



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Fundamentals:Unit 1</u></p> <p>Theme: Body parts Develop balancing whilst stationary and on the move. Theme: Feelings Develop running and stopping. Theme: Our senses Develop changing direction. Theme: Ways we look after ourselves Develop jumping and landing. Theme: My favourite things Develop hopping and landing with control. Theme: It's good to be me Explore different ways to travel.</p>	<p><u>Fundamentals: Unit 2</u></p> <p>Theme: At the circus Develop balancing. Theme: On safari Develop running and stopping. Theme: Under the sea Develop changing direction. Theme: Space explorers Develop jumping. Theme: At the farm Develop hopping. Theme: Into the woods Explore different ways to travel using equipment.</p>	<p><u>Ball Skills: Unit 1</u></p> <p>Theme: Beetles Develop rolling a ball to a target. Theme: Busy bees Develop stopping a rolling ball. Theme: Ladybirds and butterflies Develop accuracy when throwing to a target. Theme: Grasshoppers Develop bouncing and catching a ball. Theme: Caterpillars Develop dribbling a ball with your feet. Theme: Spiders Develop kicking a ball.</p> <p><u>Dance: Unit 1</u></p> <p>Theme: Exploring my space Move safely around others. Use counts of 8 to know</p>	<p><u>Ball Skills: Unit 2</u></p> <p>Theme: Windy weather Develop rolling and tracking a ball. Theme: Snow is falling Develop accuracy when throwing to a target. Theme: There's a storm coming Develop dribbling with hands. Theme: Rainy days Develop throwing and catching with a partner. Theme: Sunshine and rainbows Develop dribbling a ball with your feet. Theme: Foggy days Develop kicking a ball to a target.</p> <p><u>Dance: Unit 2</u></p> <p>Theme: My visit to the park Use counting to help to</p>	<p><u>Gymnastics: Unit 1</u></p> <p>Theme: Rainforest animals Copy and create shapes with your body. Theme: Woodland animals Create shapes whilst on apparatus. Theme: Lakeland animals Develop balancing and taking weight on different body parts. Theme: Desert animals Develop jumping and landing safely. Theme: Sea animals Develop rocking and rolling. Theme: Pet animals Copy and create short sequences linking actions together.</p>	<p><u>Gymnastics: Unit 2</u></p> <p>Theme: Cars Work safely and develop running and stopping. Theme: Aeroplanes Develop throwing and learn how to keep score. Theme: Cyclists Play games showing an understanding of the different roles within it. Theme: Buses Follow instructions and move safely when playing tagging games. Theme: Boats Work cooperatively and learn to take turns. Theme: Trains Work with others to play team games.</p>



			<p>when to change action. Theme: Head, shoulders, knees and toes Explore different body parts and how they move. Show an awareness of space, themselves and others. Theme: Head, shoulders, knees and toes Explore different body parts and how they move. Remember and repeat actions. Theme: Transport Express and communicate ideas through movement. Explore travelling movements, directions and levels. THEME: Morning Routine Copy and repeat actions. Move safely with</p>	<p>stay in time with the music. Copy and create different actions. Theme: Under the sea Able to move safely with confidence and imagination. Express and communicate ideas through movement. Theme: At the fireworks display Explore movement using a prop. Move with control and coordination. Theme: At the fireworks display. Move with control and coordination. Express and communicate ideas through movement.</p>	<p style="text-align: center;"><u>Games: Unit 1</u></p> <p>Theme: Cars Work safely and develop running and stopping. Theme: Aeroplanes Develop throwing and learn how to keep score. Theme: Cyclists Play games showing an understanding of the different roles within it. Theme: Buses Follow instructions and move safely when playing tagging games. Theme: Boats Work cooperatively and learn to take turns. Theme: Trains Work with others to play team games.</p>	<p style="text-align: center;"><u>Games: Unit 2</u></p> <p>Theme: Polar regions Develop accuracy when throwing and practise keeping score. Theme: The rainforest Follow instructions and move safely when playing tagging games. Theme: Australia Learn to play against an opponent. Theme: Wild West Play by the rules and develop coordination. Theme: India Explore striking a ball and keeping score. Theme: Far East Work cooperatively as a team.</p>
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			<p>confidence and imagination. Theme: My journey to school Move with control and coordination. Link, copy and repeat actions.</p>			
Reception	<p><u>Introduction to PE: Unit 1</u></p> <p>Theme: Witches and wizards Move safely and sensibly in a space. Theme: Pirates Develop moving safely and stopping with control. Theme: Mythical creatures Use equipment safely and responsibly. Theme: To the castle Use different travelling actions whilst following a path. Theme: Superheros</p>	<p><u>Introduction to PE: Unit 2</u></p> <p>Theme: People who help us Move around safely in space. Theme: Friends and family Follow instructions and stop safely. Theme: Houses and homes Stop safely and develop control when using equipment. Theme: Morning time Follow instructions and play safely as a group.