

<u>Skills</u>						
<u>Reception:</u>	<u>Year 1:</u>	<u>Year 2:</u>	<u>Year 3:</u>	<u>Year 4:</u>	<u>Year 5:</u>	<u>Year 6:</u>
Experiment with different ways of moving.	Able to balance along a line.	Able to balance along lines in different directions while maintaining control of other objects either in their hands or on their head.	Able to balance equipment on varying body parts, and balance on one leg.	Able to balance equipment on varying body parts while moving around.	Able to balance equipment on varying body parts, and balance on one leg consistency with good control.	Able to balance equipment on varying body parts while moving around confidently and at varying speeds.
Negotiate space successfully, adjusting speed and changing direction.	Able to balance equipment on their head with some confidence.	Able to balance on equipment while balancing an object on their head.	Able to change direction at speed.	Able to change direction at speed with good control.	Able to change direction at speed in an efficient and effective manner.	Able to change direction at speed in an efficient and effective manner showing confidence and co-ordination.
Travel with confidence and skill through balancing.	Able to balance on equipment.	Can change direction and position of the body.	Co-ordinate body to perform a single movement action.	Co-ordinate body to perform a combination of movements or actions.	Co-ordinate body to perform a wide variety of different movements or actions.	Co-ordinate body efficiently to perform a wide variety of increasingly complex different movements or actions.
Jumps off an object and lands appropriately.	Can change direction and position of the body.	Can change direction and position of the body quickly and effectively with good control.	Balance an object, roll, throw and catch an object, travel and change direction at speed.	Balance an object while moving, roll throw and catch two objects, travel and change direction at speed with control.	Can display creative, social and problem solving skills that succeed in isolating the given skill.	Can use creative, social and problem solving skills to produce an exercise that
Shows a preference for a dominant hand.	Able to manipulate a ball when moving (dribbling) with some control.	Able to manipulate a ball when moving (dribbling) with good control and at some speed.	Understand and complete challenges set while measuring and recording the scores of yourself or others.	Understand and complete challenges set while measuring and recording	Understand and complete challenges set while measuring and recording	
Shows increasing control over an object in pushing, patting, throwing, kicking and catching it.	Able to either roll, throw, kick or catch with some success.	Able to participate in an agility team game with some confidence.				

		rolling, throwing, kicking or catching with some consistency. Can participate in an agility team game with confidence and good understanding.		yourself or others accurately.	yourself or others accurately, while offering support for others.	includes skill progression and self-best challenges. Understand and complete challenges set while measuring and recording yourself or others accurately, while offering support and advice for improvement for others.
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