



	Year 1	Year 2	Year 3
Gymnastics	<p>Explore gymnastics actions and still shapes</p> <p>Move confidently and safely in their own and general space, using change of speed and direction</p> <p>Copy or create and link movement phrases with beginnings, middles and ends</p> <p>Perform movement phrases using a range of body actions and body parts</p> <p>Know how to carry and place equipment</p> <p>Recognise how their body feels when still and when exercising</p> <p>Watch, copy and describe what they and others have done</p>	<p>Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision</p> <p>Choose, use and vary simple compositional ideas in the sequences they create and perform</p> <p>Recognise and describe what their bodies feel like during different types of activity</p> <p>lift, move and place equipment safely</p> <p>Improve their work using information they have gained by watching, listening and investigating</p>	<p>Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements</p> <p>Improve their ability to select appropriate actions and use simple compositional ideas</p> <p>Recognise and describe the short term effects of exercise on the body during different activities</p> <p>Know the importance of suppleness and strength</p> <p>Describe and evaluate the effectiveness and quality of a performance</p> <p>Recognise how their own performance has improved</p>
Dance	<p>Explore movement ideas and respond imaginatively to a range of stimuli</p> <p>Move confidently and safely in their own and general space, using changes of speed, level and direction</p> <p>Compose and link movement to make simple dances with clear beginnings, middles and ends</p> <p>Perform movement phrases using a range of body actions and body parts</p>	<p>Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance</p> <p>Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas</p> <p>Recognise and describe how different dance activities make them feel</p> <p>Understand the importance of warming up and</p>	<p>Improvise freely on their own and with a partner, translating ideas from a stimulus into movement</p> <p>Create and link dance phrases using a simple dance structure or motif</p> <p>Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups</p> <p>Keep up activity over a period of time and know they need to warm up and cool down for dance</p>

	<p>Recognise how their body feels when still and exercising</p> <p>Talk about dance ideas inspired by different stimuli</p> <p>Copy, watch and describe dance movement</p>	<p>cooling down</p> <p>Watch and describe dance phrases and dances and use what they learn to improve their own work</p>	<p>Describe and evaluate some of the compositional features of dances performed with a partner and in a group</p> <p>Talk about how they might improve their dances</p>
Games	<p>Be confident and safe in the spaces used to play games explore and use skills, actions and ideas individually and in combination to suit the game they are playing</p> <p>Choose and use skills effectively for particular games</p> <p>Know that being active is good for them and fun</p> <p>Watch, copy and describe what others are doing describe what they are doing</p>	<p>Improve the way they coordinate and control their bodies and a range of equipment remember, repeat and link combinations of skills</p> <p>Choose, use and vary simple tactics</p> <p>Recognise and describe what their bodies feel like during different types of activity</p> <p>Recognise good quality in performance use information to improve their work</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements</p> <p>Develop the range and consistency of their skills in all games</p> <p>Improve their ability to choose and use simple tactics and strategies keep, adapt and make rules for striking and fielding and net games</p> <p>Know and describe the short term effects of different exercise activities on the body know how to improve stamina begin to understand the importance of warming up</p> <p>Recognise good performance and identify the parts of a performance that need improving use what they have learned to improve their work</p>