

PE

"An active mind cannot exist in an inactive body" – General Patton

		Stage		Focus	Sk
		Vocabulary		Progression	I can negotiate space and obstacles safely, with consi I can demonstrate strength, balance and coordinatio
	Nursery	Balance, skip, hop, crawl, walk, run, jump, dance, climb		3 years by: their whole body through the continual practice of large g, kicking, rolling, crawling, walking.	I can move energetically, such as running, jumping, d I can go steps and stairs, or climb up apparatus, using I can skip, hop, stand on one leg and hold a pose for a
		Vocabulary	-	I my body to do a variety of simple tasks like balancing on kipping and climbing on simple apparatus. Gradually	
EYFS	Reception	As above and throwing, catching, kicking, batting, passing, aiming.	Exploring different movem Working well with a partne Listening to the music and	nderarm, kick, pass and bat a ball more accurately. hents – keeping good balance and coordination. er, copying and mirroring movements. moving in time with it. hs, impressions and expressions depending on the	I can revise and refine the fundamental movement sl walking, jumping, running, hopping, skipping and clin I can develop the overall strength, coordination, bala future educational sessions and other physical discip swimming. I can further develop and refine a range of ball skills i batting and aiming. I can develop confidence, competence, precision and ball.

kills

nsideration for themselves and others. ion when playing. , dancing, hopping, skipping and climbing. ing alternate feet. or a game.

skills they have already required: rolling, crawling, limbing.

alance and agility needed to engage successfully with iplines including dance, gymnastics, sport and

Is including: throwing, catching, kicking, passing,

nd accuracy when engaging in activities that involve a

Year	Themes	Key knowledge linked to themes	Progression	SI
ΥI	Dance Invasion games of: Football Handball Hockey Netball Tag Rugby Gymnastics Net and wall games of: Tennis Athletics Striking and fielding games of: Rounders Fitness Orienteering	 ATHLETICS Recognise successful and unsuccessful techniques. Show understanding of the correct running technique. Show good teamwork and sportsmanship when taking part in competitive throwing. Develop the overarm throw technique, throwing accurately towards a target. Practice the underarm throw technique, aiming towards a target showing increased control. Show a basic level of control, coordination and consistency when running. Explore and practice a variety of movements including running, jumping, and throwing techniques. Experiment with different jumping techniques, showing control, coordination, and consistency throughout. DANCE Describe phrases and expressive qualities. Begin to understand the importance of warming up. Watch and describe a performance accurately and recognise what is successful. Respond imaginatively to a range of stimuli. Move confidently and safely in your own and general space, using changes of speed, level and direction. Perform movement phrases using a range of different body actions and body parts – with control and accuracy. Create linked movements, combining different ways of travelling, with beginnings, middles and ends. 	 This leads on from reception by: Developing simple tasks like balancing on one leg, jumping, hopping, skipping and climbing This leads to Y2 by Being able to throw underarm more accurately at a target and run and jump using the correct technique. This leads on from reception by Listening to the music and moving in time with it. Showing different emotions, impressions and expressions depending on the stimuli This leads to Y2 by Performing movement phrases using a range of different body actions and body parts – with control and accuracy. Creating linked movements, combining different ways of travelling, with beginnings, middles and ends. 	ATHLETICS I can move into space I can throw underarm I can land safely when jumping I can run and jump on the balls of your feet I can throw towards a target I can play games using throwing accuracy DANCE I can move changing direction and speed I can move with control I can work individually and with others I can move to music showing expressive qualitie I can participate in a performance
		 GYMNASTICS Describe what you have done or seen others do. Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction. Combine different ways of travelling exploring a range of movements and shapes. Create linked movement phrases with beginning, middle and ends. 	This leads on from reception by Exploring different movements – keeping good balance and coordination. Working well with a partner, copying and mirroring movements. This leads to Y2 by Performing basic gymnastic actions, including travelling, rolling, jumping, and staying still. Developing agility, balance, and coordination. Describing what they have done or seen others do.	GYMNASTICS I can be able to perform 5 key shapes I can perform one shape after another I can balance using different body parts I can link movements I can use different pieces of equipment and app I can participate in a performance

Skills

lities of dance

pparatus

 Perform movement phrases using a range of different body actions and body parts. Develop agility, balance, and coordination NVASION GAMES of: FOOTBALL, HANDBALL, HOCKEY, NETBALL and TAG RUGBY Understand the concept of moving to get in line with the ball to receive it. Describe why being active and playing games is good for you. Describe what it feels like to breath quickly during exercise. Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent. Identify what skills you need to practice. Can describe what you have done or seen others do. Recognise space in games and use it to your advantage. Understand how to play in a safe way. Describe why running and playing games is good for you. Watch, copy and describe others play. Understand who the attackers and who the defenders are. Decide when to pass and when to run Explore different ways to use, move and send the ball. Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control. Demonstrate a basic underarm throwing action with control and accuracy. Show control of a ball with basic actions. Send/ pass a ball and successfully catch/stop a ball. Develop fundamental movement skills, becoming increasingly confident and competent. Use skills in different ways when playing games. Recognise space in games and use it to your advantage. Move fluently, changing direction and speed easily and avoiding collisions. Show control of the ball with basic actions – including sending a ball/equipment to a target. Can shoot successfully at a goal or target. Play in a safe way. 	This leads on from reception by Being able to catch, throw underarm, kick, pass and bat a ball more accurately. This leads to Y2 by Passing a ball with control ,whether it is throwing, kicking, hitting or catching Showing control when moving, changing speed and direction, both with and without a ball. Moving fluently, changing direction and speed – with and without a ball. Choosing and using simple tactics to suit different situations in small sided games.	FOOTBALL I can move into space I can move with and without a ball I can roll, kick and carry a ball I can stop a ball I can stop a ball I can change direction when moving I can use skills in a game HANDBALL I can send a ball I can move in different directions I can shoot at a target I can know how to score I can move to make it difficult for opponents I can play safely HOCKEY I can move fluently I can use equipment safely and correctly I can control a ball with hands I can hold a hockey stick correctly I can stop a ball with a hockey stick I can play games NETBALL I can copy actions I can throw and catch a ball I can defend by blocking a ball I can throw a rugby ball I can run with a rugby ball I can run with a rugby ball I can play simple games following the rules I can play simple games following the



 Move to defend a goal. Throw and catch a ball to themselves and others. Improve movement skills whilst moving with the ball in two hands. (tag rugby) Play simple games understanding the rules of the game. • Learn how to tag. (tag rugby) TENNIS Can watch and copy what they see and describe why they have copied that technique. Understand why being active is good for you. Understand how to play in a safe way and why being active and playing games is good for you. Describe what they have done or seen others doing. Change the way they use skills in response to their opponent's actions. Understand, follow, and apply skills and tactics in simple games. Use different skills and movements, including aiming into space to try win games. Move fluently, changing direction and speed. Engage in cooperative physical activities. Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking an object. Catch/stop and send/pass a ball – developing technique of throwing and receiving. Understand the concept of moving to get in line with a ball to receive it. Show control of a ball with basic actions and explore different ways to use and move with a ball. Send a ball in different ways e.g. throwing, pushing, rolling. 	This leads from reception by: Being able to roll and throw a ball to a partner This leads to Y2 by Exploring different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball with the hand. Catching/stopping and sending/passing a ball – developing technique of throwing and receiving.	JENNIS I can move into space I can control your body when moving I can control the tennis ball with hands I can track different sized balls I can copy actions I can hit a ball with hands
ORIENTEERING Introduction to a compass and directions (N, E, S, W.)	This leads on from reception by Being able to work in a group/team situation. Solving simple challenges whilst on the move.	ORIENTEERING I can move in different ways I can work with other children in class I can begin to problem solve
 Understand how communication can help to solve problems with others. Move in different directions and a variety of different ways. Work independently, as well as cooperatively in small groups. Participate in games following rules and playing fairly. Begin to plan how to solve problems. 	This leads to Y2 by Being able to use some basic features on a map to select and plan a route. Working well in big groups, sharing, taking turns, and cooperating with others. Meeting challenges effectively working as part of a team.	I can follow rules I can take turns I can understand basic features of a map
 Participate in competition with others, completing a simple orienteering event 		



Year	Themes	Key Knowledge linked to themes	Progression	Ski
		 Understand why being active and playing games is good for you. Describe what it feels like to breathe quickly during exercise. Understand some changes to the body when playing a game. Understand that warming up is an important part of a PE lesson to prepare safely for exercise. Understand how to play in a safe way. Demonstrate an appreciation of safety when using apparatus and equipment 	This leads from reception by Performing simple movements like jumping on the spot and balancing on one leg. This leads to Y2 by Improving speed, agility and stamina. Developing the jumping technique safely and while moving at speed. Improving and developing coordination, control and balance, and negotiate space.	I can move at speed safely I can change directions whilst moving at speed I can jump two feet to two feet I can jump one foot to another I can balance on apparatus and on the floor I can play games in teams against others
		 ROUNDERS Apply skills and tactics in simple games, including recognizing space and using it to your advantage. Understand why being active and playing games is good for you. Describe what you have done, or seen others doing. Describe what it is like to breath quickly during exercise Move fluently, changing direction and speed, Show basic control of the ball, including when striking a ball. Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. Understand and follow simple rules for games and compete in physical activities both against self and against others. Apply skills and tactics in simple games, including recognizing space and using it to your advantage 	This leads from reception by Being able to catch, throw underarm, kick and bat a ball more accurately. This leads to Y2 by Performing a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.	ROUNDERS I can move in different ways I can catch and stop a ball I can strike a ball I can recognise space I can follow simple rules of the game I can try and find ways to win games

Skills

	1 -			
	Dance	DANCE	This leads on from YI by:	DANCE
	C		Performing movement phrases using a range of	
	Gymnastics	• Describe phrases and expressive qualities.	different body actions and body parts – with control and accuracy. Creating linked movements, combining	I can move in different ways
	Invasion games	• Begin to understand the importance of warming	different ways of travelling, with beginnings, middles	I can move to music showing expressive qualities of
	of:	up.Watch and describe a performance accurately and	and ends.	I can repeat short dance phrases with greater control
	Football	recognise what is successful		I can be creative and compose short dances
	Tag Rugby	• Perform a range of actions and simple movement		I can describe a performance accurately I can perform with control and coordination
	Hockey	patterns with control and coordination.	This leads to Y3	
	Basketball	• Compose short dances that express and	Developing dance phrases using canon, unison,	
		communicate mood, ideas, and feelings, varying	repetition, action/reaction, and question/answer. Combining actions and maintain the quality of	
	Net and wall games of:	simple compositional ideas.	performance when performing at the same time as a	
	Volleyball	• Explore, remember, and repeat short dance	partner.	
		phrases, showing greater control and spatial		
	Athletics	awareness.		
		• Work individually and with others		
	Striking and			GYMNASTICS
	fielding games of:	GYMNASTICS	This leads on from YI by	
	Cricket		Performing basic gymnastic actions, including travelling,	I can remember and perform 5 key shapes.
		Watch and describe a performance accurately.Understand and describe changes to your heartrate	rolling, jumping, and staying still. Developing agility, balance, and coordination. Describing what they have	I can move smoothly with control.
	Fitness	when playing a game.	done or seen others do.	I can perform basic gymnastic actions such as balan
		Perform a range of actions with control and		I can link movements and shapes. I can use different pieces of equipment and apparat
	Dodgeball	confidence.		I can form simple sequences.
	Golf	• Explore, remember, and repeat a range of	This leads to Y3 by	r can form simple sequences.
Y2	Con	gymnastic actions with control, precision, and	Experimenting with a wide range of actions, varying and	
		coordination.	combining spatial patterns, speed, tension, and	
		• Form simple sequences of different actions, using	continuity when working with a partner and in a group.	
		the floor and a variety of apparatus.	Creating gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and	
		• Develop fundamental movement skills, combining	end.	
		travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one		
		position of stiffness to another.		
		Continue to develop agility, balance, and		
		coordination		
				ATHLETICS
		ATHLETICS		ATTILL TIES
			This leads on from Y1 by	I can run with control
		• Understand the variety of correct running	Being able to throw underarm more accurately at a target and run and jump using the correct technique.	I can control your body and equipment when throw
		techniques.		I can run with the correct arm technique
		• Develop the distance running technique,		I can run and jump on the balls of your feet
		understanding the difference between sprinting, and		I can show a correct pull throw technique
		running over longer distances.		I can compete against yourself
		• Begin to evaluate and improve own performance	This leads to Y3	
		• Explore and practice a variety of athletic movements and apply athletic skills and techniques	Showing control, coordination and consistency when	
		to a variety of activities.	running, throwing, and jumping. Choosing the	
		Develop coordination and balance whilst	appropriate running speed to meet the demand of the	
		exploring different running, jumping, and throwing	task. Enjoying competing with others.	
		techniques.		
		• Begin to show control, coordination, and		
		consistency when running at speed.		
		consistency when running at speed.		

ies of dance ontrol

alancing and jumping.

aratus.

