

Stanford in the Vale – September 2021



Foundation

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| <p>Core Targets</p> <p>Games/Athletics I can control a ball and move it round my body I can move a ball in a range of ways. I can travel confidently in a range of ways (jumping). I can travel confidently in a range of ways (jogging). I can throw an object at a target. I can travel confidently in a range of ways (hopping). I show good control when using equipment in a range of ways I can coordinate my movements when using small equipment. I can travel confidently in a range of ways (skipping & galloping) I can pat a large ball, making it bounce. I can catch a range of objects. I can control an object when it is coming towards me I can travel confidently in a range of ways (jogging backwards & Jogging sideways). I can kick a range of objects towards a target. I can kick a range of objects into a target</p> <p>Gymnastics I can experiment with different ways of moving. I can create my own ways of moving. I can confidently climb on a range of equipment. I can confidently move in a range of ways around different objects. I can confidently move in a range of ways including when moving over equipment. I can hold a four-point balance. I can coordinate my movements. I can confidently move around, under, over, and through different objects and equipment.</p> <p>Dance I can create movements to music. I can find suitable moves to suit the music. I can combine a range of dance movements. I can create sequences of movement or gesture in response to an experience I can remember a range of movements to create a short dance. I can build up a repertoire of dances. I can talk about a dance performance. I can share my ideas about a dance performance.</p> | <p>Must Teach (minimum): Gym x 2 Games x 2 Dance x 1</p> <p>Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Fine Motor Skills Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p> |
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Year 1

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| <p>Core Targets</p> <p>Games</p> <p>I can throw underarm. I can hit a ball with a bat. I can move and stop safely. I can throw and catch with both hands. I can throw and kick in different ways. I show control when rolling a ball (<i>benchball, dodgeball</i>) I can hit a ball with control, using appropriate equipment (<i>tennis</i>) I can catch a ball / moving object (<i>benchball, dodgeball</i>) I can kick with control (<i>football, kickball</i>)</p> <p>Gymnastics</p> <p>I can make my body curled, tense, stretched and relaxed. I can control my body when travelling and balancing. I can copy sequences and repeat them. I can roll, curl, travel and balance in different ways. I can move with some control and awareness of space. I can link two or more actions to make a sequence. I can show contrasts (eg: small / tall, straight / curved, wide / narrow) I can climb safely on low level equipment. I can stretch and curl to develop flexibility. I can jump in a variety of ways and land with some control and balance.</p> <p>Dance</p> <p>I can move to music. I can copy dance moves. I can perform my own dance moves. I can make up a short dance. I can move safely in a space. I can move with control and co-ordination. I can link two or more actions in a sequence.</p> <p>Athletics</p> <p>I can run at different speeds, walk, jog, sprint. I can use a simple underarm throw. I can jump from a standing position with accuracy. I can run with control. I can jump with control.</p> | <p>Must Teach (minimum):</p> <p>Gym x 2 Dance x 1 Ball control (Rolling, Kicking, Throw and Catch) x1 'Athletics' – running, jumping, etc x1 Games involving space and movement x1</p> <p>Other suggestions for the targets:</p> <p>Striking games Travelling in a variety of ways (linked to gym) Probably another Dance</p> |
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Year 2

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Core Targets

Games

- I can use hitting, kicking and/or rolling in a game.
- I can decide the best space to be in during a game.
- I can use tactic in a game.
- I can follow rules.
- I understand the terms 'opponent' and 'team mate' (*football, hockey, volleyball*)
- I can develop basic tactics for small team games (*football, hockey, volleyball*)
- I can lead others in small game situations (*football, hockey*)
- I can set myself targets to improve my performance. (*athletics*)

Gymnastics

- I can plan and perform a sequence of movements.
- I can improve my sequence based on feedback.
- I can think of more than one way to create a sequence which follows some 'rules'.
- I can work on my own and with a partner.
- I can copy and remember actions.
- I can travel by rolling forwards, backwards and sideways.
- I can hold a position whilst balancing on different points of my body.
- I can climb safely on large equipment.
- I can stretch and curl to develop increasing flexibility.
- I can jump in a variety of ways and land with increasing control and balance.

