

Old Park Primary School - Being a sports person - progression Year 1 - Year 6

	Year 1	Year 2	Year 3
Games	<p>I can throw underarm. I can hit a ball with a bat. I can move and stop safely. I can throw and catch with both hands. I can throw and kick in different ways.</p>	<p>I can use hitting, kicking and/or rolling in a game. I can decide the best space to be in during a game. I can use one tactic in a game. I can follow rules.</p>	<p>I can throw and catch with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use rules fairly.</p>
Gymnastics	<p>I can make my body curled, tense, stretched and relaxed. I can control my body when travelling and balancing. I can copy sequences and repeat them. I can roll, curl, travel and balance in different ways.</p>	<p>I can plan and perform a sequence of movements. I can improve my sequence based on feedback. I can think of more than one way to create a sequence which follows some 'rules'. I can work on my own and with a partner.</p>	<p>I can adapt sequences to suit different types of apparatus and criteria. I can explain how strength and suppleness affect performance. I can compare and contrast gymnastic sequences.</p>
Dance	<p>I can move to music. I can copy dance moves. I can perform my own dance moves. I can make up a short dance. I can move safely in a space.</p>	<p>I can change rhythm, speed, level and direction in my dance. I can dance with control and coordination. I can make a sequence by linking sections together. I can use dance to show a mood or feeling.</p>	<p>I can improvise freely and translate ideas from a stimulus into movement. I can share and create phrases with a partner and small group. I can repeat, remember and perform phrases.</p>

General	<p>I can copy actions. I can repeat actions and skills. I can move with control and care. I can use equipment safely.</p>	<p>I can copy and remember actions. I can talk about what is different from what I did and what someone else did.</p>	
Athletics			<p>I can run at fast, medium and slow speeds; changing speed and direction. I can take part in a relay, remembering when to run and what to do.</p>
Outdoor and adventurous			<p>I can follow a map in a familiar context. I can use clues to follow a route. I can follow a route safely.</p>
Swimming			

	Year 4	Year 5	Year 6
Games	<p>I can catch with one hand.</p> <p>I can throw and catch accurately.</p> <p>I can hit a ball accurately with control.</p> <p>I can keep possession of the ball.</p> <p>I can vary tactics and adapt skills depending on what is happening in a game.</p>	<p>I can gain possession by working a team.</p> <p>I can pass in different ways.</p> <p>I can use forehand and backhand with a racket.</p> <p>I can field.</p> <p>I can choose a tactic for defending and attacking.</p> <p>I can use a number of techniques to pass, dribble and shoot.</p>	<p>I can play to agreed rules.</p> <p>I can explain rules.</p> <p>I can umpire.</p> <p>I can make a team and communicate plan.</p> <p>I can lead others in a game situation.</p>
Gymnastics	<p>I can work in a controlled way.</p> <p>I can include change of speed and direction.</p> <p>I can include a range of shapes.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>I can make complex extended sequences.</p> <p>I can combine action, balance and shape.</p> <p>I can perform consistently to different audiences.</p>	<p>I can combine my own work with that of others.</p> <p>I can link sequences to specific timings.</p>
Dance	<p>I can take the lead when working with a partner or group.</p> <p>I can use dance to communicate an idea.</p>	<p>I can compose my own dances in a creative way.</p> <p>I can perform to an accompaniment.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>I can develop sequences in a specific style.</p> <p>I can choose my own music and style.</p>
General			

Athletics	<p>I can run over a long distance. I can sprint over a short distance. I can throw in different ways. I can hit a target. I can jump in different ways.</p>	<p>I am controlled when taking off and landing. I can throw with accuracy.</p>	<p>I can combine running and jumping I can demonstrate stamina. .</p>
Outdoor and adventurous	<p>I can follow a map in a (more demanding) familiar context. I can follow a route within a time limit.</p>	<p>I can follow a map in an unknown location. I can use clues and a compass to navigate a route. I can change my route to overcome a problem. I can use new information to change my route.</p>	<p>I can plan a route and a series of clues for someone else. I can plan with others taking account of safety and danger.</p>
Swimming		<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres I can understand how keep water</p>	