



Big Idea	Concept / Aspect	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PE	Personal	I enjoy working on simple tasks with help	I can follow instructions, practise safely and work on simple tasks by myself	I try several times if at first I don't succeed and I ask for help when appropriate	I know where I am with my learning and I have begun to challenge myself	I know where I am with my learning and I have begun to challenge myself	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions	
	Social	I can play with others and take turns and share with help	I can work sensibly with others, taking turns and sharing	I can help praise and encourage others in their learning	I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas	I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging	
	Cognitive	I can follow simple instructions	I can understand and follow simple rules and can name some things I am good at	I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well	I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement	I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task	

	Creative	I can observe and copy others	I can explore and describe different movements	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme	I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression	I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities
	Applying Physical	I can move confidently in different ways	I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together	I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed	I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency	I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working
	Health and Fitness	I can move confidently in different ways	I am aware of why exercise is important for good health	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely	I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down	I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down	I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice
Gym	Shape	Explore Tricky 1 skills	Explore Tricky Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)		

			Perform (Consolidated) Tricky Shape skills on the floor (1/2/3)	Perform (Consolidated) Trickier Shape skills on the floor (1/2/3).	Perform (Consolidated) Trickiest Shape skills on the floor (1/2/3)
	Balance	Explore Tricky 1 skills	Explore Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Tricky Balance skills on the floor (1/2/3)	Perform (Consolidated) Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickier Balance skills on the floor (1/2/3).	Perform (Consolidated) Trickier Balance skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickiest Balance skills on the floor (1/2/3)
	Travel	Explore Tricky 1 skills	Explore Tricky Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Tricky Travel skills on the floor (1/2/3)	Perform (Consolidated) Tricky Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickier Travel skills on the floor (1/2/3).	Perform (Consolidated) Trickier Travel skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickiest Travel skills on the floor (1/2/3).
	Flight	Explore Tricky 1 skills	Explore Tricky Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated)	Perform (Consolidated) Tricky Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated)	Perform (Consolidated) Trickier Flight skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated)

			Tricky Flight skills on the floor (1/2/3).		Trickier Flight skills on the floor (1/2/3).		Trickiest Flight skills on the floor (1/2/3).
	Rotation	Explore Tricky 1 skills	Explore Tricky Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Tricky Rotation skills on the floor (1/2/3).		Perform (Consolidated) Tricky Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickier Rotation skills on the floor (1/2/3)		Perform (Consolidated) Trickier Rotation skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7) Perform (Consolidated) Trickiest Rotation skills on the floor (1/2/3).
Dance	Shapes	Explore Tricky 1 skills	Create multiple standing and floor shapes - balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down. Travel between shapes including jumping.	Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up. Travel between shapes including jumping with rotation	Create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor. - facing up and sideways. Travel between shapes including stepping into jumping. Rotate in jumps.	Create multiple standing and floor shapes - balanced on 1 foot. - with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. - facing up and sideways. Travel between shapes including rotation - on the floor and in the air. - in different directions	Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support. Travel between shapes including rotation - on the floor (spirals and turns) and in the air. - in different directions. - at different speeds
	Circles	Explore Tricky 1 skills	Create movements led by large horizontal single arm circles and	Create movements led by large vertical single arm circles and semi-	Create exact and repeatable movement led by both single	Create sequences of movement led by combined arm, shoulder,	Create complex movement led by a combination of circles made with different body parts and in different

