

Physical Education – National Curriculum Outcomes Document (Reception included).

PE - National Curriculum Outcomes	Reception (Early Learning Goals linked)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Catching and throwing	<p>Dodgeball – Give myself space so I'm not crowded when trying to catch a dodgeball.</p> <p>Dodgeball – Use hand-eye-coordination to help me catch a ball.</p> <p>Dodgeball – Use my strength to throw the ball forwards.</p> <p>Cricket – Bowl a ball underarm.</p> <p>Cricket – I can try different ways of throwing the ball.</p>	<p>Cricket - Look at where you want to roll the ball and bend your knees as you do so.</p> <p>Cricket - Catch by using two hands and watching the ball all the way into your palms.</p> <p>Cricket - Throw by letting go of the ball when your arm is in front of you (45 degrees from legs).</p> <p>Cricket - Bowl underarm or overarm by looking at what you're aiming at before letting go of the ball.</p> <p>Cricket - Use your hands but also your legs to stop a cricket ball from going passed you.</p> <p>Tag-rugby - Without Spinning the ball, look at where you want to throw the ball before launching it.</p> <p>Dodgeball - Use your hands and chest to help you catch a ball.</p> <p>Dodgeball - Look at where you want to throw the ball before launching it.</p> <p>Athletics - Use your shoulders, arms, hands and legs to help with throwing different objects.</p>	<p>Handball - Watch the ball all the way into your hands and then bring the ball into your chest.</p> <p>Handball - Use two hands for most of your passes.</p> <p>Handball - Use one arm to throw the ball at the goal.</p> <p>Handball - Take off with one foot while throwing with the opposite hand (take off with the left foot and throw with the right hand).</p> <p>Tennis and Rounders - Use two hands always when catching a ball and use your stronger hand when throwing underarm.</p> <p>Rounders - Use your fingers, your hands, your arms and your legs to help your bowl a ball.</p> <p>TIG - Use different types of throw to get the ball to your teammates in the hoops.</p> <p>Netball - Make sure that you use two hands at all times when doing a chest or bounce pass</p>	<p>Cricket - Use both hands and other parts of my body to make sure that balls don't go past me.</p> <p>Cricket - Use underarm and overarm techniques to bowl the ball so it bounces no more than once before hitting the stumps.</p> <p>Cricket - Pick up balls and throw while I'm on the run.</p> <p>Tag-rugby - Pass the ball to a partner without the ball moving around too much in the air.</p> <p>Dodgeball - Use an aiming arm to help me throw the ball to where I want.</p> <p>Dodgeball - Make sure that my eyes and hands work together to catch a ball and avoid making mistakes like dropping.</p> <p>Athletics - Hold the discus in the flat of my hand. My fingers should slightly grip one end of the discus too.</p>	<p>Handball - Put my non-throwing arm out in front of me to help me aim my throw.</p> <p>Handball - Look at where I'm shooting before releasing the ball.</p> <p>Handball - Hold my hands up or in front of me when I'm ready to receive a pass.</p> <p>Rounders - Use the bunny ears grip (middle finger and index finger).</p> <p>TIG - Change my throw type depending on where the defenders are.</p> <p>Netball - Use the chest, bounce and shoulder pass through continual practising.</p>	<p>Cricket - Use underarm and overarm throwing techniques for different situations.</p> <p>Cricket - Use the overarm technique making sure that I grip the ball using the 'two finger and thumb' approach.</p> <p>Cricket - Catch one handed when appropriate to then throw quickly to another fielder, the wicket keeper or the bowler.</p> <p>Tag - Rugby - Quickly pass the ball by doing pop passes to teammates that are close to me.</p> <p>Dodgeball - Use my wrist to help me release the ball at a quicker speed.</p> <p>Dodgeball - Catch the ball in different ways to help me with my next throw.</p> <p>Athletics - Make sure that I keep my arms wide and that my body twists as I wind up to throw the discus.</p>	<p>Handball - Use the overhead, the bounce and the flick pass.</p> <p>Handball - Use the 'W' hand formation and body when trying to catch the ball.</p> <p>Rounders - Use the safety bowl and the donkey drop as two of my bowling variations at the very least.</p> <p>TIG - Flick my wrist as I release the ball from my hand for added pace.</p> <p>Netball - Catch the ball while in different types of motion including being in mid-air.</p>

