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| Fitness Benchmark | **Year 2** | Fitness Benchmark |
| How many laps around a 200m course in 10mins**Find recording document in KS2 comparing performances folder** | **Autumn 1** | How many laps around a 200m course in 10mins | **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** |
| Perform some dribbling skills with hands and feet using spacePass a ball accurately (hands & feet) over longer distances to a team mate Combine stopping, pick up/collect & send a ball accurately to other players Make simple decisions about when /where to move in game to receive a ball  | Send a ball off a tee using a bat or a racketPlay two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoopsStop moving when the ‘bowler’ has the ball Play as a fielder and pass the ball back to the bowler to make the runner stop Follow rules for a game (carry the bat, don’t overtake, run around the outside of the hula hoops) | Change rhythm, speed, level and direction with consistency.Dance with control and co-ordination.Make a sequence by linking sections together. Link some movement to show a mood or feeling.Say something I like and something that could be improved about a dance | Make body tense, relaxed, curled and stretched, in a range of movements.Perform a sequence with changes in speed & direction including 3 different actions *(sometimes giving advice to others)*Be still on single/two + points of contact on floor/apparatus showing tension & control Link known shape/travel/roll/jump to a balance using floor & on apparatusJump/land with control using different body shapes in flight | Run with agility and confidence.Run for distance.Learn the best jumping techniques for distance.Throw different objects in a variety of ways.Hurdle an obstacle and maintain effective running style.Complete an obstacle course with control and agility. |

**Invasion Games – Also see Invasion Games Folder**

4v1 Guard the Pin Capture the Flag

Find that space Slide Tag Speed ball

Find a goal Zone passing Crossover

1-2-3-4 3 hoop ball

The wing game Matball

**Striking and Fielding Games – Also see S&F Folder**

Mouse Trap Race to the Bases

Gates Danish Longball

Chuck the chicken Around the Bases

Turn & Face Whacky Baseball

Run & Chase Ribby