



Dance	Gymnastics	Games	Athletics
Can show an imaginative response to different stimuli through use of language and choice of movement.	Can explore combinations of floor, mats and apparatus, and find different ways of using a shape, balance or travel.	Can strike a ball with intent and throw it more accurately when bowling and/or fielding. Can intercept and stop the ball with consistency.	Can run consistently and smoothly at different speeds.
Can incorporate different qualities and dynamics into movement.	Can practise an action or short sequence of movements, and improve the quality of the actions and transitions.	Can pass, receive and dribble the ball, keeping control and possession consistently.	Can demonstrate different combinations of jumps, showing control, coordination and consistency.
Can explore and develop new actions while working with a partner or small group.	Can show control, accuracy and fluency of movement when performing actions on their own and with a partner.	Can play games using a racket, getting their body into good positions, hitting a ball fed to them accurately, and increasingly keeping a rally going using a small range of shots	Can throw a range of implements into a target area with consistency and accuracy.
Can link actions to make dance phrases, working with a partner and in a small group.	Can devise and perform a gymnastic sequence, showing a clear beginning, middle and end.	Can weigh up the options and often make good decisions about what to do and knows how to use space in games.	Can recognise that there are different styles of running, jumping and throwing, and that they need to choose the best for a particular challenge and type of equipment.
Can perform short dances with expression, showing an awareness of others when moving.	Can adapt a sequence to include different levels, speeds or directions.	Can use a range of skills to keep possession and make progress towards a goal, on their own and with others.	Can pace their effort well in different types of events so that they can keep going steadily and maintain the quality of their action.
Can sustain effort when dancing.	Can work well on their own and contribute to pair sequences.	Can describe and show how some games use short bursts of speed.	Can recognise and record that their body works differently in different types of challenges and events.
Can describe what makes a good dance phrase and can use a range of expressive language to describe dance.	Can understand that strength and suppleness are important parts of fitness.	Can explain how to keep possession and describe how they and others have achieved it.	Can carry out stretching and warm-up activities safely.
Can recognise unison and canon.	Can identify similarities and differences between two performances in terms of elements, their order and comment on quality.	Knows how to make games harder for opponents.	Can watch and describe specific aspects of running, jumping and throwing styles.
		Familiar with and use the rules set, and keep games going without disputes.	