

Skills summary

	4-5 years	5-6 years	6-7 years	7-8 years	8-9 years	9-10 years	10-11 years
Dance	Show some control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space.	Create and perform dances using simple movement patterns and begin to link movements.	Use movement imaginatively, responding to stimuli including music, pictures, and stories. Change speed, level and direction of movements. Express and communicate ideas and feelings	Move in time to the music confidently and combine skills with complexity and confidence.	Demonstrate consistency of movement and coordination and express ideas in original and imaginative ways.	Create movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music	Create dances using a range of movement patterns, including those from different times, places and cultures and develop flexibility, strength, technique, control and balance.
Pilates	Copy and repeat some movements working towards control and coordination in large	Be able to sit with control and ease for longer periods of time.	Develop more physical strength and show control over movements.	Move with careful control, precision and coordination.	Move with control, precision and coordination and hold a strong body posture.	Perform complex moves with correct posture and alignment.	Know, understand and perform movements and teach them to others.
Gymnastics	Roll, travel, balance and jump in different ways.	Use different body shapes and positions.	Show control over basic movements.	Increase control, strength and flexibility.	Combine movements and shapes to create new patterns with improved control, strength and flexibility.	Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility.	Changing speed and direction and moving seamlessly between action, balance and shapes.
Games	Move and stop safely and use a variety of equipment.	Explore and experiment with different pieces of equipment and different ways of moving, throwing, catching and kicking.	Develop core skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.	Control the body and pieces of equipment in various activities.	Travel, throw, catch and kick with control and accuracy.	Develop skills and maintain control and accuracy when under pressure.	Continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
Athletic activities				Understand variations of throwing, running and jumping activities and remember the rules for the different activities.	Link activities with fluency, control and consistency.	Combine activities with control and accuracy.	Show control and accuracy and demonstrate increased stamina.
OAA				Use maps and clues in a familiar context.	Use maps and clues in a less familiar context.	Use maps and clues in an unknown location.	Plan a route and a series of clues for others.