</p>	<p><u>Gymnastics: Unit 1</u></p> <p>Theme: Rainforest animals Copy and create shapes with your body. Theme: Woodland animals Create shapes whilst on apparatus. Theme: Lakeland animals Develop balancing and taking weight on different body parts. Theme: Desert animals Develop jumping and landing safely. Theme: Sea animals Develop rocking and rolling. Theme: Pet animals</p>	<p><u>Gymnastics: Unit 2</u></p> <p>Theme: Cars Work safely and develop running and stopping. Theme: Aeroplanes Develop throwing and learn how to keep score. Theme: Cyclists Play games showing an understanding of the different roles within it. Theme: Buses Follow instructions and move safely when playing tagging games. Theme: Boats Work cooperatively and learn to take turns. Theme: Trains</p>	<p><u>Dance: Unit 1</u></p> <p>Theme: Exploring my space Move safely around others. Use counts of 8 to know when to change action. Theme: Head, shoulders, knees and toes Explore different body parts and how they move. Show an awareness of space, themselves and others. Theme: Head, shoulders, knees and toes Explore different</p>	<p><u>Dance: Unit 2</u></p> <p>Theme: My visit to the park Use counting to help to stay in time with the music. Copy and create different actions. Theme: Under the sea Able to move safely with confidence and imagination. Express and communicate ideas through movement. Theme: At the fireworks display Explore movement using a prop.</p>



	<p>Work with others cooperatively and play as a group. Theme: Monsters Follow, copy and lead a partner.</p> <p><u>Ball Skills: Unit 1</u></p> <p>Theme: Beetles Develop rolling a ball to a target. Theme: Busy bees Develop stopping a rolling ball. Theme: Ladybirds and butterflies Develop accuracy when throwing to a target. Theme: Grasshoppers Develop bouncing and catching a ball. Theme: Caterpillars Develop dribbling a ball with your feet. Theme: Spiders Develop kicking a ball.</p>	<p>Theme: At the shops Follow a path and take turns. Theme: Dinner time Work cooperatively with a partner.</p> <p><u>Ball Skills: Unit 2</u></p> <p>Theme: Windy weather Develop rolling and tracking a ball. Theme: Snow is falling Develop accuracy when throwing to a target. Theme: There's a storm coming Develop dribbling with hands. Theme: Rainy days Develop throwing and catching with a partner. Theme: Sunshine and rainbows Develop dribbling a ball with your feet.</p>	<p>Copy and create short sequences linking actions together.</p> <p><u>Fundamentals: Unit 1</u></p> <p>Theme: Body parts Develop balancing whilst stationary and on the move. Theme: Feelings Develop running and stopping. Theme: Our senses Develop changing direction. Theme: Ways we look after ourselves Develop jumping and landing. Theme: My favourite things Develop hopping and landing with control. Theme: It's good to be me Explore different ways to travel.</p>	<p>Work with others to play team games.</p> <p><u>Fundamentals: Unit 2</u></p> <p>Theme: At the circus Develop balancing. Theme: On safari Develop running and stopping. Theme: Under the sea Develop changing direction. Theme: Space explorers Develop jumping. Theme: At the farm Develop hopping. Theme: Into the woods Explore different ways to travel using equipment.</p>	<p>body parts and how they move. Remember and repeat actions. Theme: Transport Express and communicate ideas through movement. Explore travelling movements, directions and levels. THEME: Morning Routine Copy and repeat actions. Move safely with confidence and imagination. Theme: My journey to school Move with control and coordination. Link, copy and repeat actions.</p> <p><u>Games: Unit 1</u></p> <p>Theme: Cars Work safely and develop running and</p>	<p>Move with control and coordination. Theme: At the fireworks display. Move with control and coordination. Express and communicate ideas through movement.</p> <p><u>Games: Unit 2</u></p> <p>Theme: Polar regions Develop accuracy when throwing and practise keeping score. Theme: The rainforest Follow instructions and move safely when playing tagging games. Theme: Australia Learn to play against an opponent. Theme: Wild West Play by the rules and develop</p>
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		<p>Theme: Foggy days Develop kicking a ball to a target.</p>			<p>stopping. Theme: Aeroplanes Develop throwing and learn how to keep score. Theme: Cyclists Play games showing an understanding of the different roles within it Theme: Buses Follow instructions and move safely when playing tagging games. Theme: Boats Work cooperatively and learn to take turns. Theme: Trains Work with others to play team games.</p>	<p>coordination. Theme: India Explore striking a ball and keeping score. Theme: Far East Work cooperatively as a team.</p>
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Year 1	<p><u>Fundamentals</u></p> <p>Explore balancing and to be able to move with control Explore balance, stability and landing safely. Explore how the body moves differently when running at different speeds. Explore changing direction and dodging. Explore jumping, hopping, and skipping actions. Explore co-ordination and combining jumps. Explore combination jumping and skipping in an individual rope. Apply fundamentals skills to a variety of</p>	<p><u>Dance</u></p> <p>THEME: Counting Explore travelling actions. Use counts of 8 to move in time with music. THEME: Trees and Leaves Remember and repeat actions. Respond imaginatively to a stimulus. THEME: Pirates Copy, remember and repeat actions that represent the theme. THEME: Pirates Copy, remember and repeat actions. Choose and perform actions that represent the theme. THEME: The Lost Toy Use expression to show feelings.