



# Physical Education (PE) - Curriculum Overview

Year	Subject specific Vocabulary	'The Greats'	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Run Walk Skip Gallop Jump Hop slide Star jump Tuck jump Half turn Roll Balance Ball Catch Throw Aim Hoop Hurdle Cone	Greats' N/A	<ul> <li>Go up steps and s</li> <li>Skip, hop, stand s</li> <li>Use large-muscle</li> <li>Start taking part</li> <li>Increasingly able</li> <li>Match their deve</li> <li>whether to crawl</li> <li>Choose the right with a trowel</li> </ul>	lop their movement, bal stairs, or climb up appar on one leg and hold a po e movements to wave flo t in some group activitie t to use and remember s eloping physical skills to l, walk or run across a p resources to carry out others to manage large	ratus, using alternat use for a game like m ugs and streamers, p es which they make of sequences and patte of tasks and activities lank, depending on it their own plan. For	te feet husical statues baint and make marks up for themselves, or rns of movements whi is in the setting. For ex ts length and width example, choosing a s	in teams ich are related to n xample, they decide pade to enlarge a s	esmall hole they dug





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Run Walk Skip Gallop Jump Hop slide Star jump Tuck jump Half turn Roll Balance Ball Catch Throw Aim Hoop Hurdle Cone

## N/A

#### Physical Development:

Gross motor skills:

- Revise and refine the fundamental movement skills they have already acquired: rolling crawling walking jumping running hopping skipping climbing
- Progress towards a more fluent style of moving, with developing control and grace
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
- Combine different movements with ease and fluency
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- Develop overall body-strength, balance, co-ordination and agility
- Further develop and refine a range of ball skills including: throwing, catching
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

### Expressive Arts & Design:

Being imaginative and expressive:

- Listen attentively, move to and talk about music, expressing their feelings and responses
- Watch and talk about dance and performance art, expressing their feelings and responses
- Explore and engage in music making and dance, performing solo or in groups

## **Physical Development:**

Gross motor skills:

- Negotiate space and obstacles safely, with consideration for themselves and others (ELG)
- Demonstrate strength, balance and coordination when playing (ELG)
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing (ELG)





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Year 1	Autumn 1: Run, jog,	Usain Bolt	Games	<u>Gymnastics</u>	Games	Games	Games	Gymnastics
	sprint, straight,		Explore different ways	Explore gymnastics	Master basic	Develop agility and	Participate in	Know how to carry
	zigzag, jumping for		of moving and using	still shapes (star,	movement skills:	co-ordination with	team games,	and place apparatus
	height, landing, hop,		equipment.	straight, tuck) using	- <u>Bouncing</u>	previously-taught	developing their	
	leap, sequence,			different body parts	- <u>Throwing</u>	movement skills,	understanding of	Explore different
	take-off, track		Master basic movement	and different	(underarm/	whilst applying them	key concepts:	rolls (e.g. log roll,
			skills:	apparatus	overarm/	to a range of	- How to	dish roll)
	Autumn 2:		- Running (jog, run,		underarm	activities.	score	
	Travelling, Star,		sprint)	Explore different	sling)		- The need	Copy or create basic
	straight, tuck, level,		- Changing Speed and	methods of travel at	- <u>Catching</u> (two	<u>Dance</u>	for accuracy	movement phrases
	speed, skip,		<u>Direction</u>	different speeds,	handed)	Explore movement	- Defending	with beginnings,
	sidestep, hop, leap,		- Hopping (1 foot to	levels and on the		ideas and respond		middles and ends,
	gallop, stomach		same foot)	apparatus (e.g. skip,	Develop agility and	imaginatively to a	Watch, copy and	performing them
	slide, balance		- <u>Jumping (</u> 2 feet to	sidestep, hop, leap,	co-ordination	range of stimuli (e.g.	describe what	using a range of body
			2 feet, 2 feet to 1	gallop, stomach slide,	whilst applying the	poetry, pictures,	others are doing	actions and body
	Spring 1: Direction,		foot, 1 foot to 2	hands and knees, hands	above skills to a	sound, objects)		parts
	speed, throw, catch,		feet)	and feet).	range of activities.		Develop their	
	underarm, overarm,		- <u>Leaping</u> (1 foot to			Move confidently,	understanding of	Watch, copy and
	receive, underarm		the other foot)	Experiment with		using changes of	how physical	describe their own
	sling, quoit		- <u>Rolling</u>	balances (on large		speed, level and	activity links to	and others'
				body parts) and jumps,		direction	health and	performances.
	Spring 2: Mimic,		Develop agility and co-	incorporating these in			wellbeing.	
	facial expression,		ordination whilst applying	to simple sequences.		Compose and link		
	canon, unison,		the above skills to a			movement phrases to		
	travel, evaluate,		range of activities.			make simple dances		
	personal evaluation,					with clear beginnings,		
	sequence, level,		Dance			middles and ends		
	speed, direction,		Explore movement ideas					
	sidestep, pass,		and respond			Talk about dance		
	under pressure,		imaginatively to a range			ideas inspired by		
			of stimuli (e.g. poetry,			different stimuli.		
	Summer 1: Scoring,		pictures, sound, objects)					
	defending,					Copy, watch and		
	surroundings,		Move confidently, using			describe dance		
	successful,		changes of speed, level			movement.		
	accuracy, evaluate,		and direction					
	wellbeing							
	C 2: C		Copy, watch and describe					
	Summer 2: Egg roll,		dance movement.					
	log roll, dish roll,							
	front support,							
	movement phrase,							
	apparatus, evaluate							





