

**Y3**

Hockey	<ul style="list-style-type: none"> <li>- Able to pass and receive the ball with control when under limited pressure</li> <li>- Follow a simple warm-up routine</li> <li>- Able to pass and receive the ball with control to keep possession / score goals</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Keep possession with some success when using equipment that is not used for throwing and catching skills</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play effectively with speed and precision whilst under pressure</li> <li>- Play a wider range of games and use a variety of skills and equipment well</li> </ul>	GDS
Rounders	<ul style="list-style-type: none"> <li>- Use a few skills with control and reasonable accuracy</li> <li>- Hit a stationary ball and retrieve and throw it when fielding</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy</li> <li>- Hit a moving ball</li> <li>- Retrieve and throw a ball (under-arm and over-arm)</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play games with speed and precision, using a variety of equipment</li> <li>- Hit a bowled ball with intent and force</li> <li>- Collect, stop, intercept and throw a ball with increasing efficiency</li> <li>- Throw a ball accurately from a distance</li> </ul>	GDS

Tag Rugby	<ul style="list-style-type: none"> <li>- Catch and pass in isolation</li> <li>- Run with ball</li> <li>- Tag an attacking player</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Ability to beat a defender successfully 1v1</li> <li>- Ability to close down an attacker and tag them</li> <li>- Can catch and pass when moving</li> <li>- Play games with speed and precision</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play games with speed and precision</li> <li>- Ability to attack and defend against opposition as an individual and through team work</li> <li>- Can consistently catch and pass when moving</li> </ul>	GDS
Athletics	<ul style="list-style-type: none"> <li>- Demonstrate running, jumping and throwing skills in simple challenges</li> <li>- Show some control when using a small range of basic running, jumping and throwing actions</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Understand and demonstrate the difference between sprinting and running for sustained periods</li> <li>- Know and demonstrate a range of throwing techniques</li> <li>- Throw with some accuracy and power into a target area</li> <li>- Perform a range of jumps, showing consistent technique and sometimes using a short run-up</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Demonstrate good technique, fluency of movement, accuracy and consistency in a wide range of running, jumping and throwing actions and challenges</li> </ul>	GDS

**Y4**

Hockey	<ul style="list-style-type: none"> <li>- Play games at a slower pace</li> <li>- Play games with less consistency and control</li> <li>- Play games with some fluency and accuracy</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Use a variety of different passes (push, pass and slap)</li> <li>- Drag the ball left and right with some control</li> <li>- Shoot the ball towards a target</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play all the games well, using the range of equipment provided</li> <li>- Keep possession and make progress consistently</li> </ul>	GDS
Rounders	<ul style="list-style-type: none"> <li>- Use a few skills with control and reasonable accuracy</li> <li>- Hit a stationary ball and retrieve and throw it when fielding</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy</li> <li>- Hit a moving ball</li> <li>- Retrieve and throw a ball (under-arm and over-arm)</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play games with speed and precision, using a variety of equipment</li> <li>- Hit a bowled ball with intent and force</li> <li>- Collect, stop, intercept and throw a ball with increasing efficiency</li> <li>- Throw a ball accurately from a distance</li> </ul>	GDS
Tag Rugby	<ul style="list-style-type: none"> <li>- Can catch and pass in isolation</li> <li>- Run with ball</li> <li>- Tag an attacking player</li> </ul>	WTS

	<ul style="list-style-type: none"> <li>- Ability to beat a defender successfully 1v1</li> <li>- Ability to close down an attacker and tag them</li> <li>- Can consistently catch and pass when static</li> <li>- Play games with speed and precision</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play games with speed and precision</li> <li>- Ability to attack and defend against opposition as an individual and as a team</li> <li>- Can catch and pass when both static and moving</li> </ul>	GDS
Athletics	<ul style="list-style-type: none"> <li>- Demonstrate running, jumping and throwing skills in simple challenges</li> <li>- Show some control when using a small range of basic running, jumping and throwing actions</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Understand and demonstrate the difference between sprinting and running for sustained periods</li> <li>- Know and demonstrate a range of throwing techniques</li> <li>- Throw with some accuracy and power into a target area</li> <li>- Perform a range of jumps, showing consistent technique and sometimes using a short run-up</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Demonstrate good technique, fluency of movement, accuracy and consistency in a wide range of running, jumping and throwing actions and challenges</li> </ul>	GDS

