



PE Substantive Knowledge Breadth Map (Taken from GetSet4PE)

Intent

PE is taught twice a week for 2 hours. We follow the National Curriculum Programme of Study and build up the areas of gymnastics, dance, swimming, athletics, and outdoor and adventurous activities. As a school we use the GetSet4PE scheme of work which develops the whole child and allows pupils to work on the fundamental skills as well as developing the social, emotional, and thinking concepts needed to be successful in PE. These concepts are further developed through a range of sports to apply them in a variety of engaging situations.

Children take part in inter-school competitions through our own cluster and district sporting competitions. Intra-school competitions are delivered by our Sports Crew and Sports Coaches at lunchtimes, as well as in lessons and as part of our own house competitions.

EYFS		
	Area of Study 1	Area of Study 2
Theme	Introduction to PE: Unit 1	Fundamentals: Unit 1
Autumn Term 1	<p>Physical:</p> <ul style="list-style-type: none"> • Move around safely and with control • Develop an awareness of others and items in the teaching space • Take turns when instructed • Store equipment safely when not in use <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore running and stopping • Explore changing direction safely • Explore balancing whilst stationary and on the move • Begin to explore take off and landing safely • Explore hopping on both feet • Explore skipping as a travelling action <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work
Concepts to be developed	<ul style="list-style-type: none"> ❖ Learning basic principles of finding space, freezing on command, using and sharing equipment. ❖ Working independently, with a partner and in small groups ❖ Develop fundamental movement skills of running, jumping and throwing ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Learning how to stay safe and follow instructions and rules ❖ Working independently, with a partner and in small groups ❖ Develop fundamental skills of balancing, running, , changing direction, jumping, hopping and travelling ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Avoid, backwards, forwards, freeze, safe, sideways, space, stop, partner	Balance, bend, direction, hop, jump, land, run, safe, space, stop, travel
	Area of Study 1	Area of Study 2
Theme	Introduction to PE: Unit 2	Gymnastics: Unit 1
Autumn Term 2	<p>Physical:</p> <ul style="list-style-type: none"> • Move around safely and with control • Develop an awareness of others and items in the teaching space • Take turns when instructed • Store equipment safely when not in use <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Show contrast with the body including wide/narrow, straight/curved • Explore shapes in stillness using different parts of the body • Explore rocking and rolling • Explore jumping safely <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p>

	<ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work
Concepts to be developed	<ul style="list-style-type: none"> ❖ Learning basic principles of finding safely using space and stopping safely ❖ Working independently, with a partner and in small groups <ul style="list-style-type: none"> ❖ Develop fundamental movement skills of running, jumping and skipping ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Explore creating shapes, balances and jumps ❖ Develop rocking and rolling ❖ Perform basic skills on floor and apparatus ❖ Develop spatial awareness ❖ Copy, create repeat and remember short sequences ❖ Develop use of levels and direction
Vocabulary to be taught	Catch, direction, partner, path, rules, safely, score, space, stop	Balance, bend, copy, hold, jump, land, rock, roll, shape, squeeze, star, still, straight
	Area of Study 1	Area of Study 2
Theme	Dance: Unit 1	Gymnastics: Unit 2
Spring Term 1	<p>Physical:</p> <ul style="list-style-type: none"> • Explore how the body moves • Copy basic body actions and rhythms • Explore actions in response to music and an idea • Begin to explore pathways and the space around me and in relation to others • Perform short phrases of movement in front of others <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<p>Physical:</p> <ul style="list-style-type: none"> • Show contrast with the body including wide/narrow, straight/curved • Explore shapes in stillness using different parts of the body • Explore rocking and rolling • Explore jumping safely <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work
Concepts to be developed	<ul style="list-style-type: none"> ❖ Explore travelling actions, shapes and balances ❖ Responding to a stimulus ❖ Develop rocking and rolling ❖ Perform to others and provide feedback ❖ Develop spatial awareness ❖ Copy, create repeat and remember short sequences 	<ul style="list-style-type: none"> ❖ Explore creating shapes, balances and jumps ❖ Develop rocking and rolling ❖ Perform basic skills on floor and apparatus ❖ Develop spatial awareness ❖ Copy, create repeat and remember short sequences ❖ Develop use of levels and direction
Vocabulary to be taught	Actions, beats, counts, direction, fast, finish position, high, low, quickly, shape, slowly, start position, travel	Around, balance, hold, jump, land, over, rock, roll, still, straight, through, travel
	Area of Study 1	Area of Study 2
Theme	Dance: Unit 2	Ball Skills: Unit 1
	<p>Physical:</p> <ul style="list-style-type: none"> • Explore how the body moves 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore sending an object with hands and feet

<p>Spring Term 2</p>	<ul style="list-style-type: none"> • Copy basic body actions and rhythms • Explore actions in response to music and an idea • Begin to explore pathways and the space around me and in relation to others • Perform short phrases of movement in front of others <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<ul style="list-style-type: none"> • Explore catching to self and with a partner • Explore stopping a ball with hands and feet • Explore dropping and catching with two hands • Explore moving a ball with the foot <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work
<p>Concepts to be developed</p>	<ul style="list-style-type: none"> ❖ Explore travelling actions, shapes and balances ❖ Responding to a stimulus ❖ Develop rocking and rolling ❖ Perform to others and provide feedback ❖ Develop spatial awareness ❖ Copy, create repeat and remember short sequences 	<ul style="list-style-type: none"> ❖ Explore rolling and receiving a ball ❖ Develop throwing to a target, bouncing and catching ❖ Develop dribbling with feet and kicking a ball rocking and rolling ❖ Develop working independently and with a partner
<p>Vocabulary to be taught</p>	<p>Actions, beats, counts, direction, fast, finish position, high, low, quickly, shape, slowly, start position, travel</p>	<p>Bounce, catch, dribble, hit, kick, points, roll, run, safely, score, space, target throw</p>
	<p style="text-align: center;">Area of Study 1</p>	<p style="text-align: center;">Area of Study 2</p>
<p>Theme</p>	<p style="text-align: center;">Games: Unit 1</p>	<p style="text-align: center;">Fundamentals: Unit 2</p>
<p>Summer Term 1</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Move around safely and with control • Have an awareness of others and items in the teaching area • Take turns when instructed • To store equipment safely when not in use • Explore running throwing and catching techniques <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore running and stopping • Explore changing direction safely • Explore balancing whilst stationary and on the move • Begin to explore take off and landing safely • Explore hopping on both feet • Explore skipping as a travelling action <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work

Concepts to be developed	<ul style="list-style-type: none"> ❖ Understanding of playing games ❖ Working with a partner and developing understanding of a team ❖ Develop fundamental skills of balancing, running, changing direction, jumping, hopping and travelling ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Know how to score and play by the rules ❖ Behaviour when winning and losing 	<ul style="list-style-type: none"> ❖ Learning how to stay safe and follow instructions and rules ❖ Working independently, with a partner and in small groups ❖ Develop fundamental skills of balancing, running, changing direction, jumping, hopping and travelling ❖ Develop fine and gross motor skills by handling equipment ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Catch, caught, jog, rules, run, safe, safely, score, space, stop, team, throw, turn	Balance, bend, crawl, fast, hop, jump, land, rules, run, safely, slide, slow, stop
	Area of Study 1	Area of Study 2
Theme	Games: Unit 2	Ball Skills: Unit 2
Summer Term 2	<p>Physical:</p> <ul style="list-style-type: none"> • Move around safely and with control • Have an awareness of others and items in the teaching area • Take turns when instructed • To store equipment safely when not in use • Explore running throwing and catching and striking techniques • Making simple decisions in response to a task <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore sending an object with hands and feet • Explore catching to self and with a partner • Explore stopping a ball with hands and feet • Explore dropping and catching with two hands • Explore moving a ball with the foot <p>Social:</p> <ul style="list-style-type: none"> • Take turns • Learn to share equipment with others • Share their ideas with others <p>Emotional:</p> <ul style="list-style-type: none"> • Try again if they do not succeed • Practice skills independently • Be confident to try new tasks and challenges <p>Thinking:</p> <ul style="list-style-type: none"> • I Begin to identify personal success • Choose own movements and actions in response to simple tasks • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance/work
Concepts to be developed	<ul style="list-style-type: none"> ❖ Understanding of playing games ❖ Working with a partner and developing understanding of a team ❖ Develop fundamental skills of balancing, running, changing direction, jumping, hopping and travelling ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Know how to score and play by the rules ❖ Behaviour when winning and losing 	<ul style="list-style-type: none"> ❖ Explore rolling and receiving a ball ❖ Develop throwing to a target, bouncing and catching ❖ Develop dribbling with feet and kicking a ball ❖ Develop working independently and with a partner
Vocabulary to be taught	Aim, gallop, hit, hop, jump, lose, partner, run, safely, score, stop, tag, target, team, win	Ball, catch, dribble, kick, partner, ready roll, safely, score, space, target, throw