rowing

	Develop a range of jumping techniques.Develop the underarm and pull throw technique.		
H H J H C C	 INVASION GAMES of: FOOTBALL BASKETBALL IAG RUGBY HOCKEY React to situations to make it difficult for opponents – using simple tactics. Understand and describe changes to your heart rate when playing a game. Recognise what is successful. 	This leads on from Y1 by Passing a ball with control, whether it is throwing, kicking, hitting or catching. Showing control when moving, changing speed and direction, both with and without a ball. Moving fluently, changing direction and speed – with and without a ball. Choosing and using simple tactics to suit different situations in small sided games.	FOOTBALL I can move into space showing awareness of othe I can move with control. I can pass/receive a ball with control. I can dribble a ball with feet. I can move towards a goal to defend it. I can compete against others trying to score. BASKETBALL
	 Use actions and ideas you have seen to improve your own skills. Understand and describe changes to your heart rate when playing a game. Choose and use simple tactics to suit different situations and apply these in small sided games. Begin to understand some rules of the game. Begin to understand the importance of preparing safely and carefully for exercise – warming up. Understand and follow the rules of the game. Watch and describe a performance accurately. Copy actions and ideas and use the information to mprove their skills. Begin to understand and develop correct technique of passing the ball. Develop understanding of invasion games and participate in small games. Use simple tactics in game situations Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique). Show good awareness of others when playing games. Participate in team games. Pass a ball with control. Show control when moving, changing speed and direction, both with and without a ball. Develop fundamental movement skills, becoming ncreasingly confident and competent. Perform a variety of skills keeping the ball under control. Perform a range of actions with control of the ball, ncluding throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low). Know and show how to defend between ball and arget. 	This leads to Y3 by Moving with a ball keeping it under close control. Keeping possession of a ball as part of a team. Receiving a ball successfully. Taking up spaces/positions that make it difficult for opponents. Performing basic skills needed for games with control and accuracy. Passing/sending a ball with increasing accuracy and at different speeds. Shooting/ scoring with some success. Using a range of skills to keep possession of the ball. Keeping the ball under control, passing and receiving with increasing accuracy. Choosing space/ positions where you can receive a pass or to support a teammate. Developing control and technique both in movements and manipulation. Applying basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). Passing and receiving the ball with control. Selecting passes that keep possession. Moving to support teammates once you have passed the ball and explain how to keep possession. Knowing how to tag another player. (tag rugby). Be able to pass the ball backwards to a teammate. (tag rugby)	I can move with a ball. I can move with a ball under control. I can throw a ball high, low, fast and slow. I can catch with some control. I can move towards a goal to defend it. I can compete against others trying to score. TAG RUGBY I can hold and move with a rugby ball I can pass the ball pointing the nose of the ball. I can pass accurately to a partner. I can defend by tagging. I can get passed a defender. I can try score goals by getting past opponents HOCKEY I can move into space showing awareness of other I can dribble a ball using a hockey stick. I can compete against others trying to score.

eness of others.

eness of others.

 Decide when and where to run, showing good awareness of surrounding. Pasa bull will control and increasing accuracy and consistency. More fluently, changing direction and speed-with ad without a bull. Choose and use sample tories to suid different to suid different	 Invester Haufty, changing direction and speed-with and without a ball. Choose and use simple tactics to said different stuations in small sidel games. React to Simulations in ways that make it difficult for opponens. Incredge promined a decrined with the integring physics in games simultions. (ng rugby) NETTWALL GAMES of: Understand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on in pairs. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and how to continue on the park. Inderstrand what a rally is and ball in operator of preparing the divertion of preparing th			
		 awareness of surroundings. Pass a ball with control and increasing accuracy and consistency. Move fluently, changing direction and speed – with and without a ball. Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents. Develop control and accuracy when throwing and catching a ball. Successfully beat a defender. Begin tagging players in game situations. (tag rugby) NET/WALL GAMES of: VOLLEYBALL Understand what a rally is and how to continue one in pairs. Identify good technique and justify why it is good. Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills. Begin to understand the important of preparing safely and carefully for exercise: warming up. Develop simple tactics for attacking. Gain an understanding that hitting the ball into space helps them score points. Begin to understand and describe changes to their heart rate when playing a game. Recognise what is successful. Use actions and ideas they have seen to improve their own skills Move fluently, changing direction and speed with increasing confidence. Engage in cooperative and competitive physical activities (both against self and against others). Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. Choose and use skills and simple tactics to suit different situations – showing good awareness of others. Perform a range of catching and gathering skills with control. Master basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, 	Being able to throw and roll a ball to your partner accurately. This leads to Y3 by Performing a range of catching and gathering skills with control. Mastering basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, fast, slow. Understanding a follow the rules of the game, showing	I can change direction when moving. I can control your body and equipment. I can catch a ball. I can send a ball to a partner. I can play games with others.



showing good awareness of others when playing games. showing good awareness of others when playing games. CRICKET · React to situations in ways that make it difficult for opponents. · Understand simple tactics like hitting the ball into space in the importance of preparing safely for exercise - warning up. This leads on to Y3 by CRICKET · Begin to understand the importance of preparing games. · Neccoprise what is successful · This leads on to Y3 by Crain move into space. I can wore indifferent ways e.g. high, low, fast, slow. · Develop fundamental movement skills, becoming increasing accuracy. · This leads from Y1 by CARCKET I can competito space. · Necoprise what is successful enternation and competent. · Perform a range of actions with control including a charing, gathering, and hitting a ball with increasing accuracy. Throwing/hitting a ball with increasing accuracy. This leads from Y1 by Can move in different ways e.g. high, low, fast, slow. · TARGET GAMES of: DODGEBALL This leads from Y1 by Dodge a moving ball and throw and catch with increase accuracy. To dath a ball with a putter. I can increase accuracy when throwing using un I can move in different ways, changing speed an I can increase accuracy when throwing using un I can anche a ball. · Describe basic skills necked for golf games · Develop movement skills relevant to games i.c. doging, (dodgeball) This leads for Y1 by · Describe basis skills necked for golf games i.c. doging,	 		
games. CRICKET • React to situations in ways that make it difficult This leads on from YL by CRICKET • Indicatand simple tactics like hitting the ball into space to helps score more points. • Heigh able to hit a stationary object with a balt and stopping a moving ball with your hands. This leads on to Y3 by • Recognise what is accessful the importance of preparing increasing controls. • The leads on to Y3 by This leads on to Y3 by • Prevelop fundamental movement skills, becoming increasing controls. • Thorwhit a hall in different ways e.g. high, low, fast, slow. This leads from Y1 by • Provelop fundamental movement skills, becoming increasing controls. • The leads from Y1 by Earn once in different ways e.g. high, low, fast, slow. • TARGET GAMES of: DODGFIA11. Coding a moving ball and throw and catch with increasing control, and fitting a ball with increasing control, and different speed. I can move in different ways, changing speed and the importance of preparing a moving ball and throw and catch with increased accuracy. To catch a ball. I can move in different speed. • Douribe basic skills meeded for golf gammes. • Decripto basic skills meeded for golf gammes. • This leads for Y1 by • Decripto basic skills meeded for golf gammes. • Decripto basic skills meeded for golf gammes. • This leads for Y1 by • Decripto basic skills meeded for golf gammes. • Decripto basic skills meeded for golf	• Understand and follow the rules of the game,		
 CRICKET React to sinstions in ways that make it difficult for opponents. Understand the importance of preparing safely for exercise - warming up. Recognite what is successful show good awareness of others when playing games. Develop fundamental movement skills, becoming increasing accuracy. TakGFT GAMES of: DODCEBALL GOLF Begin to understand the importance of preparing safely for exercise - warming up. TakGFT GAMES of: DODCEBALL GOLF Desperito understand the importance of preparing safely for exercise - warming up. TakGFT GAMES of: DODCEBALL GOLF Desperito movement skills needed for goff games - Develop molecen shring as kills. Describe what yo have done, or scen others doing: - Develop molecen shring skills. Describe what yo have done, or scen others doing: - Develop molecen shring as kills needed for goff games - Develop molecen shring skills. Describe basis skills needed for goff games - Develop molecen shring and a ball, with increasing accuracy. Develop molecen shring skills. Develo			
 Nease to situations in ways that make if difficit for opponents. Understand simple tactics like hitting the ball into space to help score more points. Being able to hit a stationary object with a bat and the support of the ball into space to help score more points. Being able to hit a stationary object with a ball and the support of the ball into space to help score more points. Boy good awareness of others when playing games. Develop fundamental movement skills, becoming increasing accuracy. Develop fundamental movement skills, becoming increasing accuracy. TARGET GAMES of: Deport and the importance of preparing suffers of components. Deport and the importance of preparing suffers of corrective evanting up. Describe what you have done, or seen others doing. Describe basis skills needed for goff gams. Describe basis skills needed for goff gams. Develop roblem solving and division making strategies. Develop roblem solving and division making strategies.<	games.		
 Nease to situations in ways that make if difficit for opponents. Understand simple tactics like hitting the ball into space to help score more points. Being able to hit a stationary object with a bat and the support of the ball into space to help score more points. Being able to hit a stationary object with a ball and the support of the ball into space to help score more points. Boy good awareness of others when playing games. Develop fundamental movement skills, becoming increasing accuracy. Develop fundamental movement skills, becoming increasing accuracy. TARGET GAMES of: Deport and the importance of preparing suffers of components. Deport and the importance of preparing suffers of corrective evanting up. Describe what you have done, or seen others doing. Describe basis skills needed for goff gams. Describe basis skills needed for goff gams. Develop roblem solving and division making strategies. Develop roblem solving and division making strategies.<	CRICKET		CRICKET
 Barn Bener to simations in ways that make it difficut for opponents. Understand simple tactics like hitting the ball ind space to help score more points. Begin to understand the importance of preparing subject of exercise - warming up. Recognise what is successful -Boserby fundamental movement skills, becoming increasing accuracy. Deserby fundamental movement skills, becoming increasing accuracy. Parform a range of actions with control including eaching agabering, and hitting a ball with increasing accuracy. Parform a range of actions with control including eaching agabering, and hitting a ball with increasing accuracy. Transfield for exercise - warming up. Begin to understand the importance of preparing safely for exercise - warming up. Begin to understand the importance of preparing safely for exercise - warming up. Describe basis skills needed for goff games. Describe moving a different ways of moving, changing speed and directis. (dodgeball) Develop problem solving and distion ag all with increased accuracy of action abult at ball in andotter is colding. Develop problem solving and goff ball, andotter is cold. (def) Pably roll prutt a ball it different speed. Explore different ways of moving, ag off ball, and dotter is cold. (def) Pably roll prutt a ball it different speed. Explore different ways of moving, ag off ball, and dotter is cold. (def) Pably roll prutt a ball it wards a target with control.	CRICKET	This leads on from Y1 by	CRICKET
 brown and brown and bro	• React to situations in ways that make it difficult		I can move confidently
 I Inderstand simple tactics like litting the ball into space to help score more points. I begin to understand the importance of preparing stately for exercise. I ecognise what is successful Show good awareness of others when playing games. I evelop fundamental movement skills, becoming increasing geomfaet and competent. I evelop fundamental movement skills, becoming increasing geomfaet and competent. I evelop fundamental movement skills, becoming increasing geomfaet and competent. I evelop fundamental movement skills, becoming increasing geomfaet and competent. I evelop fundamental movement skills becoming increasing geomfaet and competent. I evelop fundamental movement skills becoming increasing geomfaet. I how what a ball in different ways e.g. high, low, fast, slow. Throw-hit a ball in different ways e.g. high, low, fast, slow. The decisit of the state skills needed for golf games I bescribe what you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value you have done, or seen others doing. I bescribe value yout on totin			
 I can move into space. I can increase accuracy. To push a ball with increased accuracy. To push a ball with a putter. I can sead a ball at different speed. I can catch a ball. I can catch a ball. I can catch a ball. I can move in different speed. I can move and roll a ball. I can sead a ball at different speed. I can sead a ball a	**		
 It is leads on to Y3 by Recognise what is successful Show good awarchess of others when playing games. Develop fundamental movement skills, becoming increasing accuracy. Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. Throw/hit a ball in different ways e.g., high, low, fast, slow. Throw/hit abli in different ways e.g., high, low, fast, slow. Throw/hit abli in different ways e.g., high, low, fast, slow. The ge in to understand the importance of preparing safely for exercise - warming up. Describe basic skills needed for golf games. Describe basic skills needed for golf games i.e. dodying, (dodgeabl) Develop ratching and striking skills. Tass ada ball, with increasing control, at different speeds - fast-slow. Inggine in competitive physical games, employing simple tactics, (dodgeball) Develop rothern style physical games, employing strategies. Explore different ways of moving a gelf ball, mad/other size ball. (golf) P usb' roll: put a ball towards a target with control including cancells for the participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			
 Performing a range of actions with control including games. Show good awareness of others when playing games. Develop fundamental movement skills, becoming increasing yconfident and competent. Performing arange of actions with control including catching, gathering, and hitting a ball in different ways e.g. high, low, fast, slow. TARGET GAMES of: DEOEGEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe problem solving and decision-making strategies. Describe problem solving and decision-making strategies. Explore different ways of moving a golf ball, and/orter is read. (Gold petall) Develop tochning what you from ying a golf ball, and direction fluenty. Explore different ways of moving a golf ball, and/orter is read. (Gold petall) Develop technique when wisng the golf putter, Thy the different ways of moving a golf ball, and/orter is read. (Gold petall) Develop technique when whis golf putter, The proceeding and putting games. (golf) Develop technique when whis golf putter, 			L
 Account is successing in the sourcess of others when playing gumes. Bowy good awareness of others when playing gumes. Develop fundamental movement skills, becoming increasing accuracy. Toriounds/Pitting a ball with increasing accuracy. Perform a range of actions with control including eaching, and bitting a ball with increasing accuracy. Throw/hit a ball in different ways e.g. high, low, fast, slow. TARGET GAMES of: DODGEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Develop movement skills relevant to games i.c. dodging, (dodgeball) Develop movement skills relevant to games i.c. dodging, (dodgeball) Develop rothing and striking skills. Fasyski ad ball, with increasing control, at different speed. Fasyski ad ball, with increasing control, at different ways of moving and golf ball, and/other size ball. (golf) - Puski rolli pant a ball Beciption edifferent ways of moving a golf ball, and direction fuently. Frapher different ways of moving a golf ball, and direction fuently. Frapher different ways of moving a golf ball, towards a target with more size ball. (golf) - Puski rolli pant a ball towards a target with corrol. Beging the top technique when using the golf putter, 		•	I can compete with others
 Show good awardless of clubs with playing games. Develop fundamental movement skills, becoming increasing accuracy. Throwing/hitting a ball in different ways e.g. high, low, fast, slow. Perform a range of actions with control including catching, guthering, and hitting a ball in different ways e.g. high, low, fast, slow. TARGET GAMES of: DODCEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe hasic skills needed for golf games. Describe hasic skills relevant to games i.g. dodge and only a ball at a moving target with increased accuracy. To push a ball. To push a ball with increased accuracy with a putter. The seade for golf games, employing simple tactics. (dodgeball) Develop roblem solving and decision-making strategies. Explore different ways of moving, ang off hall, and/other size ball. (golf) - Pusk'roll / put ta ball towards a target with control. Use skills learn to participate and compete in rolling and patting games. (golf) Develop roblem solving and decision-making strategies. 			
 by low, fast, slow. catching, gathering, and hitring a ball with increasing accuracy. throw/hit a ball in different ways e.g. high, low, fast, slow. catching, gathering, and hitring a ball with increasing accuracy. booterBALL. CODEBALL. CODEBALL. CODEBALL. CODEBALL. CODEBALL. CODEBALL. Codeg a moving ball and throw and catch with increased accuracy. To push a ball with a putter. begin to understand the importance of preparing safely for exercise – warming up. bescribe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe what you have done, or seen others doing. bescribe basic skills needed for gails seed. <			
 increasingly confident and competent. Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. Throw thit a ball in different ways e.g. high, low, fast, slow TARGET GAMES of: DODGEBALL ODDGEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe hasic skills needed for golf games. Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) - Fush' roll/ put a ball to game i tage). Use skills leant to participate and compete in rolling games. (compete in games.) Explore different ways of moving a golf ball, and/other size ball. (golf) - Fush' roll/ put a ball to participate and compete in rolling games. (compete in golf). Use skills leant to participate and compete in rolling games. (compete in the other). Use skills leant to participate and compete in rolling games. (compete in the other). Use skills leant to participate and compete in rolling games. (compete in the other). Use skills leant to participate and compete in rolling games. (compete in the other). 			
 Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. Throw/hit a ball in different ways e.g. high, low, fast, slow TARGET GAMES of: DODGEBALL GOLF Begin to understand the importance of preparing safely for exercise - warming up. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Develop rechting, (dodgehall) Develop rechting and striking skills. Pass/send a ball, with increasing control, at different speed. Explore different ways of moving, changing speed and threw and ball. Develop roblem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) Push/roll/put ta ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique who cannot, so golf patter, 			
 catching, gathering, and hitting a ball with increasing accuracy. Throw/hit a ball in different ways e.g. high, low, fast, slow TARGET GAMES of: DODGEBALL. COLF Begin to understand the importance of preparing safely for exercise warming up. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Develop movement skills redevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop rotenting and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dogball) Develop rotente solving and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) P ush/roll/ put a ball towards a target with doortrol. Use skills learnt to participate and compete in rolling games. (golf) Develop technique who nusing the golf putter, 			
increasing accuracy. increasing accuracy. increasing accuracy. Throw/hit a ball in different ways e.g. high, low, fast, slow TARGET GAMES of: DODGEBALL GOLF To dodge a moving ball and throw and catch with increased accuracy. To push a ball with a putter. Begin to understand the importance of preparing safely for exercise - warming up. This leads from Y1 by DoDGEBALL This leads from Y1 by Gol.F I can move in different ways, changing speed an local cate with increased accuracy. To push a ball with a putter. Describe what you have done, or seen others doing. Discass end a ball. Describe what you have done, or seen others doing. To push a ball with increased accuracy with a putter. Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Passisend a ball, with increasing control, at different speeds. fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) - Push' roll/ put a ball towards a target with control. I can accurately send a ball. Develop problem solving and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) - Push' roll/ put a ball towards a target with control. I	e e		
 Throw/hit a ball in different ways e.g. high, low, fast, slow TARGET GAMES of: DODGEBALL DODGEBALL OODGEBALL OODGEBALL Oodge a moving ball and throw and catch with increase accuracy. To push a ball with a putter. Describe what you have done, or seen others doing. Describe what you have done, or seen others doing. Describe basic skills needed for golf games Develop notement skills relevant to games i.e. dodging. (dodgeball) Develop notement skills relevant to games i.e. dodging. (dodgeball) Develop notement skills relevant to games i.e. different speeds. fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop notement swills relevant to games accuracy. With a putter. Explore different ways of moving a golf ball, and/other size ball. (golf) Push/roll/ put a ball to and compete in rolling and putting games. (golf) Develop revelop using and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) Push/roll/ put a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop tochning using the golf putter, 			
TARGET GAMES of: DODGEBALL GOLFDODGEBALL Can move in different ways, changing speed ar I can move quickly. I can move quickly. <br< td=""><td></td><td></td><td></td></br<>			
 DODGEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgebal) Develop movement skills relevant to games i.e. dodging. (dodgebal) Develop movement skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop moving and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ put ta ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop torchingue when using the golf putter, 	fast, slow		
 DODGEBALL GOLF Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgebal) Develop movement skills relevant to games i.e. dodging. (dodgebal) Develop movement skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop moving and decision-making strategies. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ put ta ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop torchingue when using the golf putter, 			DODGEDALI
GOLF 10 000g antoning basin and unition and calcularity in increases accuracy when throwing using unition and unition and calcularity in increases accuracy when throwing using unition and unition and calcularity in increases accuracy when throwing using unition and unition and calcularity in increases accuracy when throwing using unition and unition and calcularity in increases accuracy when throwing using unition and unition and calcularity in increases accuracy when throwing using unition and uniting and uniting and unition and unition and unition and		This leads from Y1 by	DODGEBALL
 Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop ratching and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) + Push/roll/ put a ball Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			Lean move in different ways, changing speed on
 Begin to understand the importance of preparing safely for exercise – warming up. Describe what you have done, or seen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop roblem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) + Push/ roll/ put a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 	OOLI	increased accuracy. To push a ball with a putter.	, , , , , , , , , , , , , , , , , , , ,
 safety for exercise – warming up. Describe what you have done, or scen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Pass/send a ball, with increasing control, at different speeds. I can put the physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) + Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 	• Begin to understand the importance of preparing		
 Describe what you have done, or scen others doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop moblem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) + Push' roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 		This leads to Y3 by	
 doing. Describe basic skills needed for golf games Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 		· ·	I can catch a ball
 Develop movement skills relevant to games i.e. dodging. (dodgeball) Develop catching and striking skills. Pass/send a ball, with increasing control, at diifferent speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 	doing.		I can compete in games.
dodging. (dodgeball)GOLF• Develop catching and striking skills.• Pass/send a ball, with increasing control, at different speeds – fast/slow.I can move at different speeds.• Engage in competitive physical games, employing simple tactics. (dogeball)I can push and roll a ball.I can push and roll a ball.• Develop problem solving and decision-making strategies.I can begin to show the correct putting technique strategies.I can begin to show the correct putting technique tacta and direction fluently.• Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/roll/ putt a ball towards a target with control.I can accurately send a ball.• Use skills learnt to participate and compete in rolling and putting games. (golf)• Develop technique when using the golf putter,• Explore different ways of moving the golf putter,	6 6	To push a ball with increased accuracy with a putter.	
 Develop catching and striking skills. Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling games. (golf) Develop technique when using the golf putter, 	1 0		
 Pass/send a ball, with increasing control, at different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling games. (golf) Develop technique when using the golf putter, 			GOLF
 different speeds – fast/slow. Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			L can move at different speeds
 Engage in competitive physical games, employing simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling games. (golf) Develop technique when using the golf putter, 			-
 simple tactics. (dodgeball) Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 	1		-
 Develop problem solving and decision-making strategies. Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			
 Explore different ways of moving, changing speed and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			I can begin to show the correct putting technique
 and direction fluently. Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			I can accurately send a ball.
 Explore different ways of moving a golf ball, and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			
 and/other size ball. (golf) • Push/ roll/ putt a ball towards a target with control. • Use skills learnt to participate and compete in rolling and putting games. (golf) • Develop technique when using the golf putter, 	•		
 towards a target with control. Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			
 Use skills learnt to participate and compete in rolling and putting games. (golf) Develop technique when using the golf putter, 			
rolling and putting games. (golf)Develop technique when using the golf putter,			
• Develop technique when using the golf putter,			

and direction. underarm and underarm technique.

que.

Year Themes	Key Knowledge linked to themes	Progression	Sk
Year	Key Knowledge linked to themes	Developing the safe jumping technique to gain height and distance. Developing control, balance and coordination when completing a variety of tasks.	
	 Understand and describe changes to your heartrate when playing a game Begin to understand the importance of warming up and cooling down Understand the need for preparing safely for activity. 	jumping technique safely and while moving at speed. Improving and developing coordination, control and balance, and negotiate space. This leads to Y3 by	I can move and weave with coordination I can move for periods of time without tiring I can move on and across apparatus with control I can move at speed with control I can perform star jumps and high knees with cor I can compete against others
	FITNESSDescribe why running is good for you	This leads from Y1 by Improving speed, agility and stamina. Developing the	FITNESS

ontrol

Skills

	1		1	1
		DANCE	This leads on from Y2 by	DANCE
			Developing dance phrases using canon, unison,	
	OAA	• Describe and evaluate the effectiveness and	repetition, action/reaction, and question/answer.	I can show fluency when moving.
	Netball	quality of a dance.	Combining actions and maintain the quality of	I can link movement patterns together.
	Football	• Collaborate with others.	performance when performing at the same time as a	I can collaborate with others.
	Gymnastics	• Explore and create narratives in response to a	partner.	I can perform at the same time as a partner.
	Dance	stimulus.		I can perform as various characters when moving
	Lacrosse	• Show control, accuracy and fluency of movement		I can communicate feelings through dance.
	Health	when performing actions with a partner.		
	related	• Develop dance phrases using canon, unison,	This leads on to Y4 by:	
	fitness	repetition, action/reaction, and question/answer.	Developing balance and coordination when completing	
	Dodgeball	• Communicate what you want through your dances	a variety of tasks with increased fluency and control.	
	Athletics	and perform with control.	Working well with a partner and as a team.	
	Rounders	• Combine actions and maintain the quality of		
	Tennis	performance when performing at the same time as a		
	Tag rugby	partner		
			This leads from Y2 by	GYMNASTICS
		GYMNASTICS	Experimenting with a wide range of actions, varying and	
			combining spatial patterns, speed, tension, and	I can perform 9 key shapes.
		• Learn how to evaluate and recognise your own	continuity when working with a partner and in a group.	I can travel using different body parts.
		success and areas for improvement, as well as the	Creating gymnastic sequences that meet a theme or set	I can create and experiment with sequences.
		effectiveness and quality of a performance.	of conditions, showing a clear, beginning, middle and	I can create sequences of shapes, balances, rolls ar
		• Describe how your body feels when exercising.	end	I can share ideas in a group.
		• Perform a range of actions, agilities and skills with		I can recognise own successes.
		consistency, fluency, and clarity of movement.		
Y3		• Experiment with a wide range of actions, varying	This leads to Y4 by	
		and combining spatial patterns, speed, tension, and	Finding different ways of using a shape, balance, or	
		continuity when working with a partner and in a	travel, and link them to make actions and sequences of	
		group.	movement. Creating, performing, and repeating a	
		• Create gymnastic sequences that meet a theme or	combination of actions that include changes of dynamic	
		set of conditions, showing a clear, beginning,	e.g. changes of level, speed and direction, and clarity of	
		middle and end.	shape. Collaborating with others.	
		• Create, perform, and repeat sequences that include		
		changes of dynamic e.g. changes of level, speed, or direction.		
		• Develop flexibility, strength, control, technique,		
		and balance.		
		ATHLETICS	This leads on from Y2 by	ATHLETICS
		ATTILLTICS	Showing control, coordination and consistency when	ATHLETICS
		• Recognise what they do well and what they find	running, throwing, and jumping. Choosing the	Lean throw a variaty of different chiests
		difficult, identifying what they need to practice to	appropriate running speed to meet the demand of the	I can throw a variety of different objects
		improve their performance.	task. Enjoying competing with others.	I can jump with control
		• Understand the pace judgement when running	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	I can run with the correct arm technique I can run in races
		over an increased distance.		
		• Describe how their bodies feel when exercising	This leads to Y4 by	I can compete against others I can follow the rules
		and understand the link between heart rate and	Combining basic jump actions to form a jump	
		breathing during exercise	combination, using a controlled jumping technique.	
		• Apply and develop a broad range of athletic skills	Performing a throwing technique with control,	
		in different ways.	coordination, and consistency. Performing	
		 Show control, coordination and consistency when 	competitively with others.	
		running, throwing, and jumping.		
L	1	B,B,B,B,	I	1

ng to music.

s and travel.

