



Dance	Gymnastics	Games	Athletics
Can talk about different stimuli as the starting point for creating dance phrases and short dances.	Can perform a range of actions with control and coordination.	Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control.	Can demonstrate the five basic jumps on their own, <i>e.g. a series of hops</i> , and in combination, <i>e.g. hop, one-two, two-two</i> , showing control at take-off and landing.
Can explore actions in response to stimuli.	Can accurately repeat sequences of gymnastic actions.	Can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.	Can run continuously for about one minute and, when required, show the difference between running at speed and jogging.
Can explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements.	Can move smoothly from a position of stillness to another or to a travelling movement.	Can choose and use tactics to suit different situations.	Can throw with increasing accuracy and coordination into targets set at different distances.
Can choose and link actions to make short dance phrases that express an idea, mood or feeling, and reflect rhythmic qualities.	Can devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.	Can react to situations in a way that helps partners and makes it difficult for opponents.	Can demonstrate a range of throwing actions using a variety of games equipment.
Can perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings.	Can adapt the sequence to include apparatus or a partner.	Knows how to score and keep the rules of the games.	Can use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.
Can show some sensitivity to the accompaniment.	Can use different combinations of floor, mats and apparatus, showing control, accuracy and fluency.	Can understand and describe changes to heart rate when playing different games.	Can identify and describe different running, jumping and throwing actions.
Can understand the need to warm up and cool down for dance.	Can recognise and avoid risks when handling and placing apparatus.	Can analyse performance and knows how to improve.	Can explain what is successful and what needs to be done to perform better.
Can describe dance phrases and expressive qualities and can say what they like and how it makes them feel.	Can describe own or a partner's sequence accurately, commenting on what it contains and whether it is performed smoothly and with control.		Can describe what happens to their heart, breathing and temperature during different types of athletic activity.