

At Central Park, we aim to provide our children with the opportunity to partake, compete in and enjoy a wide variety of sport. Our vision is to create a positive and encouraging environment in which children feel involved, engaged, challenged and safe. We want our children to develop their physical ability, tactical knowledge, leadership capacity, fitness and team work. We hope to make our children optimistic about what their future holds so they can go on to be sporting stars of the future, at all levels and in a wide variety of sports. Implementing this vision involves providing our children with coaching opportunities and inter-school competitions to develop their love of sport and self-development

Year group	Dance	Gymnastics	Games	Athletics	Swimming	OAA
Year 1	<p>Copy and remember moves and positions.</p> <p>Moves with careful control and coordination.</p> <p>Link two or more actions to perform a sequence.</p> <p>Link movements to sounds and music.</p> <p>Choose movements to communicate a mood feeling or idea.</p>	<p>Copy and remember actions.</p> <p>Move with some control and awareness of space.</p> <p>Link two or more actions to make a sequence.</p> <p>Show contrast (such as small/tall straight/curved and wide/narrow).</p> <p>Travel by rolling forwards backwards and sideways.</p>	<p>Use the term opponent and team mate.</p> <p>Use rolling, hitting, running and jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p> <p>Receive a ball with basic control.</p> <p>Begin to develop hand-eye coordination.</p> <p>Participate in simple games.</p>	<p>Run at different speeds.</p> <p>Jump from a standing position.</p> <p>Perform a variety of throws with basic control.</p>	<p>Swim unaided up to 25 meters.</p> <p>Use one basic stroke, breathing correctly.</p> <p>Control leg movements.</p>	

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		<p>Hold a position whilst balancing on different parts of the body.</p> <p>Climb safely on equipment.</p> <p>Stretch and curl to develop flexibility.</p> <p>Jump in a variety of ways and land with control and balance.</p>				
<b>Year group</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Games</b>	<b>Athletics</b>	<b>Swimming</b>	<b>OAA</b>
Year 2	<p>Copy and remember moves and positions.</p> <p>Moves with careful control and coordination.</p> <p>Link two or more actions to</p>	<p>Copy and remember actions.</p> <p>Move with some control and awareness of space.</p> <p>Link two or more actions to make a sequence.</p>	<p>Use the term opponent and team mate.</p> <p>Use rolling, hitting, running and jumping, catching and kicking skills in combination.</p>	<p>Change the speed and direction whilst running.</p> <p>Jump from a standing position with accuracy.</p>	<p>Swim unaided up to 25 meters.</p> <p>Use one basic stroke, breathing correctly.</p> <p>Control leg movements.</p>	

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	<p>perform a sequence.</p> <p>Choose movements to communicate a mood feeling or idea.</p> <p>Use and negotiate space clearly.</p> <p>Describe a short dance using appropriate vocabulary.</p>	<p>Show contrast (such as small/tall straight/curved and wide/narrow).</p> <p>Travel by rolling forwards backwards and sideways.</p> <p>Hold a position whilst balancing on different parts of the body.</p> <p>Climb safely on equipment.</p> <p>Use equipment in a variety of ways to create a sequence.</p>	<p>Develop simple tactics and use them appropriately.</p> <p>Lead others when appropriate.</p> <p>Confidently send the ball to others in a range of ways.</p> <p>Begin to apply and combine a variety of skills (to a game situation).</p> <p>Develop strong spatial awareness.</p> <p>Begin to develop own games with peers.</p> <p>Understand the importance of rules in games.</p>	<p>Perform a variety of throws with control and coordination.</p> <p>Can use equipment safely.</p>		
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			Begin to develop an understanding of attacking/ defending.			
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Year 3	<p>Plan preform and repeat sequences.</p> <p>Move in a clear fluent and expressive manner.</p> <p>Refine movements into sequence.</p> <p>Create dances and movements that convey a definite idea.</p> <p>Change speed and levels within a performance.</p>	<p>Plan, perform and repeat sequence.</p> <p>Move in a clear fluent expressive manner.</p> <p>Refine movements into sequences.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in a variety of ways including flight, by transferring weight to generate power in movements.</p>	<p>Throw and catch with control and accuracy.</p> <p>Strike a ball and field with control.</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Follow the rules of the game and play fairly.</p> <p>Maintain possession of the ball (with, eg feet a hockey stick or hands).</p>	<p>Sprint over a short distance up to 60 metres.</p> <p>Run over a longer distance, conserving energy in order to sustain performance.</p> <p>Use a range of throwing techniques (such as under arm, over arm).</p> <p>Throw with accuracy to hit a target or cover a distance.</p>	<p>Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p>Arrive properly equipped for outdoor and adventurous activity.</p> <p>Understand the need to show accomplishment in managing risks.</p> <p>Show an ability to both lead and form part of a team.</p> <p>Support others and seek support if required when the situation dictates.</p> <p>Show resilience when plans do not work and</p>