 breathing when playing games and begin to understand why you get hotter. identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep th			
 Langey competing with others. NVASION GAMES of: TAOK RUCGBY NVTASION GAMES of: TAOK RUCGBY NETBALL HORDIBAL/ LACROSSE TARGEWIGE of parses with others. Targing vimple tactics in game situations, Receiving sead cyplaing oped performances. Understand the link between heart rate and breathing when exercising. Recognise good performances. Understand the link between heart rate and breathing when exercising. Recognise good performances. Understand the link between heart rate and breathing when exercising. Recognise good performances. Understand the ball ween tactice to improve your own performance. Recognise good performances. Understand why ou get to pass and give reasons why. Understand why ou get to pass and playing games. Leart how to recognise your pert ball with increasing accuracy. Choosing space for antaction and begin to understand why ou get hour when playing games. Leart how to recognise your booty focils what any ous food to passing and receiving the ball with increasing accuracy. Leart how to recognise your own success. Describe how your hooty focils what any our fast rate when playing games. Leart how to recognise your own success. Describe how your hooty focils what any our fast rate when playing games. Leart how to recognise your own success. Describe how your hooty focils what any our fast rate what play in games with an understand why you get hour when rate what hall keeping in under close control. Keep possession of a lata apart of a team. Passing shorting and teachings. Developing atteations, and work weel and action the ball adge print possession. Shorting and using space in game situations. Passing, shorting and using space in game situat	• Choose the appropriate running speed to meet the		
 INVASION GAMES of: TAG RUGBY IAG RUGBY IAG RUGBY INTERALL ROOTBALL LACKOSSE Imply simple tactics in game situations. Recorgnise and explain good performances. Inderstand the link between heart rate and breating when exercising. Recorgnise good performance and be able to breating when exercising. Recorgnise good performance and be able to breating when exercising. Recorgnise good performance and be able to breating when exercising. Recorgnise good performance and be able to breating when exercising. Recorgnise good performance and be able to breating when exercising. Recorgnise players who play well in games and give reasons why. Identify what you do best and what you find difficult. Recorgnise players who play well in games and begin to understand why you get hoter when playing games. I carn low to recorgnise your own success. Describe how your body feels when exercising. I carn low is recorgnise your own success. I carn low is nelsenging to your breating and heart rate when playing games and begin to understand why you get hoter when playing games. I carn low is recorgnise your own success. I carn low is recorgnise your own success. I carn low is nothers performance. I part to its recorgnise your own success. Record and successifily. I kale us pspeces/positions that mack it difficult for opponens. Perform basis kills needel for games with an understanding of the basis rules. Perform basis kills needel for games with carted and accease. Perform basis kills needel for games with carted and accease. Passig and a ball with increasing accurey, carted and success. Phasis end a ball with increasing accurey, carted and success. Phasis end a ball weight performance and the proponens. Perform basis kills needel for game			
 INVASION GAMES of: TAG RUGBY INTERTAIL FOOTBALL LACROSSE Employ simple factics in gume situations. Recognise and explain good performances. Understand the link between heart rate and breathing when exercising. Recognise good performance and be able to indentify what you do best and what you find different speeds. Recognise and excibe what happens to your breathing and heart rate when playing games and begin to inderstand why you get hoster when playing games. Learn how to recognise your own success. Describe why and happens to your heart rate and threathing when playing games and begin to understand why you get hoster when playing games. Learn how to recognise your own success. Describe why and happens to your heart rate and threathing when playing games and begin to understand why you of hosters performance. Indentify what you do best and what you find difficult a recognise thile, under control, passing and receiving the ball with increasing tractices. Describe why and happens to your heart rate and threathing when playing games and begin to understand why you get hoster when playing games. To follow the rates of the game Wate with a meet th enced of the suitaution. Physical classing data with increasing accuracy. Chapter games with components. Passing and receiving the ball with increasing stuttors. Passing, shorting and uses good games fund beals that dataging a player in possession of the ball. This leads to V4 by This leads to V4 by This leads to V4 by Shout' score with anneet in ences of the spane. Perform basis aklis needed for games with correst calculation and scores. Passing and receiving a ball scores. Photo' score with increasing accuracy. Chapter games, during a player in possession of the ball and promote possing. Shorting and using spacet from thil increasing accuracy. Chapping basis	• Enjoy competing with others.		
 Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost control. Moving with a ball leeping it under cost cost control. Moving with a ball leeping it under cost cost cost cost cost cost cost cost			
 NETERALL NOTIBALL LACROSSE Employ simple tactics in game situations. Recognise and explain good performances. Understand the link between heart rate and breaking when exercising. Recognise good performance and be able to identify what you ane due practice to improve your own performance. Recognise good performance and be able to identify what you do best and what you find different, passing and receiving the ball under curtol, passing and receiving the ball under curtol. Recognise and destrice when playing games. Learn how to recognise your own success. Describe twalt tacker (bed what curcerising. Describe twalt tacker (bed what curcerising. Passing heart rate when playing games and begin to understand why you get hotter. Identify what you do best and what you find nost in dere possession. Knowing hou ball keeping i under close curtol. Secore twalts and beging i under close curtor. Passing heart rate when playing games and begin to understand why you get hotter. Identify what you do best are made to trans. Subtoris and work well as tacked to fargen secores with an understand the finding grapher in passession of	INVASION GAMES of:	This leads on from Y2	TAG RUGBY
 NETTRAIL Keeping possession of a ball as part of a team. Recognize and explain good performances. Understand the link between heart rate and breaking when exercising. Recognize good performance and be able to identify what you need to practice to improve your own performance. Recognize good performance and be able to identify what you and be able to identify what you and be at at what you find different scheding abla with increasing accuracy. Account of the ball were abla with a trade in difficult and the attacking principles for attacking and defending as principles for attacking and defending. Recognize and describe what happens to your breathing and heart rate when playing games. Lear mow to recognize our own success. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Describe what happens to your body feels when exercising. Perform basic skills and choose. This leads to Yd by Take up spaces/positions that make it difficult for opponents. Perform basic skills need doose control. Keep procession of the pance. Perform basic skills need of the game. Chanting with increasing accuracy control and accuracy difficult and recogning with actics to keep prostension. Given basic skills need boost core possession of the ball. Perform basic skills need boost core	TAG RUGBY	Moving with a ball keeping it under close control.	
 FOOTBALL LACROSE Pecelving a ball successfully. Taking up speech/positions that make with control and accuracy. Employ simple factics in game situations. Recognise and explain good performances. Understand the link between heart rate and breathing when exercising. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise good performance and be able to identify what you do best and what you find difficult. Recognise and describe what happens to your breathing who recognise your own success. I.Leam how to recognise your own success. Describe how your body feels when carcerising. Describe how your body feels when carcerising. Describe what happens to your must the value in what you find difficult. Describe what happens to your must be gain to understand why you get hotter. Describe what happens to your success. Describe what happens to your success. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe what happens to your body feels when carcerising. Describe thas a crites. Describe thas a crites. Describe thas a crites. Describe thas a crites. Chard how crites of the game. Move with a hall keeping it under close control. Recogning a part of a trace. Chard how crites of the game. Move with a hall keeping it under close control. Recoring a pa		Keeping possession of a ball as part of a team.	I can control the ball when travelling.
 LACROSSE LACROSSE Fimploy simple tactics in game situations. Recognise and explain good performances. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your breatment at even playing games and begin to understand why song thoter. Identify what you do best and what you find most filtiguing and hear rate whon playing games and begin to understand why you get hoter. Identify what you do best and what you find most defining and hear rate whon playing games and begin to understand why you get hoter. Identify what you do best and what you find most difficult an recognise type and why song at hoter. Identify what you do best and what you find most difficult an recognise type are solved to a team. Recognise and describe what happens to your hear rate whon playing games and begin to understand why you get hoter. Identify what you do best and what you find most difficult an recognise type and begin to understand why you get hoter. Identify what you do best and what you find most difficult an accognise with a nulterstandig of the basic rules. Promow body feels when excresing. The feels to the game. It can also the the solution. Neeve the sake of the situation. Prays simple mission games with an understand why you get hoter. Identify what you concernities with an understandig of the basic rules. Promow basis kills needed of games with control and accuracy. Prays simple missiong game suit difficult for opponents. Prome basis kills needed of games with control and consistency during	FOOTBALL	Receiving a ball successfully. Taking up spaces/positions	e e
 Employ simple factics in game situations. Employ simple factics in game situations. Recognise and explain good performances. Understand the link between heart rate and breathing when exercising. Recognise good performance and be able to identify that you need to prove you convergence apages of using an age of skills to keep possession. More and apagine factor and the situation. Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficuit. Recognise players who play well in games and begin to understand why you get hotter: Identify what you do best and what you find difficuit. Recognise and describe what happens to your breatrate when playing games. Learn how to recognise your own success. Describe how your beatr trate and breathing when playing games and begin to understand why you get hotter: Identify what you do best and what you find mot difficuit and recognise this in others performance. Describe what happens to your own success. Describe how your beatr trate and breathing when playing games and begin to understand why you get hotter: Idantify what you do best and what you find mot difficuit and recognise this in others performance. This leads to Yd by Pasy simple invasion games with an understandiff, for a games with an understand why you get hotter: Individe the necks of the game Move with a ball keeping it under colose control. Keep the salis and choese to the game. Move with a ball keeping it tuder colose control. Keep the ball with increasing accuracy, control and success. Shoot' score with some success.		that make it difficult for opponents. Performing basic	
 Employ simple tactics in game situations. Recognise and explain good performances. Understand the link between heart rate and breathing when exercising. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise good performance and be able to identify what you need to practice to improve your own performance. Recognise good performance and be able to identify what you do best and what you find difficult. Recognise and describe what happens to your breathing and heart rate when playing games. Leam how to recognise your own success. Describe how your body feels when exercising. Describe how your body feels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find the ball conter. Identify what you do best and what you find most difficult and recognise this in others performance. The lads to Yd by This lads to Yd by Passing in different ways eg, high, low, fst, stow, right skills what meet the necessing of the ball. and the control. Neep prosession of the ball. Repring it under control. Keep nosession for that als part of a tare. Parsong at hall with increasing accuracy and different speeds. Shoot' score with some success. Neod' score with some success. Neod vore with some success. Nead of scale of the ball.		skills needed for games with control and accuracy.	-
 Recognise and explain good performances. Understand the link between heart rate and breathing when exercising. Recognise good performance and be able to isolated second the salt. Keeping the ball under control, passing and receiving a parse of skills to keep possession of the ball. Keeping the ball under control, passing and receiving a player in possession. Moving from the salt isolates players who play well in games and begin to understand why you get hotter when playing games. Learn how to recognise your own success. Learn how to recognise your own success. Describe how your body feels when exercising. Describe how your body feels when exercising. Poscribe how your body feels when exercising. Phaying games. Learn how to recognise your own success. This leads to Y4 by Passing in different speech is subations. Any for ball with or inderstand why you get hotter. Physing be invasion games with an understandig Profrom basic skills neced for games withouton. Phay simple invasion games with an understandig and choose the right skills that meet the needs of the situation. Moving the ball keeping it under cose control. Keep possession of a ball with increasing accuracy, control and success. Take un space/spositions that make it difficult for opponents. Passing in different speech subations. Passing shoult and consistent you control and success. Shoot 'score with some success. Use ar ange of skills to keep possession of the ball and give you a chance to shoot or some your hear more of the ball and give you achacte to keep possession of the ball and give you achacte to keep possession of the ball and give you achacte to keep possession of the ball and give you achacte to shoot or symports. 	• Employ simple factics in game situations.	Passing/sending a ball with increasing accuracy and at	
 Understand the link between heart rate and breatling when exercising. Recognise glayers who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your heart rate when playing games and begin to understand why you get hotter. Recognise and describe what happens to your heart rate when playing games and begin to understand why you get hotter. Learn how to recognise your own success. Describe vhat happens to your heart rate and breatling when playing games and begin to understand why you get hotter. Learn how to recognise this in others performance. Improve decision making skills and choos ther night skills that meet the needs of the situation. Play simple invasion games with an understanding of the ball as part of a team. Receipt as ball submet fulficult and recognise this in others performance. To follow the rules of the game dimerstand why you get hotter. Take up spaces/positions that make it difficult of popnents. To follow the rules of the game dimerstand. Parsismed a ball with increasing accuracy, control and success. To follow the rules of the game difficult and eccognism this make it difficult for opponents. To follow the rules of the game difficult popnents. Parsismed a ball with increasing accuracy, and difficent speeds. Partiom basic skills needed for games with control and accuracy. Phassismed a ball with increasing accuracy, and difficent techniques. Developing et more share to shoot or sons, ereceive a ball sub of the ball and give you a chance to shoot or sons, ereceive, and a ball with increasing accuracy control and consistency during amose. Chalenging a player in possession of the ball anging vo a chance to shoot or sons, ereceive a ball with streas		different speeds. Shooting/ scoring with some success.	
 berathing when exercising. Recognise glayers who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your breat rate when playing games and begin to understand why you get hotter. I. Learn how to recognise your own success. Describe how your body fields when a toging games and breating and the eads of the ball of definition. Possribe what happens to your heart rate and breating statist movements and antiputation games. Describe how your body fields when cervicing. This leads to Y4 by Passing in different ways e.g. high, low, fast, slow. Finding and use space in games with an understanding indifferent ways e.g. high, low, fast, slow. Finding and use space in games situations. Passing in different ways e.g. high, low, fast, slow. Finding and use space in games situations. Passing in different ways e.g. high, low, fast, slow. Finding and use space in games situations. Applying basic attacking and feeding principles sort a stationary football. This leads to Y4 by Passing in different ways e.g. high, low, fast, slow. Finding and use space in game situations. Passing, shorting a space in game situations. Passing, shorting a space in games scontrol and success. Parsing in different ways e.g. high, low, fast, slow. Finding and use space in game situations. Passing and receiving a ball with increasing accuracy. Passing in different ways e.g. high, low, fast, slow. Finding and use space in game situations. Passing and trecticing a ball with increasing accuracy. Passing in different ways e.g. high, low, fast, slow. Finding and use space in game situations. Passing shorting as the ball additeding signice sc		Using a range of skills to keep possession of the ball.	
 • Recognise good performance and be able to identify what you need to practice to improve your, own performance. • Recognise players who play well in games and give reasons why. • Identify what you do best and what you find difficult. • Recognise and describe what happens to your breathing and heart rate when playing games. • Learn how to recognise your own success. • Describe how your body fccls when exercising. • Describe how your body fccls when exercising in different weys e.g. high, low, fast, slow, finding and use space in game situations. Anying the ball keeping it under close control. • Receive a ball successfully. • Parform basic skills needed for games with an understand thy you get hotter. • Parform basic skills needed for games with an understanding a full firent to explaining simple tactics in game situations. Passing, indifferent texchiques. Developing a control of the ball. • Perform basic skills needed for games with control. • Perform basic skills needed for games with control. • Perform basic skills needed for games with an understand thy fifterent speeds. • Stoor if sort whang success. • Use a range of skills to keep possession of the ball and gath techniques and tactics to keep possession of the ball and preving a data technique shorts and accuracy. • Nowe with increasing accuracy and thirdifficult for the ball under control, passing and receiving who there and passing in different techniques. Shorting mit gave to a tactice to keep possession of the ball and paying the pass of the ball and paying the pass of the ball and paying the pass of the ball and paying the there the exercise of the ball and paying the pass of the ball and paying the pass of the ball and paying the pass of the			