Y5

Netball	<ul style="list-style-type: none"><li>- Use a small range of sending, receiving and travelling techniques in games, with varied control</li></ul>	WTS
	<ul style="list-style-type: none"><li>- Pass and shoot with control in games</li><li>- Mark opponents and help each other in defence</li></ul>	EXS
	<ul style="list-style-type: none"><li>- Use a number of different techniques to pass and shoot</li><li>- Play games confidently</li><li>- Control the ball consistently</li><li>- Adapt activities and exercises to meet their own needs</li></ul>	GDS
Tennis	<ul style="list-style-type: none"><li>- Play games with help</li><li>- Use a small range of basic shots on both sides of the body</li></ul>	WTS
	<ul style="list-style-type: none"><li>- Use forehand, backhand and overhead shots increasingly well in the games they play</li><li>- Use the volley in games</li></ul>	EXS
	<ul style="list-style-type: none"><li>- Play the full game of short tennis</li><li>- Use a wide range of shots in games, with a good degree of consistency and accuracy</li><li>- Start a game or point with a serve of their choice</li></ul>	GDS

Cricket	<ul style="list-style-type: none"> <li>- Bowl a ball over-arm, with varying degrees of accuracy</li> <li>- Hit a ball bowled sympathetically to them</li> <li>- Play a range of roles in a fielding team, but with varying degrees of success</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Use a range of fielding skills, eg catching, throwing, bowling, intercepting, with growing control and consistency</li> <li>- Attempt to play a range of different shots</li> <li>- Bowl a ball over-arm at a target</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Play a range of shots, appropriate to where the ball lands</li> <li>- Bowl the ball over-arm accurately at a target and landing in a specified area</li> <li>- Employ a range of fielding techniques appropriate to the situation</li> </ul>	GDS
Athletics	<ul style="list-style-type: none"> <li>- Sustain their pace and effort for short periods of time</li> <li>- Demonstrate a range of throwing actions using modified equipment, with some accuracy and control</li> <li>- Demonstrate a range of simpler jumping skills in different activities</li> </ul>	WTS
	<ul style="list-style-type: none"> <li>- Show control at take-off in jumping activities</li> <li>- Show accuracy and good technique when throwing for distance</li> <li>- Show good control, speed, strength and stamina when running, jumping and throwing</li> </ul>	EXS
	<ul style="list-style-type: none"> <li>- Adapt their skills and techniques to different challenges and equipment</li> <li>- Use good technique</li> <li>- Pace their effort well</li> </ul>	GDS

Y6

Netball	<ul style="list-style-type: none"><li>- Use a small range of sending, receiving and travelling techniques in games, with varied control</li></ul>	WTS
	<ul style="list-style-type: none"><li>- Pass and shoot with control in games</li><li>- Mark opponents and help each other in defence</li></ul>	EXS
	<ul style="list-style-type: none"><li>- Use a number of different techniques to pass and shoot</li><li>- Play games confidently</li><li>- Control the ball consistently</li><li>- Adapt activities and exercises to meet their own needs</li></ul>	GDS
Tennis	<ul style="list-style-type: none"><li>- Play games with help</li><li>- Use a small range of basic shots on both sides of the body</li></ul>	WTS
	<ul style="list-style-type: none"><li>- Use forehand, backhand and overhead shots increasingly well in the games they play</li><li>- Use the volley in games</li></ul>	EXS
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Athletics	<ul style="list-style-type: none"> <li>- Sustain their pace and effort for short periods of time</li> <li>- Demonstrate a range of throwing actions using modified equipment, with some accuracy and control</li> <li>- Demonstrate a range of simpler jumping skills in different activities</li> </ul>	WTS
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