

An active Year 1 pupil can

Badminton

- Move fluently, changing direction and speed
- Watch, track and catch and shuttle successfully as well as throw it with control
- Control and balance the shuttle with some control with and without a racket
- Can hit the shuttle varying height, speed and direction into space
- Use different skills and movements, including aiming into space to try and win games
- Can watch and copy what they see and describe why they have copied that technique

Tag Rugby

- Throw and catch a rugby ball to themselves and others
- Improve movement skills whilst moving with the ball in two hands
- Learn how to tag
- Decide when to pass and when to run
- Play simple tag rugby games understanding the rules of the game
- Understand who the attackers and who the defenders are

Gymnastics

- Perform basic gymnastics actions, including travelling, rolling, jumping, and staying still
- Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction
- Combine different ways of travelling exploring a range of movements and shapes
- Create linked movement phrases with beginning, middle and ends
- Perform movement phrases using a range of different body actions and body parts
- Describe what you have done or seen others do
- Develop agility, balance and coordination

Handball

- Move fluently, changing direction and speed easily and avoiding collisions
- Show control of the ball with basic actions – including sending a ball/equipment to a target
- Can shoot successfully at a goal or target
- Recognise space in games, using it to your advantage and playing in a safe way
- Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent
- Identify what skills you need to practice
- Can describe what you have done or seen other do

Rounders

- Understand and follow simple rules for games and compete in physical activities both against self and against others
- Move fluently, changing direction and speed
- Show basic control of the ball, including when striking a ball
- Successfully receive (catch / stop) a ball, understanding the concept of moving to get in line with the ball to receive it
- Apply skills and tactics in simple games, including recognising space and using it to your advantage
- Describe what you have done, or seen others doing
- Describe what it is like to breathe quickly during exercise
- Understand why being active and playing games is good for you

Athletics

- Explore and practice a variety of movements including running, jumping and throwing techniques
- Show understanding and a basic level of control, coordination and consistency when running
- Experiment with different jumping showing control coordination showing control, coordination and consistency throughout
- Practice the underarm throw technique throwing accurately towards a target
- Show good team work and sportsmanship when taking part in competitive throwing
- Evaluate successful and unsuccessful techniques

An active Year 2 pupil can

Hockey

- Understand and follow the rules of the game
- Pass a ball with control and increasing accuracy and consistency
- Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently changing direction and speed – with and without a ball
- Perform a range of skills with control of the ball
- Choose and use simple tactics to suit different situations in small-sided games. React to situations in small-sided games to make it difficult for opponents
- Watch and describe a performance accurately. Recognise what is successful
- Understand and describe changes to your heart rate when playing a game

Netball

- Throw and catch the ball with control, and throw the ball in different ways e.g. fast, slow, high, low
- Perform a range of actions with the ball keeping it under control
- React to situations to make it difficult for opponents – using simple tactics
- Show good awareness of others when playing games
- Begin to understand the importance of preparing safely and carefully for exercise – warming up/down
- Copy actions and ideas and use information to improve their skills

Gymnastics

- Perform a range of actions with control and confidence
- Explore, remember, and repeat a range of gymnastic actions, using the floor and a variety of apparatus
- Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another
- Watch and describe performance accurately
- Develop agility, balance, and coordination
- Understand and describe changes to your heart rate when playing a game

Tennis

- Engage in cooperative physical activities (both against self and against others)
- Use and move with a tennis racket with control
- Perform a range of actions including catching/gathering skills and sending / passing with control and throw / hit a ball in different ways e.g. high, low, fast, slow
- Choose and use skills and simple tactics to suit different situations – showing good awareness of others
- Understand and follow the rules of the game
- Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills
- Begin to understand the importance of preparing safely and carefully for exercise – warming up

Cricket

- Show good awareness of others when playing games
- Develop fundamental movement skills, becoming increasingly confident and competent
- Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy
- Throw/hit a ball in different ways e.g. high, low, fast, slow
- React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points
- Begin to understand the importance of preparing safely for exercise – warming up
- Recognise what is successful

Athletics

- Explore and practice a variety of movements including running, jumping and throwing techniques
- Show understanding and a basic level of control, coordination and consistency when running
- Experiment with different jumping showing control coordination showing control, coordination and consistency throughout
- Practice the underarm throw technique accurately towards a target
- Show good team work and sportsmanship when taking part in competitive throwing
- Evaluate successful and unsuccessful techniques

An active Year 3 pupil can

Tag Rugby

- Know how to tag another player
- Develop attacking and defending skills within tag rugby
- Improve decision making skills and choose the right skills that meet the needs of the situation
- Play simple tag rugby games with an understanding of the basic rules
- To be able to pass the ball backwards to a teammate
- To follow the rules of the game

Badminton

- Continue to develop control of the shuttle with and without the racket
- Show a good stance and structure when throwing and hitting the shuttle
- Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including forehand and a lift
- Participate in rallies with others
- Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner
- Can perform a forehand serve accurately to a partner, and familiarise themselves with the backhand serve, being able to describe correct grip and technique
- Demonstrate the chasse step and lunge in practice and games

Gymnastics

- Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement
- Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group
- Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end
- Create, perform and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction
- Develop flexibility, strength, control, technique, and balance
- Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of performance
- Describe how your body feels when exercising

Handball

- Use a range of skills to keep possession of the ball
- Keep the ball under control, passing and receiving with increasing accuracy
- Choose space / positions where you can receive a pass or to support a teammate
- Take up space / positions to make it difficult for your opponents
- Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult
- Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter playing games

