Bronze/ Developing:

Games:

- Children will throw and catch a variety of objects with some control and accuracy often, when stationary but not on move.
- He/she is aware of space and can move in space in warm up and activities but doesn't use to outwit opponents and often needs encouragement
- Uses rules regularly and plays fairly often
- Children can hit stationary/ dropped ball with some accuracy, over a net/towards a target

Dance/gym:

- Children can perform simple travels/ moves with some accuracy repeating simple movements, linking two moves together.
- Children can compare and contrast gymnastic routines, describing and evaluate quality and control using simple language (pointing toes, still when balanced, curving, wobbly).
- Children will link different moves/rolls (side roll) /balance on a variety of apparatus with some control.
- Children can show good safe landing from low apparatus.
- Children will be able to collaborate and create a small dance with support and will be able to replicate a simple dance with some accuracy and timing

Athletics/outdoor activities:

- Children can work in a team sometimes completing simple tasks.
- Children can take part in a relay running at correct time.
- Children can throw a variety of equipment a longer distance with both hands, with good technique sometimes.
- Children can read a simple map and find check points.

Children will lead small groups in activities and communicate with team mates.

Silver/ secure:

Games/healthy lifestyle:

- Children can throw and catch to others with a variety of equipment with accuracy from standing with success often.
- Children can move and catch in small game situation with some success will begin to move into space to influence games in small groups 3 v 1.
- Children play by rules fairly.
- They begin to use simple tactics in game, beginning to influence opposed conditioned games.
- Children can move with a ball (unihoc, basketball, football) with some success.
- Children can talk about reasons for exercising and why it's good for health

Dance, gym:

- Children can roll in a variety of ways including forwards roll safely.
- Children will replicate dance moves with some accuracy and timing.
- Children will begin to link simple moves in dance and gymnastics with some fluency, and over/under on apparatus.
- Children will demonstrate good simple balances with control, and be inventive and more controlled (still, pointed toes, head up) in complex balances (3 point/ 1 point balances).
- Children will begin to with support and create small dance with some timing.
- Children can use dance vocabulary and can translate ideas from action words.

• Children can compare others work noting similarities and differences, making suggestions for improvements.

Athletics/outdoor:

- Children can run at different speeds on command but will struggle with pacing when needed.
- Children can take part in a variety of relay races and be ready to run when needed, moving quickly and at correct speed.
- Can jump from one leg and land on two effectively (running jump).
- Children can demonstrate a range of throwing actions with accuracy.
- Children will recognise changes in their body during activities.
- Children will work with others, collaborating some ideas and put those into practice to overcome simple challenges.

Gold/ Mastery:

Games/healthy lifestyles:

- Children can throw and catch with accuracy regularly and at different distance, they will catch on move with accuracy.
- Children will move into space in small sided games will use space often in small games to outwit opponent.
- They can control and dribble ball in space in unopposed situations.
- Children will begin to understand principles of training and link them to activities.
- Children will take part in conditioned games understanding tactics and rule.
- Children will recognise changes in body and link to activity type and intensity.

Dance/gym:

- Children can perform different balances; travels and rolls including forwards roll/teddy bear roll with quality and control.
- They will have good timing and accuracy when performing dance moves individually.
- Children will collaborate and create own dance with some timing using unison and some cannon with some accuracy.
- Children can link and vary ideas with control and coordination.
- Children will apply compositional ideas to sequences alone and with others.

Athletics/ outdoor:

- Children can throw different objects over longer distances.
- Children can take a running jump with better technique to increase distance.
- Children can run at speed with control, changing speed when necessary, and on command.
- Children will be able to read a simple map effectively finding checkpoints with assistance.
- They will work in a team effectively, communicating, often sharing good practice and helping others to overcome challenges.