

Springfield Primary School

P.E.

Early Learning Goals	Development matters	Key vocabulary
- Negotiate Space and obstacles safely, with consideration for themselves and others - Demonstrate strength, balance and co-ordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing - Progress towards a more fluent style of moving developing control and grace - Develop overall body strength co-ordination and agility needed to engage successfully in future PE sessions and other physical disciplines including dance, gymnastics sport and swimming. - Combine different movements with ease and fluency - Confidently use a range of small and large apparatus indoors and outside, alone and in a group - Develop overall body strength, balance co-ordination and agility - Further develop a range of ball skills including throwing, catching, kicking, passing, batting and aiming - Develop precision and accuracy when engaging in activities that involve a ball.	Balance, move, travel, space, obstacle, apparatus, skills, co-ordination, grace, control, yoga, strength

Autumn	Spring	Summer
EYFS Dance/Yoga - Move energetically and master basic movements e.g. running, skipping, hopping and jumping. - Develop strength, balance, agility and co-ordination. - Perform simple movement patterns. - Negotiate space and obstacles whilst considering themselves and others. - Develop controlled movement and flexibility. - Begin to understand the benefits of yoga. - Show strength, balance, control and co-ordination in copying yoga poses. <u>Outdoor Gym Trail</u> - Move safely with co-ordination and balance.	Yoga/ gymnastics - Develop strength, balance, agility and co-ordination - Negotiate space and obstacles whilst considering themselves and others. - Perform simple movement patterns. - Learn ways to balance while moving - Take off and land safely - Develop controlled movement and flexibility. - Show strength, balance, control and co-ordination in copying yoga poses. <u>Outdoor Gym Trail</u> - Move safely with co-ordination and balance.	<u>Summer 1</u> Gymnastics/Games - Move energetically and master basic movements e.g. running, skipping, hopping. - Develop strength, balance, agility and co-ordination. - Climb safely up and down apparatus - Negotiate space and obstacles whilst considering themselves and others. <u>Outdoor Gym Trail</u> - Move safely with co-ordination and balance. - Developing competitive skills for sports day

Year 1		
<u>Autumn 1</u> Games/Dance - Participate in team games, developing tactics for attack and defence. - Perform simple movement patterns. <u>Key Skills- Invasion Games</u> - Develop dribbling with feet, hands and hockey stick. - Develop passing to a teammate with feet. - Throw a ball underarm. - Move into space and show an awareness of defenders. - Marking and dodging defenders. <u>Key Skills- Dance</u> - Explore travelling actions and movement patterns, remember and repeat them. - Use counts of 8 to move in time with music. - Respond imaginatively to a stimulus. - Use expression to show a feeling. - Move confidently and safely around others. - Show changes in shape and level.	<u>Spring 1</u> Dance/Ball Skills - Master basic movements e.g. running, throwing, catching, hand/eye coordination. - Develop balance and co-ordination <u>Key Skills- Dance</u> - Explore travelling actions and movement patterns, remember and repeat them. - Use counts of 8 to move in time with music. - Respond imaginatively to a stimulus. - Use expression to show a feeling. - Move confidently and safely around others. - Show changes in shape and level. <u>Key Skills- Ball Skills</u> - Explore different ball skills (rolling, throwing, catching, kicking, controlling). - Roll a ball to hit a target. - Use co-ordination to be able to stop a rolling ball. - Use technique and control when dribbling and kicking a ball with feet or hands or throwing and catching.	<u>Summer 1</u> Athletics/Gymnastics/Apparatus <u>Key Skills- Athletics</u> - Develop co-ordination and technique when running and changing direction. - Develop technique when jumping for distance and height. - Use balance and rhythm when travelling over obstacles. - Use co-ordination and technique when throwing and pushing objects. - Use skills learnt when competing in athletics events. <u>Key Skills- Gymnastics/Apparatus</u> - Explore travelling movements using the space around them. - Learn and perform gymnastic shapes and jumps with technique and control. - Develop balance and control when performing balances. - Develop technique and control in the pencil, log, straight (backward) and forward roll. - Build strength and begin to take body weight on hands. - Link gymnastic actions to create a sequence. - Add apparatus to the above skills.
