Term	Multi-Ability Cog	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1	Personal	FOLLOW INSTRUCTIONS Co-ordination: Footwork Static Balance: One Leg	STAY ON TASK Co-ordination: Footwork Static Balance: One Leg	KEEP TRYING Co-ordination: Footwork Static Balance: One Leg	KNOW WHERE I AM IN MY LEARNING Co-ordination: Footwork Static Balance: One Leg	ACCEPT CHALLENGE Co-ordination: Footwork Static Balance: One Leg	REACT PROSITIVELY TO CHALLENGE Co-ordination: Ball Skills Agility: Reaction and Response	CONSISTENTLY TRY TO IMPROVE Co-ordination: Ball Skills Agility: Reaction and Response
2	Social	PLAY WITH OTHERS Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	UNDERSTAND OTHERS Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	HELP AND ENCOURAGE OTHERS Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	SHARE IDEAS Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	SUPPORT OTHERS Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	PROVIDE HELPFUL FEEDBACK Dynamic: On a Line Counter Balance: With a Partner	ORGANISE AND GUIDE OTHERS Dynamic: On a Line Counter Balance: With a Partner
3	Cognitive	FOLLOW THE RULES Dynamic Balance: On a Line Static Balance: Stance	OBSERVE AND DESCRIBE Dynamic Balance: On a Line Static Balance: Stance	UNDERSTAND PERFORMANCE Dynamic Balance: On a Line Static Balance: Stance	RECOGNISE SUCCESS Dynamic Balance: On a Line Coordination: Ball Skills	IDENTIFY AREAS TO IMPROVE Dynamic Balance: On a Line Coordination: Ball Skills	JUDGE PERFORMANCE Static Balance: Stance Co-ordination: Footwork	MAKE GOOD DECISIONS Static Balance: Stance Co-ordination: Footwork
4	Creative	OBSERVE AND COPY Coordination: Ball Skills Counter Balance: With a Partner	EXPLORE AND DESCIRBE Coordination: Ball Skills Counter Balance: With a Partner	LINK MOVEMENTS Coordination: Ball Skills Counter Balance: With a Partner	RESPOND DIFFERNENTLY Coordination: Sending and Receiving Counter Balance: With a Partner	RECOGNISE AND RESPOND Coordination: Sending and Receiving Counter Balance: With a Partner	EXPRESS IDEAS Static Balance: Seated Static Balance: Floor Work	ADAPT/CHANGE ACTIVITIES Static Balance: Seated Static Balance: Floor Work
5	Applying Physical	MOVE IN DIFFERENT WAYS Coordination: Sending and Receiving Agility: Reaction/Response	CONTROL MOVEMENT Coordination: Sending and Receiving Agility: Reaction/Response	SEQUENCE MOVEMENTS AND SKILLS Coordination: Sending and Receiving Agility: Reaction/Response	PERFORM AND REPEAT Agility: Reaction/Response Static Balance: Floor Work	SELECT AND APPLY Agility: Reaction/Response Static Balance: Floor Work	COMBINING SKILLS IN A SPECIFIC CONTEXT Dynamic Balance to Agility: Jumping and Landing Static Balance	LINK ACTIONS TO FLOW Dynamic Balance to Agility: Jumping and Landing Static One Leg
6	Health and Fitness	EXERCISE AD GOOD HEALTH Agility: Ball Chasing Static Balance: Floor Work	EXERCISE THE BODY Agility: Ball Chasing Static Balance: Floor Work	PRACTISE SAFELY Agility: Ball Chasing Static Balance: Floor Work	KNOW HOW AND WHY THE BODY CHANGES Agility: Ball Chasing Static Balance: Stance Swimming	PREPARE FOR ACTIVITY Agility: Ball Chasing Static Balance: Stance	DESCRIBE BASIC FITNESS COMPONENTS Co- ordination: Sending and Receiving Agility: Ball Chasing	MONITOR ACTIVITY Co-ordination: Sending and Receiving Agility: Ball Chasing