</p>	<p><u>Gymnastics</u></p> <p>Explore travelling movements using the space around you. Develop quality when performing gymnastic shapes. Develop stability and control when performing balances. Develop technique and control when performing shape jumps. Develop technique in the barrel, straight and forward roll. Build strength and begin to take body weight on hands. Explore key skills on apparatus showing quality, control and balance. Link gymnastic actions to create a sequence.</p>	<p><u>Yoga</u></p> <p>Explore yoga and mindfulness. Copy and repeat yoga poses. Develop an awareness of strength when completing yoga poses. Develop an awareness of flexibility when completing yoga poses. Create yoga poses using a hoop. Copy and remember actions linking them into a flow. Create a flow and teach it to a partner. Explore poses and create a yoga flow.</p> <p style="text-align: center;"><u>Net and Wall</u></p> <p>Defend space, using the ready position. Defend space, using the ready position.</p>	<p><u>Target Games</u></p> <p>Develop underarm throwing towards a target. Develop throwing for accuracy. Develop throwing for accuracy. Develop underarm throwing for accuracy. Explore overarm throwing towards a target. Develop throwing for accuracy with an underarm and overarm throw. Develop throwing for distance. Develop throwing for accuracy and distance. Select the correct technique for the situation. Develop throwing for accuracy.</p>	<p><u>Sending and Receiving</u></p> <p>Roll a ball towards a target. Track and receive a rolling ball. Stop, send and receive a ball with your feet.</p> <p>Develop sending and receiving a ball with your feet. Develop throwing and catching skills. Develop throwing and catching skills. Send and receive a ball using a stick. Send and receive a ball using a racket.</p> <p style="text-align: center;"><u>Athletics</u></p> <p>Learn to move at different speeds for varying distances.</p>
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	<p>challenges.</p> <p><u>Team Building</u></p> <p>Listen to and follow instructions. Co-operate and communicate with a partner to solve challenges. Work cooperatively as a team, listening to others and taking turns. Explore and develop teamwork skills. Develop communication skills. Use communication skills to lead a partner. Plan with a partner and small group to solve problems. Listen to others and share ideas. Communicate with a group to solve challenges.</p>	<p>Create actions that relate to the story. THEME: The Lost Toy Use a pathway when travelling. Remember and repeat actions. THEME: Puddles Choose actions that represent the theme. Copy, remember and repeat actions that represent the theme. THEME: Puddles Show changes in expression, level and shape.</p> <p><u>Ball skills</u></p> <p>Develop control and coordination when dribbling a ball with your hands. Explore accuracy when rolling a ball. Explore throwing with accuracy towards a target. Explore dribbling and</p>	<p><u>Invasion</u></p> <p>Develop dribbling towards a goal. Understand what being 'in possession' means. Develop passing to a teammate with your feet. Understand who to pass to and why when playing against a defender. Develop dribbling a ball with hands. Move towards a goal with the ball. Develop throwing to a teammate. Support a teammate when in possession. Move into space showing an awareness of defenders. Develop dodging and use it to lose a defender. Able to stay with a player wh</p>	<p>Play against an opponent and keep the score. Develop control when handling a racket. Develop racket and ball skills. Develop sending a ball using a racket. Develop playing over a net. Develop placing the ball. Develop hitting over a net.</p>	<p>Develop throwing for distance. Develop throwing for accuracy and distance under pressure.</p> <p><u>Striking and Fielding</u></p> <p>Roll a ball towards a target. Track a rolling ball quickly to limit a batter's score. Develop accuracy in underarm throwing and consistency in catching when fielding a ball. Develop overarm throwing. Develop striking a ball with my hand and equipment. Retrieve a ball when fielding. Understand how to get a batter out. Develop decision making and understand how to</p>	<p>Develop a foundation for balance and stability. Develop agility and coordination. Explore hopping, jumping and leaping for distance. Develop balance whilst jumping and landing. Develop balance and rhythm when travelling over obstacles. Develop throwing for distance. Develop throwing for accuracy.</p>
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		<p>rolling skills developing control and accuracy. Explore catching with two hands. Recognise changes in the body during exercise. Explore control and coordination when dribbling a ball with your feet. Explore tracking a ball that is coming towards me. Explore ball skills (rolling, dribbling, throwing, tracking and catching) in small group games.</p>	<p>en defending. Develop taking a ball towards goal.</p>		<p>score points.</p>	
