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| Fitness Benchmark | **Year 1** | Fitness Benchmark |
| How many laps around a 200m course in 10mins**Find recording document in KS2 comparing performances folder** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | How many laps around a 200m course in 10mins**Find recording document in KS2 comparing performances folder** |
| Athletics  | Gymnastics  | Dance  | Gymnastics | Athletics  | Dance  |
| **Skills based** in Invasion Games | **Skills based** in Striking and Fielding Games | Modified Invasion Games | Modified Striking and Fielding Games | Modified Invasion Games | Modified Striking and Fielding Games |

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| Progression Statements  |
| **Invasion games** | **Striking & Fielding Games** | **Dance** | **Gymnastics** | **Athletics** |
| Throw underarm, bounce & catch ball by self & with partnerKick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct techniqueBegin to follow some simple rules | Show some different ways of hitting, throwing and striking a ball Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)Play as a fielder and get the ball back to a STOP ZONE Begin to follow some simple rules (carrying the bat, not over taking someone) | Copy dance moves.Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction.Say something I like about a dance | Make body tense, relaxed, curled and stretched, showing some tension. Begin to work alone/with someone to make a sequence of shapes/travelsClimb safely, showing some shapes and balances when climbing.Keep balance travelling in a range of ways along bench, spots, mat etcRoll in stretched/curled positions e.g. ‘log’ and ‘egg rolls’ | Use varying speeds when running.Practise short distance running.Explore footwork patterns.Explore arm mobility.Explore different methods of throwing. |

**Striking and Fielding Games**

Matches Mouse Trap Race to the Bases

Tin can Gates Danish Longball

Coconut Shy Chuck the chicken Around the Bases

Turn & Face Whacky Baseball

Run & Chase Ribby

**Invasion Games**

Treasure Chest 4v1 Guard the Pin

Gateway Find tat space Slide Tag

Find a goal Zone passing Speed ball

1-2-3-4 3 hoop ball Crossover

The wing game Matball Capture the Flag