

	<b>Y3/4 Roll</b> Continue to develop control in rolling actions on the floor, off and along apparatus or in time with a partner.	<b>Y3/4 Roll</b> Combine the phases of earlier rolling actions to perform the full forward roll Begin the backward roll.							
<b>3/4 Balancing</b> Move in and out of balance fluently.	<b>Y3/4 Travel</b> Use a variety of rolling actions to travel on the floor and along apparatus.	<b>Y3/4 Travel</b> Travel with a partner; move away from and together on the floor and on apparatus.	<b>Y3/4 Travel</b> Travel at different speeds e.g. move slowly into a balance, travel quickly before jumping.	<b>Y3/4 Travel</b> Travel in different pathways on the floor and using apparatus, explore different entry and exit points other than travelling in a straight line on apparatus.	<b>Y3/4 Jump</b> Explore leaping forward in stag jump, taking off from one foot and landing on the other (on floor and along bench controlling take-off and landing).	<b>Y3/4 Jump</b> Add a quarter or half turn into a jump before landing.	<b>Y3/4 Jump</b> Make a twisted shape in the air and control landing by keeping body upright throughout the twisting action.		
	<b>Y3/4 Sequencing</b> Perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling.	<b>Y3/4 Sequencing</b> Work with a partner to create a sequence. From starting shape move together by e.g. travelling on hands and feet, rolling, jumping. Then move apart to finish	<b>Y3/4 Balancing</b> Explore and develop use of upper body strength taking weight on hands and feet – front support (press up position) and back support (opposite) NB: ensure hands are always flat on floor and fingers point the same way as toes.	<b>3/4 Balancing</b> Explore balancing on combinations of 1/2/3/4 “points” e.g. 2 hands and 1 foot, head and 2 hands in a tucked head stand.	<b>3/4 Balancing</b> Balance on floor and apparatus exploring which body parts are the safest to use.	<b>3/4 Balancing</b> Explore balancing with a partner: facing, beside, behind and on different levels.			

<b>Y1 Tactics &amp; Rules</b> Use simple attacking skills such as dodging to get past a defender.	<b>Y1 Tactics &amp; Rules</b> Use simple defensive skills such as marking a player or defending a space.	<b>Y1 Compete/Perform</b> Perform using a range of actions and body parts with some coordination.	<b>Y1 Compete/Perform</b> Begin to perform learnt skills with some control.	<b>Y1 Compete/Perform</b> Engage in competitive activities and team games.	<b>Y1 Evaluate</b> Watch and describe performances.	<b>Y1 Evaluate</b> Begin to say how they could improve.	
	<b>Y1 Using Space</b> Run at different speeds.	<b>Y1 Using Space</b> Begin to use space in a game.	<b>Y1 Attacking &amp; Defending</b> Begin to use the terms attacking and defending	<b>Y1 Attacking &amp; Defending</b> Use simple defensive skills such as marking a player or defending a space.	<b>Y1 Attacking &amp; Defending</b> Use simple attacking skills such as dodging to get past a defender	<b>Y1 Tactics &amp; Rules</b> Follow simple rules to play games, including team games.	
<b>Y1 Throwing &amp; Catching a Ball</b> Use rolling skills in a game.	<b>Y1 Throwing &amp; Catching a Ball</b> . Practise accurate throwing and consistent catching	<b>Y1 Travelling with a ball</b> Travel with a ball in different ways.	<b>Y1 Travelling with a ball</b> Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	<b>Y1 Passing a Ball</b> Pass the ball to another player in a game.	<b>Y1 Passing a Ball</b> Use kicking skills in a game	<b>Y1 Using Space</b> Use different ways of travelling in different directions or pathways	
	<b>Y1 Health &amp; Fitness</b> Describe how the body feels before, during and after exercise.	<b>Y1 Health &amp; Fitness</b> Carry and place equipment safely.	<b>Y1 Striking &amp; Hitting a Ball</b> Use hitting skills in a game.	<b>Y1 Striking &amp; Hitting a Ball</b> Practise basic striking, sending and receiving.	<b>Y1 Throwing &amp; Catching a Ball</b> Throw underarm and overarm	<b>Y1 Throwing &amp; Catching a Ball</b> Catch and bounce a ball.	