Year 2	<p style="text-align: center;"><u>Dance</u></p> <p>THEME: Exploring space and travel Remember, repeat and link actions. Explore space and simple movement patterns. THEME: Actions and</p>	<p style="text-align: center;"><u>Fundamentals</u></p> <p>Develop balancing and moving with control. Develop balance, stability and landing safely. Explore how the body moves</p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p>Perform gymnastic shapes and link them together. Use shapes to create balances. Explore travelling actions, directions and levels.</p>	<p style="text-align: center;"><u>Fitness</u></p> <p>Understand how to run for longer periods of time without stopping. Develop coordination through hula hoop skills. Develop coordination and timing when</p>	<p style="text-align: center;"><u>Target Games</u></p> <p>Develop underarm throwing towards a target. Develop throwing for accuracy. Develop throwing for accuracy. Develop underarm</p>	<p style="text-align: center;"><u>Sending and Receiving</u></p> <p>Roll a ball towards a target. Track and receive a rolling ball. Stop, send and receive a ball with your feet.</p>



	<p>rhythms Create actions and accurately copy other's actions. THEME: The Circus Copy, remember and repeat actions. Use facial expressions to show different characters. THEME: The Circus Perform in unison. Create interesting shapes with a partner. THEME: Mirrors Mirror a partner. Work with a partner to create ideas. THEME: The Rainforest Create actions in response to a stimulus. Copy and repeat actions. THEME: The Rainforest Copy, create and perform actions in</p>	<p>differently when running at different speeds. Develop changing direction and dodging. Develop and explore jumping, hopping and skipping actions. Develop coordination and combining jumps. Develop combination jumping and skipping in an individual rope. Apply fundamental skills to a variety of challenges.</p> <p style="text-align: center;"><u>Team Building</u></p> <p>Follow instructions and work with others. Develop communication skills when working with a partner. Co-operate and communicate in a</p>	<p>Link travelling actions and balances using apparatus. Demonstrate different shapes, take off and landings when performing jumps. Develop rolling and sequence building. Develop exploring apparatus. Develop sequence work on apparatus.</p> <p style="text-align: center;"><u>Invasion</u></p> <p>Develop dribbling towards a goal. Understand what being 'in possession' means. Develop passing to a teammate with your feet. Understand who to pass to and why when playing against a defender. Develop dribbling a ball with hands. Move towards a goal</p>	<p>jumping in a long rope. Develop individual skipping. Take part in a circuit to develop stamina and coordination. Take part in a circuit to develop stamina and agility. Explore exercises that use your own body weight. Develop 'ABC,' agility, balance and coordination.</p> <p style="text-align: center;"><u>Net and Wall</u></p> <p>Defend space, using the ready position. Defend space, using the ready position. Play against an opponent and keep the score. Develop control when handling a racket. Develop racket and ball skills. Develop sending a ball</p>	<p>throwing for accuracy. Develop throwing for distance. Develop throwing for accuracy and distance under for accuracy. Explore overarm throwing towards a target. Develop throwing for accuracy with an underarm and overarm throw. Develop throwing for distance. Develop throwing for accuracy and distance. Select the correct technique for the situation. Develop pressure.</p> <p style="text-align: center;"><u>Striking and Fielding</u></p> <p>Roll a ball towards a target. Track a rolling ball</p>	<p>Develop sending and receiving a ball with your feet. Develop throwing and catching skills. Develop throwing and catching skills. Send and receive a ball using a stick. Send and receive a ball using a racket.</p> <p style="text-align: center;"><u>Athletics</u></p> <p>Develop the sprinting action. Develop rhythm and balance in running over obstacles. Develop agility and coordination Develop jumping for distance. Develop technique when jumping for height. Develop throwing for distance. Develop throwing for accuracy.</p>
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	<p>response to the stimulus. Use dynamics in the performance. THEME: The Rainforest Create a short dance phrase with a partner showing clear changes of speed.</p> <p style="text-align: center;"><u>Ball Skills</u></p> <p>Explore different ball handling skills. Roll a ball to hit a target. Develop coordination and be able to stop a rolling ball. Develop technique and control when dribbling a ball with your feet. Develop control and technique when kicking a ball. Develop</p>	<p>small group to solve challenges. Create a plan with a group to solve the challenges. Communicate effectively and develop trust. Work as a group to solve problems. Discuss and plan with a partner and small group to solve problems. Work with a group to copy and create a basic map.</p>	<p>with the ball. Develop throwing to a teammate. Support a teammate when in possession. Move into space showing an awareness of defenders. Develop dodging and use it to lose a defender. Stay with a player when defending. Develop taking a ball towards goal.</p>	<p>using a racket. Develop playing over a net. Develop placing the ball. Develop hitting over a net.</p>	<p>quickly to limit a batter's score. Develop accuracy in underarm throwing and consistency in catching when fielding a ball. Develop overarm throwing. Develop striking a ball with my hand and equipment. Retrieve a ball when fielding. Understand how to get a batter out. Develop decision making and understand how to score points.</p>	<p>Develop technique when taking part in an athletics carousel.</p>