 identify what you need to practice to improve your own performance. Recognise players who play well in games and give reasons why. identify what you do best and what you find difficult. Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games. i. Carm how to recognise your own success. Describe how your body feels when exercising. Describe what happens to your how the exercising. Describe what happens to your heart rate and breathing when playing games and breathing when playing games and breathing when playing games and breathing when you go be stand what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the balis crules. This leads to Y4 by Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and thifferent speeds. Shoot's score with some success. Use a range of skills to keep possession of the ball under control, passing and receiving the ball under control, spassing shore start control stress of the situation. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and this free speeds. Shoot's score with some success. Use a range of skills to keep possession of the ball under control, passing and receiving the ball under control, passing and receiving the ball under control, passing and receiving the ball under control, passing and		with increasing accuracy. Choosing space/ positions	NETBALL
 own performance. Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your bare more in front of passing lines paper in possession. Moving the ball with more of the ball when attacking and hear rate when playing games. I.earn how to recognise your own success. Describe how your body fiels when excressing. Describe what happens to your hart rate and breathing when playing games and begin to understand why you get hotter. I dentify what you do best and what you find most difficult and recognise this in others performance. I more decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion game swith an understanding of the basic rules. To follow the abal keeping it under close control. Keep to abal successfully. Take up spaces/positions that make it difficult for opponents. Parks som ad hall as part of a team. Receive a ball succesfully. Take up spaces/positions that make it difficult ran daccuracy. Parks and a hall with increasing accuracy and a different speeds. Shoot', score with some success. Use a range of skills to keep possession of the ball. Shoot', score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving We a range of skills to keep possession of the ball. Shoot', score with some success. Use a range of skills to keep possession of the ball. Shoot', score with some success. Use a range of skills to keep possession of the ball. Passing the ball using different techniques and tack to keep possession. Shoot', score with some success. Use a range of skills to keep possession of the ball. Passing the ball. Passing the ball using di			
 Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your breatring and hear trate when playing games. I.cam how to recognise your own success. I.cam how to recognise your own success. Describe what happens to your heart rate and breahing when playing games and begin to understand why you get hotter. I.dentify what you do best and what you find the hasic rules. I. Play simple invasion games with an understanding of the hasic rules. I. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball with increasing accuracy. I. Pary simple invasion games with and destanding direction. Applying basic attacking and defending principles sorue as finding and use space in game situations. Passing, shotting and receiving abalt with increasing accuracy. I. Pary some basic skills needed for games with and accuracy. I. Pary some basic skills needed for games with and accuracy. I. Pary some basic skills needed for games with and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and accuracy. I. Pary some basic skills needed for games with control and defending principles south as finding and use space in game situations. Passing, shotting and receiving abalt with increasing accuracy and at different techniques. I. Pary some basic skills needed for games with control and consistency during games. I. Shooty so			I can pass/ send a ball with increasing accurac
 give reasons why. identify what you do best and what you find difficult. Recognise and describe what happens to your breathing and hear tatter when playing games and begin to understand why you get hotter when playing games. i. Learn how to recognise your own success. Describe how your body fcels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. i. Identify what you do best and what you find most difficult and recognise this in others performance. i. Improve decision making skills and choose the right skills that meet the needs of the situation. i. Play simple invasion games with an understanding of the basil. scale and scale skills needed for games with an understanding of the basil scale scale light increasing accuracy. i. To follow the rules of the game Move with a ball keeping it under close control. Keep the ball with increasing accuracy and different techniques. Allowing the ball keeping it under costs of the ball. reasing the ball using different techniques. Allowing the ball most in creasing and adapted to scale in attacking plays. Showing growing control and success. Pass/send a ball with increasing accuracy and different speeds. Shoot's core with some success. Ye a range of skills to keep possession of the ball. Passing the ball using different techniques. Allowing the ball mog dive you a chance to shoot or score. Collaborating with others and use tackits to keep possession of the ball. Passing the ball using adifferent techniques. Shooting and accerved with go doption and score with heall using adifferent techniques. Shooting and score with increasing accuracy and score with ball using adifferent techniques. Shooting and score with ball using adifferent techniques and score with the ball using adifferent techniques. Shooting and score with the ball using adifferent techniques and scor	1		
 identify what you do best and what you find difficult. iRecognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games. iLearn how to recognise your own success. iDescribe how your body feels when exercising. Describe how your body feels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. iIdentify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills hat meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under control whils chaining gare player in possession of the ball as part of a team. Explaining simple tactics in game situations. Passing, shooting and receiving aball with increasing accuracy. Parso'send a ball with increasing accuracy and at different speeds. New art ange of skills to keep possession of the ball and gate of the ball using different techniques. Protoping set and soft and and suppare in possession of the ball. Passing the ball using different techniques. Devolping set and soft and and set pare in games. Challenging a player in possession of the ball. Spasing the ball using different techniques. Devolping set and soft and and advert and techniques and tackits to keep possession of the ball. Passing the ball using different techniques. Shooting and daster with increasing accuracy and thifternt speeds. Now with a ball weep on success. Use a range of skills to keep possession of the ball and give you a chance to shoot or sore. Collaborating with others and use tactics to keep possession of the ball using different techniques. Shooting and score with horerasing daccuracy and score wit			
 difficult Recognise and describe what happens to your makes and begin to understand why you get hotter when playing games. Learn how to recognise your own success. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Jelearting years your own success. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Jelearting years your own success. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Jelearting years your own success. Jescribe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Jelearting years your own success. Jescribe how your body fccls who excreising. Jescribe how your best and what you find most difficult and recognise this in others performance. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Perform basic skills needed for games with ant wit difficult for opponents. Perform basic skills needed. Shoot's score with some success. Use a range of skills to kcep possession of the ball using different techniques. A ball with increasing accuracy and at different speeds. Shoot's score with some success. Use a range of skills to kcep possession of the ball and give you a chance to shoot or sore. Collaborating with thers and use catters indering finding and and give you a chance to shoot or sore. Collaborating with there are ong of the ball and give you a chance to shoot or sore. Collaborating with there incluse and tactics to keep or sores within creasing accuracy. 	•		
 Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games and begin to understand why you get hotter. Describe how your body feels when exercising. Describe how your body feels when exercising. Describe how your body feels when exercising. Describe how your games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Identify what you do best and what you find most difficult and recognise this in others performance. Inprove decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up space/postions that make it difficult for opponents. Perform basic skills needed for games with control and accrary. Pass/send a ball with increasing accuracy and at different speeds. Shoot's score with some success. Use a range of skills to keep possession of the ball. Passing the ball using fifterent techniques. Band techniques figh the ball. Passing the ball using fifterent techniques. Showing games. Choosing and adapt techniques and tacks to keep possession of the ball. Passing the ball using fifterent techniques. Showing games. Choosing and adapt techniques figh the ball. Passing the ball using fifterent techniques. Showing games. Choosing and adapt techniques figh the ball. Passing the ball using fifterent techniques. I halt, Passing the ball using fifterent techniques. I halt here there in the there in provide the there in the there in the there. 			
 breathing and heart rate when playing games and begin to understand why you get hotter when playing games. Learn how to recognise your own success. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To foollow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Pass/send a ball with increasing accuracy and at different speeds. Shoot' score with some success. Use a range of skills to keep possession of the ball. Vise a range of skills to keep possession of the ball. Vise a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing a			C C
 begin to understand why you get hotter when playing games. Learn how to recoordise your own success. Describe how your body feels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball spart of a team. Perform basic skills needed for games with contrat and different speeds. Shoot' score with some success. Use a range of skills to keep possession of the ball. Shoot' score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving. Keep the ball under control, passing and receiving a data techniques. Theory and accuracy with some success. Shoot' score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving a data techniques and stactics to keep possession of the ball. Keep the ball under control, passing and receiving a data techniques of the time adding and socy ou chance to shoot or score. Collaborating with others and use cours of the time adding and socy ou chance to shoot or score. Shooting and score with increasing accuracy of the ball. Keep the ball under control, passing and receiving a score with increasing accuracy of the ball. Keep the ball under control, passing and receiving a score with increasing accuracy with others and use of the time inducing find the score of the tincreasing accuracy. 	•		
 playing games. i. Learn how to recognise your own success. Describe how your body fcels when exercising. Describe how your body fcels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. i. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Oute a range of skills to keep possession of the ball. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Skeep the ball under control, passing and receiving Keep the ball under control, passing and receiving<td></td><td></td><td></td>			
 Learn how to recognise your own success. Describe how your body feels when exercising. Describe what happens to your heart rate and breatting when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot' score with some success. Use a range of skills to keep possession of the ball. We passing and receiving a ball with increasing accuracy and at different speeds. Shoot' score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving and accuracy the ball. Keep the ball under control, passing and receiving and accore of the totic and the ball and give you a chance to shoot or score. Collaborating with others and user to shoot or score. Collaborating with others and use one of tractic in cluriding finding and using different techniques. Shooting and score with increasing accuracy and at the conting and the ball and give you a chance to shoot or score. Collaborating with others and use are one of tractic in cluriding finding and techniques and the ball with increasing accura			FOOTBALL
 Describe how your body feels when exercising. Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 			
 Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 			I can stop the ball with my feet.
 breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Shoot /s core with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Shoot /s core with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Shoot /s core with some success. Use a range of skills to keep possession of the ball. Neep the ball under control, passing and receiving Shoot /s core with some success. Use a range of skills to keep possession of the ball and give you a chance to shoot or score. Collaborating with others and use datics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing coursery. Unice a rearge of the traine and score to the issue a traine incluing finding and score with increasing 			I can pass the ball with the inside of my feet.
 understand why you get hotter. identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving Wits changing with others and use tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy in the ball. Passing the ball using different techniques and tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy in the pass with and prove the ball under control, passing and receiving 			I can move with the ball.
 Identify what you do best and what you find most difficult and recognise this in others performance. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving 			I can make a standing tackle.
 Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and a different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	• Identify what you do best and what you find most		I can shoot a stationary football.
 Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and a different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	difficult and recognise this in others performance.	This leads to Y4 by	I can participate in games controlling the ball.
 right skills that meet the needs of the situation. Play simple invasion games with an understanding of the basic rules. To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	• Improve decision making skills and choose the	· · ·	
 of the basic rules. of the basic rules. of to follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	right skills that meet the needs of the situation.		
 To follow the rules of the game Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at diffierent speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving whilst changing direction. Applying basic attacking and defending principles such as finding and using space in game situations. Passing, shooting and receiving a ball with increasing accuracy, control and success. Challenging a player in possession of the ball and give you a chance to shoot or score. Collaborating with others and use tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy using and receiving a range of statist. 	• Play simple invasion games with an understanding	as part of a team. Explaining simple tactics in game	
 Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving defending principles such as finding and using space in game situations. Passing, shooting and receiving a ball with increasing accuracy, control and success. Challenging a player in possession of the ball. so is that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving 	of the basic rules.	situations. Moving the ball keeping it under control	
 Keep possession of a ball as part of a team. Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	• To follow the rules of the game	whilst changing direction. Applying basic attacking and	
 Receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving 	• Move with a ball keeping it under close control.		
 Take up spaces/positions that make it difficult for opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Challenging a player in possession of the ball. Passing the ball using different techniques. Developing set moves that can be used in attacking play. Showing growing control and consistency during games. Choosing and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. Collaborating with others and use tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy ulking a crow of tactior. Shooting and score with increasing accuracy ulking a crow of tactior. 			
 opponents. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	•		
 Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	• Take up spaces/positions that make it difficult for		
 and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving growing control and consistency during games. Choosing and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. Collaborating with others and use tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy Using a range of tactics including finding and 			
 Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Choosing and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. Collaborating with others and use tactics to keep possession. Getting into good positions to pass, receive, and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy Using a range of tactics including finding and 	• Perform basic skills needed for games with control		
 different speeds. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving 	•		
 Shoot/ score with some success. Shoot/ score with some success. Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving 			
 Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving Keep the ball under control, passing and receiving 	▲		
 ball. Keep the ball under control, passing and receiving and shoot the ball. Passing the ball using different techniques. Shooting and score with increasing accuracy. Using a range of tactics, including finding and 		-	
Keep the ball under control, passing and receiving techniques. Shooting and score with increasing accuracy. Using a range of tastics, including finding and	• • • • • •		
• Reep the ball under control, passing and receiving			
		accuracy. Using a range of tactics, including finding and	
with increasing accuracy. using space, to keep possession of the ball to	with increasing accuracy.		