Dance

- I can change rhythm, speed, level and direction in my dance.
- I can dance with control and coordination.
- I can make a sequence by linking sections together.
- I can use dance to show a mood or feeling.
- I can copy and remember moves and positions.
- I can choose appropriate movements to communicate mood / feelings / ideas

Athletics

- I can run 100m.
- I can sprint 60m.
- I can overarm and underarm throws to throw items in a straight light.
- I can jump side to side, both feet together, one foot to another.

Must Teach (minimum):

- Gym x 2
- Dance x 1
- Ball control (Rolling, Kicking, Throw and Catch) x1
- Athletics – running, jumping, throwing for distance etc x1

Other suggestions for the targets:

- Striking games
- Create basic games with basic rules (You create then they create)
- Probably another Dance
- (In term 5/6 could start with games with basic rules such as Danish longball or kick rounders/cricket)

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Core Targets

Games

- I can throw and catch with control.
- I am aware of space and use it to support team-mates and to cause problems for the opposition.
- I know and use rules fairly.
- I can throw and catch various objects / balls with control and accuracy. (*netball, cricket*)
- I follow rules of games and play fairly (*cricket, netball, football*)
- I can maintain possession of a ball (eg: feet, hands) (Football, Netball)
- I can pass to teammates when appropriate (*volleyball, tag rugby*)

Gymnastics

- I can adapt sequences to suit different types of apparatus and criteria.
- I can explain how strength and suppleness affect performance.
- I can compare and contrast gymnastics sequences.
- I can refine movements into sequences.
- I can show changes of direction, speed and level during a performance.
- I can swing and hang from equipment safely using hands.

Dance

- I can improvise freely and translate ideas from a stimulus into movement.
- I can share and create phrases with a partner and small group.
- I can repeat, remember and perform phrases.
- I can refine movements into sequences.
- I can change speed and level within a performance.
- I can develop suppleness through stretching.

Athletics

- I can run at fast, medium and slow speeds; changing speed and direction.
- I can take part in a relay, remembering when to run and what to do.
- I can sprint over a short distance up to 60m.
- I can use a range of throwing techniques (underarm / overarm) (*cricket, athletics*)
- I can compete with others.
- I can improve personal best performances.

Outdoor and adventures

- I can follow a map in a familiar context.
- I can use clues to follow a route.
- I can follow a route safely.

Must Teach (minimum):

- Gym x 2
- Dance x 1
- Athletics x 1
- (Very) Simple OAA

Other suggestions for the targets:

- Cricket/ Rounders/ Frisbee
- Netball/ Basketball/ Rugby
- Football

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Core Targets

Games

- I can catch with one hand.
- I can throw and catch accurately.
- I can hit a ball accurately with control.
- I can keep possession of the ball.
- I can vary tactics and adapt skills depending on what is happening in a game.
- I can strike a ball and field with control (*cricket, rounders*)
- I can choose appropriate tactics to cause problems for the opposition (*basketball, hockey*)
- I am an effective team member (*tag rugby, hockey*)
- I can lead a team effectively (*tag rugby, hockey*)

Gymnastics

- I can work in a controlled way.
- I can include change of speed and direction.
- I can include a range of shapes.
- I can work with a partner to create, repeat and improve a sequence with at least three phases.
- I can plan, perform and repeat sequences.
- I can move in a clear, fluent and expressive manner.
- I can travel in a variety of ways - flight by transferring weight to generate power in movement.
- I understand centre and gravity and can use this to create interesting body shapes.

Dance

- I can take the lead when working with a partner or group.
- I can use dance to communicate an idea.
- I can plan, perform and repeat sequences.
- I can move in a clear, fluent and expressive manner.
- I can create dances and movements that convey a clear idea.
- I can develop physical strength by practicing moves.

Athletics

- I can run over a long distance.
- I can sprint over a short distance.
- I can throw in different ways.
- I can hit a target.
- I can jump in different ways.
- I can run over a longer distance, conserving energy to sustain performance
- I can throw with accuracy to hit a target or cover a distance (*rounders, cricket, athletics*)
- I can jump in a number of ways, using a run up if appropriate.
- I can compete with others and aim to improve personal best performances.

Outdoor and adventurous

- I can follow a map in a (more demanding) familiar context.
- I can follow a route within a time limit.