Rounders

- Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy
- Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique
- Intercept and stop the ball consistently
- Work well as part of a team, particularly when fielding to make it harder for the batter. Employ simple tactics in games
- Identify what you need to practice improving your performance
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising
- Devise a suitable warm up activity

Athletics

- Apply and develop a broad range of athletic skills in different ways
- Show control, coordination and consistency when running, throwing and jumping
- Choose the appropriate running speed to meet demand of task
- Understand pace when running over an increased distance
- Recognise what they do well and what they find difficult
- Enjoy competing with others
- Describe how their bodies feel when exercising. Understand the link between heart rate and breathing

An active Year 4 pupil can

Cricket

- Hit a ball with increasing control from a tee and progress to without a tee
- Take up spaces / positions that make it difficult for the opposition
- Explain the tactics you have used in games
- Communicate, collaborate and compete with others, following the rules of the game
- Recognise what you do well and what you find difficult and explain good performances
- Chose fielding skills which make it difficult for your opponent

Football

- Pass, shoot and receive a ball with increasing accuracy control and success
- Challenge a player in possession of the ball
- Apply basic attacking and defending principles such as finding and using space in game situations
- Employ and explain simple tactics in game situations
- Learn to recognise your own success
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising

Gymnastics

- Find different ways of using shape, balance or travel and link them to make actions and sequences of movement
- Show control, accuracy and fluency of movement when performing actions on your own and with a partner
- Devise and perform a gymnastic sequence, showing a clear beginning, middle and end
- Create, perform and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction and clarity of shape
- Collaborate with others
- Recognise and explain a good performance

Tennis

- Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy
- Send / hit a ball into space at different speeds and heights to make it difficult for your opponent
- Begin to apply basic movements in a range of activities and in combination
- Apply basic principles for attacking including finding and using space in game situations
- Keep a rally going using a range of shots
- Recognise and explain good performances and learn how to recognise and evaluate your own success
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising

Swimming (Full term)

- Assessment provided by Jersey Sport

An active Year 5 pupil

Swimming (Full term)

- Assessment provided by Jersey Sport

Gymnastics

- Explore, improvise, and combine movement ideas fluently and effectively
- Perform movements accurately with a sense of rhythm
- Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation
- Develop your own gymnastics sequences by understanding, choosing, and applying a range of compositional principles
- Develop flexibility, strength, control, technique, and balance
- Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback

Netball

- Know the difference between attacking and defending skills
- Increase accuracy and confidence of passing and shooting skills
- Use a variety of skills to keep the ball, thinking about moving towards goal, different positions, and the use of space
- Know how to mark and defend your goal
- Begin to understand how muscles work and explain how the body reacts to physical activity
- Identify strengths and weaknesses of your own and other performances and explain your reasoning

Rounders

- Develop control and technique whilst performing skills at speed
- Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs
- Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds
- Work as part of a team, communicating with others and adapting games and activities making sure everyone has a role to play
- Show good awareness of others in game situations
- Watch and evaluate the success of games and good performance and explain why a performance is good
- Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity

Athletics

- Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles
- Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control
- Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment
- Choose the appropriate speed to run at for the distance
- Communicate, collaborate, and compete with others. Working effectively as part of a team
- Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit
- Explain how their body reacts and feels when taking part in different activities

An active Year 6 pupil

Football

- Apply the attacking and defending principles in game situations
- Use different skills to keep possession of a ball as part of a team
- Develop and control whilst performing skills at speed. Change speed and direction to get away from a defender
- Adapt games and activities making sure everyone has a role to play
- Understand the positions in a team and the roles that they play; and choose different formations to suit the needs of the game
- Identify and evaluate parts of your game where you're performing well, and parts that can be improved
- Recognise exercise and activities that help strength, speed and stamina

Hockey

- Develop control whilst performing skills at speed
- Apply the attacking and defending principles in game situations
- Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender
- Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play
- Identify and evaluate parts of your own game and others
- Understand how physical activity can contribute to a healthy lifestyle. Understand how muscles work
- Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints muscles

Gymnastics

- Combine and perform gymnastic actions, shapes, and balances more fluently and effectively
- Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm
- Use combinations of dynamics using the space effectively
- Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence
- Work effectively as part of a team, recognising success, and give constructive feedback
- Create short warm up routines that follow basic principles

Badminton

- Play shots at different heights, direction, and speed, and improve hitting the shuttle whilst moving
- Improve consistency of shots, directing them to help win competitions
- Show good technique and accuracy of the forehand, backhand, and overhead clear
- Be continuous within a rally and regularly play consistent shots
- Demonstrate different skills and tactics learnt to try to win games
- Use tactical serves to deceive opponent
- Demonstrate fast paced movements, including the chasse step and lunge whilst increasing shuttle accuracy

Cricket

- Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control
- Bowl using overarm technique, beginning to vary speed and length
- Uses skills and tactics to outwit opponents
- Work as part of a team that covers the areas to make it hard for the batter to score runs
- Use tactics that involve bowlers and fielders working together
- Learn how to evaluate and recognise your own success and areas for improvement
- Develop an understanding of how to improve in different physical activities and sports

Athletics

- Understand and apply appropriate pace and judgement for the running distance to be covered
- Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height
- Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed
- Successfully run, jump, catch, and throw in isolation and combination
- Share, discuss and apply athletic techniques with others, working effectively as part of a team
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles