

North West London Jewish Day School Skills Development Chart

Nursery/Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Learn to perform basic	Learn to perform basic	Start to master basic	Master basic	Use different	Use a range of	Use a range of
movements (running,	movements (running,	movements	movements.	movements to compete in a range of	different movements to attack and defend.	different movements to attack and defend.
jumping, skipping, throwing, and	jumping, skipping, throwing, and	Learning basic ball	Learning basic ball	sport.	to attack and defend.	to attack and defend.
catching)	catching)	striking.	striking.		Play competitive	Play competitive
				Play competitive	games use different	games use different
Learn to follow basic instructions and rules	Learn to follow basic rules and tactics to	Learn to follow basic rules and tactics to	Learn to follow basic rules and tactics to	games use different tactics.	tactics and rules.	tactics and rules.
to games.	games.	games.	games.		develop flexibility,	develop flexibility,
		_	_	develop flexibility,	strength, technique,	strength, technique,
Learn how to use teamwork.	Learn how to use teamwork.	Learn to compete and keep score in games.	Starting to learn new sports.	strength, technique, control, and balance.	control, and balance.	control, and balance.
teaniwork.	teanwork.	keep score in gaines.	sports.	Control, and balance.	Measure and time	Measure and time
Learn how to move in	Learn how to move in	Learn how to use	Use teamwork to win	compare their	performances to track	performances to track
time with music and	time with music and	teamwork.	games.	performances with	progress.	progress.
repeat basic dance patterns.	perform a short dance routine.	Learn how to move in	Learn how to move in	previous ones and demonstrate	Use correct technique	Use correct technique
patterns.	Toucine.	time with music and	time with music and	improvement to	to perform task in	to perform task in
Learning to control		perform a short dance	perform a short dance	achieve their personal	sports.	sports.
and move different		routine with a pattern.	routine with a pattern.	best.		Use correct vocabulary
objects		Loorning correct	Loorning correct	Loorning correct	Use correct vocabulary	in all sports.
		Learning correct vocabulary in sports.	Learning correct vocabulary in sports.	Learning correct vocabulary in sports.	in all sports.	in an sports.
		vocabalary in sports.	vocabalary in sports.	vocabalary in sports.		