.g. sliding, turning	move in time to the music showing	perform dance movements at variable speeds	perform dance movements showing travelling in different directions whilst negotiating space e.g. sliding,

P.E. Continued

					Being My Best						
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	
Multi-Skills	To be able to experiment with different ways of balancing	To be able to experiment with different ways of moving (agility)	To be able to experiment with different ways of moving a ball with different body parts (co- ordination)	To be able to balance on lines with control and use equipment to balance on various parts of the body	To be able to change direction with some control (agility)	To be able to co- operate, compete and challenge themselves as a team in various games	To be able to balance on low equipment with good control	To be able to change direction quickly with good balance and control (agility)	To be able to co-ordinate the body whilst beginning to move at different speeds with various equipment		
Striking and hitting a ball (eg, tennis, hockey etc	To be able to run / walk under control at varying speeds around obstacles	To be able to catch and throw, using hand eye co-ordination, a range of different objects e.g. balloon, hanky	To be able to throw and catch an object with a partner, understanding basic turn taking	To be able balance an object e.g. beanbag on a racket	To be able to move the ball with a hand in a variety of ways, patterns and speeds	To be able to throw and catch a suitable ball improving control bounce catch to self / partner	To be able to use fore and back hand movement to push a ball along the floor to create basic rally, with a partner	To be able to balance a ball on a racket, initially standing still and then progressing to movement	To be able to become familiar with a racket and use it to push a ball along the floor, both forehand and backhand	To be able to do a one bounce, no net, rally using a racket	
Throwing, catching and travelling with a ball (eg basketball, tag rugby etc)	To be able to move a ball over the body	To be able to experiment with moving an object along the floor e.g pushing a balloon	To be able to throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls	To be able to run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork	To be able to move around safely in a variety of ways and negotiating space	To be able to throw a variety of balls into hoops and targets to score	To be able to experiment with bouncing and dribbling a ball	To be able to catch a soft ball safely, Pass a soft ball from the chest – 'W' shape when passing and receiving	To be able to move into a space looking to throw the ball to someone in a space	To be able to experiment with bouncing and dribbling a ball, beginning to use left and right hands	
				(Growing and Changin	9					
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	
Athletics	To be able to march/run for co-ordination and speed	To be able to experiment with different ways of jumping- measuring with various objects and controlling a landing	To be able to compete with myself and my peers and improve my personal best	To be able to leap over cones, spots and throw down strips from standing	To be able to develop my technique when running at various speeds (use of arms)	To be able to jump with bended knees and pushing off – being competitive to improve distance as a pair	To be able to co-operate and compete in a team in various running games	To be able to run and jump over a series of hurdles without knocking them over whilst moving	To be able to improve jumping technique (different patterns of arms and take off feet)	To be able to maintain pace when running over a longer distant	
	Growing and Changing										
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	
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