



Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier
Vocabulary Stillness Breath Move Feel	Vocabulary Calm Active Feel within Safely Carry Place	Vocabulary Health Healthy Physical Movement Cool Activeness	Vocabulary Strength Flexibility Warm up Cool down Self Awareness	Vocabulary Reactions Affects Reaction times Internal External	Vocabulary Understanding Principles Exercise goals Safety	Vocabulary Effectively Health and fitness Healthier Wellbeing



Running						
Run in different ways for a variety of purposes.	Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting.	Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.	Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.	Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners.	Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to



						maintain a sustained run.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Run Purpose	Vary Basic techniques Jog Change direction Sprint Maintain control	Describing Travel Speed Complete Speed Distances	Identify Demonstrate Focus Leg action Arm action Trail leg Lead leg Hurdle Importance Adjust Pace	Confidently Improved technique Effective sprint Perform Relay Baton Chnageover Speed up Slow down Smoothly	Accelerate Positions Preferred Identify Refine Reaction times Effective sprint start Suitable pace Fitness level Stamina Importance	Recap Practice Refine Sprinting technique Sprint finish Fluency Stride pattern Competitively perform Appropriate pace Endurance Sustained run
Jumping						
Jump in a range of ways, landing safely.	Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short	Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.	Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the	Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.	Improve techniques for jumping for distance. Perform an effective standing long jump. Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump	Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control.



	<p>jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps.</p>	<p>Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action.</p>	<p>standing long jump. Land safely and with control.</p>		<p>(jumping for height) including take-off and flight. Land safely and with control. Measure the distance and height jumped with accuracy. Investigate different jumping techniques.</p>	<p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p>
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Jump	Sequence	Compare	Effective	Combine	Improve technique	Maintain control



Land	Perform High Far Land Safely Control Develop	Combine Some fluency More control Accuracy Investigate Leg muscles Distances	Take off Develop Standing long jump Effective flight	Standing triple jump Measure Distance jumped	Perform effectively Increased confidence Develop effective technique Standing vertical jump Measure accurately Investigate	Support Contexts Performance Improving accuracy
Throwing						
Roll equipment in different ways. Throw underarm. Throw an object at a target.	Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.	Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.	Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.	Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a fling throw. Throw a variety of implements using a range of throwing techniques. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance.	Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Roll Underarm	Overarm	Accuracy for distance	Greater control Accuracy	Pull throw Measure	Fling throw Implements	Heave throw Increased distance



Target	Increasing accuracy Improve Distance Power	Throw with accuracy Investigate Alter Greater distance	Increasing control Push throw Increased distance	Develop techniques	Measure and record Further distances	Support others Refine techniques Throw for accuracy
Compete/perform						
Control their body when performing a sequence of movements Participate in simple games	Begin to perform learnt skills with some control. Engage in competitive activities and team games.	Perform learnt skills with increasing control. Compete against self and others.	Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.
Vocabulary Control Movement Perform	Vocabulary Engage Competitive games	Vocabulary Increasing control Self Others	Vocabulary Control Confidence Compete Controlled manner	Vocabulary Accuracy Control Range	Vocabulary Apply skills Strong understanding Tactics Composition	Vocabulary Confidently Consistently Precision Strong understanding of tactics



Evaluate						
<p>Talk about what they have done. Talk about what others have done.</p>	<p>Watch and describe performances. Begin to say how they could improve.</p>	<p>Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>
<p>Vocabulary</p> <p>Talk Share</p>	<p>Vocabulary</p> <p>Describe Improve</p>	<p>Vocabulary</p> <p>Performance Differences</p>	<p>Vocabulary</p> <p>Effectiveness Improved</p>	<p>Vocabulary</p> <p>Watch Giving ideas Modify Achieve Result</p>	<p>Vocabulary</p> <p>Criteria Evaluate Effect</p>	<p>Vocabulary</p> <p>Thoroughly Suggesting Appropriate Improvements</p>