



PE yearly overview	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
EYFS	1. Me and myself	1. Movement development	1. Dance and explore (Move with Max)	1. Ball skills	1. Throwing and catching	1. Fun and games
Year 1	1. Athletics 2. Tag Rugby (FMS Go well Coaching)	1. Netball 2. Gymnastics	1. Golf 2. Basketball	1. Dance 2. Orienteering (EYFS – Go Well)	1. Cricket 2. Athletics	1. Dodgeball 2. Tennis
Year 2	1. Athletics 2. Tag Rugby	1. Netball 2. Gymnastics	1. Golf 2. Basketball	1. Dance 2. Orienteering	1. Cricket 2. Athletics	1. Dodgeball 2. Tennis (Go Well – FMS)
Year 3	1. Athletics 2. Tag Rugby (Go Well)	1. Netball 2. Gymnastics	1. Golf 2. Dance	1. Swimming 2. Basketball (Invasion Games –	1. Cricket 2. Orienteering	1. Dodgeball 2. Tennis



				Go well)		
Year 4	<ul style="list-style-type: none"> 1. Athletics 2. Tag Rugby 	<ul style="list-style-type: none"> 1. Netball 2. Gymnastics 	<ul style="list-style-type: none"> 1. Swimming 2. Basketball 	<ul style="list-style-type: none"> 1. Dance 2. Orienteering 	<ul style="list-style-type: none"> 1. Cricket 2. Tennis (Year 4 – FMS) 	<ul style="list-style-type: none"> 1. Dodgeball 2. Athletics (Invasion Games – Go well)
Year 5	<ul style="list-style-type: none"> 1. Athletics 2. Tag Rugby 	<ul style="list-style-type: none"> 1. Swimming 2. Netball 	<ul style="list-style-type: none"> 1. Golf 2. Basketball 	<ul style="list-style-type: none"> 1. Dance/Dodgeball 2. Orienteering 	<ul style="list-style-type: none"> 1. Swimming 2. (Invasion Games – Go well) 	<ul style="list-style-type: none"> 1. Dodgeball 2. Rounders/ Cricket
Year 6	<ul style="list-style-type: none"> 1. Swimming 2. Athletics 	<ul style="list-style-type: none"> 1. Netball 2. Gymnastics <p>(Go Well – Fit for Life)</p>	<ul style="list-style-type: none"> 1. Golf 2. Basketball (2023 Invasion Games Rugby Coaching – Go well) 	<ul style="list-style-type: none"> 1. Dance/Dodgeball 2. Orienteering 	<ul style="list-style-type: none"> 1. Cricket 2. Athletics 	<ul style="list-style-type: none"> 1. Swimming 2. Rounders



<p>Gross Motor Skills P.E</p>	<p>Me and myself To run skilfully and negotiate spaces; adjusting speed or direction to avoid obstacles.</p> <ul style="list-style-type: none"> Step 1: To change into PE kit Step 2: To listen and respond to instructions Step 3: To move in different ways Step 4: To change direction when moving Step 5: To participate in games 	<p>Movement and development To move freely with pleasure and confidence.</p> <ul style="list-style-type: none"> Step 1: To move and balance in different ways Step 2: To move, on, over and under equipment Step 3: To play imagination games Step 4: To move into space Step 5: To take part in races and tag games 	<p>Dance To explore and copy basic body actions and rhythms.</p> <ul style="list-style-type: none"> Step 1: To move in different ways Step 2: To copy actions from a teacher Step 3: To move to the music Step 4: To copy actions from a partner Step 5: To create your own actions and movements 	<p>Ball skills To shows some control when throwing and catching a large ball.</p> <ul style="list-style-type: none"> Step 1: To explore a ball Step 2: To move the ball around the body Step 3: To travel with the ball Step 4: To play with others Step 5: To throw a ball 	<p>Throwing and catching To show increasing control over an object; pushing, throwing, catching or kicking.</p> <ul style="list-style-type: none"> Step 1: To move around without a ball Step 2: To move with a ball Step 3: To explore different body parts to move the ball Step 4: To explore how the ball moves Step 5: To play command games 	<p>Fun and Games To runs skilfully and negotiates spaces</p> <ul style="list-style-type: none"> Step 1: To move in lots of different ways Step 2: To move into space Step 3: To play games with others Step 4: To use equipment in games Step 5: To keep score
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ELG Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.



Respect	Ambition	<u>PE Curriculum</u> Kindness	Resilience	Inclusivity
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Intent
 At Vane Road Primary School Physical Education forms an important part of the education of each pupil. High quality PE and sport at Vane Road will enthuse ALL pupils to develop a healthy lifestyle and strong core skills of cognitive and social development for now and their whole lifetime. Wide ranging opportunities in core and more diverse sports lead pupils of all abilities to find a personal love and passion for activity which can shape their future lives.

We want children to:

- Have a positive attitude towards physical activity.
- Develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- Encourage lifelong involvement in physical activity.
- Develop fair play through cooperation, collaboration and competition and understand the importance of sportsmanship.
- Always try to achieve their personal best.
- Understand the need for rules in games
- participate regardless of their race, gender, background or ability, therefore providing a programme of study that is inclusive.
- provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

<u>Key concepts</u>		
term A	Year 1 Autumn	Athletics
Key concepts		



<p><u>Knowledge and Skills</u></p> <ul style="list-style-type: none"> • Begin to explore different running, jumping, and throwing techniques. • Develop coordination in a range of activities. • Show understanding of correct running technique • Show control, coordination and consistency when jumping. • Throw towards a target showing increased control (under arm) 		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>										
<p><u>Vocabulary</u></p> <table border="0"> <tr> <td>Throwing</td> <td>Competition</td> </tr> <tr> <td>Running</td> <td>Races</td> </tr> <tr> <td>Jumping</td> <td>Distance</td> </tr> <tr> <td>Personal best</td> <td>Measuring</td> </tr> <tr> <td>Speed</td> <td></td> </tr> </table>	Throwing	Competition	Running	Races	Jumping	Distance	Personal best	Measuring	Speed		<p><u>National Curriculum Links</u></p> <p>- Master basic movements including running, jumping, throwing, balance, agility and co-ordination, and begin to apply these in a range of activities</p>	
Throwing	Competition											
Running	Races											
Jumping	Distance											
Personal best	Measuring											
Speed												
<p>Year 1 Autumn</p> <p>term A</p>	<p>Tag Rugby</p>	<p>Key concepts</p>										
<p><u>Knowledge and Skills</u></p> <p>To be able to throw and catch a rugby ball</p> <p>To be able to throw and catch to themselves and a partner.</p> <p>To know to tag in Tag Rugby.</p> <p>To be able to pass the ball backwards.</p> <p>To Understand who the attackers/defenders are and when to run.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p>										



