



# Subject Sequence - Sportsperson

Become physically confident and competent in a broad range of physical activities to support a healthy, active life

## Performance

- Perform dances using simple movement patterns
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

## Competence

- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and co-ordination
- Begin to apply these in a range of activities
- Use running, jumping, throwing and catching in isolation and in combination
- Develop flexibility, strength, technique, control and balance eg *through athletics and gymnastics*

## Participation

- Participate in team games, developing simple tactics for attacking and defending
- Play competitive games, modified where appropriate eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles suitable for attacking and defending
- Take part in outdoor and adventurous activity challenges both individually and within a team

## Communication

- Comment on others' performances
- Consider how to improve in different physical activities
- Communicate, collaborate and compete with each other
- Develop understanding of how to improve
- Evaluate and recognise their own success



## Performance

Intent (Standardised Objectives)

### Year 1

- Perform simple dance

### Year 2

- Perform dances using simple movement patterns

### Year 3

- Perform dances and gymnastic routines on own and with others using movement patterns
- Compare performances with previous ones
- Begin to demonstrate improvement to achieve personal best

### Year 4

- Perform dances and gymnastic routines on own and with others using movement patterns
- Compare performances with previous ones
- Demonstrate improvement to achieve personal best

### Year 5

- Perform dances and gymnastic routines on own and with others using a range of movement patterns
- Evaluate and compare performances with previous ones
- Demonstrate improvement to achieve personal best

### Year 6

- Perform dances and gymnastic routines on own and with others using a range of movement patterns
- Evaluate and compare performances with previous ones
- Demonstrate improvement to achieve personal best



## Competence

Intent (Standardised Objectives)

### Year 1

- Practise basic movements including running, jumping, throwing and catching
- Develop balance and agility

### Year 2

- Master basic movements including running, jumping, throwing and catching
- Develop and apply balance, agility and co-ordination

### Year 3

- Begin to use running, jumping, throwing and catching in isolation and in combination
- Further develop flexibility, strength, control and balance

### Year 4

- Use running, jumping, throwing and catching in isolation and in combination
- Further develop flexibility, strength, technique, control and balance

### Year 5

- Use a broad range of skills in isolation and in combination to become physically confident
- Develop mastery of flexibility, strength, technique, control and balance

### Year 6

- Use a broad range of skills in isolation and in combination to become physically confident
- Master flexibility, strength, technique, control and balance



## Participation

Intent (Standardised Objectives)

### Year 1

- Participate in team games
- Begin to develop simple tactics for attacking and defending

### Year 2

- Participate in team games following simple rules
- Develop simple tactics for attacking and defending

### Year 3

- Participate in team games, understanding the rules
- Develop a wider range of tactics for attacking and defending
- Participate in outdoor and adventurous activities

### Year 4

- Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect
- Understand basic principles suitable for attacking and defending
- Participate in outdoor and adventurous activities

### Year 5

- Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship
- Apply principles suitable for attacking and defending
- Participate in outdoor and adventurous activities

### Year 6

- Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship
- Apply range of principles suitable for attacking and defending
- Participate in outdoor and adventurous activities



# Communication

Intent (Standardised Objectives)

## Year 1

- Discuss own performances
- Discuss how to improve in different physical activities

## Year 2

- Evaluate own and others' performances
- Identify how to improve in different physical activities

## Year 3

- Communicate and compete with each other
- Begin to show an understanding of how to improve own and others' performances

## Year 4

- Communicate and compete with each other
- Understand how to improve own and others' performances

## Year 5

- Communicate, collaborate and compete with each other in order to inspire oneself and others to succeed and excel
- Evaluate and recognise own and others' success and identify strategies for improvement

## Year 6

- Communicate, collaborate and compete with each other in order to inspire oneself and others to succeed and excel
- Evaluate and recognise own and others' success and identify strategies for improvement