<p style="text-align: center;">Running and jumping</p>	<p>Dodgeball – Run and jump to avoid a dodgeball.</p> <p>Dodgeball – Control my running so I don't get too tired for my team.</p> <p>Hockey – Run and walk at different speeds to keep myself in space.</p> <p>TIG – Move my legs faster when I want to avoid a defender.</p>	<p>Tag-rugby - Run forwards and into space to try and score a try.</p> <p>Athletics - Make sure that your arms and your legs work together to help you run.</p> <p>Athletics - Use a lead leg and a trail leg when jumping over a hurdle.</p> <p>Athletics - Jump by taking off on one foot and driving forward using your arms and legs.</p> <p>Athletics - Run as fast as you can before handing over the baton.</p> <p>Gymnastics - Use a balance, a travelling action, a jump and a roll in my sequence.</p> <p>Gymnastics - Use my legs and arms to help me elevate myself.</p> <p>Gymnastics - Try more than one jump technique in one go.</p>	<p>Netball - Run into space and then watch the ball all the way into your hands when passed to you.</p> <p>Netball - Feint to send the defender a different way to where you're actually going.</p> <p>Handball - Take off with one foot while throwing with the opposite hand (take off with the left foot and throw with the right hand).</p> <p>TIG - Time your runs so you stand the best chance of avoiding the defenders when attacking.</p> <p>TIG - Dodge defenders by side stepping while still running forward.</p>	<p>Tag Rugby – Attempt to Side-step an opponent</p> <p>Athletics - Keep my head and shoulders low when I start to sprint. I then rise in my body position as I get towards my top speed.</p> <p>Athletics - Pump my feet quickly between hurdles.</p> <p>Athletics - Control my running speed so I don't go off to fast and that I run at a speed that I can maintain.</p> <p>Athletics - Make sure that my palm is always open when receiving the baton.</p> <p>Gymnastics - Take off from one foot and land on the other.</p> <p>Gymnastics - Explore the 'bunny hop' along and over a bench.</p> <p>Gymnastics - With my partner, I can develop the quarter turn when jumping from the floor and then the bench.</p>	<p>Netball - Run into empty space on the netball court before receiving the ball into my two hands.</p> <p>Netball - Change direction frequently to ensure I'm not easy to mark.</p> <p>Tennis - Move around the court with controlled, small steps to get myself into position ready to hit the ball.</p> <p>TIG - Use the side step to evade people trying to tag me.</p> <p>Rounders - Run at a steady pace to ensure I don't run out of energy.</p>	<p>Tag-Rugby - Time my run so that I'm running onto the ball when it's passed just in front of me.</p> <p>Tag rugby - Try the Goose Step to try and get passed a defender.</p> <p>Football - Run to different places in the box to create different opportunities of scoring.</p> <p>Athletics - Control my running pace as the distance I'm sprinting increases.</p> <p>Athletics - Take off on a foot that I'm comfortable with.</p>	<p>Netball - Side step and do sudden stops.</p> <p>Hockey - Move in different directions when with and without the ball.</p> <p>Handball - Change the pace of my running depending on what's needed on the court.</p> <p>TIG - Use fast, small steps to accelerate away from defenders when the time is right.</p> <p>TIG - Jump and then catch balls that are travelling towards an opposition player in the hoops.</p> <p>Rounders - Make sure that I sprint to a base before the bowler gets the ball back.</p> <p>Gymnastics - Jump along, over and off apparatus with control in the air and when landing.</p> <p>Gymnastics - Travel with a partner in varying ways at different speeds.</p> <p>Gymnastics - Make symmetrical and asymmetrical shapes when jumping into the air.</p>