		<p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Tag rugby Space • Belts Attack • Target Defend Catch Try 	<p><u>National Curriculum Links</u></p> <p>-master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p>	
<p style="text-align: center;">Year 1 Autumn</p> <p>term B</p>	<p><u>Netball</u></p>	<p style="text-align: center;">Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Explore different ways to use/move with the ball.</p> <p>Show control of the ball with basic actions</p> <p>Develop catching and gathering skills and to send the ball in different ways.</p> <p>Use skills individually and in combination to suit the game. (defending)</p> <p>Use skills in different ways in different games</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p>



		<p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Ball, Control, Balance, Throw, Catch, Aim, Accuracy, Pass, Roll, Team, Teamwork, Get in line, Space</p>	<p><u>National Curriculum Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p>	
<p>term B</p>	<p>Year 1 Autumn</p> <p><u>Gymnastics</u></p>	<p>Key concepts</p>
<p><u>Knowledge and Skills</u> Perform basic gymnastic actions, including travelling, rolling, jumping and stay still. Develop agility, balance and coordination Combine different ways of travelling. Develop agility and balance Create linked movement phrases with beginnings, middles and ends.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-</p>



		<p>operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Ball, Control, Balance, Throw, Catch, Aim, Accuracy, Pass, Roll, Team, Teamwork, Get in Catch, Aim,</p>	<p><u>National Curriculum Links</u> I can use agility, balance and coordination, individually and with others when participating in physical activity.</p>	
<p>Year 1 Spring term A</p>	<p>Golf</p>	<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Explore different ways of moving with a ball. Show increasing control when pushing, patting, rolling throwing and catching a ball. Send objects towards a target with increasing accuracy Begin to apply the basic putting technique to games Compete against others in modified golf games.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	
<p>term A</p>	<p>Year 1 Spring</p>	<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Explore different ways to use and move with a ball. Show control of a ball with basic actions Demonstrate a basic underarm throwing action with control and accuracy. Apply skills and tactics in simple games. Use passing and sending skills in different ways when playing games</p>	<p><u>Basketball</u></p>	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p>	
<p style="text-align: center;">Year 1 Spring term B</p>	<p style="text-align: center;"><u>Dance</u></p>	<p style="text-align: center;">Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Move confidently and safely in their own and general space, using changes of speed, level and direction. Perform dances using simple movement patterns.. Move fluently, changing direction and speed. Compose and link movement phrases to make simple dances with clear beginnings, middles and ends Create linked movement phrases with beginnings, middles and ends</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Canon • Teamwork • Smart • Neat • Performance • Movement • Express • Phrase 	<p><u>National Curriculum Links</u> -Perform dances using simple movement patterns.</p>	
<p>Year 1 Spring term B</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Move in different directions and ways. To solve simple problems with a partner. To solve problems using compass directions To work as part of a team to solve a problem To use the features of a map to plan a route.</p>	<p><u>Orienteering</u></p>	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p>	



- Teamwork
- Together
- Compass
- Map
- Route
- Directions
- Safety
- Orienteering
- Problem solving
- Challenge

<p style="text-align: center;">Year 1</p> <p style="text-align: center;">Summer term A</p>	<p style="text-align: center;">Cricket</p>	<p style="text-align: center;">Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Use skills in different ways when playing games To develop agility, balance and coordination. To control a ball with basic actions To get in line in order to receive a ball. To show accuracy when hitting a ball. To apply tactics to simple games</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Throwing, Batting, Fielding, Catching, Explore the game, Experiment, Striking, Long barrier, Teamwork, Get in line, Communication, Tracking the Ball, Wickets, Wicket keeper, Feeder, Fielder, Underarm.</p>	<p><u>National Curriculum Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	



- participate in team games, developing simple tactics for attacking and defending

Year 1
Summer term A

Athletics

Key concepts

- Knowledge and Skills**
- **Begin to explore different running, jumping, and throwing techniques.**
 - **Develop coordination in a range of activities.**
 - **Show understanding of correct running technique**
 - **Show control, coordination and consistency when jumping.**
 - **Throw towards a target showing increased control (under arm)**

National Curriculum Links
- Master basic movements including running, jumping, throwing, balance, agility and co-ordination, and begin to apply these in a range of activities

I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.

I am becoming increasingly competent and confident when using and applying a range of skills and techniques.

I can use agility, balance and coordination, individually and with others when participating in physical activity.

I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

I can evaluate my own performance.

- Vocabulary**
- Throwing
 - Running
 - Jumping
 - Personal best
 - Speed
 - Competition
 - Races
 - Distance
 - Measuring

National Curriculum Links
- Master basic movements including running, jumping, throwing, balance, agility and co-ordination, and begin to apply these in a range of activities

I can evaluate my own performance.



Year 1 Summer term B

Dodgeball

Key concepts

Knowledge and Skills

- To control a ball with basic actions
- To practise throwing using an overarm and underarm technique.
- To roll a ball with some accuracy
- To move the ball in different ways
- To develop skills for sending and receiving a ball.
- Play a ball game using the skills from previous weeks.

I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.

I am becoming increasingly competent and confident when using and applying a range of skills and techniques.

I can use agility, balance and coordination, individually and with others when participating in physical activity.

I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

I can evaluate my own performance.

Vocabulary

- Dodgeball
- Throw
- Catch
- Bounce
- Teamwork
- React
- Pass
- Dodge
- Roll
- Target
- Speeds
- Reaction time
- Control
- Aim

National Curriculum Links

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending



<h2>Year 1 Summer term B</h2>	<h3><u>Tennis</u></h3>	<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u> Explore different ways to use and move with the ball Show basic control and accuracy when striking a ball and send and pass a ball. Successfully receive (catch/stop) a ball. Show control of a ball with basic actions. Apply skills and tactics in simple games</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Tennis racket, Low, High, Balance, Ball control, Control, Racket, Score, Positioning, Movement, Aiming, Accuracy, Rolling, Send, Throw, Bounce, Catch, Underarm, Ready position, Bounce feed, Receive, Cooperate</p>	<p><u>National Curriculum Links</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p>	



Year 2 Autumn term A	Athletics	Key concepts
<p><u>Knowledge and Skills</u></p> <p>Explore different running, jumping, and throwing technique. Develop coordination and balance in a range of activities Show control, coordination and consistency when running. (Evaluate)</p> <p>Show control, coordination and consistency when jumping. (Evaluate)</p> <p>Develop correct Underarm Throw technique and develop correct Pull Throw technique.</p> <p>Understand the difference between sprinting and running over longer distances and develop the distance running technique.</p>	<ul style="list-style-type: none"> • 	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
Year 2 Autumn term A	Tag Rugby	Key concepts



<p>Knowledge and Skills</p> <p>To be able to beat a defender</p> <p>To be able to pass the ball in a game situation.</p> <p>To be able to pass the ball backwards</p> <p>To play a simple game of tag rugby</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
<p>term B</p>	<p>Year 2 Autumn</p>	<p>Netball</p>
<ul style="list-style-type: none"> Explore different ways to use, move and send the ball. Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. React to situations to make it difficult for opponents – using simple 		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p>



<p>tactics. E.g. Move to defend a goal.</p> <ul style="list-style-type: none"> Understand how to play in a safe way. <p>Show good awareness of others when playing games.</p> <p>Perform a range of actions with the ball keeping it under control.</p>		<p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Ball, Control, Balance, Throw, Catch, Aim, Accuracy, Pass, Roll, Team, Teamwork, Get in Catch, Aim,</p>	<p><u>National Curriculum Links</u></p>	
<p>Year 2 Autumn</p> <p>term B</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. Become 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.</p>	<p><u>Gymnastics</u></p>	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p>



<p>Perform movement phrases using a range of different body actions and body parts.</p> <p>Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. Develop agility, balance, and coordination.</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus.</p>		<p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u> Key shapes, teamwork, smart, neat, performance, movement, express, balance, roll, straight, tense.</p>	<p><u>National Curriculum Links</u></p>	
<p>term A</p>	<p>Year 2 Spring</p>	<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>	<ul style="list-style-type: none"> • 	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive</p>



		<p>(both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
<p>Year 2 Spring</p> <p>term A - Dance</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Perform a range of actions and simple movement patterns with control and coordination.</p> <hr/> <p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <hr/> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p> <hr/> <p>Describe and phrases and expressive qualities.</p> <hr/> <p>Work individually and with others.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p>Vocabulary</p> <ul style="list-style-type: none"> • Canon • Teamwork • Smart • Neat • Performance • Movement • Express • Phrase 	<p>National Curriculum Links</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p>	
<p>Year 2 Spring</p> <p>term B - Orienteering</p>		<p>Key concepts</p>
<p>Knowledge and Skills</p> <p>Introduction to map reading. Be able to use some basic features on a map to select and plan a route.</p> <hr/> <p>Work well in big groups, sharing, taking turns, and cooperating with others.</p> <hr/> <p>Begin to understand the competitive side of orienteering and take part in a picture orienteering event.</p> <hr/> <p>Begin to problem solve with others.</p> <hr/> <p>Understand what a compass is used for and be able to use the direction points.</p> <hr/> <p>Has knowledge of safety rules and procedures for taking part in orienteering events.</p> <hr/> <p>Meets challenges effectively working as part of a team.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p>Vocabulary</p> <ul style="list-style-type: none"> • Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge 	<p>National Curriculum Links</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	
<p>Year 2</p> <p>Summer term A - Athletics</p>		<p>Key concepts</p>
<p>Knowledge and Skills</p> <p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p> <hr/> <p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</p> <hr/> <p>Understand the variety of correct running techniques, showing control, coordination, and consistency.</p> <hr/> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <hr/> <p>Develop a range of jumping techniques.</p> <hr/> <p>Develop the underarm and pull throw technique.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p>Vocabulary</p> <ul style="list-style-type: none"> • Throwing • Running • Jumping • Personal best • Speed • Competition • Races • Distance • Measuring 	<p>National Curriculum Links</p> <p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p>	
<p>Year 2</p> <p>Summer term A - Cricket</p>		<p>Key concepts</p>
<p>Knowledge and Skills</p> <p>Show good awareness of others when playing games.</p> <hr/> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <hr/> <p>Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.</p> <hr/> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow.</p> <hr/> <p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <hr/>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>



<p>Vocabulary Throwing, Batting, Fielding, Catching, Explore the game, Experiment, Striking, Long barrier, Teamwork, Get in line, Communication, Tracking the Ball, Wickets, Wicket keeper, Feeder, Fielder, Underarm.</p>	<p>National Curriculum Links I can develop fundamental movement skills in throwing, catching, jumping, balancing and running. I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p>	
<p>Year 2 Summer term B - Dodgeball</p>		<p>Key concepts</p>
<p>Knowledge and Skills</p>	<ul style="list-style-type: none"> • 	<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running. I am becoming increasingly competent and confident when using and applying a range of skills and techniques. I can use agility, balance and coordination, individually and with others when participating in physical activity. I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>



<p>Develop movement skills relevant to games i.e. dodging.</p> <hr/> <p>Develop catching and striking skills.</p> <hr/> <p>Pass/Send a ball, with increasing control, at different speeds – fast/slow.</p> <hr/> <p>Begin to understand the importance of preparing safely for exercise – warming up.</p> <hr/> <p>Describe what you have done, or seen others doing.</p> <hr/> <p>Engage in competitive physical games, employing simple tactics.</p> <hr/> <p>Develop problem solving and decision-making strategies.</p>		<p>I can evaluate my own performance.</p>
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Dodgeball • Throw • Catch • Bounce • Teamwork • React • Pass • Dodge • Roll • Target • Speeds • Reaction time • Control • Aim 	<p><u>National Curriculum Links</u></p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p>	
<p>Summer term B - Tennis</p>	<p>Year 2</p>	<p>Key concepts</p>



<p>Knowledge and Skills Engage in cooperative and competitive physical activities (both against self and against others).</p> <hr/> <p>Use and move with a tennis racket with control.</p> <hr/> <p>Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.</p> <hr/> <p>Choose and use skills and simple tactics to suit different situations – showing good awareness of others.</p> <hr/> <p>Understand and follow the rules of the game.</p> <hr/> <p>Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills.</p>		<p>I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p> <p>I can use agility, balance and coordination, individually and with others when participating in physical activity.</p> <p>I can use a variety of skills, techniques and movements when engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>I can evaluate my own performance.</p>
<p>Vocabulary Tennis racket, Low, High, Balance, Ball control, Control, Racket, Score, Positioning, Movement, Aiming, Accuracy, Rolling, Send, Throw, Bounce, Catch, Underarm, Ready position, Bounce feed, Receive, Cooperate</p>	<p>National Curriculum Links I can develop fundamental movement skills in throwing, catching, jumping, balancing and running.</p> <p>I am becoming increasingly competent and confident when using and applying a range of skills and techniques.</p>	