<u>Autumn 2</u> Fitness/Gymnastics/Balanceability - Master basic movements e.g. running, throwing, catching - Develop balance and co-ordination - Perform simple movement patterns. <u>Key Skills- Fitness</u> - Develop stamina and the ability to run for longer periods. - Develop coordination through hula hoop skills, long rope skipping and individual skipping. - Take part in a circuit to develop stamina, agility and co-ordination.	<u>Spring 2</u> Yoga/Multiskills - Master basic movements e.g. running, throwing, catching, hand/eye coordination. - Perform simple movement patterns. <u>Key Skills- Multi-skills</u> - Develop balancing and moving with control and stability while stopping and landing safely. - Explore running with control at different speeds whilst changing direction and dodging. - To jump, hop and skip. - Develop coordination through French skipping.	<u>Summer 2</u> Athletics/Net & Wall - Master basic movements e.g. running, jumping - Perform simple movement patterns. - Develop balance and co-ordination - Participate in team games, developing tactics for attack and defence. - Master basic movements e.g. running, jumping <u>Key Skills- Athletics</u>

- Complete exercises using own body weight (yoga warm-ups). - Develop 'ABC' agility, balance and coordination. <u>Key Skills- Gymnastics</u> - Explore travelling movements using the space around them. - Learn and perform gymnastic shapes and jumps with technique and control. - Develop balance and control when performing balances. - Develop technique and control in the pencil, log, straight (backward) and forward roll. - Build strength and begin to take body weight on hands. - Link gymnastic actions to create a sequence.	- Develop skipping with an individual rope. - Apply multi skills to a variety of challenges. <u>Key Skills- Yoga</u> - Develop controlled movement and flexibility. - Understand what yoga is. - Show strength, balance, control and co-ordination in copying yoga poses. - Show control and technique in pair yoga. - Show control in an Arctic flow. - Copy and repeat a summer flow showing control and coordination. - Copy a yoga flow, changing my breath to match the poses.	- Develop co-ordination and technique when running and changing direction. - Develop technique when jumping for distance and height. - Use balance and rhythm when travelling over obstacles. - Use co-ordination and technique when throwing and pushing objects. - Develop technique to throw accurately. - Use skills learnt when competing in athletics ev <u>Key Skills- Net and Wall</u> - Defend space by using the ready position. - Throw accurately at a target - Use control when handling a racket and ball. - Send a ball using a racket. - Play against an opponent over a bench or net.
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Year 1 Vocab

Invasion games- attack, defence, dribbling, passing, throwing and catching. Fitness- stamina, pulse, agility and co-ordination. Dance/Gymnastics- movement, balance, co-ordination, shape, pattern, travelling, rolls, sequence.	Yoga- balance, core-strength, yoga flow/pose and breath change. Ball skills- attack, defence, dribbling, passing, throwing and catching. Dance- movement, balance, co-ordination, shape, pattern, travelling, rolls, sequence. Multiskills- Balance, co-ordination, agility	Net & Wall- racket, net, court, ball, racket control and ready position. Gymnastics- movement, balance, co-ordination, shape, pattern, travelling, rolls, sequence. Athletics- Jumping (distance and height), throwing, pushing, running and balance.
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Year 2

<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
Invasion Games/Gymnastics - Participate in team games, developing tactics for attack and defence. - Perform simple movement patterns e.g. Balances, holds and shapes. <u>Key Skills- Invasion Games</u> - Develop dribbling with feet, hands and hockey stick. - Develop passing to a teammate with feet. - Throw a ball underarm.	Net and Wall/Multiskills - Participate in team games, developing tactics for attack and defence. - Develop movement to include throwing/catching whilst running. <u>Key Skills- Net and Wall</u> - Defend space by using the ready position. - Defend space on court by using the ready position. - Throw accurately at a target	Athletics/Uni-Hoc - Further develop movement e.g. Throwing, catching, kicking, hand/eye co-ordination. - Participate in team games, developing tactics for attack and defence. <u>Key Skills- Athletics</u> - Develop agility and co-ordination and technique when running and changing direction.

• Move into space and show an awareness of defenders. • Marking and dodging defenders. <u>Key Skills- Gymnastics</u> • Perform gymnastic shapes with control and link them together. • Use shapes to create balances (asymmetric/symmetric). • Explore and link travelling actions, directions and levels (progress to apparatus). • Demonstrate different take off and landings when performing jumps. • Use shape jumps and different rolls in a simple sequence. • Develop strength and take body weight on hands. • Link gymnastic actions to create a short sequence to include apparatus. <u>Autumn 2</u> Ball Skills/Benchball • Participate in team games, developing tactics for attack and defence. • Develop hand/eye coordination <u>Key Skills- Ball skills</u> • Explore different ball skills. • Roll a ball to hit a target. • Use co-ordination and be able to stop a rolling ball. • Use technique and control when dribbling and kicking a ball with feet or hands. • Throw and catch a ball with co-ordination and technique. <u>Key Skills- Benchball</u> • Use co-ordination and technique when throwing and catching. • Develop throwing to a teammate. • Move into space and show an awareness of defenders. • Develop dodging and use it to lose a defender.	• Develop control when handling a racket. • Develop racket and ball skills. • Send a ball using a racket. • Play against an opponent. • Play over a net. <u>Key Skills- Multi-skills</u> • Develop balancing and moving with control. • Develop balance, stability and landing safely. • Explore running with control at different speeds. • Develop changing direction and dodging. • To jump, hop and skip. • Develop coordination through French skipping. • Develop skipping in an individual rope. • Apply multi skills to a variety of challenges. <u>Spring 2</u> Yoga/Fitness • Participate in team games, developing tactics for attack and defence. • Further develop movement and coordination to assist each other <u>Key Skills- Yoga</u> • Develop controlled movement and flexibility. • Understand what yoga is. • Show strength, balance, control and co-ordination in copying yoga poses. • Show control and technique in pair yoga. • Show control in an animal flow. • Copy and repeat an Autumn flow showing control and coordination. • Copy a yoga flow, changing my breath to match the poses. <u>Key Skills- Fitness</u> • Develop stamina and the ability to run for longer periods. • Develop coordination through hula hoop skills. • Develop long rope and individual skipping. • Take part in a circuit to develop stamina and co-ordination.	• Develop technique when jumping for distance and height. • Develop balance and rhythm when travelling over obstacles. • Use co-ordination and technique when throwing and pushing objects. • Develop technique to throw accurately. • Compete using these skills in an athletics competition. <u>Key Skills- Uni-Hoc</u> • Dribble and send a ball using an open stick including a push pass. • Receive and trap the ball • Dribbling a ball to beat a defender including with the reverse stick (Indian dribble) • Move into space after passing the ball • Use an open stick (block) tackle • Apply defending and attacking principles and skills in a hockey tournament <u>Summer 2</u> Athletics/Dance • Develop throwing at a target, running at speed and distance and jumping at distance and height. • Perform simple movement patterns. • Develop balance and co-ordination <u>Key Skills- Athletics</u> • Develop agility and co-ordination and technique when running and changing direction. • Develop technique when jumping for distance and height. • Develop balance and rhythm when travelling over obstacles. • Use co-ordination and technique when throwing and pushing objects. • Develop technique to throw accurately.
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- Stay with a player when defending. - Progress with a ball towards a goal.	- Complete exercises using own body weight. - Develop 'ABC' agility, balance and coordination.	- Compete using these skills in an athletics competition. <u>Key Skills- Dance</u> - Remember, repeat and link actions using space and movement. - Use counts of 8 to keep in time with the music. - Create and copy different movements. - Use clear pathways, shapes and levels and facial expressions to show a character. - Use individual balances, different speeds and directions. - Mirror a partner and move in unison.
Year 2 Vocab		
Invasion Games/Ball skills/Invasion games- passing, dribbling, marking, defence and attack and dodging. Gymnastics- movement, balance, co-ordination, shape, pattern, travelling, rolls, sequence, points, patches, symmetrical and asymmetrical balances.	Net & Wall- racket, net, court, ready position, return, rally forehand and backhand. Multiskills- Balance, co-ordination, agility, control, spacial awareness, technique. Fitness- bodyweight, stamina control and 'ABC' agility, balance and coordination. Yoga- balance, core-strength, yoga flow/pose and breath change.	Athletics- Jumping (distance and height),throwing, pushing, running and balance. Uni-Hoc- push pass, Indian dribble, block tackle, attack and defence. Dance- movement, balance, co-ordination, shape, pattern, travelling, rolls, sequence and mirroring.
Year 3		
<u>Autumn 1</u> Football/Gymnastics - Play competitive games and employ attacking and defensive tactics - Perform a range of movement patterns - Compare performances with previous ones and demonstrate improvement <u>Key Skills- Football</u> - Dribble and control the ball and run with it. - Begin to pass to a teammate with accuracy and movement. - Control the ball with different parts of the body.	<u>Spring 1</u> Apparatus/Striking & Fielding - Perform a range of movement patterns - Play competitive games and employ attacking and defensive tactics - Compare performances with previous ones and demonstrate improvement <u>Key Skills- Apparatus</u> - Create interesting point and patch balances (asymmetric/symmetric) and smoothly move into and out of balances. - Match a partner in a sequence. - Step into shape jumps with control.	<u>Summer 1</u> Dodgeball/Cricket - Develop flexibility, strength, technique, control and balance - Play competitive games and employ attacking and defensive tactics - Compare performances with previous ones and demonstrate improvement <u>Key Skills- Dodgeball</u> - Learn the rules of dodgeball and play in a mini dodgeball game. - Develop throwing at a target/moving target. - Use jumps, dodges and ducks to avoid being hit.

