

Summary of Skills

	4-5 Years	5-6 Years		7-8 Years		9-10 Years	
Dance	Show some control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space.	Understand the structure of the music and the 6 principles of dance: travel, turn, jump, balance, levels and gesture. Create simple linking sequences to tell a simple story.	Use the 6 principles of dance imaginatively, responding to stimuli including music, pictures and stories. Change speed, level and direction of movements. Express and communicate ideas and feelings. Develop their understanding of the beat and phrase of the music.	Move in time to the music confidently and combine skills with complexity and confidence. Develop group dances to include cannon and unison.	Demonstrate consistency of movement and coordination and express ideas in original and imaginative ways using cannon, formations and levels to tell a story. Create group, pairs or solo performances. Be able to work in time to different beats of the music.	Create movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music. Choreograph movements around a variety of themes and styles.	Create dances using a range of movement patterns, including those from different times, places and cultures. Develop flexibility, strength, technique, control and balance.
Pilates	Copy and repeat same movements working towards control and coordination in large movements.	Be able to sit, stand and perform movements with control and ease for longer periods of time.	Develop more physical strength and show control over movements.	Perform movements with careful control, precision and coordination.	Move with control, precision and coordination and hold a strong body posture.	Perform complex moves with correct posture and alignment.	Know, understand and perform movements and teach them to others.
Gymnastics	Roll, travel, balance and jump in different ways.	Develop rolling, travel and jumping skills and hold different body shapes and positions. Start to link movements together.	Show control whilst rolling, travelling, jumping and balancing in different ways. Start to link movements together creatively.	Develop control, strength and flexibility in rolling, travelling, jumping and balance. Learn to use small hand equipment. Develop creative sequencing skills.	Develop sequencing skills to combine rolling, travelling, jumping, balance and small hand equipment.	Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility. Apparatus is confidently controlled and included in sequences.	Movements are strong and concise, sequences are seamless combining all disciplines whilst changing speed and direction.
Games	Children are encouraged to move with awareness and control, learning to start, stop, and maneuver safely while using diverse equipment. This includes understanding space and how to navigate it without collision, ensuring safety for themselves and others.	Pupils explore different types of equipment, experimenting with various methods of moving, throwing, catching, and kicking. This exploration fosters creativity and helps them understand how different movements and equipment can be used effectively in physical activities.	Focus on enhancing core physical skills – agility, balance, and coordination. Activities are designed to improve these skills both individually and in group settings, increasing confidence and competence. This also involves access to a broad range of activities that challenge these skills in new and exciting ways.	Emphasise the importance of controlling both their body and equipment during various activities. This includes understanding how to manipulate objects like balls, bats, and ropes in coordination with body movements, achieving precision and efficiency.	Students to move (travel) with purpose and precision, and to execute fundamental skills like throwing, catching, and kicking with increased control and accuracy. This not only improves their technique but also their understanding of how to apply these skills in different contexts.	Children learn to maintain their skills, control and accuracy even when under pressure, such as during competitive games or time-limited challenges. This helps in developing resilience and the ability to stay focused amidst distractions or stress.	Encourage the continuous development and implementation of a wider range of physical skills. This includes learning how to adapt these skills to various situations, linking movements to create sequences, and understanding how different skills can complement each other in physical activities.
Athletic Activities	N/A	N/A	N/A	Develop core athletic skills. In running, focus on both sprint and endurance, enhancing pacing skills. Jumping activities emphasise coordination, balancing long and vertical jumps. Relays introduce teamwork and baton skills. Multi-events combine these skills, encouraging athletic versatility.	Progress to more complex athletics. Master agility and spatial awareness in jumping over obstacles, like hurdling. Refine throwing power and technique with foam javelins. Relays involve complex strategies and varied races. Multi-event team challenges foster teamwork, strategic thinking, and athletic competence.	Focus on essential athletic skills, emphasising enjoyment in sports day activities. In running, enhance fluency, agility, and speed control. Build endurance through varied speed maintenance. In jumping, increase distance using full-body methods, and improve coordination with diverse patterns. Train in jumping for height and distance, refining jumping skills.	Enhance throwing skills, focusing on speed, accuracy, and advanced techniques. In relays, practice smooth baton transitions and downward passing in the changeover zone. Multi-activity competitions reinforce diverse athletic techniques. Emphasise planning and evaluating skills to deepen athletic understanding.
OAA	N/A	N/A	N/A	Enhance teamwork through trust and cooperation-focused activities. Develop outdoor awareness with trail-based exploration, emphasising observation and listening skills. Improve navigation abilities using simple maps and compass points, fostering a deeper understanding of orientation and outdoor navigation.	Focus on teamwork skills, enhancing planning and reviewing abilities in problem-solving tasks. Develop outdoor awareness and confidence through both fixed and open trail explorations. Introduce basic orienteering, fostering navigation skills and further reinforcing these abilities through continued practice	Cultivate problem-solving skills using a plan-do-review approach and enhance communications. Develop trail creation and following skills using varied signs, and foster independence and environmental responsibility through open trail exploration. In navigation, focus on improving observation and map reading skills through star orienteering activities.	Enhance teamwork by developing skills in delegating roles and performing effectively under pressure. Improve problem-solving abilities through trails that require solving puzzles or finding clues. Foster expedition planning and participation skills. Develop navigation proficiency by following and competing in orienteering courses.