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	<p>coordination and technique when throwing and catching. Develop control and coordination when dribbling a ball with your hands. Show coordination and control in a variety of ball skills.</p>					
Year 3	<p>Hockey</p> <p>Develop open stick dribbling. Develop sending the ball with a push pass. Develop receiving the ball. Develop dribbling using the reverse stick (Indian dribble). Develop dribbling to beat a defender. Develop moving into space after passing</p>	<p>Fundamentals</p> <p>Develop balancing and understand the importance of this skill. Move and stop with control and balance. Understand how to change speed and be able to demonstrate good technique when running at different speeds. Demonstrate a change of speed and</p>	<p>Dance</p> <p>THEME: Machines Create actions in response to a stimulus and move in unison with a partner. THEME: Machines Create actions to move in contact with a partner or interact with a partner. THEME: Machines Understand how dynamics affect the actions performed.</p>	<p>Yoga</p> <p>Develop an understanding of yoga. Explore breathing. Explore connecting breath and movement. Explore new yoga poses and begin to connect them. Explore gratitude when remembering and repeating a yoga flow. Develop flexibility and strength in a positive summer flow.</p>	<p>Dodgeball</p> <p>Learn the rules of dodgeball. Play in a mini dodgeball game. Develop throwing towards a target. Develop throwing at a moving target. Use jumps, dodges and ducks to avoid being hit. Develop catching a dodgeball at different heights.</p>	<p>Netball</p> <p>Develop ball handling skills. Practise throwing and catching. Develop passing and moving. Play within the footwork rule. Develop passing and moving towards a goal. Develop movement skills to lose a defender.</p>



	<p>the ball. Use an open stick tackle. Apply defending and attacking principles and skills in a hockey tournament.</p> <p style="text-align: center;">Gym</p> <p>Create interesting point and patch balances. Match a partner in a sequence. Develop stepping into shape jumps with control. Develop the straight, barrel, and forward roll. Transition smoothly into and out of balances. Create a sequence with matching and contrasting actions and shapes. Explore gymnastics</p>	<p>direction to outwit others. Develop technique and control when jumping, hopping and landing. Develop skipping in a rope. Apply fundamental skills to a variety of challenges.</p> <p style="text-align: center;">OAA</p> <p>Develop cooperation and teamwork skills. Develop communication skills and work effectively with a partner. Develop trust and teamwork. Follow and give instructions. Work effectively in small groups. Develop planning and problem solving skills. Involve all team</p>	<p>Select and use actions to represent an idea. THEME: Forces and Magnets Work with a partner to choose actions that relate to an idea. THEME: Seasons Remember and repeat actions. Use dynamics to clearly show different phrases. THEME: Seasons Choose actions which relate to the idea. Use space and timing to make my work look interesting. THEME: Romans Understand and use formations. Choose poses which relate to the stimulus. THEME: Romans Use transitions and changes of timing to move into and out of shapes.</p>	<p>Develop flexibility in an individual yoga flow. Develop confidence and strength in arm balances. Develop balance and control in a paired yoga flow.</p> <p style="text-align: center;">Golf</p> <p>Understand the safety aspects for golf and to develop spatial awareness. Explore hitting technique and aiming towards a target. Explore shot accuracy. Explore the technique for putting. Explore the technique for chipping. Explore the techniques used for a short game. Explore the technique for a long game. Design, play and teach others to use your own golf course.</p>	<p>Use your whole body to catch a dodgeball. Learn how to block using the ball. Understand the rules of dodgeball and use them to play in a tournament</p> <p style="text-align: center;">Cricket</p> <p>Develop overarm throwing and catching. Develop underarm bowling. Learn how to grip the bat and develop batting technique. Develop the batting technique. Field a ball using a two handed pick up and a short barrier. Develop an overarm bowling technique. Play the role of bowler, batter, wicket keeper and</p>	<p>Defend an opponent and try to win the ball. Develop the shooting action. Develop playing using netball rules. Learn the positions of 5-a-side netball and where each is allowed to go.</p> <p style="text-align: center;">Athletics</p> <p>Develop the sprinting technique and improve on your personal best. Develop changeover in relay events. Develop fluency and rhythm when running over obstacles. Develop jumping technique in a range of approaches and take off positions. Develop jumping for height and safety on landing.</p>