• Change direction with the ball using an inside and outside hook. • Jockey / track an opponent. • Apply the rules and tactics you have learnt to play in a football tournament. <u>Key Skills- Gymnastics</u> • Create interesting point and patch balances (asymmetric/symmetric) and smoothly move into and out of balances. • Match a partner in a sequence. • Step into shape jumps with control. • Develop the straight, barrel, and forward roll. • Create a sequence with matching and contrasting actions and shapes. <u>Autumn 2</u> Tag-Rugby/Dance (weather) • Perform a range of movement patterns • Use movement such as running, jumping, throwing and catching in isolation and combination • Develop hand/eye coordination • Compare performances with previous ones and demonstrate improvement <u>Key Skills- Tag-Rugby</u> • Develop ball handling skills including throwing and catching demonstrating increasing control and accuracy. • Play games using tagging rules including 'forward pass' and 'offside'. • Support a teammate when attacking. • Dodge a defender and move into space when running towards the tri-line. • Defend an opponent through closing down/pressure/guiding toward the touchline. • Apply the rules and tactics you have learnt to play in a tag rugby tournament.	• Develop the straight, barrel, and forward roll. • Create a sequence with matching and contrasting actions and shapes. • Explore gymnastics skills using hoops. • Create a partner sequence incorporating apparatus such as benches and agility tables. • Use shape jumps to dismount apparatus. • Dismount apparatus in a controlled way. <u>Key Skills- Striking and Fielding</u> • Throw and catch a ball. • Understand the role of the fielder, bowler, batter and backstop. • Underarm bowling. • Run around the outside of the bases and know when to stop. • Field a ball using a two-handed pick up and a short barrier. • Overarm throw and catch a ball. • Use the correct batting grip. • Learn to bat in a team. • Develop the batting technique. • Play the role of bowler, batter, wicket keeper and fielder in a game. <u>Spring 2</u> Fitness/Rounders • Further develop movement and coordination to assist each other • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Fitness</u> • Develop an awareness of what your body is capable of. • Test and record baseline fitness scores. • Improve sprinting technique and speed (shuttle runs). • Increase strength using own body weight (yoga, sit ups/press ups/step ups). • Move with co-ordination, agility and balance. • Increase stamina. • Retest fitness and collect personal fitness scores	• Improve catching and use the whole body to catch a dodgeball. • Develop blocking. • Play in a dodgeball tournament. <u>Key Skills- Cricket</u> • Overarm throw and catch a ball. • Deliver a ball accurately using the underarm technique. • Use the correct batting grip • Improve the batting technique. • Field a ball using a two-handed pick up and a short barrier. • Begin overarm bowling technique. • Play the role of bowler, batter, wicket keeper and fielder in a game. • Play mini versions of cricket. <u>Summer 2</u> Yoga/Athletics • Perform a range of movement patterns • Develop flexibility, strength, technique, control and balance • Compare performances with previous ones and demonstrate improvement <u>Key Skills- Yoga</u> • Develop controlled movement and flexibility. • Understand what yoga is. • Show strength, balance, control and co-ordination in copying yoga poses. • Show control and technique in pair yoga. • Show control in an animal flow. • Copy and repeat an Autumn flow showing control and coordination. • Copy a yoga flow, changing my breath to match the poses. <u>Key Skills- Athletics</u>
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<u>Key Skills- Dance</u> • Work in unison with a partner/group to create actions in response to a stimulus. • Understand the use of canon (when a group carry out a sequence starting one after another). • Understand how dynamics (how shape of movement is executed) affect the actions performed. • Select and use movements to represent an idea whilst remembering/repeating them. • Use contrasting dynamics to clearly show different phrases.	<u>Key Skills- Rounders</u> • Throw and catch a ball. • Understand the role of the fielder, bowler, batter and backstop. • Develop bowling. • Run around the outside of the bases and know when to stop. • Field a ball using a two-handed pick up and a short barrier. • Improve batting technique. • Learn to bat in a team. • Play in a Rounders tournament.	• Develop stamina and an understanding of pacing in a long-distance event. • Develop power and speed in the sprinting technique (blocks start/use of arms to pump and create momentum). • Use communication skills and technique when taking part in a relay race. • Use technique when jumping for distance (hop, skip, jump/use of arms). • Use technique when jumping for height (pushing from your legs/using arms to generate power/height). • Use power and technique when performing push and pull throws for distance. • Compete in athletics events. • Measure and record scores (use of tape measures/stopwatches).
Year 3 Vocab		
Football- pass, tackle, dribble, control. Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle) Dance- canon, sequence and dynamics. Tag-rugby- backward and forward pass, tri, tri-line, ball-handling and tackling.	Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle), dismount and apparatus. Rounders- throwing, catching, batting grip, bases, fielding and underarm bowling. Fitness- bodyweight, stamina, control and 'ABC' agility, balance and coordination.	Dodgeball- throwing, dodging, ducking ,blocking, safe-zone Cricket- batting, overarm bowling, fielding, two-hand pickup, barrier fielding, wicket keeper. Yoga- balance, core-strength, yoga flow/pose and breath change. Athletics- Jumping (distance and height), throwing (push and pull), running, hurdling, relay, batons, javelin and balance.
Year 4		
<u>Autumn 1</u> Dance (dancematics/technologic)/Football • Perform dance using a range of movement patterns (e.g. Elevation) • Improve flexibility, strength, technique, control and balance. • Use movement such as running, jumping, throwing and catching in isolation and combination.	<u>Spring 1</u> Indoor Fitness/Netball • Play competitive games and employ attacking and defensive tactics • Use movement such as running, jumping, throwing and catching in isolation and combination • Develop flexibility, strength, technique, control and balance <u>Key Skills- Fitness</u>	<u>Summer 1</u> Swimming/Rounders • Swim competently over 25m • Use a range of strokes. • Perform safe self-rescue • Develop hand/eye coordination • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Rounders</u> • Throw and catch a ball.