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	Year 2	Autumn 1: Force,	Cristiano	<u>Games</u>	<u>Gymnastics</u>	<u>Games</u>	<u>Games</u>	<u>Games</u>	<u>Gymnastics</u>
		track, heart rate,	Ronaldo	Develop accuracy with	Lift, move and place	Master basic	Participate in team	Participate in	Lift, move and place
		hop, leap, evade,		previously taught basic	mats safely	movement skills:	games, developing	team games,	apparatus safely
		aim, quoit,		movement skills, utilising		- Kicking	their ability to	further	
		expressive,		different strengths and	Master and show	- Dribbling	choose, use and vary	developing their	Link combinations of
				heights:	precision with basic	(using feet)	simple tactics.	ability to choose,	gymnastic actions,
		Autumn 2: Star,		- <u>Rolling</u>	gymnastics shapes			use and vary	body shapes and
		straight, tuck,		- <u>Bouncing</u>	(star, straight, tuck,		Describe what their	simple tactics.	balances using
		straddle, pike, dish,		- <u>Throwing</u>	straddle, pike, dish,		bodies feel like		different apparatus.
		arch, balance,		(underarm/overarm/	arch)	Develop agility and	during different	Recognise good	
		control, precision,		Underarm sling)		co-ordination with	types of activity.	quality in	Create and perform
		element, sequence		- <u>Catching</u> (two-	Experiment with	new and		performance	sequences
				handed)	balancing on large body	previously-taught			
				- <u>Leaping</u> (1 foot to	parts and small body	movement skills,	<u>Dance</u>		Make improvements
		Spring 1: Dodge,		other foot)	parts and show control	whilst applying	Explore, remember,		to their work using
		intercept, release,			within different	them to a range of	repeat and link a		information they
		tactics, alert,		Master basic movement	balances.	activities.	range of actions,		have gained by
		space, heart rate,		skills:			showing co-		watching, listening
		possession		- <u>Dribbling</u> (1 hand to	Link combinations of	Participate in team	ordination, control		and investigating
				same hand bouncing	gymnastic actions,	games, developing	and an awareness of		
		Spring 2: Warm up,		while moving)	body shapes and	their ability to	the expressive		
		cool down,		- <u>Catching</u> (one-	balances with	choose, use and	qualities of the		
		ringmaster,		handed)	increasing control and	vary simple	dance.		
		exaggeration,			precision.	tactics.			
		travelling		Develop agility and co-			Compose and perform		
		movements,		ordination whilst applying		Describe what	short dances that		
		experiment,		the above skills to a		their bodies feel	express moods, ideas		
		improve, mood,		range of activities.		like during	and feelings.		
		perform, skill,				different types of			
		space, dodge, eye		Dance		activity.	Recognise the		
		contact, marking		Explore, remember,			importance of		
				repeat and link a range			warming up and		
		Cumman 1, Daibbla		of actions, showing co-			cooling down.		
		Summer 1: Dribble,		ordination, control and an awareness of the			Watch and describe		
		evaluate, control, chest pass, bounce		expressive qualities of			dances and use what		
		pass, improve,		the dance.			they learn to improve		
		feedback		The dance.			their own work.		
		IEEUDUCK		Compose and perform			THEIR OWN WORK.		
				short dances that					
		Summer 2: Arch		express moods, ideas and					
		apparatus, evaluate,		feelings.					
		improve, partner		reenings.					
		improve, partner balance, crouched							
L		bulance, crouched	<u> </u>	1			1		





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	forward roll,		Watch and describe					
	landing, evaluate		dances and use what					
			they learn to improve					
			their own work.					
Year 3	Autumn	Christiano	Invasion Games:		Gymnastics	Net and Wall	Athletics:	Striking and
,	Football- invasion,	Ronaldo	Football		Consolidate and	Games:	Remember,	Fielding Games:
	dribbling, respect,	Nonaido	-To develop the attacking sl	kill of dribbling	improve the	Consolidate and	repeat and link	Develop the range of
	attack, passing	Irene Van	-To apply attacking skills to		quality of their	develop the range	combinations of	skills.
	communicate,	Dyk	-To use defending skills to a		actions, body	and consistency of	actions.	
	defender, opponent,	-	gain possession.	acia, an opponion and	shapes and	their skills in net	dorrono.	Use a range of simple
	possession	Michael	ga pessession		balances, and their	games (including	Use their bodies	tactics and
		Jordan	Netball		ability to link	footwork, using a	and a variety of	strategies.
	Netball		-To develop passing and mov	vina and play within the	phrases of	racket and bouncing a	equipment with	Understand and use
	Landing, footwork,	Samantha	footwork rule.		movement.	ball)	control and co-	rules.
	pivot, Variety,	Quek	-To use a variety of passes	to move towards a goal.		,	ordination.	
	receive, distance,		-To develop movement skills		Improve their	Keep, adapt and make		Understand the
	chest, shoulder	Jonathon	•		ability to select	rules for net games.	Choose skills and	importance of
	Bounce, direction,	Wilkinson	Intra house- Football Tour	rnament	appropriate		equipment to	warming up and
	defender.				actions and use	Know the importance	help them meet	recognizing how
		Simone	Basketball		simple	of warming up.	the challenges	specific activities
	Basketball	Byles	-To develop the attacking sl	kill of dribbling. To	compositional		they are set.	affect their bodies.
	Dribbling, protect,		protect the ball when dribb	ling against an	ideas.	Describe the short-		
	direction,	Ashley	opponent.			term effects of	Recognise and	Recognise good
	accelerate, passing,	Banjo	-To develop passing and beg	in to recognise when to	Describe the	exercises on the	describe what	performance (and
	receiver, sender,		use different skills.		short-term	body and understand	their bodies feel	compositional
	technique, shooting,	Novak	-To develop technique in the	e attacking skill of	effects of	how to improve	like during	features in dance)
	attacking	Djokovic	shooting.		exercise on the	stamina.	different types	and identify aspects
					body.		of activity.	that need improving.
	Hockey	Mo Farah	Hockey			Describe the quality		
	Sending, receiving,		-To develop sending and rec	eiving the ball with	Know the	of performance and	Watch, copy and	Intra House-
	accuracy, control,	Sachin	accuracy and control	Rell of Legiste	importance of	use what they have	describe what	Cricket Tournament
	dribbling, rotate,	Tendulkar	-To develop the attacking sl		suppleness and	learned to improve	they and others	
	defender,		-To develop dribbling to bed	it a detender.	strength.	their work.	have done.	
	accelerating,		Durch		Describe and	Intra house-	Tukus kausa Caal	
	direction.		Rugby	ماخانين مساسسيس امسم مسا	evaluate the	Tournament	Intra house Goal Ball Tournament	
	Rugby		-To develop throwing, catch the ball. To develop an unde		evaluate the effectiveness and	i ournament	(SEN/less	
	Blocked, tagged,		defend using tagging rules.	istanding of now to	quality of a		active)	
	dodging, offside,		-To begin to use the 'forwar	rd nass' and 'affeide'	performance and		uciive)	
	forward, direction,		rule. To develop movement sl		recognise how			
	space, opponent,		defender.	mis to douge u	their own			
	delay, challenge		-To track an opponent and b	peain to defend as a	performance has			
	defenders		team.	9 10 00,0110 00 0	improved.			





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	Spring 1: star,				
	straight, tuck,	All- To apply the rules and skills you have learnt	Dance		
	straddle, pike, dish,	and play in a tournament.	Improvise freely		
	arch, balance, take-		on their own and		
	off, flight, landing,		with a partner,		
	suppleness,		translating ideas		
	strength, evaluate		from a stimulus		
			(e.g. music, photo,		
	Spring 1: Dance		story) into		
	phrases, side by		movement.		
	side, freeze, motif,				
	imaginative,		Create and link		
	dynamics, rhythm,		dance phrases and		
	compositional		perform dances,		
	features,		showing an		
	·		awareness of		
	Spring 2:		rhythm.		
	Positioning, ready		,		
	position, control,		Intra house		
	accuracy, hand-eye		Sports 4 All		
	coordination, rally,		Tournament		
	technique,		(SEN/less active)		
	forehand, backhand,				
	heart rate, stamina,				
	effectiveness,				
	improvements				
	'				
	Summer 1: Sprint,				
	hurdling, underarm				
	throw, one handed				
	push throw.				
	Summer 2: rules,				
	runs, striking,				
	fielding, tactics,				
	strategies,				
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direction, spenassing, communicate, defender, opp possession  Netball Landing, footy pivot, opponer attacker, defender, oppossession  Netball Landing, footy pivot, opponer attacker, defender, oppositely pressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, find delay, tactics, block, techniq shooting, attained the second tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsither forward, direct space, opponed delay, challeng space, opponed space							O You The chiles
Invasion, drib direction, spen passing, communicate, defender, opp possession  Netball Landing, footy pivot, opponer attacker, defender, oppossession  Netball Landing, footy pivot, opponer attacker, defender, opponer attacker, defender, defender, defender, defender, defender, persevere.  Basketball Dribbling, prodirection, accelerate, hij width apart, findelay, tactics, block, techniq shooting, attackle, techniq shooting, attackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, opponedelay, challenger, defender, delay, challenger, delay, challenger, opponedelay, challenger, defender, opponedelay, challenger, opponedelay, ch	Autumn:	Lucy	Invasion Games:	<u>Gymnastics</u>	Net and Wall	Athletics:	Striking and
direction, spenassing, communicate, defender, opp possession  Netball Landing, footy pivot, opponer attacker, defender, oppossession  Netball Landing, footy pivot, opponer attacker, defender, oppositely pressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, find delay, tactics, block, techniq shooting, attained the second tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsither forward, direct space, opponed delay, challeng space, opponed space	Football	Bronze	Football	Develop the range	Games:	Consolidate and	Fielding Games:
passing, communicate, defender, opp possession  Netball Landing, footw pivot, opponen attacker, defe shooting, accu pressure, persevere.  Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	Invasion, dribbling,		-To develop changing direction and speed when	of actions	Consolidate and	improve the	
communicate, defender, opp possession  Netball Landing, footv pivot, opponer attacker, defe shooting, accupressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng space, oppone delay, challeng	direction, speed,	Layla	dribbling.	(including front	further develop the	quality, range	Consolidate and
defender, opp possession  Netball Landing, footv pivot, opponer attacker, defe shooting, accupressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng	passing,	Guscoth	-To apply attacking skills to move towards a goal.	support and back	range and	and consistency	develop the range
Netball Landing, footv pivot, opponer attacker, defor shooting, accu pressure, persevere.  Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng	communicate,		-To use defending skills to delay an opponent and	support), body	consistency of their	of the	and consistency of
Netball Landing, footv pivot, opponer attacker, defe shooting, accu pressure, persevere.  Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	defender, opponent,	LeBron	gain possession.	shapes and	skills in net games	techniques they	skills.
Landing, footy pivot, opponer attacker, defor shooting, accurpressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta.  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng	possession	James		balances they	(including using a	use for	
Landing, footy pivot, opponer attacker, defor shooting, accurpressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta.  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng			Netball	include in a	racket, forehand and	particular	Choose and use a
Landing, footy pivot, opponer attacker, defor shooting, accurpressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta.  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng		Jack	-To develop passing and moving and play within the	performance,	backhand)	activities (e.g.	range if simple
pivot, opponer attacker, defe shooting, accurrence persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, attackey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, opponed delay, challence delay, challence space, opponed delay, challence persevere.		Waller	footwork rule.	performing them		the 5 basic	tactics and
attacker, defeshooting, accurrence persevere.  Basketball Dribbling, prodirection, accelerate, him width apart, for delay, tactics, block, techniq shooting, attackey Sending, receaccuracy, contrackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsiforward, direct space, opponed delay, challeng delay, challeng shooting, accurrence persections of the state of the shoot o	Landing, footwork,		-To defend an opponent and try to win the ball.	more accurately	Keep, adapt and make	jumps)	strategies.
shooting, accurressure, persevere.  Basketball Dribbling, prodirection, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, opponedelay, challenged.		Jonah	-To develop the shooting action.	and consistently.	rules for net games.		
pressure, persevere.  Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng	attacker, defender,	Tali Lomu		_		Develop their	Keep, adapt and make
Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	shooting, accuracy,		Intra house Football Tournament	Create sequences	Use tactics (feinting,	ability to choose	rules.
Basketball Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	· ·	Max		that meet a theme	defensive stance,	and use simple	
Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	persevere.	Whitlock	Basketball	or set of	block shot etc.)	tactics and	Recognise how
Dribbling, pro direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	5 1 11 11		-To develop the attacking skill of dribbling.	conditions.		strategies in	specific activities
direction, accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	2 3.3 1.2 1.2 3.1.	Misty	To protect the ball when dribbling against an		Begin to recognise	different	affect their bodies
accelerate, hi width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direct space, oppone delay, challeng		Copeland	opponent.	Use compositional	which activities help	situations (e.g.	and begin to
width apart, f delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng			-To use defending skills to delay an opponent and	devices when	their speed, strength	pacing)	understand the
delay, tactics, block, techniq shooting, atta  Hockey Sending, rece accuracy, contackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direcs space, oppone delay, challeng	· ·	Serena	gain possession.	creating sequences	and stamina and when		importance of
block, techniq shooting, atta Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal. Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	• • • • • • • • • • • • • • • • • • • •	Williams	-To develop technique in the attacking skill of	(e.g. changes in	these traits are	Know, measure	warming up.
shooting, atta Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal. Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng		Line in Dala	shooting.	speed, level and	important in games.	and describe the	D
Hockey Sending, rece accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng		Usain Bolt	L la aleas	direction)	Explain their ideas	short-term effects of	Recognise good performance and
Sending, rece accuracy, cont tackle, delay, attempt, goal. Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	shooting, attacking.	Shane	Hockey -To develop sending and receiving the ball with	Describe how the	and plans and	exercise on the	identify aspects that
Sending, rece accuracy, cont tackle, delay, attempt, goal. Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	Haakay	Warne	accuracy and control.	body reacts during	recognise what	body and how the	need improving.
accuracy, cont tackle, delay, attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	, , , , , , , , , , , , , , , , , , ,	warne	-To use defending skills to delay an opponent and	different types of	skilful play looks like	body and now the	need improving.
tackle, delay, attempt, goal. Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng			gain possession.	activity.	and which aspects of	different types	Intra house-
attempt, goal.  Rugby Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	• •		-To apply attacking skills to move towards goal and	derivity.	their work need	of activity.	Cricket Tournament
Rugby Block, tagged, dodging, offsi forward, dired space, oppone delay, challeng	•		find space.	Describe their own	improving.	of derivity.	Cricker rournament
Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	arrempr, godi.		Tina Space.	and others' work,	miproving.	Describe and	
Block, tagged, dodging, offsi forward, direc space, oppone delay, challeng	Rughy		Rugby	making simple	Intra house-	evaluate the	
dodging, offsi forward, dired space, oppone delay, challeng			-To develop throwing, catching and running with	judgements about	Tournament	effectiveness of	
forward, direc space, oppone delay, challeng	dodging, offside,		the ball. To develop an understanding of how to	the quality of		performances	
space, oppone delay, challeng	forward, direction,		defend using tagging rules.	performances and		and recognise	
delay, challeng	space, opponent,		-To begin to use the 'forward pass' and 'offside'	suggesting ways		aspects that	
	delay, challenge		rule. To develop movement skills to dodge a	they could be		need improving.	
			defender.	improved.		' '	
	. 33 3		-To track an opponent and begin to defend as a			Intra house Goal	
Spring 1:	Spring 1:		team.	Dance		Ball Tournament	
Gymnastics-sp	Gymnastics-speed,			Explore and create		(SEN/less	
· ·	level, direction,			characters and		active)	
Gymnastics-sp	Gymnastics-speed,		-To track an opponent and begin to defend as a	<u>Dance</u> Explore and create		Ball Tournament (SEN/less	