<p style="text-align: center;">Movement control: balance, agility, coordination, strength and technique</p>	<p>Dance – Try to move my arms and legs at the same time.</p> <p>Dance – Be balanced when doing my dance moves.</p> <p>Dodgeball – Try really hard with my balance when running around.</p> <p>Football – Try to use the inside and maybe even the outside of my foot.</p> <p>Football – Use the drag back and the toe tap.</p> <p>Football – Use strength in my leg and foot when I pass the ball.</p>	<p>Dance - Use lots of different body parts that move at the same time.</p> <p>Dance - Move both of your arms in the same way at the same time.</p> <p>Dodgeball - Block an incoming ball with another ball that you're holding in your hand.</p> <p>Dodgeball - Move in different ways using different parts of your body.</p> <p>Tag-Rugby - Grab another person's tag when it's inside your open hand.</p> <p>Cricket - Throw by letting go of the ball when your arm is in</p>	<p>Netball - Feint to send the defender a different way to where you're actually going.</p> <p>Netball - Make sure that your hands, arms and trunk work together to shoot accurately.</p> <p>Hockey - Make sure that you hold the hockey stick correctly and that you look at where you want the ball to go before doing a pass.</p> <p>Handball - Bounce the ball with your hand making sure that you absorb the movement of the ball as you do so.</p> <p>TIG - Tag attackers by keeping your eyes on their tags before grabbing them.</p>	<p>Dance - Move my body in clear straight lines at a slow, careful speed.</p> <p>Dance - Move both my arms at the same time and both of my legs at the same time.</p> <p>Dance - Balance as I move with dance partners in different directions.</p> <p>Dodgeball - Make sure that my eyes and hands work together to catch a ball and avoid making mistakes like dropping.</p> <p>Tag-Rugby - Take another person's tag using my whole hand and shouting tag as I do so.</p>	<p>Hockey - Keep my left hand at the top and my right hand below the grip (swap if the child is left handed).</p> <p>Handball - Put my non-throwing arm out in front of me to help me aim my throw.</p> <p>Tennis - Work on the balance and speed of my body while attempting a racquet shot.</p> <p>Tennis - Stand side-on before swinging through and hitting the ball with my backhand shot.</p> <p>Tennis - Use my hand-eye coordination to help me return the ball.</p>	<p>Football - Use the inside and outside of my feet when dribbling and I can also use this to change direction quickly.</p> <p>Dance - Use a variety of body parts to create symmetric dance moves with my partner.</p> <p>Dance - Use control in my movements that relate to the music.</p> <p>Dance - Curve different parts of my body at the same time as I move to the music.</p> <p>Dodgeball - Block a ball whilst shifting side to side and back and forth on the tips of my toes in case I need to dodge instead of block.</p>	<p>Netball - Make sure that when I pivot, one of my feet stays rooted to the floor.</p> <p>Netball - Catch the ball while in different types of motion including being in mid-air.</p> <p>Netball - Bend my legs and push through the ball to generate more power.</p> <p>Handball - Use the overhead, the bounce and the flick pass.</p> <p>Handball - Use the 'W' hand formation and body when trying to catch the ball.</p> <p>Tennis - Use all three shot techniques including the volley.</p>

	<p>Hockey – Make sure that I grip the stick with two hands.</p> <p>Hockey – Move while keeping the ball close to my stick.</p> <p>Cricket – Move into the path of the ball before trying to stop it.</p>	<p>front of you (45 degrees from legs).</p> <p>Cricket - Place your hands on the bat in the right places and watch the ball all the way to the bat before hitting it.</p> <p>Athletics - Use a lead leg and a trail leg when jumping over a hurdle.</p> <p>Gymnastics - Make sure that my fingers point in the same way as my toes when I'm holding different balances.</p> <p>Gymnastics - When travelling using my hands, make sure that I place my hands flat on the floor and fully extend my arms.</p> <p>Gymnastics - Hold a variety of my balances for 5 seconds.</p>	<p>TIG - Block using your four limbs while keeping your eyes on all incoming balls.</p> <p>Rounders - Work on your hand-eye coordination to help you strike a ball cleanly.</p>	<p>Cricket - Use underarm and overarm techniques to bowl the ball so it bounces no more than once before hitting the stumps.</p> <p>Gymnastics - Balance using different points - eg 2 hands and 1 foot; head and 2 hands in a tucked headstand.</p> <p>Gymnastics - Move in and out of a balance with a partner fluently.</p> <p>Gymnastics - Link 3 different balances with 3 different ways of travelling.</p>	<p>TIG - Strike the ball with pace using the laces of my shoe.</p> <p>TIG - Dodge balls using different flexible movements.</p>	<p>Tag-Rugby - Try the Goose Step to try and get passed a defender.