

	Dance	Gym	Games	Athletics	Swimming	OAA
EYFS	March, halt, left turn, right turn, on the spot, forward, backwards, quick, slow, formation, lines Travel, control, balance, level, direction, copy, repeat, lead and follow, mirroring,	Star shape, straight shape, tuck shape, copy, perform, repeat, stop, hold, stillness, statue, balance, combine, link, movement phrase, stretch, tight, relax, rounded, standing, sitting, crouching, kneeling, lying	Run, jog, stop, turn, stretch, aim, step, carry, safe, forwards, backwards, throw, roll, safe, , kick, dribble			

Year 1	Creep, spin, step, low, medium, high, pathway, travel, stillness, diagonal, gesture	Safe landing position, star shape, leap, hopscotch, co-ordinate, balance, Rock, body shape, straight, star, tuck, pike, straddle, twist, shoulder width, tip, off balance, point of balance, rock n roll, flight, swing, extend, perform, spacing, link, movement phrase, mount, dismount, over, along, travel, low platform, apparatus, safe handling, remember, repeat, practice, improve, perform.	Run, jog, stop, turn, stretch, curve, agility, safe, forwards, backwards, aim, throw, roll, target score.			
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Year 2	<p>Tall, wide, tucked, roll, turn, jump, gesture, forward, backwards, sideways, canon, unison, meet and part.</p>	<p>Positions of stillness, points of contact, hold, balance, link, smoothly, flow, transitions, logical, control, focus, tension, stretch, transfer weight, recall, remember, repeat, practice, improve, perform, short movement phrase, adapt, re-order, extend, Lead and follow responsibility, explore, select, levels, low, medium, high, in the air, high/large apparatus compare, safe handling, exit/landing points, safety.</p>	<p>Run, jog, stop, turn, stretch, carry, safe, send, forwards, backwards, racket, strike, hit, dribble, kick, pass, receive.</p>			
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Year 3	<p>Straight pathway, circular pathway, circles, sink, explode, continuous, smooth, spiky, sharp, stillness, travel, jump, turn, gesture, unison, canon, lead and follow, contact, meet and part, direction</p>	<p>Lead and follow, responsibility, appropriate, remember, recall, repetition, movement phrase, movement pattern, arm pattern, clear pathway, travel, balance, improve, add, adapt, include, change, extend, variety, complexity, observe, suggest, perform, movement quality, stretch, focus, control, spiral, space, safety</p>	<p>Send, receive, throw, catch, roll, control, strike, target, accurate, space, rules, contact point, fielding, release point, field of play.</p>	<p>Push, pull, lift, press, rotate, jerk, swing, circle, shake, link, action, reaction, motif, flow, dynamics, rhythm, timing, sprint.</p>	<p>Noodles, front crawl, surface, underwater, submerge, streamlined, backstroke, floating, rotation, push and glide, mushroom floats, star floats, breathing, buoyancy.</p>	<p>Trail, shape, arrow, north, south, east, west, follow, direction.</p>
Year 4	<p>Stepping pattern, slide, glide, flop, dynamics (quick, light, heavy, slow), travel, jump, turn, gesture, stillness, unison, direction, meet and part, repetition, interweaving pathway, lead and follow, level.</p>	<p>Principles of Balance, explore, transitions, entry, exit, logical, smooth, select, link, movement phrases, sequences, variety, range, directions, start position, finish position, strength, space, safe handling, safety.</p>	<p>Pass, stop, kick, dribble, trap, control, mark, target, goal, accurate, space, transfer of weight, rules, defend, attack, close control, move into space.</p>	<p>Quadriceps, triceps, groin, techniques, setting targets, monitoring progress, prepare for and recover from, understand limits, rules, sling, aim, combination jumps, hurdle.</p>		<p>Remember, place, direction, communication, problem solving, trust, support, target, abseil,</p>

Year 5	<p>Question/answer, unison, formation, quality, contrasting, dynamics, level, gesture, timing, exaggerate, whole body.</p>	<p>Pair, partner, compositionally develop, recall, remember, sequence, variety, speed, level, direction, movement pattern, unison, canon, match, mirror, meet and part, partner relationships, complement, contrast, improve, perform, quality, fluency, effective, original, isolate, practice, change, add, extend, space, safety.</p>	<p>Throw, aim, catch, control, defend, indicate, create space, rules, width, dodge, attack, mark, interception.</p>	<p>Refine, develop, technique, target, monitor progress, scissors, straddle, western roll, hamstring, groin.</p>	<p>Breaststroke, treading water, pull, sculling, straddle entry, regular breathing pattern, slow, surface dives, control.</p>	<p>Protractor, compass, bearing, arrows, set, magnetic north, direction of travel arrow, north arrow, baseplate, wheel, needle.</p>
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Year 6	<p>Gesture, action/reaction, repetition, unison, mirroring, level, motif, speed, direction, control, jumping, turning.</p>	<p>Symmetry, asymmetry, lead and follow, responsible, group freezes, weight taking, contact, remember, recall, improve, incorporate, add, adapt, extend, perform, movement quality, transition, clear start and finish, levels, variety, pair symmetry, pair asymmetry, safe handling, space, safety.</p>	<p>Dodge, pass, communicate, tag, decision making, receive, teamwork, attaching, defending, score, try, space, tactics.</p>	<p>Decathlon, refine, develop, technique, target, monitor progress, prepare for, recover from, limits, rules, conventions, performance, interval, work, rest, sets, discuss, javelin, shot putt.</p>		<p>Shelter, evaluate, compare, sturdiness, durability, design, materials. Flag, punch, marker, control, card, map, orientate, compete. Harness, belay, buoyancy aid,</p>
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