



SPORT

	Year 1	Year 2	Year 3	Year 4/5	Year 5/6
	<ul style="list-style-type: none">• Master basic movements including running, jumping, throwing and catching.• Perform dances with simple patterns.• Develop balance and coordination.	<ul style="list-style-type: none">• Master basic movements eg running.• Develop balance, agility and co-ordination and begin to apply there.• Participate in team games.• Swim completely and confidently.	<ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and combination.• Play competitive games modified where appropriate.• Develop flexibility, strength, technique control and balance	<ul style="list-style-type: none">• Use running, jumping and throwing and catching in isolation and combination.• Play competitive sport in a range of games.• Perform dance using a range of movement.• Develop flexibility, strength, technique and control and balance	<ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and combination.• Play competitive sport in a range of games.• Perform dance.• Develop flexibility, strength, technique and control and balance.• Take part in outdoor activity.• Compare performances and demonstrate how to improve