• Play competitive games and employ attacking and defensive tactics. • Compare performances with previous ones and demonstrate improvement. <u>Key Skills- Dance</u> • Create movements in response to an idea whilst using direction to change set material. • Remember and perform longer choreography. • Understand the impact of dynamics (how shape of movement is executed to represent an idea) on an action and use them when creating a phrase. • Use canon (when a group carry out a sequence starting one after another). • Use gesture in performance (movement or position of the hand, arm, body, head, or face that is expressive of an idea, opinion, emotion). <u>Key Skills- Football</u> • Dribble the ball, control the ball and run with it. • Pass to a teammate with growing accuracy whilst moving to receive a return pass. • Control the ball with different parts of the body (e.g. chest/thigh). • Change direction with the ball using the inside and outside of the foot. • Jockey / track an opponent. • Apply the rules and tactics you have learnt to play in a football tournament. <u>Autumn 2</u> Striking & Fielding/Badminton • Develop flexibility, strength, technique, control and balance • Use movement such as running, jumping, throwing and catching in isolation and combination • Play competitive games and employ attacking and defensive tactics	• Develop an awareness of what your body is capable of and improve (stamina). • Test and record baseline fitness scores in a circuit of activities. • Develop sprinting technique and speed (shuttle runs/bleep test). • Develop strength using own body weight (sit-ups/press-ups/step-ups). • Move with coordination, agility and balance. • Retest fitness and collect personal fitness scores. <u>Key Skills- Netball</u> • Develop ball handling skills including throwing and catching. • Be able to pass and move to receive the ball whilst progressing towards the goal. • Play within the footwork rule. • Lose a defender. • Defend an opponent and try to win the ball. • Use the correct shooting action. • Play small sided games using netball rules. • Learn the positions of High 5 Netball and where each player is allowed. <u>Spring 2</u> Fitness/Gymnastics • Develop flexibility, strength, technique, control and balance • Take part in adventurous activity challenges as individual and as part of a team • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Fitness</u> • Develop an awareness of what your body is capable of and improve (stamina). • Test and record baseline fitness scores in a circuit of activities. • Develop sprinting technique and speed (shuttle runs/bleep test). • Develop strength using own body weight (sit-ups/press-ups/step-ups). • Move with coordination, agility and balance.	• Understand the role of the fielder, bowler, batter and backstop. • Improve bowling (increasing speed/legal height). • Run around the outside of the bases and know when to stop. • Field a ball using a two-handed pick up and a short barrier. • Improve batting technique whilst batting in a team. • Play in a Rounders tournament. <u>Summer 2</u> Swimming/Athletics • Swim competently over 25m • Use a range of strokes. • Perform safe self-rescue • Develop flexibility, strength, technique, control and balance • Perform dance using a range of movement patterns (e.g. Elevation) <u>Key Skills- Athletics</u> • Develop stamina and an understanding of pacing in a long-distance event (not going out too fast/using slipstream of a runner in front). • Develop power and speed in the sprinting technique (use of arms/block start/staying low). • Develop communication skills and technique when taking part in a relay race. • Develop technique when jumping for distance and height (generating power using bent legs and arms). • Develop power and technique when performing push and pull (javelin) throws (use of shoulders and legs to generate power). • Compete in athletics events. • Measure and record scores using scoresheets/tape measures/stopwatch.
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- Compare performances with previous ones and demonstrate improvement <u>Key Skills- Striking and Fielding</u> - Overarm throw and catch a ball. - Accurately underarm bowl. - Use the correct batting grip whilst improving batting technique. - Field a ball using a two-handed pick up and a short barrier. - Develop overarm bowling technique. - Play the role of bowler, batter, wicket keeper/backstop and fielder in a game. <u>Key Skills- Badminton</u> - Develop underarm feeding. - Use the ready position. - Control a shuttlecock with a badminton racket. - Hit the shuttlecock using a forehand including forehand serve. - Return the shuttlecock using a forehand. - Begin to use the backhand. - Keep a continuous rally going. - Use simple tactics in a game to beat an opponent (e.g. playing to an opponent's weakness/fatigue opponent through movement). - Compete in a badminton tournament.	- Retest fitness and collect personal fitness scores. <u>Key Skills- Gymnastics</u> - Perform individual and partner balances (asymmetric and symmetric). - Control and land rotation jumps. - Develop the straight backward roll, barrel, forward and straddle roll. - Perform inverted movements (movements where gymnast is upside down e.g. handstand/inverted pike). - Explore pathways and travelling movements. - Create a sequence to include inverted movements including with a partner.	