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	<p>Develop physical strength and suppleness by practising moves and stretching.</p> <p>Begin to compare and adapt movements and motifs to create a longer sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p>	<p>Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over the base and organise body parts to create an interesting body shape).</p> <p>Swing and hang from equipment safely using hands.</p> <p>Begin to develop good technique when travelling, balancing, using equipment etc.</p>	<p>Begin to communicate with others during game situations.</p> <p>Use skills with coordination and control.</p> <p>Develop own rules for new games.</p> <p>Work well in a group to develop various games.</p> <p>Begin to understand how to compete with each other in a controlled manner.</p> <p>Pass to team mates at appropriate times. Lead others and act as a respectful team member.</p>	<p>Jump in a number of ways, using a run up where appropriate.</p> <p>Compete with others and aim to improve personal best performances.</p>		<p>initiative to try new ways of working.</p> <p>Use maps, compasses and digital devices to orientate themselves.</p> <p>Remain aware of changing conditions and change plans if necessary.</p>
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		Describe own work using simple gymnastics vocabulary.	Begin to select resources independently to carry out different skills.			
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Year 4	<p>Plan preform and repeat sequences.</p> <p>Begin to create longer dance sequences in a larger group.</p> <p>Move in a clear fluent and expressive manner.</p> <p>Refine movements into sequence.</p>	<p>Plan, perform and repeat sequence.</p> <p>Move in a clear fluent expressive manner.</p> <p>Refine movements into sequences.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in a variety of ways including flight, by transferring weight</p>	<p>Throw and catch with control and accuracy.</p> <p>Strike a ball and field with control.</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Follow the rules of the game and play fairly.</p> <p>Maintain possession of the ball (with, eg feet a hockey stick or hands).</p>	<p>Sprint over a short distance up to 60 metres.</p> <p>Run over a longer distance, conserving energy in order to sustain performance.</p> <p>Use a range of throwing techniques (such as under arm, over arm).</p> <p>Throw with accuracy to hit a target or cover a distance.</p>	<p>Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p>Arrive properly equipped for outdoor and adventurous activity.</p> <p>Understand the need to show accomplishment in managing risks.</p> <p>Show an ability to both lead and form part of a team.</p> <p>Support others and seek support if required when the situation dictates.</p>

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	<p>Create dances and movements that convey a definite idea.</p> <p>Change speed and levels within a performance.</p> <p>Develop physical strength and suppleness by practising moves and stretching.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Modify parts of a sequence as a result of self-evaluation.</p>	<p>to generate power in movements.</p> <p>Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over the base and organise body parts to create an interesting body shape).</p> <p>Swing and hang from equipment safely using hands.</p> <p>Begin to use gymnastics vocabulary to describe how to</p>	<p>Pass to team mates at appropriate times.</p> <p>Lead others and act as a respectful team member.</p> <p>Apply basic skills for attacking and defending.</p>	<p>Jump in a number of ways, using a run up where appropriate.</p> <p>Compete with others and aim to improve personal best performances.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>		<p>Show resilience when plans do not work and initiative to try new ways of working.</p> <p>Use maps, compasses and digital devices to orientate themselves.</p> <p>Remain aware of changing conditions and change plans if necessary.</p>
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	Use simple dance vocabulary to compare and improve work.	improve and refine performances.  Combine equipment with movement to create sequences.				
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Year 5	Begin to exaggerate dance movements and motifs (using expression when moving). Demonstrate strong movements throughout a dance sequence.  Compose creative and imaginative dance.	Create complex and well-executed sequences that include a full range of movements including <ul style="list-style-type: none"> <li>○ Traveling</li> <li>○ Balances</li> <li>○ Swinging</li> <li>○ Springing</li> <li>○ Fight</li> <li>○ Vaults</li> <li>○ Inversions</li> <li>○ Rotations</li> </ul>	Choose and combine techniques in game situation (running, throwing catching, passing, jumping and kicking, etc).  Work alone, or with team mates in order to gain points or possession.  Strike a bowled or volleyball ball with accuracy.	Combine sprinting with low hurdles over 60 metres.  Choose the best place for running over a variety of distances.  Throw accurately and refine performance by analysing technique and body shape.  Show control in take-off and	Swim over 100 metres unaided.  Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.  Swim fluently with controlled strokes.  Turn efficiently at the end of a length.	Select appropriate equipment for outdoor and adventurous activity.  Identify possible risks and ways to manage them, asking for and listening carefully expert advice.  Embrace both leadership and team roles and gain the commitment and respect of a team.

