

<b>Nursery</b>	Children to be able to move individually and as a group to music, responding with clear body actions. Children develop ways of using equipment and apparatus showing body control and co-ordination.
<b>Reception</b>	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively and work collaboratively with others. Children develop their knowledge and understanding of fitness and health.
<b>Year 1</b>	Children learn and demonstrate skills used for throwing and catching. They develop basic movements such as running and jumping whilst showing basic balance and co-ordination. Children perform dance using simple movement patterns, being aware of space and basic timing to music. Children develop their knowledge and understanding of fitness and health.
<b>Year 2</b>	Children master basic movements such as running, jumping and develop throwing and catching skills. They participate in team games developing simple attacking and defending tactics. Children also develop balance, agility and co-ordination. They use movement patterns in dance, individually and as a group, in time with music. Children develop their knowledge and understanding of fitness and health.
<b>Year 3</b>	Children show a good level of throwing and catching skills. They participate in team games applying simple attacking and defending tactics. Children begin to understand and demonstrate the importance of playing as part of a team in competitive games. They also demonstrate balance, agility and co-ordination in gymnastics and team games.
<b>Year 4</b>	Children are able to play competitive games, modified where appropriate, demonstrating teamwork skills, and applying basic principles for attacking and defending. They demonstrate throwing, catching and fielding skills.
<b>Year 5</b>	Children use running, jumping, throwing and catching in isolation and in combination. They play competitive games, applying the principles for attacking and defending whilst developing teamwork skills. Children begin to understand strengths and weaknesses and they develop flexibility, strength, technique, control and balance. Children perform dance and gymnastics using a range of movement patterns, following guided sequences and creating their own.
<b>Year 6</b>	Children begin to explore different tactics: they develop experience in defending and attacking and are able to identify their strengths and weaknesses. Children show an improvement in accuracy when striking, passing, catching or fielding a ball over short distances. They create group sequences in gymnastics and perform group dances following choreography and create their own. Children are able to embrace leadership, understand team roles demonstrating effective teamwork, and be able umpire games. In addition, children are supported to swim competently, confidently and proficiently over a distance of at least 25m.