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	<p>skills using hoops. Create a partner sequence incorporating equipment.</p>	<p>members in an activity and work towards a collective goal. Develop trust and accept support. Listen to others and follow instructions. Identify objects on a map. Draw and follow a simple map. Draw a route using directions. Orientate a map and navigate around a grid.</p>	<p><u>Tennis</u></p> <p>Use the ready position. Develop ball control and movement skills. Develop racket and ball control. Develop returning the ball using a forehand groundstroke. Rally using a forehand. Develop the two handed backhand. Learn how to score. Develop playing against an opponent. Work collaboratively with a partner and compete against others.</p>		<p>fielder in a game. Play and apply skills learnt to mini cricket.</p>	<p>Develop throwing for distance and accuracy. Develop throwing for distance in a pull throw. Develop officiating and performing skills.</p>
Year 4	<p><u>Dance</u></p> <p>THEME: The Spy Copy and create actions in response to an idea. Use changes of space to adapt the set material. THEME: The Spy Choose actions</p>	<p><u>Handball</u></p> <p>Control the ball with one and two hands to help to keep possession. Begin to throw and catch while on the move. Learn how to move towards goal or away</p>	<p><u>Gymnastics</u></p> <p>Develop individual and partner balances. Develop control in performing and landing rotation jumps. Develop the straight, barrel, forward and straddle roll. Develop the straight,</p>	<p><u>Fitness</u></p> <p>Develop an awareness of what your body is capable of. Test and record baseline fitness scores. Develop your sprinting technique. Develop your speed. Develop strength using</p>	<p><u>Dodgeball</u></p> <p>Learn the rules of dodgeball. Play in a mini dodgeball game. Develop throwing towards a target. Develop throwing at a moving target. Use jumps, dodges</p>	<p><u>Athletics</u></p> <p>Develop stamina and an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Develop communication skills</p>



	<p>which relate to the theme. Work with a partner to show action and reaction. THEME: States of Matter Use actions, dynamics, spacing and timing to represent a state of matter. THEME: States of Matter Use actions, dynamics, spacing and timing to represent a state of matter. THEME: Superpowers Remember and repeat actions and create dance ideas in response to a stimulus. THEME: Superpowers Use action and reaction when</p>	<p>from a defender. Develop accuracy when shooting. Apply individual and team defending skills Use a change of direction and speed to lose a defender and move into space. Maintain possession when in attack. Apply skills, tactics and rules in game situations</p> <p style="text-align: center;"><u>OAA</u></p> <p>Develop cooperation and teamwork skills. Develop communication skills and work effectively with a partner. Develop trust and teamwork. Follow and give instructions. Work effectively in small groups. Develop planning</p>	<p>barrel, forward and straddle roll. Develop strength in inverted movements. Explore pathways and travelling movements. Create a sequence to include apparatus and inverted movements. Create a partner sequence to include apparatus.</p> <p style="text-align: center;"><u>Ball Skills</u></p> <p>Develop confidence and accuracy when tracking a ball. Develop confidence and accuracy when tracking a ball. Explore and develop a variety of throwing techniques. Develop throwing under pressure. Develop catching skills using one and two hands. Develop dribbling a ball</p>	<p>my own body weight. Complete actions to develop coordination. Complete actions to develop agility. Complete actions to develop balance. Complete actions to develop stamina. Re-test fitness scores and recognise improvement.</p> <p style="text-align: center;"><u>Tennis</u></p> <p>Develop underarm feeding. Use the ready position. Develop ball control using a tennis racket. Develop hitting the ball using a forehand. Develop returning the ball using a forehand. Develop the backhand and understand when to use it. Work cooperatively with a partner to keep a continuous rally</p>	<p>and ducks to avoid being hit. Develop catching a dodgeball at different heights. Use your whole body to catch a dodgeball. Learn how to block using the ball. Understand the rules of dodgeball and use them to play in a tournament</p> <p style="text-align: center;"><u>Basketball</u></p> <p>Develop the attacking skill of dribbling. Use protective dribbling against an opponent. Develop the bounce and chest pass and begin to recognise when to use them. Develop a jump stop and pivot to protect the ball in attack.</p>	<p>and technique in relays. Develop technique when jumping for distance. Develop fluency and technique in the vertical jump. Develop power and technique when throwing for distance. Develop a pull throw for distance and accuracy. Develop officiating and performing skills.</p> <p style="text-align: center;"><u>Rounders</u></p> <p>Develop throwing and catching skills. Play different roles in a game and begin to think tactically about each role. Develop the bowling action and learn the rules of bowling. Run around the outside of the bases</p>
