

Expectations for our Year 1 Athletes By the end of Year 1 our young athletes are developing into <i>gatherers</i> and beginning to demonstrate that they can be physically active for sustained periods of time while learning to: 1. Describe how the body feels before, during and after exercise and explain the need to stay hydrated. 2. Know the difference between running, skipping, hopping and walking and be able to demonstrate these skills. 3. Know that they can kick, throw or bounce to pass and be able to demonstrate these skills. 4. Begin to develop balance, agility and co-ordination through travelling, rolling and making different shapes with their body. 5. Perform dances using different parts of the body showing an awareness of space. 6. To participate in team games, following and understanding rules.	Expectations for our Year 2 Athletes By the end of Year 2 our young athletes will have become secure <i>gatherers</i> and demonstrated that they can be physically active for sustained periods of time while learning to: 1. Recognising that to stay healthy they need an adequate and varied diet and can identify different food groups. 2. Master basic movements including running, jumping, throwing and catching using the correct technique to demonstrate these skills. 3. Participate in team games using space effectively and simple tactics for attacking and defending. 4. Perform dances that include changes to speed, level and direction within a sequence. 5. Continue to develop balance, agility and co-ordination through travelling, rolling (including forward roll) and making different shapes with their body.
Expectations for our Year 3 Athletes By the end of Year 3 our young athletes are developing into <i>explainers</i> and beginning to demonstrate they can support their health and fitness by becoming physically confident, developing an understanding of how to improve and to: 1. Demonstrate an understanding of how to improve their level of fitness and to explain what happens to our bodies when we exercise including explanation of pulse rate. 2. Run, jump, throw and catch in isolation and combination. 3. Play competitive games fairly, applying learnt skills. 4. Perform varied dance routines by: coordinating body parts, working at different levels and incorporating every day movements (running, jumping etc). 5. Begin to develop flexibility, strength, technique, control and balance including using a variety of equipment (vault, balance beam, racquets, bats, quoits, beanbags etc) and movements (backward roll, cartwheel, handstand, squats, leaps and spins) 6. Explain choices made in a performance. 7. Swim at least 10m using a chosen stroke and be able to enter and leave the water safely. 8. Participate in outdoor adventure (following maps and clues in a familiar context)	Expectations for our Year 4 Athletes By the end of Year 4 our young athletes will have become secure <i>explainers</i> and demonstrated they can support health and fitness by becoming physically confident, developing and understanding of how to improve and to: 1. Demonstrate a secure understanding of the different food groups and explain the impact that they have on our bodies and digestive system. 2. Run, jump, throw and catch in isolation and combination linking together skills depending on a game or situation. 3. Play competitive games and be able to adapt skills depending on what is happening in the game. 4. Perform group dance routines showing fluency and unison of movement. 5. Continue to develop flexibility, strength, technique, control and balance including using a variety of equipment (vault, balance beam, racquets, bats, quoits, beanbags etc) and movements (backward roll, cartwheel, handstand, squats, leaps and spins) 6. Compare choices made in a performance between themselves and others. 7. Swim at least 15m using two different strokes and perform safe self-rescue 8. Participate in outdoor adventure (following maps and clues in a more demanding familiar context)

Expectations for our Year 5 Athletes

By the end of Year 5 our young athletes are developing into *evaluators* and beginning to demonstrate that they can compete, while exhibiting the importance of respect and fairness and will be able to recognise and evaluate their own success to:

1. Understand the importance of developing healthy sleeping patterns and the positive impact of a good night's sleep.
2. Run, jump, throw and catch accurately in both isolation and combination changing speed and level fluently.
3. Play competitive games and know how to gain possession by working as a team.
4. Perform longer and more complex dance sequences both individually and as a group in time to music.
5. Master flexibility, strength, technique, control and balance including using a variety of equipment (vault, balance beam, racquets, bats, quoits, beanbags etc) and movements (backward roll, cartwheel, handstand, squats, leaps and spins)
6. Swim at least 25m using a range of strokes and perform safe self-rescue.
7. Identify aspects of own and others performances which are strong and those which need to be developed.
8. Participate in outdoor adventure (design maps and clues for others to follow in a more demanding familiar context)

Expectations for our Year 6 Athletes

By the end of Year 6 our young athletes will have become secure *evaluators* and demonstrated that they can compete, while exhibiting the importance of respect and fairness and will be able to recognise and evaluate their own success to:

1. Take ownership of their own health and fitness by making reasoned judgements about how much/how little they should exercise, what they should be eating/drinking and what their sleeping habits should be.
2. Run, jump, throw and catch accurately in both isolation and combination whilst under pressure in a game.
3. Play competitive games by agreeing and demonstrating different rules and applying tactics both individually and as part of a team.
4. Compose and perform dance sequences in a specific style for individuals, pairs or groups.
5. Successfully apply flexibility, strength, technique, control and balance skills to a wide range of sports and activities.
6. Compare and evaluate performances with previous ones, demonstrating improvement to achieve a personal best.
7. Participate in outdoor adventure (following maps to unknown locations)