			Control and American
balances,	All- To apply the rules and skills you have le	arnt narratives in	
transferring, front	and play in a tournament.	response to a	
support, back		range of stimuli	
support		(e.g. pictures,	
Dance-Characters,		music, stories)	
narratives,			
choreographic		Use simple	
principles,		choreographic	
mirroring, co-		principles to	
ordination, quality,		create dance	
dance phrases,		motifs.	
refine, trajectory,			
boundary, stance,		Perform more	
pull shot, square		complex dance	
cut,		phrases that	
		communicate	
Spring 2: speed,		character and	
level, direction,		narrative.	
balances,			
transferring, front		Know and describe	
support, back		the steps of	
support		warming up and	
		cooling down for	
Summer 1: Track,		dance.	
field, pace, relay			
baton, jump		Describe and	
combination,		evaluate their own	
standing triple		and others'	
jump, pull throw,		dances, taking	
pentathlon,		account of	
heartbeat, warm up,		character and	
evaluate		narrative.	
Summer 2: Tactics,		Intra house	
dodge, transfer,		Sports 4 All	
role, consistency,		Tournament	
adapt, speed,		(SEN/less active)	
strength, stamina,			
success,			
performance,			
evaluate, improve			
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Year 5	Autumn:	Pele	Invasion Games:	<u>Gymnastics</u>	Net and Wall	Athletics:	Striking and
	Football		Football	Perform	Games:	Increase the	Fielding Games:
	Invasion, dribbling,	Laura	-To maintain possession when dribbling.	previously-taught	<u>Tennis</u>	number of	Develop the range of
	control, pressure,	Malcolm	To dribble with control under pressure.	actions, shapes	Develop their range	techniques they	their skills.
	support, teammate,		-To move into and create space to support a	and balances	of skills (including	use.	
	space, receive,	Diana	teammate.	consistently and	racket work -		Use rules, strategies
	defending,	Taurasi	-To use the appropriate defensive technique for	fluently in specific	forehand & backhand	Choose	and tactics when
	attacking, opponent,		the situation	activities.	and the ability to	appropriate	batting and fielding.
	possession	Lee			serve and volley) in	techniques for	
		Morton	Netball	Choose and apply	tennis.	specific events.	Understand why
	Netball		-To develop passing and moving to maintain	basic			exercise is good for
	Passing, possession,	Magali	possession.	compositional	Know and apply basic	Understand why	their fitness, health
	landing foot,	Harvey	-To use a variety of attacking skills to lose a	ideas to the	strategies and	exercise is good	and wellbeing.
	attacker, defender,		defender.	sequences they	tactical principles of	for fitness,	
	opposition,	Beth	-To move into and create space to support a	create, adapting	attack and adapt	health and	Evaluate their own
	intercept,	Tweddle	teammate.	them to new	them to different	wellbeing.	and others'
	consecutive			situations.	situations.		performances and
		Diversity	Intra house- Football Tournament			Evaluate their	suggest
	Basketball	(Dance		Understand the	Understand the basic	own and other's	improvements.
	Dribble, support,	group)	Basketball	basic principles of	principles of warming	work and	
	create space,		-To dribble with control under pressure.	warming up and	up and choosing	recognise	Intra house-
	protect, defender,	Boris	To move into and create space to support a	why it is important	appropriate warm ups	aspects that	Cricket Tournament
	cooperatively,	Becker	teammate.	for good-quality	for the games they	need improving.	
	intercept, pass,		-To choose when to pass and when to dribble.	performance.	are going to play.		
	shoot, technique	Sarh	-To develop shooting technique and make decisions	Choose and use		Intra house Goal	
	1.6 1.	Storey	about when to pass, dribble or shoot.	information and	Evaluate their own	Ball Tournament	
	Hockey	_		basic criteria to	and others' work.	(SEN/less	
	Defender, dribbling,	Ian Dathan	Hockey -To develop dribbling to beat a defender.	evaluate their own	Tudus bassas	active)	
	static, control,	Botham	-To send and receive the ball with control under	and others' work.	Intra house-		
	pressure, track the			N	Tournament		
	ball, choose,		pressure.	<u>Dance</u> Explore and			
	intercept, maintain, consecutive		-To select the appropriate skill, choosing when to pass and when to dribble.	improvise dances			
	consecutive		pass and when to artibble.	in different styles.			
	Rugby		Rugby	in different styles.			
	Block, tagged,		-To develop throwing, catching and running with	Compose dances			
	dodging, offside,		the ball. To develop an understanding of how to	using different			
	forward, direction,		defend using tagging rules.	dance styles.			
	space, support, try,		-To begin to use the 'forward pass' and 'offside'	durice 31 yies.			
	offside/onside,		rule. To develop movement skills to dodge a	Perform dances			
	tagging.		defender.	expressively.			
	999.		-To move into space to support a teammate abiding	- S.p. 655.7617.			
			by the rules.	Understand the			
			27	importance of			
		1		por rance of	1	l .	l