</p> <p>Cricket - Use the overarm technique making sure that I grip the ball using the 'two finger and thumb' approach.</p> <p>Cricket - Catch one handed when appropriate to then throw quickly to another fielder, the wicket keeper or the bowler.</p>	<p>TIG - Dodge balls using controlled and balanced movement such as jumping, ducking and leaning backwards.</p> <p>TIG - Be flexible when leaning away from a defender and I can show balance when changing direction quickly.</p> <p>Rounders - Angle my bat in the direction that I want the ball to go.</p> <p>Gymnastics - Perform the backward roll carefully and accurately.</p> <p>Gymnastics - When performing my rolls to a partner or class, I will make sure that I do only controlled and careful movements.</p>
<p>Playing competitive games where attacking and defending are used</p>	<p>Dodgeball - Try to move a ball that I'm holding so it's in the way of a ball moving towards me.</p> <p>Football – Try to kick the ball along the ground towards the goal.</p> <p>Hockey – Once you stop dribbling, try to push the ball into the goal.</p> <p>Cricket – Run with the ball before bowling it.</p> <p>Cricket – Try to use the 'Long Barrier'.</p> <p>Cricket – Use the bat and help with the fielding.</p>	<p>Football - Tackle another player by placing your foot in the way of the ball.</p> <p>Football - Help a partner score a goal by passing to them.</p> <p>Football - Work with other defenders to make it hard for an attacker to get passed.</p> <p>Dodgeball - Keep sight of your opponent at all times.</p> <p>Dodgeball - Block an incoming ball with another ball that you're holding in your hand.</p> <p>Tag-Rugby - Run forwards and into space to try and score a try.</p> <p>Tag-Rugby - Grab another person's tag when it's inside your open hand.</p>	<p>Netball - Close down the space of the person receiving the ball while moving your hands in directions that will block their pass.</p> <p>Hockey - Watch and follow an attacker before going into a tackle.</p> <p>Handball - Use one arm to throw the ball at the goal.</p> <p>TIG - Time your runs so you stand the best chance of avoiding the defenders when attacking.</p> <p>TIG - Make sure that you attack, defend and build to help your team.</p> <p>TIG - Dodge defenders by side stepping while still running forward.</p>	<p>Football - Press an attacker when I'm closest to the ball.</p> <p>Football - Try to use the pressing and covering techniques when defending in a team.</p> <p>Dodgeball - Throw the ball from areas that are close the half way line to make attacking more straight forward.</p> <p>Tag-Rugby - Cover a team mate who's trying to make a tag in case they don't make the tackle.</p> <p>Cricket - Try out all four of the positions in cricket: wicket keeper, bowler, batter and fielder.</p> <p>Cricket - Aim at the base of the stumps to make it harder for the batter to hit the ball.</p> <p>Cricket - Block the ball with my bat if I feel that the bowl is very good and that trying to hit the ball hard would be a mistake.</p>	<p>Netball - Swap back to attack or defensive work at quick notice.</p> <p>Netball - Watch where the defenders are moving to ensure I'm keeping away from them.</p> <p>Netball - Feint my movement to lose defenders who might try to get the ball being passed to me.</p> <p>Hockey - Sometimes turn my back to the defender to protect the ball.</p> <p>Hockey - Use the side lines to spread the defence and give myself and teammates space to attack in.</p> <p>Hockey - Be ready to counter attack as soon as we've tackled the opposition</p> <p>TIG - Change my throw type depending on where the defenders are.</p>	<p>Football - Cover the pressing defender in case the attacker gets passed them.</p> <p>Football - Work with my defending players by moving together and working as a defensive unit</p> <p>Dodgeball - Defend and attack at the same time by dodging and being ready to throw continually.</p> <p>Dodgeball - Work with teammates to protect other members of our team when needed.</p> <p>Tag-Rugby - Tag my opponents using different hands depending on which side of me they are running.</p> <p>Tag-Rugby - Shout for support when needed in defence and attack.</p>	<p>Netball - Make sure that I keep moving throughout a match so I can be used in both attack and defence.</p> <p>Netball - Counter attack a team by intercepting passes and looking for my team mates quickly so that we can attack.</p> <p>Hockey - Call for support if our defence is out numbered.</p> <p>Handball - Mark attacking players who are in space .</p> <p>Handball - Make my body as tall and as wide as possible to reduce the space that the attacker has to aim at.</p> <p>Handball - Watch where the opposition appears to be throwing to and then try to intercept the pass before it gets to the other opposition player.</p>