Year 3 Autumn term A	<u>Athletics</u>	Key concepts
<p><u>Knowledge and Skills</u></p> <ol style="list-style-type: none"> 1. Show control, coordination and consistency when moving. 2. Apply and develop a broader range of movement skills. 3. Show control, coordination and consistency when running. 4. Develop technique, show control, coordinated and consistency when jumping 5. Develop technique, show control, coordinated and consistency when throwing. 6. Show control, coordination and consistency when moving. 		<ul style="list-style-type: none"> <input type="checkbox"/> I can use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending <input type="checkbox"/> develop flexibility, strength, technique, control and balance through athletics and gymnastics <input type="checkbox"/> I can take part in outdoor adventurous activity challenges both individually and within a team <input type="checkbox"/> I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u> Athletics, running, jumping, throwing, technique, coordination, movement</p>	<p><u>National Curriculum Link</u> To use running, jumping, throwing and catching in isolation and in combination</p>	
Year 3 Autumn term A	<u>Tag Rugby</u>	Key concepts



Knowledge and Skills and Skills

Know how to tag another player.

Develop attacking and defending skills within tag rugby.

Improve decision making skills and choose the right skills that meet the needs of the situation.

Play simple tag rugby games with an understanding of the basic rules.

To be able to pass the ball backwards to a teammate.

To follow the rules of the game.

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.

Vocabulary

- Rugby
- Tag
- Pass
- Share
- Defend
- Mark
- Attack
- Dummy

National Curriculum Links

Year 3 Autumn term B - Gymnastics

Key concepts



<p><u>Knowledge and Skills</u></p> <p>Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <hr/> <p>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.</p> <hr/> <p>Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</p> <hr/> <p>Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</p> <hr/> <p>Develop flexibility, strength, control, technique, and balance.</p>		<ul style="list-style-type: none"> <input type="checkbox"/> I can use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending <input type="checkbox"/> develop flexibility, strength, technique, control and balance through athletics and gymnastics <input type="checkbox"/> I can take part in outdoor adventurous activity challenges both individually and within a team <input type="checkbox"/> I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Gymnastics, Key Shapes, Balances, Rolls, Jumps, Co-ordination, Routine, Travelling, Apparatus, Sequence, Partners, Teamwork</p>	<p><u>National Curriculum Links</u></p> <p>develop flexibility, strength, technique, control and balance through gymnastics</p>	
<p>Year 3 Autumn term B - Netball</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> <input type="checkbox"/> I can use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> I can use a range of skills and techniques to play to play competitive games and



Pass and receive the ball with control.

Select passes that keep possession.

Take up space/positions that make it difficult for opponents.

Move to support teammates once you have passed the ball and explain how to keep possession.

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.

Vocabulary

Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Accuracy, Power, Rules

National Curriculum Links

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending

apply basic principles suitable for attacking and defending

- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<h2 style="text-align: center;">Year 3 Spring term A - Dance</h2>		<h3 style="text-align: center;">Key concepts</h3>												
<p><u>Knowledge and Skills</u></p> <p>Step 1: Perform dances using a range of movement patterns.</p> <p>Step 2: Link movement patterns together</p> <p>Step 3: Work on your own, with a partner and in a group</p> <p>Step 4: Create, practise, and perform more complex dances</p> <p>Step 5: Perform as various characters when moving to music</p> <p>Step 6: Communicate feelings through dance</p>		<ul style="list-style-type: none"> <input type="checkbox"/> I can use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending <input type="checkbox"/> develop flexibility, strength, technique, control and balance through athletics and gymnastics <input type="checkbox"/> I can take part in outdoor adventurous activity challenges both individually and within a team <input type="checkbox"/> I can compare my performances with previous ones and demonstrate improvement to achieve a personal best. 												
<p><u>Vocabulary</u></p> <table border="0" style="width: 100%;"> <tr> <td>• Dance</td> <td>• Co-ordination</td> <td>• Canon</td> <td>• Fluency</td> </tr> <tr> <td>• Routine</td> <td>• Tutting</td> <td>• Unison</td> <td>• Choreography</td> </tr> <tr> <td>• Music</td> <td>• Beat of 8</td> <td>• Count</td> <td>• Performance</td> </tr> </table>	• Dance	• Co-ordination	• Canon	• Fluency	• Routine	• Tutting	• Unison	• Choreography	• Music	• Beat of 8	• Count	• Performance	<p><u>National Curriculum Links</u></p> <p>2c: Develop flexibility, strength, technique, control, and balance.</p> <p>2d: Perform dances using a range of movement patterns.</p>	
• Dance	• Co-ordination	• Canon	• Fluency											
• Routine	• Tutting	• Unison	• Choreography											
• Music	• Beat of 8	• Count	• Performance											
<h2 style="text-align: center;">Year 3 Spring term A - Golf</h2>		<h3 style="text-align: center;">Key concepts</h3>												



<p><u>Knowledge and Skills</u></p> <p>Begin to develop the chipping technique, consistently lifting the ball from the floor.</p> <hr/> <p>Apply putting skills into game situations.</p> <hr/> <p>Show control and control to make accurate shots.</p> <hr/> <p>Explore and understand how correct putting techniques can create a successful shot.</p> <hr/> <p>Demonstrate good teamwork skills.</p>		<ul style="list-style-type: none"> <input type="checkbox"/> I can use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending <input type="checkbox"/> develop flexibility, strength, technique, control and balance through athletics and gymnastics <input type="checkbox"/> I can take part in outdoor adventurous activity challenges both individually and within a team <input type="checkbox"/> I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Golf • Chipping • Putting • Target • Coordination • Technique • Accuracy • Speed 	<p><u>National Curriculum Links</u></p> <p>I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.</p>	
<p>Year 3 Spring term B - Basketball</p>		<p>Key concepts</p>



Knowledge and Skills

Move with a ball keeping it under close control.

Keep possession of a ball as part of a team.