Year 4 Vocab		
Football- pass, tackle, dribble, control and marking. Dance- canon, sequence and dynamics and movement. Badminton- Racket, shuttlecock, net, court, forehand, backhand, serve, high clear, smash and rally Striking & Fielding- overarm throw, catching, backstop/wicket keeper, wickets/bases, short barrier	Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle), vault Fitness- bodyweight, stamina, control and 'ABC' agility, balance and coordination, shuttle runs, sit-up and press/push-ups). Netball- goal attack, defence, shoot, marking.	Rounders- throwing, catching, batting grip, bases, fielding and underarm bowling, back stop, barrier technique. Athletics- Jumping (distance and height), throwing (push and pull), running, hurdling, relay, batons, javelin and balance. Swimming- front crawl, back stroke, self-rescue.

Year 5		
<u>Autumn 1</u> Fitness/Hockey - Play competitive games and employ attacking and defensive tactics <u>Key Skills- Fitness</u> - Have an awareness of what their body is capable of (stamina) and improve this. - Test and record baseline fitness scores. - Improve sprinting technique and speed (shuttle runs/bleep test). - Increase strength using my own body weight (step-ups, press-ups, sit-ups, yoga). - Improve coordination through skipping. - Improve agility. - Develop control when balancing (yoga warm-ups). - Retest fitness and collect personal fitness scores. <u>Key Skills- Hockey</u> - Dribble a ball with increasing control and be able to beat a defender. - Pass the ball using a push pass - Receive and trap the ball with good technique and control - Use space effectively and move into space to support a teammate. - Use an open stick (block) tackle and jab tackle to gain possession of the ball. - Apply attacking and defending principles and skills in a hockey tournament. <u>Autumn 2</u> Gymnastics/Striking & Fielding - Develop flexibility, strength, technique, control and balance - Compare performances with previous ones and demonstrate improvement	<u>Spring 1</u> Dance(laugh/communication)/Tag-Rugby - Perform dance using a range of movement patterns (eg. elevation) - Develop flexibility, strength, technique, control and balance - Play competitive games and employ attacking and defensive tactics <u>Key Skills- Dance</u> - Create a dance in random structure and perform the actions showing quality and control. - Change the dynamics of an action (how shape of movement is executed to represent an idea). - Provide and use feedback to improve on performance. - Use and understand formations, shadowing and mirroring. - Create group poses and movements that flow smoothly in their choreography. - Use varying levels. - Use unison (where 2 or more dancers perform the same movements at the same time) and canon (when a group carry out a sequence one after another) when creating and linking poses. - Work with a partner, keeping in time with each other and the music. <u>Key Skills- Tag-Rugby</u> - Employ attacking principles, knowing when to run and when to pass. - Throw accurately and catch a tag rugby ball with control. - Play games using tagging rules including 'forward pass' and 'offside' rules.. - Lose a defender including 'handing off'. - Draw defence and know when to pass.	<u>Summer 1</u> Basketball/Gymnastics - Play competitive games and employ attacking and defensive tactics - Develop flexibility, strength, technique, control and balance - Compare performances with previous ones and demonstrate improvement <u>Key Skills- Basketball</u> - Develop the attacking skill of dribbling including awareness of the double dribble and travelling rule. - Use protective dribbling against an opponent and lose a defender. - Develop the bounce and chest pass and begin to recognise when to use them. - Perform a jump stop and pivot. - Defend an opponent by tracking them to slow them down. - Employ the technique for the set shot. - Perform a set shot and a jump shot. - Apply the skills, rules and tactics you have learnt to a mini tournament. <u>Key Skills- Gymnastics</u> - Perform symmetrical and asymmetrical balances. - Perform the straight, forward, straddle and backward roll. - Explore different methods of travelling, linking actions in both canon and synchronisation. - Perform progressions of inverted movements. - Perform progressions of a handstand (incline inversion/walking up a wall/light as a feather and stiff as a

• Play competitive games and employ attacking and defensive tactics • Use movement such as running, jumping, throwing and catching in isolation and combination <u>Key Skills- Striking and Fielding (Rounders)</u> • Throw underarm and overarm and catch with accuracy. • Vary bowling at different pace. • Understand the role of the bowler (e.g. awareness of batter and players on bases). • Improve batting technique (watching the ball and not the bat). • Learn how to stump a batter out. • Develop a variety of fielding techniques and to use them in a game including 'backing up' and long and short barriers. • Be able to use decision making and tactics. • Play in a rounders tournament. <u>Key Skills- Gymnastics</u> • Perform symmetrical and asymmetrical balances. • Perform the straight, forward, straddle and backward roll. • Explore different methods of travelling, linking actions in both canon and synchronisation. • Perform progressions of inverted movements. • Perform progressions of a handstand (incline inversion/walking up a wall/light as a feather and stiff as a board/kicking up to a wall or partner). • Explore matching and mirroring using actions both on the floor and on