		<p>Cricket - Use your hands but also your legs to stop a cricket ball from going passed you.</p> <p>Cricket - Bowl underarm by looking at what you're aiming at before letting go of the ball.</p>	<p>TIG - Tag attackers by keeping your eyes on their tags before grabbing them.</p> <p>TIG - Block using your four limbs while keeping your eyes on all incoming balls.</p> <p>Rounders - Block and catch balls when fielding.</p>		<p>TIG - Mark an individual opponent when defending my base.</p> <p>Rounders - Keep an eye on the fielders getting my ball so I know how long I have to get to a base/all the way around</p>	<p>Tag-Rugby - Miss out a player when passing on occasion to fool the defence.</p>	<p>Tennis - Look at where I want the ball to go before hitting it with a forehand shot.</p> <p>TIG - Make helpful suggestions if my team doesn't have enough defenders or attackers.</p>
<p>Teamwork, tactics and reflection of performance</p>	<p>Dodgeball – Change direction quickly to avoid the balls.</p> <p>Dodgeball – Try other ways to block if your first try doesn't work very well.</p> <p>Football – Change how you stop the ball if it's not working.</p> <p>Hockey – Hit the middle of the ball with your hockey stick for better control.</p> <p>Hockey – Stop and change direction if you are going to bump into someone or something.</p> <p>Dance - Try some of the trickier dance moves and keep trying until they get a little easier.</p>	<p>Football - Work with other defenders to make it hard for an attacker to get passed.</p> <p>Dodgeball - Suggest that your team spreads out to make it more difficult for the team throwing balls at you.</p> <p>Dodgeball - Talk to your team mates about not bunching up and making sure that you're spread out.</p> <p>Dodgeball - Discuss tactics and ideas with your teammates.</p> <p>Dodgeball - Think about what you're going to do as soon as the ball touches your hands.</p> <p>Tag-Rugby - Talk to your team to help you work well together.</p> <p>Tag-Rugby - Make sure that your comments to your teammates help and don't harm.</p> <p>Cricket - Ask a friend to give you tips on how you can improve with rolling a ball.</p> <p>Cricket - Work with other fielders to make sure that you are spread out.</p> <p>Athletics - Tell other people about how controlling your</p>	<p>Netball - Call to your team mates to tell them where you're going so you don't end up going to the same place.</p> <p>Netball - Give your partner tips on how to improve their shooting technique. You also take their suggestions on board.</p> <p>Hockey - Ask other children and the coach to check that you're holding the stick correctly.</p> <p>Hockey - Suggest to your team that you spread out to give the attacking team less options for passing.</p> <p>Handball - Let your partner know when you're ready to receive a pass.</p> <p>Tennis - Make the distance between you and a partner larger if you're catching is going well.</p> <p>TIG - Use body language to show teammates when you're ready to throw or catch the ball.</p> <p>TIG - Speak to your teammates to make sure that you're not bunched up and that you're covering as many targets as possible both in attack and defence.</p>	<p>Football - Try to use the pressing and covering techniques when defending in a team.</p> <p>Football - Keep changing my passing type depending on the game situation in front of me.</p> <p>Dodgeball - Show good sportsmanship when hit by a ball by admitting that I've been hit.</p> <p>Tag – Rugby - Be in a V formation when supporting one of our players with the ball.</p> <p>Tag-Rugby - Call for the ball if I'm in a good position to receive the pass from a team mate.</p> <p>Tag – Rugby - Make sure that I don't pass the ball until I'm tackled - this will then take a defender out of the game for a few seconds.</p> <p>Cricket - Use placed shots and slog shots depending on the ball that has been bowled to me.</p> <p>Cricket - Back up a fielder by placing myself behind them in case they let the ball go passed them.