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	<p>creating ideas with a partner. THEME: A trip to... Remember, repeat and create actions to represent an idea. THEME: A trip to... Use choreographing ideas to change how actions are performed.</p> <p style="text-align: center;"><u>Football</u></p> <p>Develop dribbling the ball with control. Dribble the ball under pressure. Pass the ball accurately to a target to help to maintain possession. Use first touch control to help to maintain possession. Use different turns to keep the ball away from defenders. Develop defending skills to gain</p>	<p>and problem solving skills. Involve all team members in an activity and work towards a collective goal. Develop trust and accept support. Listen to others and follow instructions. Identify objects on a map. Draw and follow a simple map. Draw a route using directions. Orientate a map and navigate around a grid.</p>	<p>with hands. Tracking, sending and dribbling skills with feet. Work with others to create a game using the skills learnt.</p>	<p>going. Use simple tactics in a game to outwit an opponent. Demonstrate honesty and fair play when competing against others.</p>	<p>Lose a defender. Develop tracking and defending an opponent. Develop the technique for the set shot. Apply the skills, rules and tactics you have learnt to a mini tournament.</p>	<p>and make decisions about when to stop and when to run. Field a ball using a two handed pick up and a short barrier. Develop batting technique and an understanding of where to hit the ball. Play to the rules when batting as a team. Apply skills and rules learnt to play rounders.</p>
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	<p>possession. Develop goalkeeping skills to stop the opposition from scoring. Apply the rules and tactics you have learnt to play in a football tournament.</p>					
<p>Year 5</p>	<p>Swimming Develop gliding, front crawl and backstroke. Develop rotation, sculling and treading water. Develop the front crawl stroke and breathing technique. Develop the technique for backstroke arms and legs. Develop breaststroke technique. Develop breaststroke and breathing technique. Develop basic skills of water safety and floating. Develop the dolphin kick. Learn techniques for personal survival. Develop water safety skills and an understanding of personal survival. Increase endurance in swim challenges. Identify fastest strokes and personal bests.</p>					



	<u>Tag Rugby</u>	<u>Gym</u>	<u>Tennis</u>	<u>Dodgeball</u>	<u>Netball</u>	<u>Rounders</u>
	<p>Develop attacking principles, understanding when to run and when to pass Develop throwing and catching with control. Use the 'forward pass' and 'offside' rules. Play games using tagging rules.</p> <p><u>Dance</u></p> <p>Create a dance using a random structure and perform the actions showing quality and control. Understand how changing the dynamics of an action changes the appearance of the performance. Provide and use</p>	<p>Perform symmetrical and asymmetrical balances. Develop the straight, forward, straddle and backward roll. Develop the straight, barrel, forward, straddle and backward roll. Explore different methods of travelling, linking actions in both canon and synchronisation. Perform progressions of inverted movements. Perform progressions of a handstand. Explore matching and mirroring using actions both on the floor and on apparatus. Create a partner sequence using apparatus.</p>	<p>Develop the forehand groundstroke. Develop returning the ball using a forehand groundstroke. Develop returning the ball using a backhand groundstroke. Work cooperatively with a partner to keep a continuous rally. Develop the underarm serve and understand the rules of serving. Develop the volley and understand when to use it. Use a variety of strokes to outwit an opponent. Work collaboratively with a partner to compete against others.</p>	<p>Recap on the rules of dodgeball and apply them to a game. Develop throwing at a moving target. Use jumps, dodges and ducks to avoid being hit. Develop catching to get an opponent out. Learn to block using a dodgeball. Select and apply tactics in the game. Develop officiating skills and referee a dodgeball game. Apply skills, rules and tactics to a dodgeball tournament.</p>	<p>Develop passing and moving. Develop passing and moving towards a goal. Use the attacking principle of creating and using space. Change direction and lose a defender. Defend ball side and know when to go for interceptions. Develop the shooting action. Change direction to get free from a defender and receive a pass. To learn the positions of 5-a-side netball. Play in a 5-a-side netball tournament.</p>	<p>Throw and catch with accuracy under pressure. Develop the bowling action and understand the role of the bowler. Develop batting technique. Make decisions about where and when to send the ball to stump a batter out. Develop a variety of fielding techniques and when to use them in a game. Develop long and short barriers in fielding and understand when to use them. Develop decision making and tactical awareness when playing competitively Apply the rules and skills you have learnt</p>



	<p>feedback to improve on performance. Understand and use relationships and space to change how a performance looks. Work with a group to create poses and link them together using transitions. Use choreographing devices when working as a group Copy and repeat movements in the style of Rock 'n' Roll. Work with a partner to copy and repeat actions and keeping in time with the music. Work collaboratively with a group to create a dance in the style of Rock 'n' Roll.</p>					<p>to play in a rounders tournament. Apply the rules and skills you</p>
Year 6	<p><u>Swimming</u></p> <p>Develop gliding, front crawl and</p>	<p><u>Fitness</u></p> <p>Develop an awareness of what</p>	<p><u>Dance</u></p> <p>THEME: Stamp, Clap Copy and repeat a set</p>	<p><u>Gymnastics</u></p> <p>Develop the straddle, forward and backward</p>	<p><u>Volleyball</u></p> <p>Use the ready position to move to</p>	<p><u>Athletics</u></p> <p>Work collaboratively with a partner to set</p>