Pass/send a ball with increasing accuracy and receive a ball successfully.

Take up spaces/positions that make it difficult for opponents.

Employ simple tactics in game situations.

Recognise and explain good performances.

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.

Vocabulary

- Basketball
- Dribbling
- Passing
- Shoot
- Net
- Chest pass
- Space
- Possession
- Score

National Curriculum Links

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending



<p>Year 3 Spring term B - Swimming</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
<p>Year 3 Summer term A - Orienteering</p>		<p>Key concepts</p>



Knowledge and Skills

Participate in team games, working cooperatively, solving problems with others.

Communicate effectively with other people and discuss plans to achieve success.

Recognise that activities need thinking through and planning.

Move confidently in different ways, developing agility, balance, and co-ordination.

Participate in competitive orienteering events, following instructions of the game

To make a map with symbols and be able to recognise where you are on a map, using basic techniques.

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.

Vocabulary

- Teamwork
- Map Skills
- Indoor mapping
- Picture Orienteering
- Control Plotting
- Communication
- Problem Solving

National Curriculum Links

- I can take part in outdoor adventurous activity challenges both individually and within a team

Key concepts

Year 3 Summer term A - Cricket



<p><u>Knowledge and Skills</u></p> <p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <hr/> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique.</p> <hr/> <p>Intercept and stop the ball consistently.</p> <hr/> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <hr/> <p>Identify what you need to practice improving your performance.</p> <hr/>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u> Cricket, Fielding, Striking, Teamwork, Score, Wickets, Runs, Batting, Aiming, Overarm, Accuracy, Underarm, Throwing, Bowling, Wicket keeper, Long Barrier.</p>	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination 	
<p>Year 3 Summer term B - Dodgeball</p>		<p>Key concepts</p>



<p><u>Knowledge and Skills</u></p> <p>Improve consistency when catching a ball at different heights.</p> <hr/> <p>Show control when moving at speed.</p> <hr/> <p>Understand how finding space can help in game situations.</p> <hr/> <p>Move the ball in different ways, with increasing accuracy and control. Use a range of skills and tactics to win games. Improve</p> <hr/> <p>Begin to understand why you get hotter when you exercise and play games.</p> <hr/> <p>Identify what you do best and what you find difficult.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Speed, Bounce, Balls, Throw, Catch, Dodge,</p> <p>Positioning, Underarm throw, Side shot, Target,</p> <p>Strike, Roll.</p>	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination 	
<p>Year 3 Summer term B - Tennis</p>		<p>Key concepts</p>



<p><u>Knowledge and Skills</u></p> <p>Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action.</p> <hr/> <p>Throw/ Send a ball using a variety of techniques.</p> <hr/> <p>Take up space/ positions that make it difficult for opponents.</p> <hr/> <p>Compete with others – Keeping and following the rules of the game.</p> <hr/> <p>Keep a rally going.</p> <hr/> <p>Identify what you do well and what you find difficult.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Swing, Cooperative play, Aim, Movement, Direction, Partner, Cooperative, Send, Cooperate, Rally, Catch, Court target, Power, Accuracy, Space, Free Space, Control, Bounce, Racket.</p>	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games</p>	
<p>Year 4 Autumn term A - Athletics</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and



<p>Perform a throwing technique with control, coordination, and consistency.</p> <hr/> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <hr/> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <hr/> <p>Learn how to evaluate and recognise their own success.</p> <hr/> <p>Perform competitively with others.</p>		<p>apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u> Athletics, Jumping, Throwing, Running, Co-ordination, Movement, Measurements, Timing, Technique</p>	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination 	
<p>Year 4 Autumn term A – Tag Rugby</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for



<p>Move in different directions learning to move away from your opponent and keep control of the ball when running.</p> <hr/> <p>Learn how to pass in rugby, catching successfully and improving skills whilst on the move.</p> <hr/> <p>Move forward to attack as part of a team – running in a line.</p> <hr/> <p>To work as part of a team when defending, keeping in a line, and spreading out.</p> <hr/> <p>Successfully score a try.</p> <hr/> <p>To begin to understand the rules of tag rugby.</p>		<p>attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Rugby • Tag • Pass • Share • Defend • Mark • Attack • Dummy 	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 4 Autumn term B - Gymnastics</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and



<p>Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</p> <hr/> <p>Show control, accuracy and fluency of movement when performing actions on your own and with a partner.</p> <hr/> <p>Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</p> <hr/> <p>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.</p> <hr/> <p>Collaborate with others.</p> <hr/> <p>Recognise and explain a good performance.</p>		<p>apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Gymnastics, Key Shapes, Balances, Rolls, Jumps, Co-ordination, Routine, Travelling, Apparatus, Sequence, Partners, Teamwork</p>	<p><u>National Curriculum Links</u></p> <p>develop flexibility, strength, technique, control and balance through gymnastics</p>	
<p>Year 4 Autumn term B - Netball</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and



<p>Get into good positions to pass, receive, and shoot the ball.</p> <hr/> <p>Pass the ball using different techniques. Shoot and score with increasing accuracy.</p> <hr/> <p>Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score.</p> <hr/> <p>Develop the understanding of the importance of speed when playing invasion games.</p> <hr/> <p>Understand the link between heart rate and breathing during different activities.</p> <hr/> <p>Identify and describe the skills needed to improve your game.</p> <hr/> <p>Get into good positions to pass, receive, and shoot the ball.</p>		<p>apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u> Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Accuracy, Power, Rules</p>	<p><u>National Curriculum Links</u> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 4 Spring term A - Basketball Key concepts</p>		
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and



<p>Move the ball keeping it under control whilst changing direction.</p> <hr/> <p>Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow.</p> <hr/> <p>Find and use space in game situations and work well as part of a team.</p> <hr/> <p>Apply basic attacking and defending principles.</p> <hr/> <p>Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations.</p> <hr/> <p>Identify what you need to practice to improve your performance.</p>		<p>apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Basketball • Dribbling • Passing • Shoot • Net • Chest pass • Space • Possession • Score 	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending 	



Year 4 Spring term A - Golf			Key concepts
<p><u>Knowledge and Skills</u></p> <p>Explore the skills required to play golf successfully.</p> <hr/> <p>Continue to develop and apply the chipping technique to competitive games.</p> <hr/> <p>Develop and demonstrate the ability to 'putt' accurately and effectively.</p> <hr/> <p>Understand the importance of accuracy when chipping.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best. 	
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Golf • Chipping • Putting • Target • Coordination • Technique • Accuracy • Speed 	<ul style="list-style-type: none"> • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best. 		



