

	Year 1/2:	Year 3/4:	Year 5/6:
Body Awareness	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to show control and balance in basic movement. 2) Be able to show spatial awareness and awareness of others in running, chasing & avoiding games. 3) Be able to make simple decisions about when and where to run. 4) Be able to choose and use different movements to suit different situations. 5) Be able to understand and anticipate how their bodies will feel after exercise and playing. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to show an awareness of space and know how to use it in games. 2) Be able to travel changing direction and speed easily. 3) Be able to describe what happens to their breathing and heart rate during different activity. 4) Be able to use the knowledge they are learning to devise suitable warm up activities. 5) Be able to recognise and record how the body works in different types of challenges. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to find and use space well and perform skills quicker. 2) Be able to find and use space well in the games perform. 3) Be able to identify the types of fitness and preparation that are most important in games. 4) Be able to recognise that speed, strength, and flexibility are important in games. 5) Be able to give good explanations of how warm up activities affect the body and why warming up helps them to play better.
Sending and Receiving	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to show confidence in ball handling skills. 2) Be able to choose and use different tactics to suit different situations. 3) Be able to react to situations in ways that help their partners. 4) Be able to perform a range of rolling, throwing, kicking, catching, stopping & gathering skills with control. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to use a range of techniques when passing. 2) Be able to develop a range and consistency of their skills. 3) Be able to vary and use a range of different hitting skills. 4) Be able to keep a rally going using a range of shots. 5) Be able to throw accurately using an overarm action. 6) Be able to intercept and stop a ball, sometimes catching it. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to confidently and co-operatively work with others. 2) Be able to know when to pass or dribble a ball, so that they keep possession and make progress towards a goal. 3) Be able to combine and perform skills with control, adapting them to meet the needs of the situation. 4) Be able to show good backswing, follow through and feet positioning.
Playing Games	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to choose and use different tactics to suit different situations. 2) Be able to know how to score and keep the rules of a game. 3) Be able to make simple decisions about when & where to run. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to use a range of tactics to keep possession. 2) Be able to know when to pass and when to dribble a ball. 3) Be able to understand skills/tactics are similar in different games. 4) Be able to describe the help they need to improve their play consistently & recognise what skilful play looks like. 5) Be able to choose where to stand as a fielder to make it harder for the batting team. 6) Be able to look for space and strike a ball, choosing batting skills to make it harder for their opponents. 7) Be able to use set rules and keep a game going without disputes. 	<p>“Expectations”</p> <ol style="list-style-type: none"> 1) Be able to choose when to pass and when to dribble. 2) Be able to use a variety of tactics to keep a ball and find ways to get the ball towards their opponent’s goal. 3) Be able to defend effectively, slowing games down and making it hard to find space. 4) Be able to use formations to suit the needs of the game. 5) Be able to organise themselves into different roles, using skills and tactics that affect the game. 6) Be able to plan to outwit the opposition when they are batting, bowling and fielding. 7) Be able to recognise their own and others’ strengths and identify what they need to improve in their performance.

