



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	N/A	 Go up steps and s Skip, hop, stand Use large-muscle Start taking par Increasingly able Match their deve whether to craw Choose the right with a trowel 	erstand and develop the stairs, or climb up apparent on one leg and hold a post movements to wave flow tin some group activities to use and remember seloping physical skills to l, walk or run across a presources to carry out others to manage large	ratus, using alternative for a game like rags and streamers, les which they make sequences and patte tasks and activitie lank, depending on it their own plan. For	te feet nusical statues paint and make marks up for themselves, or erns of movements whi s in the setting. For ex ts length and width example, choosing a s	in teams ich are related to n xample, they decido pade to enlarge a s	nusic and rhythm e mall hole they dug





R					

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)





Aims- The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic
 principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

perform safe self-rescue in different water-based situations





TO ACHI	
Year 1	Autumn: Fundamentals- dodge, jog, ready position, skip, swing. Ball Skills- control. Ready position, soft, swing, track, underarm. Sending and Receiving-net, racket, ready position, track, underarm. Invasion Games- attacker, defender, dodge, goal, mark, track.

Spring 1: action. control direction. level, speed.

Spring 2: balance, beat, copy, fast, level, pathway, pose, timing.

Summer 1: Target Games-Balance, distance, further, overarm, swing, underarm. Team Buildingchallenge, cooperates. instructions, lead. listen, plan, share, talk.

Summer 2: Athletics-control. leap, further,

Sir Stanley Matthews

Fundamentals

To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds.

To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope.

Ball Skills

To develop dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target.

To explore catching with two hands. To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me.

Sending and Receiving

To develop rolling and throwing a ball towards a target.

To develop receiving a rolling ball and tracking skills.

To be able to send and receive a ball with your

To develop throwing and catching skills over a short distance.

To develop throwing and catching over a longer distance.

To apply sending and receiving skills to small games.

Invasion Games

To understand the role of defenders and attackers.

To recognise who to pass to and why. To move towards goal with the ball. To support a teammate when playing in attack. To move into space showing an awareness of defenders. To stay with a player when defending.

Gymnastics

To explore travellina movements. To develop and combine travelling movements. To develop quality when performing and linking shapes. To develop quality when linking shapes. To develop stability and control when performing balances. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To develop rolls and use them in a

sequence.

Dance

THFMF: Weather To use counts of 8 to move in time and make mv dance look interesting. To explore pathways in my dance. To create my own dance using, actions, pathways and counts. THEME: Pirates To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme To copy, repeat, create and perform actions that represent the theme. THEME: The Lost Toy To explore speeds distance. and actions. To use expression and create actions that relate to the story. To use a pathway when travelling. THEME: On Safari To explore and copy actions in response to a theme.

To create my own

with a partner.

actions for an animal.

To explore pathways

Target Games

To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing at a target. To develop throwing for accuracy and distance using underarm and overarm To select the correct throw for the target. To develop throwing for accuracy and

Team Building

To co-operate with a partner to complete challenges. To explore and develop working as a team. To develop talking, listening and sharing skills. To use speaking and listening

Athletics

To move at different speeds over varying distances. To develop balance. To develop changing direction quickly. To explore hopping. jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.

Striking and Fielding Games

To develop underarm throwing and catchina. To develop overarm throwing. To develop hitting a ball. To develop collecting a ball. To learn how to get a batter out. To play games and understand how to score points.





TO ACT							TO ACH
	overarm, quickly, time, underarm, walk. Striking and Fielding- batter, batting, bowl, bowler, fielder, fielding, hit, out, overarm, ready position, track, underarm.			To link gymnastic actions to create a sequence. To develop quality in gymnastics sequences.		skills to lead a partner. To plan with a partner and small group to complete challenges. To use talking, listening and sharing skills to complete challenges.	
Year 2	Autumn 1: Fundamentals- hurdle, speed, sprint, take off, weight. Ball Skills- collect, prepare, receive, release, touch Sending and Receiving- against, defend, quickly, receive, return, trap. Invasion Games- attack, defend, goal keeper, opponent,	Adam Peaty	Fundamentals To explore how the body moves when running at different speeds. To develop changing direction and dodging. To develop balance, stability and landing safely. To explore and develop jumping, hopping and skipping actions. To develop co-ordination and combining jumps. To develop combination jumping and skipping in an individual rope. Ball Skills To develop rolling a ball to hit a target. To develop stopping a rolling ball. To develop dribbling a ball with your feet. To develop kicking a ball.	Gymnastics To perform gymnastic shapes and link them together. To perform gymnastics shapes with control and link them together. To use shapes to create balances. To use shapes to create balances. To link travelling actions and	Dance THEME: Secret Garden To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. THEME: The Circus	Target Games To consider how much power to apply when aiming at a target. To understand how to score using overarm and underarm throwing. To develop striking to a target.	Athletics To develop the sprinting action. To develop jumping for distance. To develop jumping for height. To develop throwing for distance. To develop throwing for accuracy. To select and apply knowledge and technique in an athletics carousel.





possession, receive, send, shoot, tactic, team mate.

Spring 1: link, pathway, pike, sequence, straddle. tuck

Spring 2: create, expression, mirroring, speed, dynamics, matching, perform, unison.

Summer 1: Target Gamesaccurate, ahead, opponent, release, strike, teammate. Team Buildingcommunicate. include, map, solve, successful, support.

Summer 2: Athletics-aim. distance, far. height, landing, sprint, take off. Striking and Fielding-backstop. collect, runs, stump, tactics, team mate.

To develop throwing and catching To develop dribbling a ball with your hands.

Sending and Receiving

To roll a ball towards a target. To track and receive a rolling ball. To send and receive a ball with your feet. To develop catching skills.

To develop throwing and catching skills. To send and receive a ball using a racket.

Invasion Games

To understand what being in possession means and support a teammate to do this.

To understand that scoring goals is an attacking skill and to explore ways to do this.

To understand that stopping goals is a defending skill and explore ways to do this.

To explore how to gain possession.

To mark an opponent and understand that this is a defending skill.

To apply simple tactics for attacking and defending.

balances using apparatus. To develop travelling actions and balances using apparatus. To demonstrate different shapes takeoff and landing when performing jumps. To develop different shapes. take offs and landings when performing jumps. To develop rolling and sequence building. To refine rolling and sequence building. To create a sequence using apparatus. To create a seauence usina apparatus.

and repeat actions usina facial expressions to show different characters. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character. THEME: The Rainforest To copy, repeat and create actions in response to a stimulus. To copy, create and perform actions considering dynamics. To create a short dance phrase with a partner showing clear changes of speed. THEME: Jack Frost To copy, repeat and create movement patterns in response to the theme. To create and perform using unison, mirroring and matching with a partner.

To remember and

repeat actions and

dance as a group.

To copy, remember To develop hitting a moving taraet. To select and apply the appropriate skill to the target game. To show an improvement in my personal best. To follow work with others. to solve

Team Building instructions and To co-operate and communicate in a small group challenges. To create a plan with a group to solve the challenges. To communicate effectively and develop trust. To use teamwork skills to work as a group to solve problems. To work with a aroup to copy and create a basic map.

Striking and Fielding Games

To track a rolling ball and collect it. To develop underarm throwing and catching to field a ball. To develop overarm throwing to limit a batter's score. To develop hitting for distance to score more points. To be able to get a batter out. To understand the rules of the game and use these to play fairly.





School	\$7						School School
Year 3	Autumn	Christiano	Invasion Games:	<u>Gymnastics</u>	Net and Wall	Athletics:	Striking and
	Football- invasion,	Ronaldo	<u>Football</u>	Consolidate and	Games:	- To understand	Fielding Games:
	dribbling, respect,		-To understand and develop the attacking skill of	improve the	<u>Tennis</u>	and develop the	<u>Cricket</u>
	attack, passing	Irene Van	dribbling.	quality of their	-To understand and	sprinting	- To learn how to
	communicate,	Dyk	-To apply attacking skills to move towards a goal.	actions, body	develop racket and	technique and	score points in a
	defender, opponent,		-To use defending skills to delay an opponent and	shapes and	ball control	improve on your	striking and fielding
	possession	Michael	gain possession.	balances, and their	-To understand and	personal best.	game.
		Jordan		ability to link	explore rallying using	- To understand	-To understand and
	Netball		<u>Netball</u>	phrases of	forehand.	and develop	develop batting to
	Landing, footwork,	Samantha	-To understand and develop passing and moving and	movement.	-To understand and	jumping	score points.
	pivot, Variety,	Quek	play within the footwork rule.		explore returning the	technique in a	-To understand and
	receive, distance,		-To use a variety of passes to move towards a goal.	Improve their	ball using a forehand	range of	develop fielding skills
	chest, shoulder	Jonathon	-To understand and develop movement skills to lose	ability to select	and backhand.	approaches and	to limit the batters
	Bounce, direction,	Wilkinson	a defender.	appropriate	-To understand how	take off	score.
	defender.			actions and use	to score and use	positions.	
		Simone	Basketball	simple	simple rules.	- To understand	<u>Rounders</u>
	Basketball	Biles	-To understand and develop the attacking skill of	compositional	-To work co-	and develop	-To understand and
	Dribbling, protect,		dribbling. To protect the ball when dribbling	ideas.	operatively with	throwing for	develop batting to
	direction,	Ashley	against an opponent.		others to begin to	distance and	score.
	accelerate, passing,	Banjo	-To understand and develop passing and begin to	Know the	manage a game.	accuracy. To	To understand and
	receiver, sender,		recognise when to use different skills.	importance of		understand and	develop fielding skills
	technique, shooting,	Novak	-To understand and develop technique in the	suppleness and	<u>Badminton</u>	develop throwing	to limit the batters
	attacking	Djokovic	attacking skill of shooting.	strength.	-To use a badminton	for distance in a	score.
					racket to control an	pull throw.	-To understand the
	Hockey	Carolina	<u>Hockey</u>		object.		role of the bowler in
	Sending, receiving,	Marin	-To understand and develop sending and receiving	<u>Dance</u>	-To use different	<u>Understand the</u>	a fielding game.
	accuracy, control,		the ball with accuracy and control	A trip to.	footwork to move	importance of	
	dribbling, rotate,	Mo Farah	-To understand and develop the attacking skill of	-To understand,	across a space.	warming up and	<u>Understand the</u>
	defender,		dribbling.	and remember,	-To use a badminton	recognising how	importance of
	accelerating,	Freddie	-To understand and develop dribbling to beat a	repeat and create	racket to control a	<u>specific</u>	warming up and
	direction.	Flintoff	defender.	actions to	shuttlecock to score	activities affect	recognising how
				represent an idea.	points.	their bodies.	specific activities
	Rugby		Rugby	-To share ideas of			affect their bodies.
	Blocked, tagged,		-To understand and develop throwing, catching and	actions and		Compare their	
	dodging, offside,		running with the ball. To understand and develop an	dynamics to create	Understand the	performances	Compare their
	forward, direction,		understanding of how to defend using tagging rules.	a dance that shows	importance of	with previous	performances with
	space, opponent,		-To begin to use the 'forward pass' and 'offside'	a location.	warming up and	ones and	previous ones and
	delay, challenge		rule.To understand and develop movement skills to		recognising how	demonstrate	<u>demonstrate</u>
	defenders		dodge a defender.	Country and	specific activities	improvement to	improvement to
	Spring 1: star,		-To track an opponent and begin to defend as a	Western	affect their bodies.	achieve their	achieve their
	straight, tuck,		team.	-To understand		personal best.	personal best.
	straddle, pike, dish,			and use straight			





arch, balance, takeoff, flight, landing, suppleness, strength, evaluate

Spring 1: Dance phrases, side by side, freeze, motif, imaginative, dynamics, rhythm, compositional features,

Spring 2: Tennis Backhand control court forehand tactic react Badminton Competition cooperation face opponent rally opposition

Summer 1: Sprint, hurdling, underarm throw, one handed push throw.

Summer 2:
Cricket- caught out
Grip, strike,
no ball
short barrier,
wicket.
Rounders
Run out
technique
tournament
umpire, accuracy,

<u>Understand the importance of warming up and recognising how specific activities affect their bodies.</u>

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All- To apply the rules and skills you have understandt and play in a game.

Intra house- Football Tournament

pathways and clear changes in direction in a line dance.

-To understand and use canon and unison to make our line dance look interesting.

Superpowers
-To understand,
remember, repeat
and create actions
around a theme.
-To understand
and use
formations.

Understand the importance of warming up and recognising how specific activities affect their bodies.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Intra house Sports 4 All Tournament (SEN/less active) performances with
previous ones and
demonstrate
improvement to
achieve their
personal best.

Intra house Goal
Ball Tournament
(SEN/less
active)

Compare their

All- To apply the rules and skills you have understand and play in a game.

<u>Intra House-</u> Cricket Tournament





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Year 4	Autumn:	Lucy	Invasion Games:	<u>Gymnastics</u>	Net and Wall	Athletics:	Striking and
	Football	Bronze	Football	To understand and	Games:	-To understand	Fielding Games:
	Invasion, dribbling,		-To understand and develop changing direction and	develop the range	<u>Tennis</u>	and develop	Cricket
	direction, speed,	Layla	speed when dribbling.	of actions	-To understand and	stamina and an	- To develop overarm
	passing,	Guscoth	-To apply attacking skills to move towards a goal.	(including front	develop racket and	understanding of	and underarm
	communicate,		-To use defending skills to delay an opponent and	support and back	ball control.	speed and pace in	throwing and apply
	defender, opponent,	LeBron	gain possession.	support), body	-To understand and	relation to	these to a striking
	possession	James		shapes and	develop returning the	distance. To	and fielding game.
			Netball	balances they	ball using forehand	understand and	-To understand and
		Jack	-To understand and develop passing and moving and	include in a	and backhand and	develop power	develop batting
	Netball	Waller	play within the footwork rule.	performance,	understand when to	and speed in the	technique and
	Landing, footwork,		-To defend an opponent and try to win the ball.	performing them	use it.	sprinting	understand where to
	pivot, opponent,	Jonah	-To understand and develop the shooting action.	more accurately	-To keep continuous	technique.	hit the ball.
	attacker, defender,	Tali Lomu		and consistently.	rally going showing	-To understand	-To understand and
	shooting, accuracy,		Basketball		increased technique.	and develop	develop fielding
	pressure,	Max	-To understand and develop the attacking skill of	Create sequences	-To use and apply	technique when	techniques and apply
	persevere.	Whitlock	dribbling.	that meet a theme	rules and simple	jumping for	them to game
			To protect the ball when dribbling against an	or set of	tactics.	distance.	situations.
	Basketball	Misty	opponent.	conditions.	-To understand and	-To understand	
	Dribbling, protect,	Copeland	-To use defending skills to delay an opponent and		use rules to manage a	and develop	Rounders
	direction,		gain possession.	Use compositional	game.	power and	-To understand and
	accelerate, hip	Serena	-To understand and develop technique in the	devices when		technique when	develop bowling and
	width apart, foul,	Williams	attacking skill of shooting.	creating sequences	Badminton	throwing for	learn the rules of
	delay, tactics,			(e.g. changes in	1-To use a badminton	distance. To	the skill within this
	block, technique,	Viktor	Hockey	speed, level and	racket to strike a	understand and	game.
	shooting, attacking.	Axelsen	-To understand and develop sending and receiving	direction)	shuttlecock with	develop a pull	-To develop batting
	l		the ball with accuracy and control.		accuracy	throw for	technique and
	Hockey	Usain Bolt	-To use defending skills to delay an opponent and	<u>Dance</u>	and control.	distance and	understand where to
	Sending, receiving,		gain possession.		2-To use a badminton	accuracy.	hit the ball.
	accuracy, control,	Shane	-To apply attacking skills to move towards goal and	Carnival	racket to control a	11. 1	To understand and
	tackle, delay,	Warne	find space.	-To understand	shuttlecock to score	Understand the	develop fielding
	attempt, goal.		Durke	and create dance	points.	importance of	techniques and apply
			Rugby	moves in the	3-To defend against	warming up and	them to game
	Rugby		-To understand and develop throwing, catching and	theme of carnival.	an opponent scoring a	recognising how	situations.
	Block, tagged,		running with the ball. To understand and develop an	-To understand	point	specific	t to decrease to the
	dodging, offside,		understanding of how to defend using tagging rules.	and develop a		activities affect	Understand the
	forward, direction,		-To begin to use the 'forward pass' and 'offside'	carnival dance	I Indonetond the	their bodies.	importance of
	space, opponent,		rule. To understand and develop movement skills to	using formations, canon and unison.	Understand the	Cammana Abai:-	warming up and
	delay, challenge		dodge a defender. -To track an opponent and begin to defend as a	canon and unison.	importance of warming up and	<u>Compare their</u> performances	recognising how specific activities
	defenders, tagging.		team.	States of Matter		-	affect their bodies.
	Spring 1:		reum.	Sidies of Mailer	recognising how	with previous ones and	affect their bodies.
	Spring 1:					ones and	





Gymnastics-speed,
level, direction,
balances,
transferring, front
support, back
support
Dance-Characters,
narratives,
choreographic
principles,
mirroring, co-
ordination, quality,
dance phrases,
refine, trajectory,
boundary, stance,
pull shot, square
cut,

Spring 2: Tennis Alternate extend continuous deny swing Badminton Contact receiver co-operative reflect compete

Summer 1: Track, field, pace, relay baton, jump combination, standing triple jump, pull throw, pentathlon, heartbeat, warm up, evaluate

Summer 2: momentum pressure limit retrieve All- To apply the rules and skills you have understand and play in a tournament.

<u>Understand the importance of warming up and recognising how specific activities affect their bodies.</u>

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Intra house Football Tournament

-To understand how dynamics, space and relationships can be used to represent a state of matter. -To use actions, dynamics, space and relationships to represent a state of matter.

The Twist
-To understand,
copy and repeat a
set phrase in a
1960s style
showing energy
and rhythm.
-To understand
and perform a

partner dance in a

1960s style

Understand the importance of warming up and recognising how specific activities affect their bodies.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

specific activities
affect their bodies.

Compare their
performances with
previous ones and

demonstrate
improvement to
achieve their
personal best.

demonstrate

improvement to

achieve their

personal best.

Intra house Goal
Ball Tournament
(SEN/less
active)

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Intra house-Cricket Tournament





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	Rounders-compete,			Intra house			
	decision, cushion,			Sports 4 All			
				Tournament			
				(SEN/less active)			
Year 5	Autumn:	Pele	Invasion Games:	Gymnastics	Net and Wall	Athletics:	Striking and
	Football		Football	Perform	Games:	- To understand	Fielding Games:
	Invasion, dribbling,	Laura	-To maintain possession when dribbling.	previously-taught	Tennis	pace and apply	Cricket
	control, pressure,	Malcolm	To dribble with control under pressure.	actions, shapes	Tennis	different speeds	-To understand and
	support, teammate,		-To move into and create space to support a	and balances	-To return the ball	over varying	develop throwing and
	space, receive,	Diana	teammate.	consistently and	using a forehand	distances. To	catching skills and
	defending.	Taurasi	-To use the appropriate defensive technique for	fluently in specific	groundstroke under	understand and	apply them to a
	attacking, opponent,		the situation	activities.	pressure.	develop fluency	striking and fielding
	possession	Lee			-To return the ball	and co-ordination	game.
	·	Morton	Netball	Choose and apply	using a backhand	when running for	-To understand and
	Netball		-To understand and develop passing and moving to	basic	groundstroke under	speed.	develop bowling
	Passing, possession,	Magali	maintain possession.	compositional	pressure.	- To understand	under pressure
	landing foot,	Harvey	-To use a variety of attacking skills to lose a	ideas to the	To use a variety of	and develop	whilst abiding by the
	attacker, defender,	-	defender.	sequences they	shots to keep a	technique when	rules of the game.
	opposition,	Beth	-To move into and create space to support a	create, adapting	continuous rally	jumping for	-To understand and
	intercept,	Tweddle	teammate.	them to new	going.	distance. for	develop fielding
	consecutive			situations.	-To understand and	distance. To	techniques and select
		Diversity	Basketball		develop the underarm	build momentum	the appropriate
	Basketball	(Dance	-To dribble with control under pressure.	Dance	serve and understand	and power in the	action for the
	Dribble, support,	group)	To move into and create space to support a	Dance by Chance	the rules of serving.	triple jump.	situation.
	create space,		teammate.	-To create a dance	- To understand and	- To understand	
	protect, defender,	Boris	-To choose when to pass and when to dribble.	using a random	develop the volley	and develop	
	cooperatively,	Becker	-To understand and develop shooting technique and	structure and	and understand when	power and	Understand why
	intercept, pass,		make decisions about when to pass, dribble or	perform the	to use it.	technique when	exercise is good for
	shoot, technique	Tai Tzu-	shoot.	actions showing	-To apply rules, skills	throwing. To	their fitness, health
		ying		quality and control.	and principles to play	understand and	and wellbeing.
	Hockey		Hockey	-To understand	against an opponent.	develop throwing	
	Defender, dribbling,	Sarah	-To understand and develop dribbling to beat a	how changing		with Force for	Evaluate their own
	static, control,	Storey	defender.	dynamics changes	Badminton	longer distances.	and others'
	pressure, track the		-To send and receive the ball with control under	the appearance of	-To understand and		performances and
	ball, choose,	Ian	pressure.	the performance.	use the serve with	Swimming	suggest
	intercept, maintain,	Botham	-To select the appropriate skill, choosing when to		consideration of	-Understand and	improvements.
	consecutive		pass and when to dribble.	Rock 'n' Roll	attacking principles.	perform safe	





Rugby Block, tagged, dodging, offside, forward, direction, space, support, try, offside/onside tagging.

Spring 1: Symmetrical. asymmetrical, level, body tension, coordination, weight on hands compositional ideas, unison Stimuli. complementing, compose, expressive, warm up, cool down, analyse, evaluate,

Spring 2: Tennis Pressure situation option technique sportsmanship dominant adjust readjust cushion consecutive nondominate Badminton Grip serve baseline release create communicate groundstroke

Rugby

-To understand and develop throwing, catching and running with the ball. To understand and develop an understanding of how to defend using tagging rules. -To begin to use the 'forward pass' and 'offside' rule. To understand and develop movement skills to dodae a defender. -To move into space to support a teammate abiding

Swimmina

by the rules.

-Understand and perform safe self-rescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for example, front crawl, backstroke and breaststroke

Understand the importance of warming up and recognising how specific activities affect their bodies.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All- to apply the rules and skills you have understandt and play in a tournament.

Intra house football tournament

-To understand copy and repeat movements in the style of rock 'n' roll.

-To work with a partner to copy and repeat actions in time with the music.

Ancient Mava -To understand. develop set choreography inspired by a Mayan god. -To choose actions to create a motif in a aiven character with consideration of dynamics, space

Swimmina -Understand and perform safe selfrescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for

-To understand and explore an underarm return with consideration of attacking principles -To understand and explore an underarm return.

-To select and apply skills and tactics to play competitively.

water based situations distance of at and relationships.

-Swim competently, strokes Swimming -Understand and perform safe selfcrawl, rescue in different

-Swim competently, confidently and proficiently over a importance of least 25 metres -Understand and use specific a range of strokes effectively, for their bodies. example, front crawl. backstroke and Compare their

breaststroke. Understand the ones and importance of warming up and recognising how specific activities affect their bodies.

Compare their performances with previous ones and demonstrate improvement to

self-rescue in different water based situations confidently and proficiently over a distance of at least 25 metres -Understand and use a range of effectively, for example, front backstroke and breaststroke.

Understand the warming up and recognising how activities affect

performances with previous demonstrate improvement to achieve their personal best.

Intra house Goal **Ball Tournament** (SEN/less active)

Rounders

-To understand and develop bowling accuracy and perform the skill within the rules of the game.

- To understand and develop batting skills, identify when I am successful and what I need to do to improve.

-To understand and develop fielding techniques and begin to use them under pressure.

All- to apply the rules and skills you have understandt and play in a tournament.

Swimmina -Understand and perform safe selfrescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for example, front crawl,





TO ACHIE							TO ACHIE
	Summer 1:			example, front	achieve their		backstroke and
	Technique, pace,			crawl, backstroke	personal best.		breaststroke.
	jump, jump			and breaststroke.			
	combination,						Understand the
	heartbeat, warm up,			Understand the			importance of
	evaluate			importance of			warming up and
				warming up and			recognising how
	Summer 2:			recognising how			specific activities
	deep catch situation			specific activities			affect their bodies.
	long barrier			affect their			
	close catch,			bodies.			Compare their
							performances with
	Rounders-stance,			Compare their			previous ones and
	backing up			performances			demonstrate
				with previous ones			improvement to
				and demonstrate			achieve their
				improvement to			personal best.
				achieve their			
				personal best.			Intra house-
							Cricket Tournament
				Intra house			
				Sports 4 All			
				Tournament			
				(SEN/less active)			
Year 6	Autumn:	Pep	Invasion Games:	<u>Gymnastics</u>	Net and Wall	Athletics:	Striking and
	Football	Guardiola	Football	Combine and	<u>Games:</u>	- To understand	Fielding Games:
	Intercept,		-To maintain possession when dribbling. To dribble	perform	Tennis	and develop my	Cricket
	defending,	Geva Kate	with control under pressure.	gymnastics	-To understand and	own and others	-To understand and
	attacking, dribble,	Mentor	-To move into and create space to support a	actions, shapes	develop placement of	sprinting	develop bowling
	support, teammate,		teammate.	and balances more	the ball using	technique. To	under pressure
	space, receive,	Kobe	-To use the appropriate defensive technique for	fluently and	forehand	identify a	whilst abiding by the
	appropriate,	Bryant	the situation.	effectively across	-To understand and	suitable pace for	rules of the game.
	cooperatively,			the activity areas.	develop placement of	an event.	-To strike a bowled
	opponent,	Amy	Netball		the ball using	- To understand	ball with increasing
	possession.	Tennant	-To understand and develop passing and moving to	Develop their own	backhand	and develop	consistency.
			maintain possession.	gymnastic	groundstroke.	technique when	-To understand and
	Netball	Dan	-To use defending skills to gain possession.	sequences by	-To understand and	jumping for	develop fielding
	Passing, possession,	Carter	-To move into and create space to support a	understanding,	develop the volley	distance. To	techniques and select
		İ	teammate.	choosing and	and understand when	understand and	the appropriate
	landing foot,						
	landing foot, defender,	Nikolai		applying a range of	to use it.	develop power,	action for the





opposition, mark,
goal Keeper (GK)
Goal Defence (GD)
Goal Attacker (GA)
Goal shooter (GS)
Centre (C),
intercept,
consecutive.
Dagles+ball

Basketball Dribble, support. create bspace, protect, tracking, defensive technique. direction, speed, pass, shoot, technique.

Hockey Defender, dribbling, static, intercept, create space. tackle, jab, defensice technique, strike

Rugby Block, tagged, dodging, offside, forward, direction, space, support, try, offside/onside. tagging.

Spring 1: acceleration, deceleration, adapt, perform, refine

Haka, alternating, link, repetition,

Gregory Hines

Maria Sharapova

Lin Dan

Ellie Simmonds

Lea Tahuhu

-To dribble with control under pressure. To move into and create space to support a teammate.

- -To use the appropriate defensive technique for
- -To understand and develop shooting technique and make decisions about when to pass, dribble or shoot.

Hockey

- To understand and develop dribbling to beat a
- To move into and create space to support a teammate.
- To use the appropriate defensive technique for the situation.

Ruaby

- -To understand and develop throwing, catching and running with the ball. To understand and develop an understanding of how to defend using tagging rules. -To begin to use the 'forward pass' and 'offside' rule. To understand and develop movement skills to dodge a defender.
- -To move into space to support a teammate abiding by the rules.

Swimmina

- -Understand and perform safe self-rescue in different water based situations
- -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- Understand the importance of warming up and recognising how specific activities affect their bodies.

compositional principles.

Understand why warming up and cooling down are important and carry out warm ups safely and effectively.

Dance

Stamp, clap. -To understand, copy and repeat a dance phrase showing confidence in movements -To work with others to explore and develop the

Bhanara

dance idea.

- -To demonstrate a sense of rhythm and energy when performing bhangra style motifs.
- -To understand and perform a bhangra dance, showing an awareness of timing, formations and direction.

70s Disco -To understand. copy and repeat a

- -To employ tactics when playing with a partner.
- -To understand and develop accuracy and consistency using the underarm serve. -To apply rules, skills and principles to play

against an opponent.

-To understand and

Badminton

develop returning the shuttlecock using an underarm clear and overhead clear. -To use a variety of shots to keep a continuous rally going. To understand and develop the serve and understand the rules of serving. -To employ tactics to play against an opponent and with a partner. To apply

Swimmina -Understand and perform safe selfrescue in different water based situations

rules, skills and

principles to play

against an opponent.

-Swim competently, confidently and proficiently over a

technique for the triple jump - To understand

and develop power and technique when throwing, To understand and develop throwing with Force for longer distances.

Swimming -Understand and perform safe self-rescue in different water based situations

-Swim competently. confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Understand the importance of warming up and recognising how specific activities affect their bodies.

Rounders

situation.

