



	EYFS	Year 1 -	Year 2
Health and Fitness	Describe how their body feels before, during and after an activity.	Describe how their body feels before, during and after an activity Show how to exercise safely.	Show how to exercise safely. Describe how their body feels during different activities. Explain what their body needs to keep healthy.
Acquiring and Developing Skills Participate in team games, developing simple tactics for attacking and defending	Copy actions. Repeat actions and skills	Move with control and care. Copy and remember actions.	Copy and remember actions. Repeat and explore actions with control and coordination.
Evaluating and Improving master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Talk about what they have done. Describe what other people did.	Describe what other people did. Say how they could improve.	Talk about what is different between what they did and what someone else did. Say how they could improve.
Dance Perform dances using simple movement patterns.	Move to music. Copy dance moves. Perform dance moves. Move around the space safely.	Copy dance moves. Make up a short dance. Dance imaginatively. Change rhythm, speed, level and direction.	Change rhythm, speed, level and direction. Dance with control and co-ordination. Make a sequence by linking sections together. Link movement to show a mood or feeling.
Gymnastics	Make the body tense, relaxed, curled and stretched.	Make the body tense, relaxed, curled and stretched.	Use contrast in my sequences.



	<p>Copy sequences and repeat them.</p> <p>Roll in different ways.</p> <p>Travel in different ways.</p> <p>Balance in different ways.</p> <p>Stretch in different ways.</p> <p>Curl in different ways.</p>	<p>Control body when travelling.</p> <p>Control body when balancing.</p> <p>Climb safely.</p> <p>Plan and show a sequence of movements.</p>	<p>Movements are controlled.</p> <p>Think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>Work individually and with a partner to create a sequence.</p>
<p>Games</p>	<p>Throw underarm.</p> <p>Roll a piece of equipment.</p> <p>Move and stop safely.</p> <p>Catch with both hands.</p> <p>Kick in different ways.</p>	<p>Hit a ball with a bat.</p> <p>Throw in different ways.</p> <p>Use hitting, kicking and/or rolling in a game.</p> <p>Follow rules.</p>	<p>Stay in a 'zone' during a game.</p> <p>Decide where the best place to be is during a game.</p> <p>Use one tactic in a game.</p> <p>Follow rules.</p>