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	Spring 1:		All- To apply the rules and skills you have learnt	warming up and		
	Symmetrical,		and play in a tournament.	cooling down and		
	asymmetrical, level,			organise their own		
	body tension, co-			warm up and cool		
	ordination, weight			down activities to		
	on hands,			suit the dance.		
	compositional ideas,					
	unison			Describe, analyse		
	Stimuli,			and evaluate		
	complementing,			dances, showing		
	compose,			understanding of		
	expressive, warm			some aspects of		
	up, cool down,			style and context.		
	analyse, evaluate,			•		
	, , , ,			Intra house		
	Spring 2:			Sports 4 All		
	Autumn 2:			Tournament		
	forehand, backhand			(SEN/less active)		
	groundstroke,			,		
	volley, opponent,					
	accuracy,					
	consistency, fluency					
	of movement					
	Summer 1:					
	Technique, pace,					
	jump, jump					
	combination,					
	heartbeat, warm up,					
	evaluate					
	Summer 2:					
	technique, fielder,					
	base, strategy,					
	sportsmanship					
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Year 6	Autumn:	Pep	Invasion Games:	<b>Gymnastics</b>	Net and Wall	Athletics:	Striking and
	Football	Guardiola	Football	Combine and	Games:	Develop the	Fielding Games:
	Intercept,		-To maintain possession when dribbling. To dribble	perform	Develop the range	consistency of	Develop the range
	defending,	Geva Kate	with control under pressure.	gymnastics	and consistency of	their actions in a	and consistency of
	attacking, dribble,	Mentor	-To move into and create space to support a	actions, shapes	skills (including	number of	their skills.
	support, teammate,		teammate.	and balances more	racket work) in	events.	
	space, receive,	Kobe	-To use the appropriate defensive technique for	fluently and	specific net games.		Use and adapt rules,
	appropriate,	Bryant	the situation.	effectively across		Choose	strategies and
	cooperatively,			the activity areas.	Understand, use and	appropriate	tactics when batting
	opponent,	Amy	Netball		adapt a range of	techniques for	and fielding.
	possession.	Tennant	-To develop passing and moving to maintain	Develop their own	tactics and	specific events.	
			possession.	gymnastic	strategies for		Understand what to
	Netball	Dan	-To use defending skills to gain possession.	sequences by	defence and attack.	Understand the	include in a warm up
	Passing, possession,	Carter	-To move into and create space to support a	understanding,		basic principles	in order to improve
	landing foot,		teammate.	choosing and	Understand why	of warming up.	performance.
	defender,	Nikolai		applying a range of	warming up and		
	opposition, mark,	Andrianov	Intra house- Football Tournament	compositional	cooling down are	Evaluate their	Evaluate strengths
	goal Keeper (GK)			principles.	important and the	own and others'	and weaknesses in
	Goal Defence (GD)	Gregory	Basketball		need to prepare	work and suggest	their own and others'