-To understand and develop bowling under pressure whilst abiding by the rules of the game. -To strike a bowled ball with increased consistency. -To understand and develop fielding techniques and select the appropriate action for the

Swimmina -Understand and perform safe selfrescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for example, front crawl,

Understand the importance of warming up and recognising how specific activities affect their bodies.

backstroke and

breaststroke





mortifs, dance phrases, evaluate, refine, personal best. All - To apply the rules and skills you have understand and play in a tournament. Tranis Prepare stance direct doubles, thrust placement limit service Badminton Abide recover opposing appropriate footwork reaction time, opponent, facitic, strategy; horizontal, wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve improve improve the consistently according to the consistent	Gir						TO ACH
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Spring 2: Tennis Prepare stance direct doubles, thrust placement limit service Badminton Abide recover opposing appropriate footwork Precartion time, opponent, tactic, strategy, horizontal, wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve Summer 1: Reaction time, downsweep baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket-apprepriate consistently collaborate, Rounders-abide, Precartion time, downsweep baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket-apprepriate consistently collaborate, Rounders-abide, Precartion time, opening and the precase of the precase o		refine,	personal best.	1970s disco style.	-Understand and use	with previous	previous ones and
Tenis Prepare stance direct doubles, thrust placement limit service Badminton Abide recover opposing appropriate footwork reaction time, opponent, tactic, strategy, horizontal, wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve improve Summer 1: Reaction time, downsweep baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, sunderstand and play in a tournament. Intra house - Football Tournament Intra house- Football Tournament Intra house- Football Tournament Understand the importance of warning up and recognising how specific activities offect their bodies. Compare their performances with pervious ones and demonstrate improvement to achieve their personal best. Intra house Goal Bull Tournament (Stolles) cartive) Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming -Understand and perform sofe self- rescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strategy active) Intra house Goal Bull Tournament (Stolles) (Stolles) (Sournament to achieve their personal best. Intra house Sunt he importance of warning up and recognising how specific activities offect their bodies. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Intra house Bull Tournament (Stolles) (S				-To choreograph a	a range of strokes	ones and	demonstrate
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Abide recover opposing appropriate footwork reaction time, opponent, tactic, strategy, horizontal, wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve improve Summer 1: Reaction time, downsweep baton exchange, endurance, lead leg, overhead heave throw throw Summer 2: Cricket-appropriate Summer 2: Cricket-appropriate Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Summer 2: Cricket-appropriate consistently collaborate, Rounders-abide, Specific activities affect their bodies. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming -Understand and perform safe self-rescue in different water based situations -Swim ompetitive, activities affect their bodies. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				warming up and	importance of	Ball Tournament	tournament- cricket
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opponent, tactic, strategy, horizontal, wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve Summer 1: Reaction time, downsweep based situations baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, with previous ones and demonstrate improvement to achieve their personal best. Swimming -Understand and perform safe self- rescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes Rounders-abide,				Compare their	Compare their		
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wellbeing, cool down, warm up, strength, speed, stamina, evaluate, improve Swimming -Understand and perform safe self- rescue in different water based situations baton exchange, endurance, lead leg, overhead heave throw throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, wellbeing, cool achieve their personal best. swim different water based situations -Swim competently, comfidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for		strategy,		and demonstrate	<u>demonstrate</u>		
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Summer 1: Reaction time, downsweep baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket- appropriate consistently consistently collaborate, Rounders-abide, perform safe self- rescue in different water based situations -Swim competently, competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for		stamina, evaluate,		Swimming			
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Summer 1: Reaction time, downsweep baton exchange, endurance, lead leg, overhead heave throw confidently and proficiently over a distance of at least 25 metres appropriate consistently collaborate, Rounders-abide, different water based situations -Swim competently, competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for				perform safe self-			
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baton exchange, endurance, lead leg, overhead heave throw Summer 2: Cricket- appropriate consistently consistently collaborate, Rounders-abide, -Swim competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for							
endurance, lead leg, overhead heave throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, competently, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for		•		based situations			
overhead heave throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, confidently and proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for				-Swim			
throw Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, proficiently over a distance of at least 25 metres -Understand and use a range of strokes effectively, for							
Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, distance of at least 25 metres -Understand and use a range of strokes effectively, for		overhead heave		•			
Summer 2: Cricket- appropriate consistently collaborate, Rounders-abide, Summer 2: Cricket- least 25 metres -Understand and use a range of strokes effectively, for		throw		proficiently over a			
appropriate consistently collaborate, Rounders-abide, -Understand and use a range of strokes effectively, for							
consistently use a range of collaborate, strokes effectively, for							
collaborate, Rounders-abide, strokes effectively, for							
Rounders-abide, effectively, for		consistently		use a range of			
		'					
assess, consecutive. example, front		Rounders-abide,					
		assess, consecutive.		example, front			





TO ACHI			TO ACIT
	crawl, backstroke	2	
	and breaststroke		
	Intra house		
	Sports 4 All		
	Tournament		
	(SEN/less active)	-