



## Early Learning Goals – Gross Motor Skills

Negotiate space and obstacles safely with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

- I can use different running techniques for sprinting and longer distances.
- I can throw different equipment to try and beat my own personal best.
- I can show agility and speed when I move.
- I can jump in a standing long jump.
- I can move safely in my personal space and shared space.

## NC objective:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

### Year 1

- I can move with spatial awareness and control.
- I can change speed when moving.
- I can throw using an underarm technique.
- I can take off and land safely in jumps.
- I can travel along different pathways.
- I can use a push throw.
- I can work with a partner to solve problems.
- I can choose equipment suitable for different tasks.
- I can follow the rules of a game or task.
- I can travel in different ways to involve my whole body
- I can develop my running style.
- I can use different jumping techniques in combination.
- I can practise a pivot turn.

### Year 2

- I can explain why mobility exercises are important and use them in warm-ups.
- I can play running and avoiding games to improve coordination and control.
- I can use a push throw and a push bounce.
- I can practise sprinting techniques in parts.
- I can throw for distance.
- I can jump for distance with different take-offs and landings.
- I can use a push throw with a bounce.
- I can work with a partner to count, time, solve problems and assess each other.
- I can explore different equipment, body positions, take-offs and landings to see how they affect success.

**NC objective:**

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

**Year 3**

- I can do my own warm-ups
- I can show nimble footwork, good weight transfer and spatial awareness.
- I can sprint with good style, using arms and legs effectively.
- I can throw accurately using a fling throw.
- I can jump and throw further using a pull throw.
- I can sprint at different speeds and rhythms and know when to use each.
- I can run longer distances to build endurance.
- I can take part in relay running
- I can work with a partner to count, measure, time and assess.

**Year 4**

- I can use mobility exercises and pulse-raising activities in warm-ups.
- I can play chasing and avoiding games to develop nimble footwork and awareness.
- I can run for speed, distance and over obstacles.
- I can use push and pull throwing techniques.
- I can jump high, low and in combinations.
- I can take over from behind in sprinting.
- I can use different throws for distance and accuracy.
- I can work with others to solve more complex problems and compete in challenges.

**Year 5**

- I can play chasing and tag games to develop balance and awareness.
- I can jump high (scissor jump) and long.
- I can run with rhythm, including over obstacles.
- I can estimate duration, distance and speed.
- I can use the correct sprint start technique.
- I can compete in relay races.
- I can know when to change rhythm and speed when running.
- I can work in teams to take on challenges and competitions.

**Year 6**

- I can develop drive and speed in running.
- I can throw using shot and discus techniques.
- I can use long jump techniques
- I can throw with a pull technique using a javelin
- I can run longer distances with stamina.
- I can complete relay take-overs.
- I can jump for height using the scissor jump.
- I can change direction quickly at speed.
- I can compete to beat my own records and against others.
- I can work in teams to manage challenges and competitions.