

		Year 1	Year 2
Acquiring and developing skills	Dance	Copy and repeat simple skills Follow the leader – jumps, hops, skips Respond to different stimuli with a range of actions Copy and explore basic body actions demonstrated by the teacher Copy simple movement patterns from each other and explore the movement	Copy, remember and repeat simple skills with control and co-ordination Can link several movements together with control and co-ordination Talk about different stimuli as the starting point for creating dance phrases and short dances Explore actions in response to stimuli Explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements
Selecting and applying skills, tactics and compositional ideas		Pupils link simple actions and skills Compose and link movement phrases to make simple dances with clean beginning, middle and end. Practise and repeat their movement phrases and perform them in a controlled way	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics Compose and perform dance phrases and short dances that express communicate moods, ideas and feelings Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness
Acquiring and developing skills	Games	Copy and repeat simple skills Throw and catch a ball with a partner Move fluently, changing direction and speed easily and avoiding collisions Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking	Copy, remember and repeat simple skills with control and co-ordination Pass a ball accurately to a partner over a variety of distances Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run
Selecting and applying skills, tactics and compositional ideas		Pupils link simple actions and skills Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming Use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics They vary skills and show some understanding of simple tactics Choose and use tactics to suit different situations React to situations in a way that helps their partners and makes it difficult for their opponents
Acquiring and developing skills	Gym	Copy and repeat simple skills Perform basic gymnastic actions like traveling, rolling and jumping Manage the space safely, showing good awareness of each other, mats and apparatus	Copy, remember and repeat simple skills with control and co-ordination Perform a variety of actions with increasing control repeat accurately sequences of gymnastic actions Move smoothly from a position of stillness to a travelling movement Move smoothly and in a controlled way from one position of stillness to another
Selecting and applying skills, tactics and compositional ideas		Pupils link simple actions and skills Make up simple movement phrases in response to simple tasks. Link & repeat basic gymnastic actions Perform movement phrases with control and accuracy	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics Choose, use and vary simple compositional ideas to create and perform a sequence Devise, repeat and perform a short sequence in which there is a clear beg, mid and end Adapt the sequence to include apparatus or a partner Use different combinations of floor, mats and apparatus- showing control, accuracy & fluency
Acquire & develop	O&A	Follow marked tracks in familiar environment.	Use simple plans and diagrams of familiar environments.
	Athletics	Run at different speeds, jump with accuracy, use a small range of techniques	Change speed and direction, link running and jumping, throw accurately
Select and apply	O&A	Choose which way to follow route, by self or in group	Use skills to solve a basic challenge or problem
	Athletics	Choose which throwing and retrieving technique to use	Choose when to run and when to jump. Select which throwing technique to use for accuracy and distance
Evaluating and improving performance		Describe and comment on their own and others actions Can describe what they have done Can watch others and say what they are doing	They can talk about differences between their own and others' performance and suggest improvements
Knowledge & understanding of fitness and health		Can describe how their bodies feel when still and when exercising. Can talk about how to exercise safely.	They can understand how to exercise and describe how their bodies feel during different activities.