</p> <p>Athletics - Use the runners around me to give me a good idea of whether my speed is</p>	<p>Netball - Wait for my partner's hands to be out stretched so I know they're ready to receive my pass.</p> <p>Netball - Watch where the defenders are moving to ensure I'm keeping away from them.</p> <p>Netball - Involve my team mates throughout a match by passing and receiving the ball.</p> <p>Hockey - Sometimes turn my back to the defender to protect the ball.</p> <p>Handball - Follow the ball being passed between the attackers with my eyes and hands so I'm ready to block/catch the ball when it's thrown at the goal.</p> <p>Tennis - Watch the direction of my opponent's body to give me a good idea of where the ball will end up.</p> <p>Tennis - Try to outwit my opponent by changing my shot type.</p> <p>TIG - Change my throw type depending on where the defenders are.</p>	<p>Football - Run to different places in the box to create different opportunities of scoring.</p> <p>Football - Show in my body stance and movement that I'm ready to receive a pass or give a pass.</p> <p>Football - Use the shift and shoot technique to create goal scoring opportunities.</p> <p>Dodgeball - Block a ball whilst shifting side to side and back and forth on the tips of my toes in case I need to dodge instead of block.</p> <p>Dodgeball - In my team, we can try different positions out to find our best role in a game of dodgeball.</p> <p>Tag-Rugby - Force the attacking team to pass short by tagging fast.</p> <p>Tag – Rugby - Encourage my team mates to use the 3-5 second rule once tagged so they pass in a non-rushed manner.</p> <p>Tag-Rugby - Use the touchline as another defender which will reduce the space for the attacker with the ball.</p>	<p>Netball - Pretend to catch a ball and then run in a different way to lose the defender.</p> <p>Netball - Politely direct team mates to places where they'll be most effective.</p> <p>Netball - Choose not to shoot and pass it to a team mate if my shooting position is poor in the 'D'.</p> <p>Hockey - Do 1-2s with another teammate.</p> <p>Hockey - Call for support if our defence is out numbered.</p> <p>Handball - Be ready to change roles on the handball court fast depending on whether we get the ball or if the opposition take the ball off of us.</p> <p>Handball - Observe the game when I'm a substitute to check that the rules are being followed correctly by both teams.</p> <p>Tennis - Use drop shots and back line shots to stretch my opponent.</p> <p>TIG - Release my team mates by being accurate with my throws types.</p>

		breathing can help you with your running. Athletics - Change your speed depending on how far you're running. Gymnastics - Ask a partner to give me ways to improve my different travelling attempts.	TIG - Use different running speeds and feints to make it hard for people to tag you or for people to get passed you. Rounders - Keep trying different batting stances until you feel comfortable and ready to hit a ball.	quick enough or needs to be increased. Athletics - Support my team by being positive, even if we're losing. Athletics - Use runners just in front of me to help me avoid air resistance that could slow me down. Athletics - Use the inner most part of my lane to ensure I run the shortest distance possible. Gymnastics - Work with a partner to create a sequence following a given set of instructions.	TIG - Call for the ball if I find myself in good space on the pitch. Rounders - Try short and longer hits to make life difficult for the fielders. Rounders - Move fielders and myself to areas that the batter is more likely to hit to. For example, a right handed batter will most likely hit towards the left hand side of the field.	Cricket - Look at where the batter is standing to see if they are leaving areas of the stumps vulnerable. I can then aim at that vulnerable part. Athletics - Help each other recover between races by staying calm and practising recovery exercises like breathing routines.	Rounders - Conserve my energy so I'm ready to suddenly increase my pace (sprint) should it be needed. Rounders - Make sure that I don't overtake a fellow batter in front of me on the bases. By doing this, I won't get them out. Gymnastics - Work in a group of 4 to 6 people to create a longer more complex sequence of up to 10 elements. Gymnastics - Ask my partner to check that my balance is clear and controlled when jumping and landing.