Must Teach (minimum):

- Gym x 2
- Dance x 1
- Athletics x 1 (or 2 as lots of targets)
- OAA

Other suggestions for the targets:

- Rounders/ Cricket
- Frisbee
- Hockey/ Tri Golf/ Tennis/ Badminton
- Football/ Rugby

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| <p>I can support others. I can seek support when I need it. I can orientate a map. I can lead a team. I am an effective team member. I show resilience when plans do not work. I use my initiative to try new ways of working. I can use a compass and digital devices to orientate myself.</p> | |
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Year 5

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| <p>Core Targets</p> <p>Games</p> <p>I can gain possession by working a team. I can pass in different ways. I can use forehand and backhand with a racket. I can field. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot. I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking) (<i>tag rugby, netball</i>) I can work alone or with team mates in order to gain points or possession (<i>netball, rugby</i>) I can strike a bowled or volleyed ball with some accuracy (<i>tennis, cricket, rounders, football</i>) I can choose appropriate tactics for a game. I uphold the spirit of fair play and respect in all competitive situations (<i>football, tag rugby</i>)</p> <p>Gymnastics</p> <p>I can make complex extended sequences. I can combine action, balance and shape. I can perform consistently to different audiences. I can create complex and well executed sequences that include a range of movements:-travelling,- balances,- swinging,- bending,- stretching,- twisting,- gestures,- linking shapes. I can link sequences of movements effectively. I can practice and refine gymnastic techniques. I demonstrate good kinaesthetic awareness.</p> <p>Dance</p> <p>I can compose my own dances in a creative way. I can perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency.</p> | <p>Must Teach (minimum):</p> <p>Gym x 2 Dance x 1 OAA x1 Athletics x1</p> <hr/> <p>Other suggestions for the targets:</p> <p>Rugby/ American Football Football/ Hockey/ Rugby/ Netball/ Basketball Tennis/ Badminton Cricket/ Rounders/ Danish Longball Frisbee</p> |
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I can compose creative and imaginative dance sequences.
I can express an idea in original and imaginative ways.

Athletics

I am controlled when taking off and landing.
I can throw with accuracy.
I can combine running and jumping.
I can combine sprinting with low hurdles over 60m.
I can throw accurately and refine performance by analysing technique and body shape (*cricket, rounders, athletics*)
I can compete with others and keep track of personal best performances, setting targets for improvement.

Outdoor and adventurous

I can follow a map in an unknown location.
I can use clues and a compass to navigate a route.
I can change my route to overcome a problem.
I can use new information to change my route.

Year 6

Core Targets

Games

I can play to agreed rules.
I can explain rules.
I can umpire.
I can make a team and communicate a plan.
I can lead others in a game situation (*football, tag rugby*).
I can strike a bowled or volleyed ball with increasing accuracy (*cricket, rounders*)
I can use forehand and backhand strokes in racket games (*tennis, badminton*)
I can field, defend and attack tactically by anticipating the direction of play. (*football, tag rugby*)
I am a good role model to other (*football, tag rugby*).

Must Teach (minimum):

Gym x 2
Dance x 1
Athletics x1
OAA x 1

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Gymnastics

I can combine my own work with that of others.
I can link sequences to specific things.
I can create complex and well executed sequences that include a range of movements:- springing,- flight,- vaults,- inversions,- rotations,- hold shapes that are strong, fluent and expressive.
I can vary speed, direction, level and body rotation during floor performances.
I can practice and refine the gymnastic techniques listed above.
I can use equipment to vault and to swing, remaining upright.

Dance

I can develop sequences in a specific style.
I can choose my own music and style.
I can perform expressively and hold a precise and strong body posture.
I can create and perform complex sequences.
I can perform with high energy, slow grace or other themes and maintain this throughout a performance.
I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands)

Athletics

I can demonstrate stamina.
I can choose the best place for running over a variety of distances.
I show control in take-off and landing when jumping.
I compete with others and keep track of personal best performances, setting challenging targets for improvement.

Outdoor and adventurous

I can plan a route and a series of clues for someone else.
I can plan with others taking account of safety and danger.
I can select appropriate equipment for OAA.
I embrace leadership/ team roles.
I can gain the commitment and respect of my team.
I remain positive even in the most challenging of circumstance.
I show empathy towards others and offer support without being asked.
I seek support from the team and experts if in any doubt.
I can use a range of devices in order to orientate myself.

Other suggestions for the targets:

Invent own games
Rugby/ Football/ Frisbee/ American Football
Basketball
Cricket
Possibly another OAA – covered during residential