ith increasing accuracy. assing lines to intercept the ball. ect chess pass technique. of the ball.

when attacking. games, employing simple tactics.

	 Choose space/ positions where you can receive a pass or to support a teammate. Develop control and technique both in movements and manipulation. Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). Pass and receive the ball with control. • Select passes that keep possession. Move to support teammates once you have passed the ball and explain how to keep possession. Know how to tag another player. (tag rugby) Develop attacking and defending skills within tag rugby. To be able to pass the ball backwards to a teammate. (tag rugby) TENNIS Compete with others – Keeping and following the rules of the game. Identify what you do well and what you find difficult. Further understand the link between heart rate and breathing when exercising. Employ simple tactics in game situations and explain why they have used the tactics. Learn how to evaluate and recognise their own success. Identify what they need to practice to improve their performance. Describe how their bodies feel when exercising and understand the link between heart rate and breathing when exercising. Participate in rallies with others. Can hit the ball, when in the air, varying height, speed and direction into space and to a partner. Perform basic forehand action. Throw/ Send a ball using a variety of techniques. Take up space/ positions that make it difficult for opponents. Keep a rally going. Choose the appropriate throwing technique to meet the demands of the task. Send a ball into space at different speeds and heights to make it difficult for the opponent. Intercept and stop the ball consistently 	shoot/score. Moving in different directions learning to move away from your opponent and keep control of the ball when running. Learning how to pass, catching successfully and improving skills whilst on the move. Moving forward to attack as part of a team – running in a line. (tag rugby) Working as part of a team when defending, keeping in a line, and spreading out. (tag rugby) Developing physical characteristics needed for the game, e.g. speed, fitness, agility. This leads on from Y2 by Performing a range of catching and gathering skills with control. Mastering basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, fast, slow. Understanding a follow the rules of the game, showing good awareness of others when playing games. This leads to Y4 by Performing a variety of techniques. Taking up space/ positions that make it difficult for opponents. Keeping a rally going. Competing with others – Keeping and following the rules of the game.	TENNIS I can watch, track, and catch a tennis ball su I can move changing direction and speed. I can balance a tennis ball on a racket I can hit the tennis ball with some control I can perform a forehand serve using the co I can hit a ball into space (at different speed
--	--	--	--

is ball successfully.

ng the correct grip. ent speeds and heights) to try beat an opponent

ORIENTEERING	This leads on from Y2 by	ORIENTEERING
ORIENTEERING	Being able to use some basic features on a map to	ORIENTEERING
	select and plan a route. Working well in big groups,	I can communicate effectively with others.
• Participate in competitive orienteering events,	sharing, taking turns, and cooperating with others.	I can move confidently with control.
following instructions of the game	Meeting challenges effectively working as part of a	I can make a map.
Recognise that activities need thinking through	team.	
	team.	I can understand the different points on a map.
and planning.	This leads to Y4 by	I can compete against others.
• Evaluate your performance and recognise what	Developing a basic understanding of map	I can complete a picture orienteering event.
went well and what could be improved	reading/making and apply these skills and techniques in	
• Participate in team games, working cooperatively,	games. Working cooperatively and successfully as part	
solving problems with others.	of a team, improving communication skills. Recognising	
• Communicate effectively with other people and	where you are on a map.	
discus plans to achieve success.		
• To make a map with symbols and be able to		
recognise where you are on a map, using basic		
techniques.		
 Move confidently in different ways, developing 		
agility, balance, and co-ordination		
ROUNDERS	This leads on from Y2 by	ROUNDERS
	Performing a range of actions with control including	
• Identify what you need to practice to improve	catching, gathering, and hitting a ball with increasing	I can throw a ball with increasing accuracy and d
your performance.	accuracy.	I can catch a ball with increasing consistency.
• Understand the link between heart rate and		I can successfully hit a ball from a tee.
breathing when exercising.	This leads to Y4 by	I can hit a ball with correct technique.
• Describe how your body feels when exercising	Throwing a ball increasing distances, catch a ball with	I can choose fielding skills to make it difficult fo
and understand the link between heart rate and	increasing consistency and hit a ball with correct	I can work well as part of a team.
breathing when exercising.	technique. Intercepting and stop the ball consistently.	real work worr as part of a team.
• Employ simple tactics in games.	Working well as part of a team, particularly when	
• Devise suitable warm up activities for upcoming	fielding to make it harder for the batter. Employing simple tactics in games. Devising suitable warm up	
activities.	activities for upcoming activities.	
• Apply and develop a broader range of skills,	activities for upconning activities.	
whilst ensuring basic skills are performed with		
control and accuracy.		
• Throw a ball increasing distances.		
• Catch a ball with increasing consistency.		
• Hit a ball with correct technique.		
 Intercept and stop the ball consistently. 		
• Employ simple tactics, particularly when fielding		
to make it harder for the batter.		
Work well as part of a team, particularly when		
fielding to make it harder for the batter.		
fielding to make it harder for the batter.		
DODGEBALL	This leads on from Y2 by	DODGEBALL
	Being able to throw a ball at a moving target with	
• Understand how finding space can help in game	increased accuracy. To catch a ball.	I can throw the ball underarm.
situations.		I can develop striking skills.
• Begin to understand why you get hotter when you	This leads to Y4 by	I can move in different ways – at speed.
exercise and play games.	Improving consistency when catching a ball at different	I can catch a ball at different heights.
• Identify what you do best and what you find	heights. Showing control when moving at speed.	I can use tactics to win games.
difficult.	Moving the ball in different ways, with increasing	I can participate in dodgeball games.
	accuracy and control. Use a range of skills and tactics to	

l distance.

for an opponent.

 Explain what success you have seen in games, and how individuals and etams achieved it in grame stuations. Inprove consistency when actubing a ball at different heights. Show control Mean moving at speed. Ware a the hall in different ways, with increasing accuracy and control. Use a range of skills and tactics to win games. Develop an understanding of the importance of speed and stamina when playing invision games. Develop an understanding of the importance of speed and stamina when playing invision games. Describe how their badies feel when exercising - Describe how their badies. Feel when exercising - Understand why you get hoter when playing games Degription and any of the importance of playing games. Degription and any of the importance of playing games. Degription and why you get hoter when playing games. Degription and why you get hoter when playing games. Degription and playing games. Degription an				
 Improving speed, agility and stamina. Developing the safe jumping technique to gain height and distance. Developing control, balance and coordination when completing a variety of tasks. Improving speed, agility and stamina. Developing the safe jumping technique to gain height and distance. Developing control, balance and coordination when completing a variety of tasks. Understand the link between heart rate and breathing during exercise. Begin to understand why you get hotter when playing games Begin to create simple warm ups. Demonstrate an appreciation of safety when lifting, moving and placing apparatus and 		 how individuals and teams achieved it Improve consistency when catching a ball at different heights. Show control when moving at speed. Move the ball in different ways, with increasing accuracy and control. Use a range of skills and tactics to win games 		
		 Develop an understanding of the importance of speed and stamina when playing invasion games Describe how their bodies feel when exercising. Understand the link between heart rate and breathing during exercise. Begin to understand why you get hotter when playing games Begin to create simple warm ups. Demonstrate an appreciation of safety when lifting, moving and placing apparatus and 	Improving speed, agility and stamina. Developing the safe jumping technique to gain height and distance. Developing control, balance and coordination when completing a variety of tasks. This leads to Y4 by Developing upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique. Working well both independently and in small groups. Showing self- belief and determination to manage and accomplish	I can combine movements I can move with control when tired I can hold own body weight in shapes such as fro I can perform fast feet with coordination I can perform a number of sit ups

front support and crab

Year	Themes	Key Knowledge linked to themes	Progression	Sk
	OAA Hockey Basketball Dance Lacrosse Gymnastics Swimming Fitness Athletics Cricket Tennis	 DANCE Be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance. Understand the link between heart rate and breathing when exercising Explore and create characters and narratives in response to a range of stimuli. Perform dances using a range of movement patterns – accurately, fluently, consistently and with control. Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. 	 This leads on from Y3 by: Developing balance and coordination when completing a variety of tasks with increased fluency and control. Working well with a partner and as a team. This leads to Y5 by Using basic compositional principles when creating dances – combining movements fluently and effectively. Performing a range of movements accurately with a sense of rhythm. Creating and structure dance motifs, phrases, and sections of dances, developing expressive qualities. 	DANCE I can move using a range of patterns. I can link movement patterns together showing I can work on my own, with a partner and in a I can create, practise, and perform more compl I can experiment with speed, tension and conti I can perform actions with clarity of movemen
Y4		 team. GYMNASTICS Recognise and explain a good performance. Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. Show control, accuracy and fluency of movement when performing actions on your own and with a partner. Devise and perform a gymnastic sequence, showing a clear beginning, middle and end. Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape. Collaborate with others. 	This leads on from Y3 by Finding different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. Creating, performing, and repeating a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape. Collaborating with others. This leads to Y5 by Performing movements accurately with a sense of rhythm. Exploring, improvising, and combining movement ideas fluently and effectively. Making up longer sequences and perform them with fluency and clarity of movement.	GYMNASTICS I can perform 9 key shapes with good body ten I can use travel to link actions. I can travel on different levels at different spee I can create longer sequences of movements, sl I can work with others mirroring and cannonin I can perform in front of others ATHLETICS
		 ATHLETICS Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Learn how to evaluate and recognise their own success. 	This leads on from Y3 by Combining basic jump actions to form a jump combination, using a controlled jumping technique. Performing a throwing technique with control, coordination, and consistency. Performing competitively with others. This leads to Y5 by Running, jumping, catching, and throwing in isolation and combination and combining and performing skills with	I can throw an object using both a pushing and I can combine different types of jumping I can run for distance • Step 4: To run in races I can take part in athletic events I can perform competitively with others

Skills

ving consistency. n a group. nplex dances. ontinuity. nent.

tension.

eeds , shapes, balances, and rolls , ing.

nd pulling technique

es of varied distances

 Devise suitable warm-up activities for the upcoming activities. Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise Combine basic jump actions to form a jump combination, using a controlled jumping technique. Perform a throwing technique with control, coordination, and consistency. Perform competitively with others 	control. Communicating, collaborating, and competing with others. Working effectively as part of a team. Demonstrating a range of throwing actions e.g. push, pull, sling, using different equipment.	
 INVASION GAMES of: BASKETBALL HOCKEY LACROSSE Explain and apply basic attacking and defending principles. Identify what you need to practice to improve your performance. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising. Move the ball keeping it under control whilst changing direction. Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow. Find and use space in game situations and work well as part of a team. Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations. 	This leads from Y3 by Performing skills (e.g. passing) with accuracy, confidence and control, and increasing speed. Working effectively as part of a team and keep possession of the ball when faced with opponents. Applying basic principle for attacking – Using skills to keep possession of the ball. Beginning to apply defending principles in games; Communicating well as a team to regain possession of the ball. Applying basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate. Participating in competitive games, modified where appropriate. Developing technique of important skills – such as passing. Keeping possession of the ball when faced with opponents. Applying basic principle for attacking – Use a variety of tactics to keep possession of the ball. Changing speed and direction to get away from a defender. Using a variety of tactics, like use of space and positions to keep the ball. Using simple tactics in games to achieve success as a team. Applying basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. Using a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. Increasing accuracy and confidence of passing and shooting skills. Increasing accuracy and control when passing and catching whilst moving at speed. Participating in competitive games, following the rules and playing fair. Continuing to improve different ways to pass – fast, slow, high, low.	BASKETBALL I can pass/ send a ball in different ways and spea I can move with the ball keeping it under contro I can work well as part of a team. I can find and use space well to keep possession I can shoot and score with some success. I can participate in games recognising good perf HOCKEY I can collaborate with others in team games. I can use a push pass accurately. I can get in a low position when dribbling and/o I can dribble a ball whilst changing direction. I can use a slap pass. I can employ simple tactics in games.

peeds. trol whilst changing direction.

on.

erformances.

d/or passing.

 TENNIS Recognise and explain good performances and learn how to recognise and evaluate your own success. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising. Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy. Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. Begin to apply basic movements in a range of activities and in combination. Apply basic principles for attacking including finding and using space in game situations. Keep a rally going using a range of shots. 	This leads on from Y3 by Performing a basic forehand action. Throwing/ Sending a ball using a variety of techniques. Taking up space/ positions that make it difficult for opponents. Keeping a rally going. Competing with others – Keeping and following the rules of the game. This leads to Y5 by Perform a basic forehand action with control and accuracy. Send hit a ball into space, at different speeds and heights to make it difficult for your opponent. Keep a rally going using a range of shots. Apply basic principles suitable for attacking and defending. Adopt a good 'ready position' to move and catch a ball.	TENNIS I can watch, track, and catch a tennis ball succe I can move effectively to get in a good position. I can perform a basic forehand action with increa I can perform a basic backhand shot with increa I can hit a tennis ball into space (at different spe I can keep a rally going using a range of shots.
 ORIENTEERING Have knowledge of safety rules and procedures for taking part in orienteering event. Work as a team to plan and decide what approach to use to meet the challenges. Explain how you could improve your performance Develop a basic understanding of map reading/making and apply these skills and techniques in games. Work cooperatively and successfully as part of a team, improving communication skills. Recognise where you are on a map. Demonstrate all the physical skills needed for 	This leads from Y3 by Developing a basic understanding of map reading/making and apply these skills and techniques in games. Working cooperatively and successfully as part of a team, improving communication skills. Recognising where you are on a map. This leads to Y5 by Orientating themselves and map correctly keeping track of their position with increasing accuracy. Developing team work, communication skills and use these skills to achieve success. Making a map with symbols and legend and begin to understand scale.	ORIENTEERING I can work cooperatively as part of a team. I can make a map with symbols. I can participate in team games solving problem I can understand the compass points. I can use thumbing and folding techniques. I can take part in an orienteering event.
 Demonstrate an the physical skins heeded for orienteering: agility, balance, and co-ordination CRICKET Explain the tactics you have used in games. Communicate, collaborate, and compete with others, following the rules of the game. Choose fielding skills which make it difficult for your opponent. Recognise what you do well and what you find difficult and explain good performances. 	This leads from Y3 by Performing a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. Throwing/hitting a ball in different ways e.g. high, low, fast, slow. This leads to Y5 by Throwing a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique	CRICKET I can run, jump and catch in combination. I can catch a ball with good control. I can understand the rules of cricket. I can hit a ball towards a target. I can space when fielding to make it difficult fo I can participate in modified competitive games

ccessfully. ion. ncreasing accuracy. creasing accuracy. speeds and heights) to try beat an opponent. ts.