Year 4 Spring term B - Dance		Key concepts
<p><u>Knowledge and Skills</u></p> <p>Explore and create characters and narratives in response to a range of stimuli.</p> <hr/> <p>Perform dances using a range of movement patterns – accurately, fluently, consistently and with control.</p> <hr/> <p>Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction.</p> <hr/> <p>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.</p> <hr/> <p>Be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance.</p> <hr/> <p>Work well as part of a team.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Dance, Routine, Music, Movements, Co-ordination, Tutting, Beat of 8, Canon, Unison, Count, Fluency, Choreography, Performance</p>	<p><u>National Curriculum Links</u></p> <p>develop flexibility, strength, technique, control and balance through dance. I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.</p>	



<h2>Year 4 Spring term B - Orienteering</h2>		<h3>Key concepts</h3>
<p>Knowledge and Skills</p> <p>Develop a basic understanding of map reading/making and apply these skills and techniques in games.</p> <hr/> <p>Work cooperatively and successfully as part of a team, improving communication skills.</p> <hr/> <p>Recognise where you are on a map.</p> <hr/> <p>Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.</p> <hr/> <p>Have knowledge of safety rules and procedures for taking part in orienteering event.</p> <hr/> <p>Work as a team to plan and decide what approach to use to meet the challenge set.</p> <hr/> <p>Explain how you could improve your performance.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p>Vocabulary</p> <ul style="list-style-type: none"> • Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving 	<p>National Curriculum Links</p> <p>I can take part in outdoor adventurous activity challenges both individually and within a team</p>	
<h2 style="margin: 0;">Year 4 Summer term A -Cricket</h2>		
<p>Knowledge and Skills</p> <p>Show control, coordination and consistency when throwing and catching a ball.</p> <hr/> <p>Hit a ball with increasing control from a tee and progress to without a tee.</p> <hr/> <p>Take up spaces/positions that make it difficult for the opposition.</p> <hr/> <p>Explain the tactics you have used in games.</p> <hr/> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <hr/> <p>Recognise what you do well and what you find difficult and explain good performances.</p> <hr/> <p>Chose fielding skills which make it difficult for your opponent.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p><u>Vocabulary</u> Cricket, Fielding, Striking, Teamwork, Score, Wickets, Runs, Batting, Aiming, Overarm, Accuracy, Underarm, Throwing,</p>	<p><u>National Curriculum Links</u> I can use a range of skills and techniques to play to play competitive games</p>	
<p>Year 4 Summer term A - Swimming</p>		
<p><u>Knowledge and Skills</u></p>		<p style="text-align: center;">Key concepts</p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	



<h2 style="text-align: center;">Year 4 Summer term B</h2>		<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u></p> <p>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.</p> <hr/> <p>Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.</p> <hr/> <p>Begin to apply basic movements in a range of activities and in combination.</p> <hr/> <p>Apply basic principles for attacking including finding and using space in game situations.</p> <hr/> <p>Keep a rally going using a range of shots.</p> <hr/> <p>Recognise and explain good performances and learn how to recognise and evaluate your own success.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Swing, Cooperative play, Aim, Movement, Direction, Partner, Cooperative, Send, Cooperate, Rally, Catch, Court target, Power, Accuracy, Space, Free Space, Control, Bounce, Racket.</p>	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation 	
<h2 style="text-align: center;">Year 4 Summer term B - Dodgeball</h2>		<h3>Key concepts</h3>



<p><u>Knowledge and Skills</u></p> <p>Get in good positions to throw and receive the ball.</p> <hr/> <p>Describe how your body feels when you are warming up and playing games.</p> <hr/> <p>Practice and improve the underarm throw and side shot throw.</p> <hr/> <p>Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.</p> <hr/> <p>Send a ball with accuracy, control, and consistency, whilst moving at different speeds.</p> <hr/> <p>Evaluate your own performance and describe skills you need to improve your play.</p> <hr/> <p>Find and use space in game situations.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <p>Speed, Bounce, Balls, Throw, Catch, Dodge,</p> <p>Positioning, Underarm throw, Side shot, Target,</p> <p>Strike, Roll.</p>	<p><u>National Curriculum Links</u></p> <p>To play modified competitive games</p>	
<p>Year 5 Autumn term A - Athletics</p>		<p>Key concepts</p>



Knowledge and Skills

- Step 1: To use the correct combination of jumps to complete the triple jump
- Step 2: To compete in long distance running
- Step 3: To compete in short distance races
- Step 4: To use a run up when throwing
- Step 5: To practise to improve throwing distance
- Step 6: To use a run up when jumping

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.

Vocabulary

- Athletics
 - Jumping
 - Throwing
 - Running
 - Co-ordination
- Measurements
 - Timing
 - Movement
 - Technique

National Curriculum Links

I can use running, jumping, throwing and catching in isolation and in combination

Year 5 Autumn term A – Tag Rugby

Key concepts



<p><u>Knowledge and Skills</u></p> <p>Step 1: To travel at speed with the ball</p> <p>Step 2: To dodge and fake passes when running with the ball</p> <p>Step 3: To catch the ball whilst under pressure</p> <p>Step 4: To watch and evaluate the professional game</p> <p>Step 5: To decide on ways to attack when playing games</p> <p>Step 6: To decide on the best ways to defend in games</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Rugby • Tag • Pass • Share • Attack • Defend • Mark • Dummy 	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 5 Autumn term B - Swimming</p>		<p>Key concepts</p>



<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
<p>Year 5 Autumn term B - Netball</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and



<p>Step 1: To pass the ball in a variety of different ways with confidence and control.</p> <p>Step 2: To move with the ball at speed.</p> <p>Step 3: To mark, track and cover when defending.</p> <p>Step 4: To keep possession of the ball when faced with opponents.</p> <p>Step 5: To work together as a team, showing good awareness of others.</p> <p>Step 6: Apply basic principles for attacking and defending in game situations.</p>		<p>apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u> Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Accuracy, Power, Rules</p>	<p><u>National Curriculum Links</u> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 5 Spring term A - Basketball</p>		
<p><u>Knowledge and Skills</u> Step 1: To pass the ball in a variety of different ways with confidence and control.</p> <p>Step 2: To move with the ball at speed.</p> <p>Step 3: To mark, track and cover when defending.</p> <p>Step 4: To keep possession of the ball when faced with opponents.</p> <p>Step 5: To work together as a team, showing good awareness of others.</p> <p>Step 6: Apply basic principles for attacking and defending in game situations.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics



		<p>and gymnastics</p> <ul style="list-style-type: none"> • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Basketball • Dribbling • Passing • Shoot • Net <ul style="list-style-type: none"> • Chest pass • Space • Possession • Score 	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 5 Spring term A - Golf</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Step 1: To successfully hit the target when putting and chipping.</p> <p>Step 2: To develop the drive technique.</p> <p>Step 3: To develop the techniques of the different shots on more difficult courses.</p> <p>Step 4: To compete against others applying skills learnt.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually



		<p>and within a team</p> <ul style="list-style-type: none"> • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
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<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Golf • Chipping • Putting • Target • Co-ordination • Technique • Speed • Accuracy 	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games</p>	
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<h2>Year 5 Spring term B – Dodgeball/Dancing</h2>		<h3>Key concepts</h3>
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<p><u>Knowledge and Skills</u></p> <p>Step 1: To throw a ball at a moving target.</p> <p>Step 2: To use the most appropriate throwing technique for the situation.</p> <p>Step 3: To play catching games.</p> <p>Step 4: To dodge a ball by jumping and skipping.</p> <p>Step 5: To dodge a ball by jockeying and galloping.</p> <p>To create sections of dance on your own, and in a group.</p> <p>To apply the principles of dance to a routine.</p> <p>To combine movements – keeping to the beat.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal
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		best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Speed • Balls • Throw • Catch • Dodge • Underarm throw • Bounce • Side shot • Target • Strike • Roll • Positioning <p>Dance, Routine, Music, Movements, Co-ordination, Tutting, Beat of 8, Canon, Unison, Count, Fluency, Choreography, Performance</p>	<p><u>National Curriculum Links</u></p> <p>To play competitive games To develop flexibility, strength, technique, control and balance</p>	
<h2>Year 5 Spring term B - Orienteering</h2>		<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u></p> <p>Step 1: To build confidence during team activities.</p> <p>Step 2: To work within your team, communicating, trusting, and valuing each other.</p> <p>Step 3: To plan strategies to complete tasks.</p> <p>Step 4: To develop map reading skills and confidence.</p> <p>Step 5: To develop map building skills.</p> <p>Step 6: To complete an orienteering event.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team



		<ul style="list-style-type: none"> • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
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<p>Vocabulary</p> <ul style="list-style-type: none"> • Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving 	<p>National Curriculum Links</p> <ul style="list-style-type: none"> • I can take part in outdoor adventurous activity challenges both individually and within a team 	
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<h2>Year 5 Summer term A - Athletics</h2>		<h3>Key concepts</h3>
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<p>Knowledge and Skills</p> <p>Step 1: To use the correct combination of jumps to complete the triple jump</p> <p>Step 2: To compete in long distance running</p> <p>Step 3: To compete in short distance races</p> <p>Step 4: To use a run up when throwing</p> <p>Step 5: To practise to improve throwing distance</p> <p>Step 6: To use a run up when jumping</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal
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		best.
<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> • Athletics • Jumping • Throwing • Running • Co-ordination • Measurements • Timing • Movement • Technique 	<p><u>National Curriculum Links</u> can use running, jumping, throwing and catching in isolation and in combination</p>	
<h2>Year 5 Summer term A</h2>		<h2>Key concepts</h2>
<p><u>Knowledge and Skills</u></p> <div style="background-color: #e0f0ff; padding: 10px; border-radius: 10px;"> <p>Step 1: To throw and bowl in different ways.</p> <p>Step 2: To play shots that allow the ball to be hit to different areas of the field into spaces.</p> <p>Step 3: To retrieve, catch, intercept, and stop a ball when fielding.</p> <p>Step 4: To use skills and tactics to outwit opponents when fielding.</p> <p>Step 5: To use skills and tactics to outwit opponents when batting.</p> <p>Step 6: To participate in competitive games.</p> </div>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal



		best.
<p><u>Vocabulary</u> Cricket, Fielding, Striking, Teamwork, Score, Wickets, Runs, Batting, Aiming, Overarm, Accuracy, Underarm, Throwing, Bowling, Wicket</p>	<p><u>National Curriculum Links</u> can use running, jumping, throwing and catching in isolation and in combination</p>	
<h2>Year 5 Summer term B - Dodgeball</h2>		<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u></p> <hr/> <p>Step 1: To throw a ball at a moving target. Step 2: To use the most appropriate throwing technique for the situation. Step 3: To play catching games. Step 4: To dodge a ball by jumping and skipping. Step 5: To dodge a ball by jockeying and galloping.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p>Vocabulary</p> <ul style="list-style-type: none"> • Speed • Balls • Throw • Catch • Dodge • Underarm throw • Bounce • Side shot • Target • Strike • Roll • Positioning 	<p>National Curriculum Links</p> <p>I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 5 Summer term B - Rounders</p>		
<p>Knowledge and Skills</p> <p>Step 1: To throw and bowl in different ways.</p> <p>Step 2: To pay shots that allow the ball to be hit to different areas of the field into spaces.</p> <p>Step 3: To retrieve, catch, intercept, and stop a ball when fielding.</p> <p>Step 4: To use skills and tactics to outwit opponents when fielding.</p> <p>Step 5: To use skills and tactics to outwit opponents when batting.</p>		<p style="text-align: center;">Key concepts</p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p><u>Vocabulary</u> Throwing, Fielding, Catching, Power, Get in line, Communication, Accuracy, Technique, Batting, Score, Aiming, Space, Targets, Long Barrier</p>	<p><u>National Curriculum Links</u> I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending</p>	
<p>Year 6 Autumn term A - Swimming</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p>	
<p>Year 6 Autumn term A - Athletics</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Understand and apply appropriate pace judgement for the running distance to be covered. Run, jump, catch and throw in isolation and combination. Combine and perform skills with control. Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. Choose the appropriate speed to run at for the distance to be covered.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> develop flexibility, strength, technique, control and balance through athletics</p>	