apparatus. • Create a partner sequence using apparatus. •	• Work as a defending unit to prevent attackers from scoring. • Apply the rules and tactics you have learnt to play in a tag rugby tournament. <u>Spring 2</u> Volleyball/Bikeability/Dodgeball/Benchball • Develop flexibility, strength, technique, control and balance • Use movement such as running, jumping, throwing and catching in isolation and combination • Develop flexibility, strength, technique, control and balance • Compare performances with previous ones and demonstrate improvement • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Volleyball</u> • Use the ready position • Develop the fast catch volley • Volley the ball. • Use a dig shot (defensive shot in a squat position). • Rally over the net • Underarm serve • Use the scoring system (play to 25) and understand when to rotate. • Play in a volleyball tournament. <u>Key Skills- Dodgeball/Benchball</u> • Recap the rules of dodgeball/benchball. • Play in a mini dodgeball/benchball game. • Develop throwing at a moving target. • Use jumps, dodges and ducks to avoid being hit. • Use catching to get an opponent out. • Use blocking techniques. • Select and apply tactics in the game. • Develop officiating skills. • Play in a dodgeball tournament.	board/kicking up to a wall or partner). • Explore matching and mirroring using actions both on the floor and on apparatus. • Create a partner sequence using apparatus. <u>Summer 2</u> Athletics/Tennis • Use movement such as running, jumping, throwing and catching in isolation and combination • Play competitive games and employ attacking and defensive tactics • Develop flexibility, strength, technique, control and balance <u>Key Skills- Athletics</u> • Pace yourself and take part in a long-distance event. • Improve sprinting technique. • Efficiently change over in a relay race. • Learn and use technique to perform the standing long jump • Perform a standing triple jump with technique. • Develop high jump • Develop the shot-put, discus and javelin throw. <u>Key Skills- Tennis</u> • Hit and return the ball with a forehand and backhand groundstroke. • Keep a continuous rally going. • Underarm serve. • Use a volley. • Use a variety of strokes to beat an opponent. • Compete in a tennis competition.
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Year 5 Vocab		
Hockey- dribble, Indian dribble, block and jab tackle, push pass. Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle), vault Fitness- bodyweight, stamina, control and 'ABC' agility, balance and coordination, shuttle runs, sit-up and press/push-ups). Striking & Fielding- overarm throw, catching, backstop/wicket keeper, wickets/bases, short barrier	Dance- canon, sequence and dynamics and movement. Volleyball- serve, rotate, set, dig and smash, court, net Dodgeball- throwing, dodging, ducking, blocking, safe-zone Tag-rugby- backward and forward pass, tri, tri-line, ball-handling and tackling, handing off and offside.	Tennis- racket, net, court, ready position, return, rally forehand and backhand, volley and overarm service. Basketball- chest and bounce pass, jump and set shot, pivot, travelling, foul. Athletics- Jumping (distance and height), throwing (push and pull), running, hurdling, relay, batons, javelin, shot pot, discus and hammer and balance. Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle), vault, handstand.
Year 6		
<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
Hockey/Dance (streetwise) - Use movement such as running, jumping, throwing and catching in isolation and combination - Develop flexibility, strength, technique, control and balance - Perform dance using a range of movement patterns (e.g. Elevation) - Compare performances with previous ones and demonstrate - Play competitive games and employ attacking and defensive tactics <u>Key Skills- Hockey</u> - Dribble a ball with increasing control and beat a defender. - Send the ball using a push pass. - Receive and trap the ball with good technique and control. - Move into space to support a teammate and use space effectively in game situations. - Use an open stick (block) tackle and jab tackle to gain possession of the ball.	Rounders/Gymnastics - Use movement such as running, jumping, throwing and catching in isolation and combination - Play competitive games and employ attacking and defensive tactics - Develop flexibility, strength, technique, control and balance. - Compare performances with previous ones and demonstrate improvement <u>Key Skills- Gymnastics</u> - Perform the straddle, forward and backward roll. - Perform counterbalance and counter tension. - Link partner balances into a sequence. - Perform inverted movements with control. - Perform the progressions of a headstand and a cartwheel. - Use flight from hands to travel over apparatus. - Create group balances and sequence using formations and apparatus. <u>Key Skills- Rounders</u> - Throw and catch with accuracy.	Badminton/Cricket - Use movement such as running, jumping, throwing and catching in isolation and combination - Play competitive games and employ attacking and defensive tactics <u>Key Skills- Badminton</u> - Hit the shuttlecock with a forehand shot. - Return the shuttlecock using both forehand and backhand shots. - Keep a continuous rally going. - Underarm and backhand serve. - Use a variety of strokes to beat an opponent (including smash and dropshot). - Compete in a badminton competition. <u>Key Skills- Cricket</u> - Show throwing accuracy and catching skills (close/deep catching and wicket keeping). - Demonstrate underarm bowling accuracy.