	<p>backstroke. Develop rotation, sculling and treading water. Develop the front crawl stroke and breathing technique. Develop the technique for backstroke arms and legs. Develop breaststroke technique. Develop breaststroke and breathing technique. Develop basic skills of water safety and floating. Develop the dolphin kick. Learn techniques for personal survival. Develop water safety skills and an understanding of personal survival. Increase endurance in swim challenges. Identify fastest</p>	<p>your body is capable of. Test and record baseline fitness scores. Develop sprinting technique and speed. Develop strength using my own body weight. Develop coordination through skipping. Perform actions that develop agility. Complete actions to develop stamina. Develop control whilst balancing. Re-test fitness and identify areas of improvement.</p> <p style="text-align: center;">Football</p> <p>Develop dribbling the ball with control.</p>	<p>dance phrase showing confidence in movements. THEME: Stamp, Clap Work collaboratively with a partner to explore and develop the dance idea. THEME: Stamp, Clap Use changes in level and speed when choreographing. THEME: Waiting for... Copy and create actions using a prop as a dance stimulus. THEME: Waiting for... Use choreographing devices to improve how the performance looks. THEME: Anti Bullying Select actions and dynamics to convey different characters. THEME: Anti Bullying Choreograph a dance that shows contrasting characters. THEME: Anti Bullying Communicate a story</p>	<p>roll. Develop counter balance and counter tension. Link partner balances into a sequence. Perform inverted movements with control. Perform the progressions of a headstand and a cartwheel. Use flight from hands to travel over apparatus. Develop group balances and sequence work. Create a group sequence using formations and apparatus.</p> <p style="text-align: center;">Basketball</p> <p>Dribble the ball abiding by the double dribble</p>	<p>the ball. Develop the fast catch volley. Volley the ball using a set shot. Develop the dig and understand when to use it. Keep a continuous rally going over the net. Develop the underarm serve and learn the rules of serving. Use the scoring system and understand when to rotate. Apply the rules, skills and tactics learnt to play in a volleyball tournament</p> <p style="text-align: center;">OAA</p> <p>Build communication and trust whilst showing</p>	<p>a steady pace. Develop your own and others sprinting techniques. Develop running over obstacles with greater control and coordination Develop take off position when jumping for height. Develop power, control and technique for the triple jump. Develop power, control and technique when throwing for distance. Develop throwing with force and accuracy for longer distances. Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p style="text-align: center;">Cricket</p> <p>Develop throwing</p>
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	<p>strokes and personal bests.</p> <p><u>Tag Rugby</u></p> <p>Develop dodging skills to lose a defender. Develop drawing defence and understanding when to pass. Work as a defending unit to prevent attackers from scoring. Apply the rules and tactics to play in a tag rugby tournament.</p>	<p>Able to dribble the ball under pressure. Pass the ball accurately to a target to help to maintain possession. Use first touch control to help to maintain possession. Use different turns to keep the ball away from defenders. Develop defending skills to gain possession. Develop goalkeeping skills to stop the opposition from scoring. Able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>through dance.</p> <p><u>Hockey</u></p> <p>Develop dribbling with control. Develop dribbling to beat a defender. Develop sending the ball using a push pass. Develop receiving the ball with control. Able to move into space to support a teammate. Develop using an open stick (block) tackle and jab tackle to gain possession of the ball. Use space effectively in game situations. Apply the rules and skills you have learnt to play in a hockey tournament.</p>	<p>and travelling rules. Develop protective dribbling against an opponent. Use a variety of passes in a game situation. Move into a space to support a teammate. Choose when to pass and when to dribble. Track an opponent and use defensive techniques to win the ball. Perform a set shot and a jump shot Apply the rules and tactics you have learnt to play in a basketball tournament.</p>	<p>an awareness of safety. Work as a team to solve problems. Suggest ideas and listen to others. Develop cooperation and teamwork skills. Develop tactical planning and problem solving. Share ideas and work as a team to solve problems. Develop trust in others. Listen to others and follow instructions Develop navigational skills and map reading. Use a key to identify objects and locations.</p>	<p>accuracy and catching skills. Develop underarm bowling accuracy. Develop batting accuracy and directional batting. Develop catching skills (close/deep catching and wicket keeping). Develop overarm bowling technique and accuracy. Develop the defensive and driving hitting techniques. Develop a variety of fielding techniques and to use them within a game. Develop long and short barriers and apply them to a game situation.</p>
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