<ul style="list-style-type: none"> • Athletics • Jumping • Throwing • Running • Co-ordination <ul style="list-style-type: none"> • Measurements • Timing • Movement • Technique 	<p>I can use running, jumping, throwing and catching in isolation and in combination</p>	
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<h2 style="margin: 0;">Year 6 Autumn term B - Gymnastics</h2>		<h3 style="margin: 0;">Key concepts</h3>
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<p><u>Knowledge and Skills</u></p> <p>Combine and perform gymnastic actions, shapes, and balances more fluently and effectively.</p> <hr/> <p>Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</p> <hr/> <p>Use combinations of dynamics using the space effectively.</p> <hr/> <p>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.</p> <hr/>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
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<p><u>Vocabulary</u> Gymnastics, Key Shapes, Balances, Rolls, Jumps, Co-ordination, Routine, Travelling, Apparatus, Sequence, Partners, Teamwork</p>	<p><u>National Curriculum Links</u> develop flexibility, strength, technique, control and balance through athletics and gymnastics</p>	
<p>Year 6 Autumn term B - Netball</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u> Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</p> <hr/> <p>Work effectively as a team.</p> <hr/> <p>Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</p> <hr/> <p>Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> I can use a range of skills and techniques to play to play competitive games and apply</p>	



<p>Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Accuracy, Power, Rules</p>	<p>basic principles suitable for attacking and defending</p>	
<h2>Year 6 Spring term A - Basketball</h2>		<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u></p> <p>Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</p> <hr/> <p>Use different skills to keep possession of the ball. Develop control whilst performing skills at speed.</p> <hr/> <p>Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</p> <hr/> <p>Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</p> <hr/> <p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <hr/> <p>Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why.</p> <hr/>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u></p> <p>I can use a range of skills and techniques to play to play competitive games and apply</p>	



<ul style="list-style-type: none"> • Basketball • Dribbling • Passing • Shoot • Net <ul style="list-style-type: none"> • Chest pass • Space • Possession • Score 	<p>basic principles suitable for attacking and defending</p>	
<h2 style="margin: 0;">Year 6 Spring term A - Golf</h2>		
<p><u>Knowledge and Skills</u></p> <hr/> <p>Develop an accurate putting technique, chipping for height technique, and driving for distance technique.</p> <hr/> <p>Determine how much speed and power is required when working to a target.</p> <hr/> <p>Become familiar with golf phrases and the concept of golf.</p> <hr/> <p>Compete with other in modified golf games.</p>		<p style="text-align: center;">Key concepts</p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p><u>Vocabulary</u></p>	<p><u>National Curriculum Links</u> I can compare my performances with previous ones and demonstrate improvement</p>	



- Golf
- Chipping
- Putting
- Target
- Co-ordination
- Technique
- Speed
- Accuracy

to achieve a personal best.

Year 6 Spring term B – Dance/Dodgeball

Key concepts

Knowledge and Skills

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.

To show ideas through dance.

To create sections of dance on your own, and in a group.

To apply the principles of dance to a routine.

- I can use running, jumping, throwing and catching in isolation and in combination
- I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- I can take part in outdoor adventurous activity challenges both individually and within a team
- I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p>Vocabulary</p> <ul style="list-style-type: none"> • Speed • Balls • Throw • Catch • Dodge • Underarm throw <ul style="list-style-type: none"> • Bounce • Side shot • Target • Strike • Roll • Positioning 	<p>National Curriculum Links</p> <p>develop flexibility, strength, technique, control and balance through dance. I can use running, jumping, throwing and catching in isolation and in combination</p>	
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<h2>Year 6 Spring term B - Orienteering</h2>		<h3>Key concepts</h3>
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<p>Knowledge and Skills</p> <p>Use a map to confidently orientate yourself around – Use previous knowledge to navigate and design a route to the controls.</p> <hr/> <p>Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</p> <hr/> <p>Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</p> <hr/> <p>Build confidence during team activities.</p> <hr/> <p>Develop map reading and map building skills – Understanding elements and scaling confidently.</p> <hr/> <p>Identify what they have done well and adapt plans for future challenges.</p> <hr/> <p>Develop physical fitness and be able to describe its importance in orienteering.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
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<p>Vocabulary</p> <ul style="list-style-type: none"> • Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving 	<p>National Curriculum Links</p>	
<p>Year 6 Summer term A - Athletics</p>		
<p>Knowledge and Skills</p> <p>Understand and apply appropriate pace judgement for the running distance to be covered. Run, jump, catch and throw in isolation and combination. Combine and perform skills with control. Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. Choose the appropriate speed to run at for the distance to be covered. Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height. Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p>		<p style="text-align: center;">Key concepts</p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.
<p>Vocabulary</p>	<p>National Curriculum Links</p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination 	



<ul style="list-style-type: none"> • Athletics • Jumping • Throwing • Running • Co-ordination <ul style="list-style-type: none"> • Measurements • Timing • Movement • Technique 		
<h2>Year 6 Summer term A - Cricket</h2>		<h3>Key concepts</h3>
<p><u>Knowledge and Skills</u></p> <p>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</p> <hr/> <p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <hr/> <p>Use skills and tactics to outwit opponents when fielding, bowling, and batting.</p> <hr/> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <hr/> <p>Use tactics that involve bowlers and fielders working together.</p> <hr/> <p>Learn how to evaluate and recognise your own success and areas for improvement.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p><u>Vocabulary</u> Cricket, Fielding, Striking, Teamwork, Score, Wickets, Runs, Batting, Aiming, Overarm, Accuracy, Underarm, Throwing, Bowling, Wicket</p>	<p><u>National Curriculum Links</u></p> <ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination 	
<p>Year 6 Summer term B - Rounders</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p> <p>Perform skills with accuracy, confidence, and control.</p> <hr/> <p>Participate in competitive games, modified where appropriate.</p> <hr/> <p>Retrieve, intercept, and stop a ball when fielding.</p> <hr/> <p>Use skills and tactics to outwit opponents when fielding and batting.</p> <hr/> <p>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.</p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.



<p><u>Vocabulary</u> Throwing, Fielding, Catching, Power, Get in line, Communication, Accuracy, Technique, Batting, Score, Aiming, Space, Targets, Long Barrier</p>	<p><u>National Curriculum Links</u> • I can use running, jumping, throwing and catching in isolation and in combination</p>	
<p>Year 6 Summer term B - Swimming</p>		<p>Key concepts</p>
<p><u>Knowledge and Skills</u></p>		<ul style="list-style-type: none"> • I can use running, jumping, throwing and catching in isolation and in combination • I can use a range of skills and techniques to play to play competitive games and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance through athletics and gymnastics • I can take part in outdoor adventurous activity challenges both individually and within a team • I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.

**Vocabulary****National Curriculum Links**