• Apply attacking and defending principles and skills in a hockey tournament. <u>Key Skills- Dance</u> • Order phrases using random structure. • Copy and repeat a set dance phrase showing control in movements. • Work collaboratively to explore and develop dance ideas. • Perform with confidence using exaggerated movements, changes in level and speed when choreographing. • Use a prop as a dance stimulus. • Use canon (when a group carry out a sequence one after another) and unison (where 2 or more dancers perform the same movements at the same time) to improve the impact of a dance. • Explore, improvise and combine movement ideas fluently and efficiently to convey a mood and theme. <u>Autumn 2</u> Indoor Volleyball/Tag-Rugby • Develop flexibility, strength, technique, control and balance • Perform dance using a range of movement patterns (e.g. Elevation) • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Tag-Rugby</u> • Use attacking principles, knowing when to run and when to pass. • Throw accurately and catch a tag rugby ball with control. • Use the 'forward pass' and 'offside' rules • Play games using tagging rules as well as the 'forward pass' and 'offside' rules	• Improve bowling and batting technique. • Understand the role of the bowler. • Learn how to stump a batter out. • Demonstrate a variety of fielding techniques and to use them in a game including long and short barriers. • Demonstrate decision making and tactical awareness. • Play in a rounders tournament. <u>Spring 2</u> Gymnastics/Football • Use movement such as running, jumping, throwing and catching in isolation and combination • Develop flexibility, strength, technique, control and balance • Compare performances with previous ones and demonstrate improvement • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Football</u> • Develop dribbling the ball with control and whilst under pressure. • Pass the ball accurately to a target. • Demonstrate first touch control. • Turn using a drag back, inside and outside hook. • Demonstrate defending skills. • Demonstrate goalkeeping skills. • Apply the rules and tactics you have learnt to play in a football tournament. <u>Key Skills- Gymnastics (Apparatus)</u> • Develop the straddle, forward and backward roll • Perform counterbalance and counter tension • Link partner balances into a sequence • Perform inverted movements with control • Perform the progressions of a headstand and a cartwheel • Use flight from hands to travel over apparatus • Create group balances	• Use batting accuracy and directional batting. • (close/deep catching and wicket keeping). • Begin to bowl overarm with technique and accuracy. • Use defensive and driving hitting techniques. • Demonstrate a variety of fielding techniques and to use them within a game including long and short barriers. <u>Summer 2</u> Tennis/Athletics • Use movement such as running, jumping, throwing and catching in isolation and combination • Play competitive games and employ attacking and defensive tactics <u>Key Skills- Tennis</u> • Hit the ball with a forehand groundstroke. • Return the ball using a forehand and backhand groundstroke. • Keep a continuous rally going. • Underarm and overarm serve. • Use a variety of strokes to beat an opponent including volley and dropshot. • Compete in a tennis competition. <u>Key Skills- Athletics</u> • Pace yourself and take part in a long-distance event. • Demonstrate and improve sprinting technique. • Improve change over in a relay race. • Develop technique to perform the standing long jump and triple jump. • Perform high jump • Use technique to improve the shot-put, discus and javelin throw.
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• Lose a defender (using hand off/side-step). • Draw defence and know when to pass. • Work as a defending unit to prevent attackers from scoring. • Apply the rules and tactics you have learnt to play in a tag rugby tournament. <u>Key Skills- Volleyball</u> • Use the ready position • Develop the fast catch volley • Use a dig shot (defensive shot in a squat position) and volley shot. • Rally over the net • Underarm serve • Use the scoring system (play to 25) and understand when to rotate (Winning a rally earns serve and all players move one place clockwise). • Play in a volleyball tournament	• Create a group sequence using formations and apparatus •	
Year 6 Vocab		
Hockey- dribble, Indian dribble, block and jab tackle, push pass. Tag-rugby- backward and forward pass, tri, tri-line, ball-handling and tackling, handing off and offside. Volleyball- serve, rotate, set, dig and smash, court, net Dance - canon, sequence and dynamics and movement.	Rounders- throwing, catching, batting grip, bases, fielding and underarm bowling, back stop, barrier technique. Gymnastics- symmetrical and asymmetrical balances, forward, backward, barrel and straight roll, shapes (dish, front support, back support, star, straddle), vault, handstand and cartwheel. Football- pass, tackle, dribble, drag back, inside and outside hook control and marking. Offside, onside, positions (goalkeeper, defence, midfield, forward).	Badminton- Racket, shuttlecock, net, court, forehand, backhand, serve, high clear, smash and rally. Tennis- racket, net, court, ready position, return, rally, forehand and backhand, volley and overarm service. Cricket-defence and drive batting, overarm bowling, fielding, two-hand pickup, barrier fielding, wicket keeper, close and deep catching. Athletics- jumping (distance and height), throwing (push and pull), running, hurdling, relay, batons, javelin, shot put, discus, hammer, and balance.