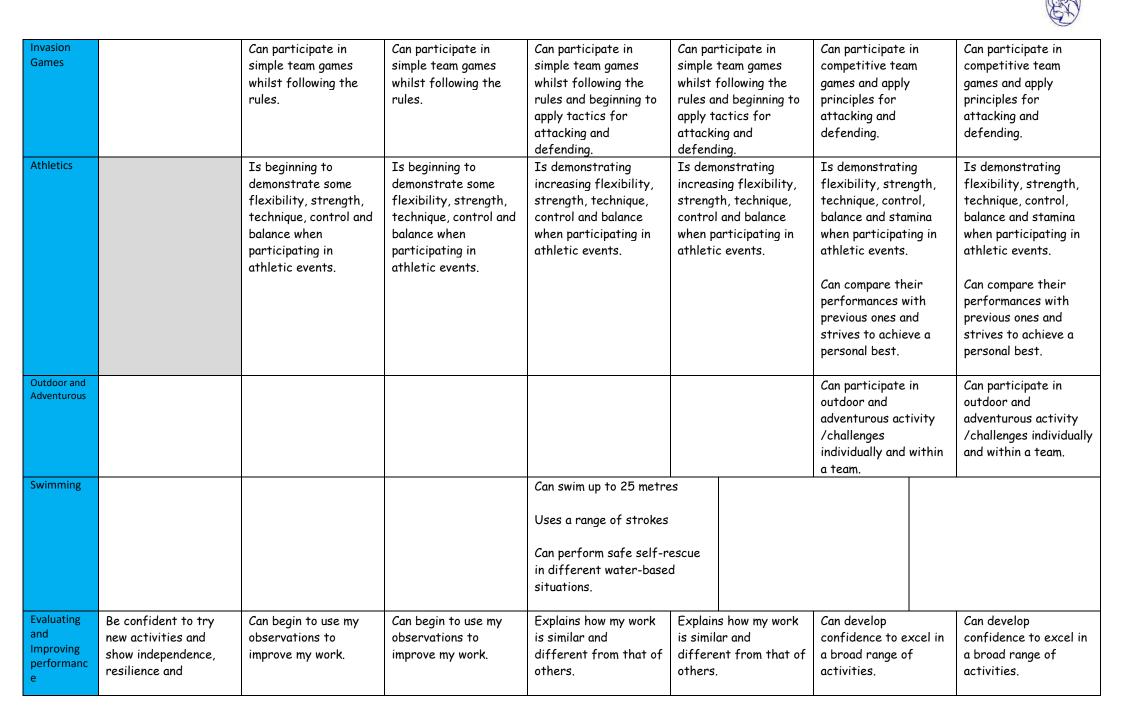




						<ul> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>		
Area of Study	Reception	Year 1	Year 2	Year 3	Yea	ır 4	Year 5	Year 6
Understandi ng of Fitness and Health	Has an awareness of how exercise is important to lead a healthy, active life. Joins in activities to be physically active.	Has an increasing awareness of how exercise is important to lead a healthy, active life. Joins in activities to be physically active.	Has an increasing awareness of how exercise is important to lead a healthy, active life. Shows effort to be physically active for longer periods of time.	Demonstrates by participation an awareness of how exercise is important to lead a healthy, active life. Shows effort to be physically active for longer periods of time.	Demonstrat participation awareness of exercise is to lead a he active life. Is physically for sustaine of time.	n an of how important althy, y active	Can explain and demonstrate how exercise is important to lead a healthy, active life. Is physically active for sustained period of time.	Can explain and demonstrate how exercise is important to lead a healthy, active life. Is physically active for sustained period of time.



Dance	Moves energetically when dancing. Tries to move in time with music.	Performs dances using simple movement patterns.	Performs dances using simple movement patterns, becoming more innovative.	Performs dances using a range of movement patterns.	Performs dances using a range of movement patterns in a controlled way.	Performs dances using a range of movement patterns in a controlled way, showing clarity, fluency, accuracy and consistency.	Performs dances using a range of movement patterns in a controlled way, showing clarity, fluency, accuracy and consistency.
Gymnastics	Can negotiate space and obstacles safely, Can demonstrate some strength, balance and coordination.	Is developing balance, agility and coordination.	Is developing balance, agility and coordination.	Is demonstrating increasing flexibility, strength, technique, control and balance	Is demonstrating increasing flexibility, strength, technique, control and balance	Is demonstrating flexibility, strength, technique, control and balance working alone or with others and in combined movement.	Is demonstrating flexibility, strength, technique, control and balance working alone or with others and in combined movement.
Net and Wall Games	Work and play cooperatively and take turns with others.	Begins to master basic throwing and catching skills.	Begins to master basic throwing and catching skills.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively
Striking and Fielding		Begins to master basic throwing and catching skills and can send a ball using an object such as a bat.	Begins to master basic throwing and catching skills and can send a ball using an object such as a bat.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively





1	perseverance in the face of a challenge			