Dancing using a range of movement patterns	Use your arms and try to also use your hands. Try to move arms and legs at the same time. Keep arms straight in different ways. Move like a robot. Move your body around in different ways with energy and stamina. Be balanced when doing the dance movements. Try different movements when listening to the music. Use the story to help you come up with ideas for your dance moves. Try some of the trickier dance moves and keep trying until they get a little easier.	Use arms, legs, hands and feet to create straight lines and angles. Use lots of different body parts that move at the same time. Move both of your arms in the same way at the same time. Use your body, head, arms and legs to produce different shapes. Move different parts of your body in the same way as your dance partners. Use stories and music to help create dance moves. Use nature to inspire your dance moves. Combine other movement in your legs and body while opening and closing your arms. Use emotions to help you come up with brilliant dance moves. Think about animals and how they move when you create your own harmonious dance moves.	Taught every other year in KS1 and KS2.	Move my body in clear straight lines at a slow, careful speed. Move my arms and hands in a flowing and curving way to the music. Move both my arms at the same time and both of my legs at the same time. Use simple movements that are easy to do at the same time with a partner. Balance as I move with dance partners in different directions. Make sure that I have a start, middle and end to my dance. Use weather to inform my dance moves. Use the floor for some sit down and lying down dance moves. Pick an animal that I know well which will then help me with my dance moves. Use curving and organic shapes to help me create the idea of water in my dance moves.	Taught every other year in KS1 and KS2.	Move more than one part of body at the same time in clear straight lines. Curve different parts of my body at the same time as I move to the music. Move my arms and my legs at the same time together. Use a variety of body parts to create symmetric dance moves with my partner. Use control in my movements that relate to the music. Use the beat to keep my dancing controlled and in time with my partner. Use weather, plants and animals to inform my dance moves. Make sure that my dance moves are effected by the other group that we're with. Use dance movements that link to the animal I'm dancing as. Use symmetrical and asymmetrical dance moves to create the idea of smooth and rough water.	Taught every other year in KS1 and KS2.
OAA				KS2 OAA			

			<p>Balance in various positions to help me complete the task.</p> <p>Work well with teammates by listening and also contributing ideas.</p> <p>Come up with ideas that might help my team do well before the task even begins.</p> <p>Coordinate body movements so I'm able to move through the problems efficiently.</p> <p>Be aware of my surroundings and those around me so we don't hinder one another.</p> <p>Control the pace with which I move so I don't miss any important instructions.</p> <p>Ask my partner to repeat their instructions and advice in case I've not quite understood what they're asking.</p> <p>Think ahead more than 1 instruction/step to help me complete the task quicker.</p> <p>Keep referring back to the map while running back and forth as I create my different shapes.</p> <p>Take it in turns with a partner when it comes to the map reading and giving out instructions.</p> <p>Keep the map orientated correctly at all times to help me navigate.</p> <p>I can keep checking with teammates and other teams to see if I'm understanding the symbols correctly.</p> <p>Use predictions to help me move around the map effectively.</p> <p>Remember the OS map symbols to complete the different tasks quicker.</p> <p>Turn my whole body when finding the right compass direction to follow.</p> <p>Combine accurate step making with compass directions confidently.</p>				