lems with others.

t for opponents. nes, showing good teamwork.

 show control, coordination and consistency, working wells appried and tapp the allowing and carding as ball. Hit a hall with increasing control from a nee and progress to without a cell. Take up space/solvinos. Hit a hall with increasing control, accurately to the state. To have up space/solvinos. Hit a hall with increasing control, accurately to the state. Communicater, colladorate, and compare with others, following the rules of the game. Chorning additionates, and compare with others, following the rules of the game. Chorning additionates, and compare with others, following the rules of the game. Chorning additionates and additionates and additionates and additionates and additionates and the game. Chorning additionates and additionates andit additionates and additionates and additionates and addition				
FITNESSThis leads on from Y3 by Developing upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique. Working well both independently and in small groups. Showing self-belief and determination to manage and accomplish tasks.I can work well with others I can work hard for long periods of time I can move at speed with coordination I can skip using a skipping rope• Devise suitable warm-up activities • Understand and follow safety proceduresThis leads to Y5 by Understanding what aerobic exercise is and how to develop it. Identifying parts of the body we are working during exercise. Developing lower body and core strength,I can perform a number of crunches with purpose		 when throwing and catching a ball. Hit a ball with increasing control from a tee and progress to without a tee. Take up spaces/positions that make it difficult for the opposition. Hit a ball with increasing control, accurately towards a target. Communicate, collaborate, and compete with others, following the rules of the game. Chose fielding skills which make it difficult for 	consistently. Working well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. Communicating, collaborating, and competing with others, following the rules of the game. Choosing both fielding and striking skills which make it	
		 Improve physical fitness. Describe how their bodies feel when exercising and further understand the link between heart rate and breathing during exercise. Devise suitable warm-up activities for the upcoming activities 	Developing upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique. Working well both independently and in small groups. Showing self-belief and determination to manage and accomplish tasks. This leads to Y5 by Understanding what aerobic exercise is and how to develop it. Identifying parts of the body we are working during exercise. Developing lower body and core strength,	I can work well with others I can work hard for long periods of time I can perform a lunge safely I can move at speed with coordination I can skip using a skipping rope

ose.

Year	Themes	Key Knowledge linked to themes	Progression	

Skills

			This lands an farm VA have	DANCE
		.DANCE	<i>This leads on from Y4 by:</i> Using basic compositional principles when creating dances	DANCE
	Netball	1 1	- combining movements fluently and effectively.	I can be inspired by music and different stimuli.
	Athletics	• Identify which aspects were performed consistently, accurately, fluently, and clearly and	Performing a range of movements accurately with a sense	I can move showing expressive qualities.
	Lacrosse	be able to provide feedback.	of rhythm. Creating and structure dance motifs, phrases,	I can dance using a range of movement patterns.
	Dance	• Work effectively as part of a team.	and sections of dances, developing expressive qualities.	I can create and structure sections of dance.
	Football	• Explain how their bodies reacts and feels when		I can work as part of a team.
	Gymnastics	taking part in different activities and undertaking	This leads to Y6	I can perform to an audience.
	, Tag Rugby	different roles.	Moving in a way that reflects the music. Performing dances	
	Health Related	• Continue to develop a broader range of skills	to an audience in both canon and unison, with clarity, rhythm and confidence. Exploring, improvising, and	
	Fitness	and movement patterns, exploring and practicing	combining movement ideas fluently and effectively.	
	Handball	movement ideas inspired by a stimulus.		
	Tri Golf	• Use basic compositional principles when		
	Rounders	creating dances – combining movements fluently		
	Tennis	and effectively.		
		• Perform a range of movements accurately with		
		a sense of rhythm.		
		• Create and structure dance motifs, phrases, and		
		sections of dances, developing expressive		
		qualities		
		GYMNASTICS		GYMNASTICS
		0 TWINASTICS	This leads on from Y4 by	
		• Develop your own gymnastic sequences by	Performing movements accurately with a sense of rhythm.	I can travel with confidence choosing different p
		understanding, choosing, and applying a range of	Exploring, improvising, and combining movement ideas	I can travel fluently on the floor and on/off appa
		compositional principles.	fluently and effectively. Making up longer sequences and	I can show rhythm and creativity when working
Y5		• Identify which aspects of a performance were	perform them with fluency and clarity of movement.	I can create longer sequences.
		performed consistently, accurately, fluently, and		I can show flexibility and technique when perfor
		clearly; being able to provide constructive		I can perform in front of an audience.
		feedback	This leads to Y6	
		• Perform movements accurately with a sense of	Exploring, improvising, performing and combining	
		rhythm.	movement ideas fluently, effectively. Using combinations of dynamics using the space effectively. Developing your	
		• Explore, improvise, and combine movement	own gymnastic sequences by understanding, choosing, and	
		ideas fluently and effectively.	applying a range of compositional principles; varying	
		• Make up longer sequences and perform them	direction, level, and pathways to improve the look of a	
		with fluency and clarity of movement, choosing skills that meet the needs of the situation.	sequence.	
		Develop flexibility, strength, control,		
		technique, and balance.		
		······································		ATHLETICS
		ATHLETICS		
			This leads on from Y4 by	I can combine running and jumping
		• Choose the appropriate speed to run at for the	Running, jumping, catching, and throwing in isolation and	I can combine running and throwing
		distance to be covered.	combination and combining and performing skills with	I can compete in short distance races
		• Create short warm up routines that follow basic	control. Communicating, collaborating, and competing	I can compete in long distance running
		principle e.g. raise body temperature, mobilise	with others. Working effectively as part of a team.	I can practise to combine different types of jump
		joints and muscles.	Demonstrating a range of throwing actions e.g. push, pull,	I can throw in different ways with accuracy and
		• Understand how physical activity can	sling, using different equipment.	
		contribute to a healthy lifestyle and the	This leads to Y6	
		importance of being physically fit.	Selecting and applying skills that meet the needs of the	
			situation, combining and performing each skill with control	
L	1	1		I

ıli.

ns.

nt pathways. oparatus. ng with others.

forming gymnastic elements.

mp nd control

 Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles. Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. Communicate, collaborate, and compete with others. Working effectively as part of a team. Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. 	at speed. Working effectively as part of a team. Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.	NETBALL
 INVASION GAMES of: NETBALL LACROSSE FOOTBALL TAG RUGBY HANDBALL Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Explain why a performance is good. Understand how physical activity can contribute to a healthy lifestyle. Learn how to evaluate and recognise success. Choose different formations to suit the needs of the game. Find ways to get the ball towards your opponent's goal, knowing when to pass, when to dribble or travel with the ball. Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help. Suggest ideas for warming up and explain your choices. Understand the importance of being physically fit. Know the difference between attacking and defending skills. Know tho mark and defend your goal. Identify strengths and weaknesses of your own and other performances and explain your reasoning. Begin to understand the importance of lines in tag rugby – both for attack and defence. (tag rugby) Understand the defensive duties in tag rugby and the process of tagging. 	This leads on from Y4 by Performing skills (e.g. passing) with accuracy, confidence and control, and increasing speed. Working effectively as part of a team and keep possession of the ball when faced with opponents. Applying basic principle for attacking – Using skills to keep possession of the ball. Beginning to apply defending principles in games; Communicating well as a team to regain possession of the ball. Applying basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate. Participating in competitive games, modified where appropriate. Developing technique of important skills – such as passing. Keeping possession of the ball when faced with opponents. Applying basic principle for attacking – Use a variety of tactics to keep possession of the ball. Changing speed and direction to get away from a defender. Using a variety of tactics, like use of space and positions to keep the ball. Using simple tactics in games to achieve success as a team. Applying basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. Using a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. Increasing accuracy and confidence of passing and shooting skills. Increasing accuracy and control when passing and catching whilst moving at speed. Participating in competitive games, following the rules and playing fair. Continuing to improve different formations to suit the need of the game. Developing control whilst performing skills at speed. Showing good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play. Using the defending principles in game situations, including marking, tracking and covering, to gain possession. Combining and perform skills with control, adapting them to meet the needs of the situation. Choosing and applying a range of tactics and	I can pass the ball in a variety of different ways I can find ways to help attack. I can mark an opponent. I can keep possession of the ball when faced wit I can work together as a team, showing good aw I can use tactics in game situations. FOOTBALL I can confidently pass accurately. I can choose when to dribble, when to pass and v I can defend in a team. I can compete in small sided games. I can mark a player to stop them getting the ball. I can decide on ways to defend in games TAG RUGBY I can travel and dodge at speed with the ball. I can mark and tackle in game situations. I can attack in opposed situations. I can understand the rules of a rugby game. I can defend in a line as a team. I can defend in a line as a team. HANDBALL I can pass / send a ball whilst on the move. I can pass the ball over different distances whilss I can play modified games against others.

ys with confidence and control.

with opponents. awareness of others.

nd when to shoot.

all.

nilst moving.

 Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed. Work effectively as part of a team and keep possession of the ball when faced with opponents. Apply basic principle for attacking – Using skills to keep possession of the ball. Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball. Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate. Participate in competitive games, modified where appropriate. Develop technique of important skills – such as passing. Keep possession of the ball when faced with opponents. Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball. Change speed and direction to get away from a defender. Use a variety of tactics, like use of space and positions to keep the ball. Use a variety of skills to keep possession of a ball. Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. Increase accuracy and confidence of passing and shooting skills. Increase accuracy and confidence of passing and catching whilst moving at speed. Participate in competitive games, following the rules and playing fair. Continue to improve different ways to pass – fast, slow, high, low. 	strategies when both attacking and defending. Changing speed and direction to get away from a defender. Working effectively as a team. Using a variety of tactics to keep possession of the ball, applying the principles of attacking. Using the defending principles in game situations, including marking, tracking, and covering, to gain possession. Incorporating the rules of the game into small sided games such as passing backwards in tag rugby. Passing and catching the ball whilst running at different speeds. Keeping control of the ball when running and passing, ensuring passing is accurate. Carefully considering the best way to score and win the game, remembering to find and use space when running. Successfully removing tags in accordance with the rules. (tag rugby)	
 TENNIS Understand tactics in net games, such as aiming into space to beat an opponent. Use these tactics to try win games. Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games. 	This leads on from Y4 by Perform a basic forehand action with control and accuracy. Send hit a ball into space, at different speeds and heights to make it difficult for your opponent. Keep a rally going using a range of shots. Apply basic principles suitable for attacking and defending. Adopt a good 'ready position' to move and catch a ball.	TENNIS I can demonstrate a good ready position and f I can vary shot selection – speed, height, dire I can play shots on the forehand and backhan I can use a variety of different shots, and serv I can employ some tactics in games. I can participate in a successful rally

nd fast paced movements. lirection. nand side of the body. serves, hitting with increasing consistency.

	• Able to explain why a performance is good,	This leads to Y6	
	and what part of a performance could be	Playing shots on the forehand and backhand side of your	
	improved and why.	body. Direct the ball towards the opponent's court or	
	• Create short warm up routines that follow basic	target area trying to hit in the gaps. Participating in	
	principle e.g. raise body temperature, mobilise	competitive games, modified where appropriate. Using	
	joints and muscles.	good footwork that allows the ball to be hit with good	
	• Understand how the muscles work e.g. work by	technique. Adopting a good ready position and show good	
	getting shorter, relax by getting longer.	position on court.	
	• Develop an understanding of how to improve		
	in different physical activities and sports.		
	• Recognise part of a performance that could be		
	improved and explain how.		
	• Learn how to evaluate and recognise their own		
	success		
	• Improve consistency of shots, noticing longer		
	rallies. • Use different racket skills and types of		
	movement during a competitive or cooperative		
	rally.		
	• To participate in rallies with and without a		
	racket.		
	• Demonstrate skills learnt during the unit when		
	competing against others, including serving,		
	returning a serve, and shot accuracy when		
	moving at a quick pace.Can demonstrate fast paced movements,		
	fluently changing direction and speed.		
	Hit the ball with purpose.		
	Play shots on the forehand and backhand side		
	of your body.		
	• Direct the ball towards the opponent's court or		
	target area.		
	Participate in competitive games, modified		
	where appropriate.		
	• Use good footwork that allows the ball to be hit		
	with good technique.		
	 Adopt a good ready position and show good 		
	position on court.		
	• Show good awareness of others in game		
	situations.		
	• Apply basic principles suitable for attacking		
	and defending. Identify spaces and understand		
	the tactic of hitting into gaps.		
	DOUNDEDS	This leads on from Y4 by	DOUNDERS
	ROUNDERS	Throwing a ball increasing distances, catch a ball with	ROUNDERS
	• Watch and evaluate the success of games and	increasing consistency and hit a ball with correct	I can throw and bowl in different ways.
	good performance.	technique. Intercepting and stop the ball consistently.	I can hit a ball with some accuracy.
	• Understand how physical activity can	Working well as part of a team, particularly when fielding	I can understand tactics needed in games.
	contribute to a healthy lifestyle and explain how	to make it harder for the batter. Employing simple tactics	I can stop a ball when fielding.
	your body reacts and feels when taking part in	in games. Devising suitable warm up activities for	I can choose effective positions when fielding.
	physical activity.	upcoming activities.	I can participate in team games against others
•			

 Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles. Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Explain why a performance is good. Show good awareness of others in game situations. Adapt games and activities making sure everyone has a role to play. Develop control and technique whilst performing skills at speed. Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs. Work as part of a team, communicating well with others. GOLF 	This leads to Y6 by Hitting the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs. Showing good awareness of others in game situations. Working as part of a team, communicating with others and adapting games and activities making sure everyone has a role to play. Beginning to bowl at different speeds. Choosing skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).	GOLF
 GOLF Develop an understanding of how to improve when playing games. Understand how the muscles work. Understand the technique to be able to chip at different heights. Participate in games fairly, following the rules. Show good teamwork. Apply appropriate skills and tactics in game situations. Apply both the putting and chipping techniques to competitive games. Show control and control to make accurate shots. Begin to develop the driving technique. Increase accuracy and distance when practicing the driving technique and participate in driving 	This leads on from Y4 by This leads to Y6 by Applying both the putting and chipping techniques to competitive games. Showing control and controlling to make accurate shots. Beginning to develop the driving technique. Increasing accuracy and distance when practicing the driving technique and participate in driving games. Understanding the technique to be able to chip at different heights.	I can increase consistency when putting. I can practise the drive technique. I can putt and chip with accuracy. I can increase accuracy when chipping for heigh I can apply chipping techniques into games. I can apply the correct techniques when competi
 games. FITNESS Understand how physical activity can contribute to a healthy lifestyle. Understand the importance of being physically fit. Develop physical fitness. Recognise exercise and activities that help strength, speed and stamina. Explain how their body reacts and feels when taking part in different activities and undertaking different roles. 	This leads on from Y4 by Understanding what aerobic exercise is and how to develop it. Identifying parts of the body we are working during exercise. Developing lower body and core strength, fitness, balance and coordination. This leads to Y6 by Understanding and explaining the importance of good upper body strength. Recognising the physical and mental benefits of increased activity and develop an appreciation of physical activity as a lifelong habit. Developing lower body and core strength, fitness, speed and aerobic endurance. Applying and link learned fundamental	FITNESS I can perform squats with correct technique I can sustain physical movements for periods of I can perform a press up I can hold a plank position still I can skip using a rope for increased periods I can work to improve performance

ight.

beting.

of time

			I
	• Understand how the muscles work – work by	movement skills. Showing determination to complete tasks	
	getting shorter, relax by getting longer	using the correct techniques and demonstrate stamina.	
	Create short warm we resting that fallers had		
	• Create short warm up routines that follow basic		
	principle e.g. raise body temperature, mobilise		
	joints and muscles.		
	Suggest ideas for maning and an 1 1-in		
	• Suggest ideas for warming up and explain your		
	choices.		
	• Coordinate lifting and moving apparatus in a		
	asfa and asnaible way		
	safe and sensible way.		



Year	Themes	Key Knowledge linked to themes	Progression	Ski
	Lacrosse Athletics Dance Basketball Gymnastics Hockey Health Related Fitness Handball Dodgeball Golf Cricket Tennis	 DANCE Share ideas in small groups, working together to create a routine incorporating different elements. Use imagination to develop dances to music and develop expressive qualities. Move in a way that reflects the music. Perform dances in both canon and unison, with clarity and confidence. Explore and practice movement ideas inspired by a stimulus. Explore, improvise, and combine movement ideas fluently and effectively. Perform movements to an audience with rhythm and confidence 	This leads on from Y5 by:Moving in a way that reflects the music. Performing dancesto an audience in both canon and unison, with clarity,rhythm and confidence. Exploring, improvising, andcombining movement ideas fluently and effectively.This leads to Y7 byBeing creative and exploring a range of dance movementsusing steps, gestures, formations, body shapes, contactwork, and contrasts in dynamic and rhythmic patterning.Evaluating and assessing movements to improve routinesshowing a range of well-coordinated choreographedmovements to the set music.	DANCE I can move in a way that reflects the music. I can show ideas through dance. I can combine movements fluently. I can apply basic compositional principles when I can share ideas in groups to create a routine. I can perform with rhythm and confidence.
Y6		 GYMNASTICS Work effectively as part of a team, recognising success, and give constructive feedback. Create short warm up routines that follow important principles. Explore, improvise, and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm. Combine and perform gymnastic actions, shapes, and balances more fluently and effectively. Use combinations of dynamics using the space effectively. Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence 	This leads on from Y5 by Exploring, improvising, performing and combining movement ideas fluently, effectively. Using combinations of dynamics using the space effectively. Developing your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence. This leads to Y7 by Developing stability when holding their own body position and when supporting a partner. Controlling, precision and aesthetics into sequences showing creativity. Evaluate and assess movements to improve sequences. Performing most gymnastic movements with control and will attempt to link elements together.	GYMNASTICS I can show flexibility and technique when perfor I can show different combinations and pathway I can use space creatively when travelling. I can perform high quality jumps, rolls and grou I can show rhythm and creativity when working I can explain why a performance is good and ho
		 ATHLETICS Understand appropriate pace judgement for the running distance to be covered. Understand the appropriate throwing and jumping technique to achieve maximum distance and height. Share and discuss athletic techniques with others. 	This leads on from Y5 by Selecting and applying skills that meet the needs of the situation, combining and performing each skill with control at speed. Working effectively as part of a team. Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.	ATHLETICS I can use a run up when jumping I can use the correct combination of jumps to co I can run with control and purpose over varied o I can throw an object by overarm, underarm, pu I can use a run up when throwing I can practise to improve throwing distance

kills

hen creating dances.

erforming gymnastic elements. ways when travelling.

group balances. ing with others. I how it can be improved.

o complete the triple jump ed distances pulling, pushing and slinging

and demonstrate improvement to achieve their personal best.Be able to describe the importance of being physically fit.	This leads to Y7 by Accurately replicating running, jumping and throwing skills for events in order to improve performances. Exploring variations in technique and use the information to become more technically proficient. Performing and improving personal bests in relation to speed, height and distances.	
 Explain how their body reacts and feels when taking part in different activities and undertaking different roles. Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. Work effectively as part of a team. Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests. 	personal bests in relation to speed, neight and distances.	
LACROSSE	This leads on from Y5 by Applying basic principles for attacking and defending,	BASKETBALL
HOCKEY HANDBALL	choosing different formations to suit the need of the game. Developing control whilst performing skills at speed. Showing good awareness of others in game situations and work effectively as a team, adapting games if needed so	I can pass the ball and move in a variety of differ I can pass the ball and move in a variety of differ I can defend appropriately depending on the situ I can keep possession of the ball when faced with
• Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.	everyone has a role to play. Using the defending principles in game situations, including marking, tracking and covering, to gain possession. Combining and perform skills with control, adapting them to meet the needs of the	I can apply basic principles for defending in gam I can apply basic principles for attacking in game
well as recognise part of a performance that could be improved and why.	situation. Choosing and applying a range of tactics and strategies when both attacking and defending. Changing speed and direction to get away from a defender. Working	HOCKEY I can pass the ball to keep possession in game sit
 physical activities and sport. Understand there are different ways to defend. Understand there are different ways to attack as a team. Know how invasion sports helps your fitness 	effectively as a team. Using a variety of tactics to keep possession of the ball, applying the principles of attacking. Using the defending principles in game situations, including marking, tracking, and covering, to gain possession	I can dribble the ball whilst under pressure. I can apply defending principles in games.
• Give feedback to individual, teams and your own performance, describing the best points,	This leads to Y7 by Building on the fundamental skills required to perform at maximum levels in competitive games. Including catching, throwing, kicking, dodging and shooting. Developing of the	HANDBALL
 techniques and tactics. Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind. Identify and evaluate parts of your own game and others, providing feedback. 	basic principles of attack and defense in a variety of different invasion games. In all games activities, thinking about how to use core skills, strategies and tactics to outwit the opposition. Using basic techniques in a small sided game and passing and shooting with reasonable accuracy. Constantly facing strategic and tactical decisions	I can pass/ send a ball whilst moving at speed. I can shoot whilst under pressure. I can pass and shoot the ball over different distar I can decide on ways to attack during games. I can decide on ways to defend during games. I can play handball games against others
 contribute to a healthy lifestyle. • Understand how muscles work. • Adapt games and activities making sure everyone has a role to play. 	based on movement of the ball into space and choice of skill execution. Developing knowledge of the major rules and laws involved.	
• Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.		

y of different ways with confidence and control. y of different ways at speed. In the situation. Faced with opponents. Ing in game situations. g in game situations.

game situations.

ndividuals in team games.

nt distances whilst moving at speed.

 Understand how to improve in different physical activities and sport. To understand the rules of the game and participate in full games. Understand the importance of keeping in a line in both attacking and defending plays. (tag rugby) TENNIS Describe good technique of the forehand, backhand, and overhead clear. Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Evaluate your own success and areas of improvement, as well as others. Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles. Recognise part of a performance that could be improved and explain how. Continue to evaluate and recognise their own success. Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle. Experiment with the racket using different skills. Play shots at different heights, direction, and speed, and improve hitting the ball whilst moving. Use different skills and tactics learnt to try win games. • Improve consistency of shots, directing them to help win competitions. Be continuous within a rally and regularly play consistent shots. Use tactical serves to deceive opponent. Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhord abots with areal part one formers. 	This leads on from Y5 Playing shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area trying to hit in the gaps. Participating in competitive games, modified where appropriate. Using good footwork that allows the ball to be hit with good technique. Adopting a good ready position and show good position on court. This leads to Y7 by Replicating the key forehand and backhand shots necessary to outwit opponents in competitive games. Developing their understanding of tactics and play shots within a rally more consistently.	TENNIS I can know and describe the correct grip and I can adopt a good ready position & move wi I can play shots overhead and on the forehan I can hit the ball accurately and with control I can employ tactics in games. I can participate in games following the rules
 games. • Improve consistency of shots, directing them to help win competitions. • Be continuous within a rally and regularly play consistent shots. • Use tactical serves to deceive opponent. • Hit the ball with purpose, varying speed, height, and direction. 		
 Apply basic principles suitable for attacking. Apply basic principles suitable for attacking. Identify spaces and understand the tactic of hitting into gaps. 		

and stance when holding a racket. with purpose. and and backhand side of the body. rol whilst moving at a quick pace.

les and scoring correctly.

• Use good footwork that allows the ball to be hit with good technique		
 CRICKET Learn how to evaluate and recognise your own success and areas for improvement. Develop an understanding of how to improve in different physical activities and sports. Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Bowl using an overarm technique, beginning to vary speed and length of delivery. Use skills and tactics to outwit opponents when fielding, bowling, and batting. Work as part of a team that covers the areas to make it hard for the batter to score runs. Use tactics that involve bowlers and fielders working together. Perform skills with accuracy, confidence, and control. Retrieve, intercept, and stop a ball when fielding 	This leads on from Y5 by Throwing a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. Intercepting and stop the ball consistently. Working well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. Communicating, collaborating, and competing with others, following the rules of the game. Choosing both fielding and striking skills which make it difficult for your opponent. This leads to Y7 by Accurate replicating and further developing, implementing and refining techniques for batting, bowling and fielding. Developing an understanding of how to outwit opponents using strategies and tactics during game play.	CRICKET I can retrieve, catch, intercept, and stop a ball wh I can pay shots that allow the ball to be hit to diff I can bowl overarm. I can use skills and tactics to outwit opponents w I can use skills and tactics to outwit opponents w I can participate in competitive games.
 TARGET GAMES of: DODGEBALL GOLF Explain how physical activity can help contribute to a healthy lifestyle. Evaluate a performance, Providing constructive feedback. Become familiar with golf phrases and the concept of golf. Compare and evaluate other performances Successfully catch a ball at different heights. Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency. (dodgeball) Take part in competitive games, playing fairly and working cooperatively as part of a team. Use different ways to dodge the ball (jump, gallop, jockey.) (dodgeball) Use appropriate tactics in games and discuss and apply strategies needed to win. 	This leads on from Y5 by Applying both the putting and chipping techniques to competitive games. Showing control and controlling to make accurate shots. Beginning to develop the driving technique. Increasing accuracy and distance when practicing the driving technique and participate in driving games. Understanding the technique to be able to chip at different heights. This leads to Y7 by Applying appropriate skills and tactics in game situations. Moving quickly (dodge) with good control. Improve control when moving at speed. Increasing accuracy and consistency of throws, including a side shot throw, towards a moving target. Understanding the importance of quick reactions in dodgeball. Mastering the grip and stance. Applying skills of swing and drive. Using approach, lay-up shots, pitch and chip shots more accurately.	 DODGEBALL I can throw a ball with accuracy and pace. I can use the most appropriate throwing technique I can catch a ball at different heights and speed. I can dodge a ball by jumping, galloping and joch I can participate in competitive games. I can discuss and apply tactics in games. GOLF I can successfully hit the target when putting and I can develop the drive technique. I can develop the techniques of the different shot I can compete against others applying skills learn I can apply the correct techniques when competing

when fielding. different areas of the field into spaces.

s when fielding. s when batting.

ique for the situation. d. jockeying.

and chipping.

hots on more difficult courses. earnt. onal game. eting

•			
	 Develop an accurate putting technique, chipping for height technique, and driving for distance technique. (golf) Determine how much speed and power is required when working to a target. Compete with other in modified games 	Understanding the technique to be able to put from different points.	
	 FITNESS Be able to describe the importance of being physically fit. Further understand how physical activity can contribute to a healthy lifestyle. Know how invasion sports help your fitness and health. Develop physical characteristics needed for sport Explain how their body reacts and feels when taking part in different activities and undertaking different roles. Understand how muscles work. Create short warm up routines that follow important principles. Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind. Coordinate lifting and moving apparatus in a safe and sensible way. 	 This leads on from Y5 by Understanding and explaining the importance of good upper body strength. Recognising the physical and mental benefits of increased activity and develop an appreciation of physical activity as a lifelong habit. Developing lower body and core strength, fitness, speed and aerobic endurance. Applying and link learned fundamental movement skills. Showing determination to complete tasks using the correct techniques and demonstrate stamina. This leads to Y7 by Accurately replicating specific techniques in a range of fitness based activities. Reflecting on the benefits that fitness events give to an individual and implications for future life. Understanding the anatomy behind heart rate fluctuations and the basic reasoning for this. 	FITNESS I can perform squat jumps with good technique I can perform lunge jumps with good technique I can compete against others I can compete against yourself to improve I can perform plank walks with control I can perform physical tasks for longer periods