

Year Group Progression - Motor Competence

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, skipping, climbing.</p> <p>Perform songs, rhymes, poems, stories with others, trying to move in time with music.</p>	<p>Children develop simple fundamental movement skills which they copy, repeat and explore with basic control.</p>	<p>Children become increasingly competent and confident in their simple FMS. Accessing a broad range of opportunities to extend their agility, balance and coordination.</p>	<p>Children copy, repeat, remember and explore their simple FMS with increased control.</p>	<p>Children develop a broader range of skills and begin to select and apply them more appropriately, with control and coordination.</p>	<p>Select and apply their skills for use in different ways and in different contexts with good control and coordination.</p>	<p>Children link their skills to make actions and sequences of movement. They apply and perform them accurately with precision, control and fluency.</p>

Year Group Progression – Rules, Strategies & Tactics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know the reasons for rules, know right from wrong and try to behave accordingly.</p>	<p>Children begin to become aware of their own and others' feelings.</p> <p>Follow basic instructions and do their best in any physical task on their own.</p> <p>Describe and comment on their own and others' actions.</p>	<p>Children can engage in competitive activities against themselves and cooperative physical activities with others.</p> <p>Children can talk about the differences in their and others' simple actions, suggesting some improvements.</p> <p>Begin to have a basic understanding of attacking and defending tactics.</p>	<p>Take part in collaborative groups and start to show some simple effective communication skills.</p> <p>Understand simple rules for competitive physical activities against others.</p> <p>Describe in more detail how their work is different from others, using this to improve theirs.</p> <p>Begin to show an increasing understanding of simple tactics and some basic compositional ideas.</p>	<p>Display more developed communication and collaboration skills.</p> <p>During competitive activity, they are able to cope with winning and losing.</p> <p>Children can describe in some detail how their work is similar to and different from others.</p> <p>Tactical and compositional understanding is improving.</p>	<p>Display a positive attitude towards cooperative and competitive physical activity.</p> <p>Work effectively as part of a team listening to others and sharing ideas.</p> <p>Understand the importance of fair play, and persevering in challenging themselves to improve performance.</p> <p>Children observe and comment on skills, techniques, tactics, ideas, and composition used.</p> <p>On a consistent basis refining own performance in some physical activities and sports.</p>	<p>Consistently work well in team challenges, displaying good communication skills.</p> <p>Always respect the rules and display a good sense of fair play.</p> <p>Display resilience and challenge themselves to consistently improve.</p> <p>Children evaluate and recognise correctly and with consistency, their own and others success.</p> <p>They regularly compare and provide feedback on the skills, techniques, tactics, ideas, and composition used in their own work and others. Then making consistent improvements as a result.</p>

Year Group Progression – Healthy Participation

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Be confident for trying new activities and show independence, resilience and perseverance in the face of a challenge.</p> <p>Work and play cooperatively and take it in turns with others.</p>	<p>Children talk about how to exercise safely and describe how their bodies feel when they are moving and resting.</p>	<p>Can provide a simple explanation of how to exercise safely.</p> <p>Can describe how their bodies feel different during different activities and having an awareness exercise is good for them.</p>	<p>Children can describe how their bodies feel if they are physically active for sustained periods of time.</p> <p>Children can give reasons why it is important to warm up before physical activity.</p>	<p>Children know what different intensities of physical activity feel like.</p> <p>They can give some reasons why their health will benefit if they are physically active.</p> <p>They show that they can warm up safely.</p>	<p>Display a good understanding of the health benefits of engaging regularly in vigorous physical activity.</p> <p>Plan and demonstrate that they can take their own warm - up and cool-down safely.</p>	<p>Children can explain in detail how physical activity and sport contributes to a healthy lifestyle.</p> <p>They engage in a range of physical activities and sports and can describe some of the different health benefits of each.</p> <p>They consistently warm up and cool down safely in ways which suit the activity.</p>