			<p>semi-circles leading into</p> <ul style="list-style-type: none"> - stepping. - turning. <p>Jump from a static position, arms up and down.</p>	<p>circles leading into</p> <ul style="list-style-type: none"> - stepping. - body movements. - turning. - jumps with 180° and 360° rotations. 	<p>arm and leg circles and semi-circles leading into</p> <ul style="list-style-type: none"> - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps). 	<p>leg and foot circles and/ or semi-circles leading into</p> <ul style="list-style-type: none"> - turning. - jumping with good height, speed and various body shapes in the air 	<p>planes leading into</p> <ul style="list-style-type: none"> - stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with 180° rotation and change of direction in the air (landing facing backwards)
	Partnering (shapes)	Explore Tricky 1 skills	<p>Create standing and floor shapes in contrast to my partner's</p> <ul style="list-style-type: none"> - with our body parts crossing over. <p>Travel between shapes in unison.</p>	<p>Create standing and floor shapes</p> <ul style="list-style-type: none"> - opposite and entwined with my partner. - in close contact but without touching. <p>Incorporate jumping when travelling between shapes</p> <ul style="list-style-type: none"> - in canon 	<p>Create standing and floor shapes</p> <ul style="list-style-type: none"> - opposite and entwined with my partner. - as close as possible without touching. - facing up, down and sideways. - jumping with rotation when moving between shapes. - in canon. 	<p>Create standing and floor shapes</p> <ul style="list-style-type: none"> - at different levels. - without contact. - with 1 hand contact. <p>Jump with backward rotation when moving between shapes</p>	<p>Create standing and floor shapes in close contact</p> <ul style="list-style-type: none"> - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor. <p>Travel with my partner</p> <ul style="list-style-type: none"> - incorporating spirals, rotation on the floor, jumping and cross-bodied finishing positions
	Partnering (circles)	Explore Tricky 1 skills	<p>Turn forwards and backwards through horizontal large arm circle</p> <ul style="list-style-type: none"> - and finish away. - in unison. - in canon. <p>Create, in unison, jumps with rotation from a static</p>	<p>Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle</p> <ul style="list-style-type: none"> - in unison. - finishing in partner shapes. <p>Create jumps from foot</p>	<p>Create movement led by horizontal and vertical single arm circles and semi-circles</p> <ul style="list-style-type: none"> - followed with steps. - followed with body action. - in unison. - in canon. 	<p>Create sequences of movement led by large horizontal and vertical single arm and leg circles and semi-circles</p> <ul style="list-style-type: none"> - with turns led by arms, foot and knee. - in unison. 	<p>Create sequences of movement led by combinations of circles made with different body parts and in different planes</p> <ul style="list-style-type: none"> - leading into and out of turning. - in unison. - while mirroring

			position.	circles - jumping in unison	- mirroring my partner	- at different speeds/directions	
	Partnering (lifts)	Explore Tricky 1 skills	Create partner balances - with hand on shoulder contact. - facing my partner. Create and support jumps - with hand to elbow contact. - with hands on waist and shoulders in contact. - facing my partner. - with 2-feet take-off and landing.	Create partner balances leaning away from each other with hand-to-hand contact. Create and support jumps with hand to elbow contact - facing each other. - using a 2-foot take-off and landing, with 180° rotation.	Create partner balances with one standing and the other on the floor. I Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing.	Create and support jumps palm to palm/palm to lower back - with 360° rotation in the air. - with 1 foot take-off and landing. - holding star shape in the air. - finishing by leaning against my partner. - in canon	Create sequences of movement, turning and jumping - leading into and out of partner supports. - leaning towards and away from my partner. - in unison. - in canon. - independently from my partner
	Artistry (Abstraction)	Explore Tricky 1 skills	Create 2 ways of moving linked to the silk - using both hands at the same time. - connected to standing shapes.	Create 2 ways of moving linked to the silk - using 3 or 4 limbs and pausing throughout my movement. - fluently and without stopping	Create multiple ways of moving linked to the silk - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation	Create multiple ways of moving linked to the silk - where silk moves lead me into stepping, jumping, floor moves and floor shape	Create multiple ways of moving linked to the silk - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes. - fluently without stopping.
	Artistry (Musicality)	Explore Tricky 1 skills	Create shapes and movements to express how the music makes me feel - following 1 instrument. - following a story	Create shapes, circles and silk movements to - express the music. - change my moves so they match different music.	Create shapes, circle and silk movements - at different speeds to follow the music without stopping. - making them	Create combination of shapes, circle and silk moves - matching the energy of the music. - in time to the	Create a combination of shapes, circle and silk moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases.

			with movement.		specific to stress what the music is doing.	beat and the rhythm. - matching 1 instrument playing off the main beat	
	Artistry (Making)	Explore Tricky 1 skills	Create a sequence of 4 moves with some being different to my partner's.	Create a sequence of 5 static and dynamic moves - in contrast to my partner's. - using different partner shapes. - at different levels. - with different timings.	Create a sequence of a minimum of 5 moves - similar and then in contrast to my partner's. - with various starting and finishing positions	Create a sequence of a minimum of 5 moves - with limbs in different planes and directions. Perform both in my and my partner's place	Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.