	Goal Attacker (GA)	Hines	-To dribble with control under pressure.	Understand why	properly for games.	ways to improve	performances and
	Goal shooter (GS)		To move into and create space to support a	warming up and		it.	suggest
	Centre (C),	Maria	teammate.	cooling down are	Know when exercise		improvements.
	intercept,	Sharapova	-To use the appropriate defensive technique for	important and	is good for their	Intra house Goal	
	consecutive.		the situation.	carry out warm	fitness, health and	Ball Tournament	Intra house-
		Ellie	-To develop shooting technique and make decisions	ups safely and	wellbeing.	(SEN/less	Tournament
	Basketball	Simmonds	about when to pass, dribble or shoot.	effectively.		active)	
	Dribble, support,				Develop their ability		
	create bspace,	Lea	Hockey	Understand why	to evaluate their own		
	protect, tracking,	Tahuhu	- To develop dribbling to beat a defender.	exercise is good	and others' work and		
	defensive		- To move into and create space to support a	for health, fitness	suggest ways to		
	technique,		teammate.	and wellbeing and	improve it.		
	direction, speed,		- To use the appropriate defensive technique	how to become			
	pass, shoot,		for the situation.	healthier	Intra house-		
	technique.			themselves.	Tournament		
			Rugby				
	Hockey		-To develop throwing, catching and running with	Evaluate their own			
	Defender, dribbling,		the ball. To develop an understanding of how to	and others' work,			
	static, intercept,		defend using tagging rules.	suggesting .			
	create space,		-To begin to use the 'forward pass' and 'offside'	improvements.			
	tackle, jab,		rule. To develop movement skills to dodge a	<b>N</b>			
	defensice		defender.	<u>Dance</u>			
	technique, strike		-To move into space to support a teammate abiding	Explore, improvise			
	D h		by the rules.	and combine			
	Rugby			movement ideas			





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	Block, tagged,	All- To apply the rules and skills you have learnt	fluently and		
	dodging, offside,	and play in a tournament.	effectively.		
	forward, direction,				
	space, support, try,		Create and		
	offside/onside,		structure motifs,		
	tagging.		phrases, sections		
			and whole dances.		
	Spring 1:				
	acceleration,		Prepare		
	deceleration, adapt,		effectively for		
	perform, refine		dancing and		
	•		understand why		
	Haka, alternating,		dance is good for		
	link, repetition,		their fitness,		
	motifs, dance		health and		
	phrases, evaluate,		wellbeing.		
	refine,		3		
	,		Evaluate, refine		
	Spring 2: reaction		and develop their		
	time, opponent,		own and others'		
	tactic, strategy,		work.		
	horizontal,				
	wellbeing, cool		Intra house		
	down, warm up,		Sports 4 All		
	strength, speed,		Tournament		
	stamina, evaluate,		(SEN/less active)		
	improve		, ,		
	Summer 1: Reaction				
	time, downsweep				
	baton exchange,				
	endurance, lead leg,				
	overhead heave				
	throw				
	Summer 2: Space,				
	attacking the ball.				
	aa			l .	