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	<p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and create complex sequences.</p> <p>Express an idea in original and imaginative ways.</p> <p>Plan to perform with high energy, slow grace or other themes and maintain this throughout the piece.</p> <p>Perform complex moves that combine strength and stamina</p>	<ul style="list-style-type: none"> <li>○ Bending, stretching and twisting</li> <li>○ Gesture</li> <li>○ Linking skills</li> </ul> <p>Hold shapes that are strong fluent and expressive.</p> <p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Vary speed, direction, level body rotation during floor performances.</p> <p>Practise and refine the gymnastic techniques used in performances (listed above).</p>	<p>Use forehand and backhand.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactic for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p> <p>Show confidence in using ball skills in various ways, and can link these together.</p>	<p>landings when jumping.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p>		<p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>Use a range of devices in order to orientate themselves.</p> <p>Quickly assess changing conditions and adapt plans to ensure safety comes first.</p>
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	<p>gained through gymnastics activities (such as cartwheels or handstands).</p> <p>Use the space provided effectively.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</p> <p>Use equipment to vault and to swing (remaining upright).</p> <p>Use more complex gymnastics vocabulary to describe how to improve and refine performances.</p>	<p>Use skills with coordination, control and fluency.</p> <p>Take part in competitive games.</p> <p>Can create their own games using knowledge and skills.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p>			
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Year 6	<p>Compose creative and imaginative dance.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and create complex sequences.</p> <p>Express an idea in original and imaginative ways.</p>	<p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</p> <p>Create complex and well-executed sequences that include a full range of movements including</p> <ul style="list-style-type: none"> <li>○ Traveling</li> <li>○ Balances</li> <li>○ Swinging</li> <li>○ Springing</li> <li>○ Fight</li> <li>○ Vaults</li> <li>○ Inversions</li> <li>○ Rotations</li> </ul>	<p>Choose and combine techniques in game situation (running, throwing catching, passing, jumping and kicking, etc.</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyball ball with accuracy.</p> <p>Use forehand and backhand.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Take part in competitive games.</p>	<p>Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Show control in take-off and landings when jumping.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p>	<p>Swim over 100 metres unaided.</p> <p>Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</p> <p>Swim fluently with controlled strokes.</p> <p>Turn efficiently at the end of a length.</p>	<p>Select appropriate equipment for outdoor and adventurous activity.</p> <p>Identify possible risks and ways to manage them, asking for and listening carefully expert advice.</p> <p>Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p>
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<p>Plan to perform with high energy, slow grace or other themes and maintain this throughout the piece.</p> <p>Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Move accurately to the beat.</p>	<ul style="list-style-type: none"> <li>○ Bending, stretching and twisting</li> <li>○ Gesture</li> <li>○ Linking skills</li> </ul> <p>Hold shapes that are strong fluent and expressive.</p> <p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Adapt sequences to include a partner or a small group.</p> <p>Vary speed, direction, level body rotation during floor performances.</p>	<p>Show confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking.</p> <p>Consistently use skills with coordination, control and fluency.</p> <p>Compare and comment on skills.</p> <p>Choose the most appropriate tactic for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as</p>	<p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump).</p> <p>Begin to record peers performances, and evaluate these.</p> <p>Demonstrate accuracy and confidence in throwing and catching activities.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>		<p>Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>Use a range of devices in order to orientate themselves.</p> <p>Quickly assess changing conditions and adapt plans to ensure safety comes first.</p>
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	<p>Exaggerate dance movements and motifs (using expression when moving). Perform with confidence, using a range of movement patterns.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Uses more complex dance vocabulary to compare and improve work.</p>	<p>Practise and refine the gymnastic techniques used in performances (listed above).</p> <p>Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</p> <p>Use equipment to vault and to swing (remaining upright).</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Use more complex gymnastics vocabulary</p>	<p>a good role model within a team.</p>			
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		to describe how to improve and refine performances.				

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