Year 1/2	Year 1		Year 2	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
	Year 1		Year 2	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Fitness	Sending & Receiving	Ball Skills	Fundamentals
Autumn Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Change direction whilst running Explore balancing in more challenging activities with some success Explore co-ordination through the use of equipment Explore running at different speeds Explore exercises using their own body weight Explore moving for longer periods of time and identify how it makes them feel <p>Social:</p> <ul style="list-style-type: none"> I talk to a partner about my ideas I work well with a partner or as part of a team I encourage others to keep trying I make safe decisions when working with others I use kind words when providing feedback <p>Emotional:</p> <ul style="list-style-type: none"> I use kind words in my feedback I continue to try my hardest even when I find things hard I am honest even when others are not watching me I explore skills before asking for help I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I suggest ideas to solve tasks I choose actions to help show an idea I know when and why I succeed I use key words to give people feedback 	<p>Physical:</p> <ul style="list-style-type: none"> Explore striking a ball with their hand and equipment Develop tracking and retrieving a ball for their team Explore technique when throwing over and underarm Develop co-ordination and technique when catching <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I talk to a partner about my ideas <p>Emotional:</p> <ul style="list-style-type: none"> I want to complete the challenges and tasks set for me I am honest even when others are not watching me I explore skills before asking for help <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I know which pass to select 	<p>Physical:</p> <ul style="list-style-type: none"> Roll, throw and kick a ball to hit a target Develop catching a range of objects with two hands Catch with and without a bounce Consistently track and collect a ball being sent directly Dribble a ball with hands and feet with control <p>Social:</p> <ul style="list-style-type: none"> I am happy to share my ideas and listen to others I talk to a partner about my ideas I make safe decisions when working with others I encourage others to keep trying <p>Emotional:</p> <ul style="list-style-type: none"> I explore skills before asking for help I tell the truth about what I have achieved I want to complete the challenges and tasks set for me. <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I know when to pass and when to shoot I chose where to move to help my team/partner 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate balance when changing direction Clearly show different speeds when running Demonstrate balance when performing movements Demonstrate jumping for distance, height and in different directions Demonstrate hopping for distance, height and in different directions <p>Social:</p> <ul style="list-style-type: none"> I am happy to share my ideas and listen to others I watch others quietly and clap to show my appreciation I take turns I talk to a partner about my ideas I encourage others to keep trying <p>Emotional:</p> <ul style="list-style-type: none"> I want to complete the challenges and tasks set for me I am honest even when others are not watching me I continue to try my hardest even when I find things hard <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I choose to move to help my team/others I suggest ideas to solve tasks I know when to pass and when to shoot I can recall key ways of moving
Concepts to be developed	<ul style="list-style-type: none"> The benefits of exercise and healthy lifestyles on their physical body, their mood and overall health. Working independently, in pairs and small groups to complete challenges and persevere to achieve personal bests Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities 	<ul style="list-style-type: none"> Develop throwing, catching, , rolling, tracking and stopping a ball skills Working independently, in pairs and small groups to self-manage their own activities Abiding by rules to keep each other safe Master and use fundamental movement skills of running, jumping and throwing Participate in team games, developing simple attacking and defending techniques. 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance Participate in team games, developing simple attacking and defending techniques. 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Observe and recognise improvements for their own others' skills Work collaboratively, taking turns and sharing ideas Develop the social, emotional, and thinking skills to improve performance

	❖ Develop the social, emotional, and thinking skills to improve performance	❖ Develop the social, emotional, and thinking skills to improve performance	❖ Develop fundamental ball skills of throwing, catching, rolling and dribbling with both hands and feet	
Vocabulary to be taught	Active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory, mood, muscles, quick, safe, strong	Catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm	Bounce, catch, collect, control, dribble, kick, prepare, receive, release, roll, target, touch, underarm	Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Ball Skills	Fundamentals	Team Building	Gymnastics
Autumn Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Roll and throw with some accuracy towards a target Begin to catch with two hands Catch after a bounce Track a ball being sent directly Begin to dribble with hands and feet <p>Social:</p> <ul style="list-style-type: none"> I talk to a partner about my ideas I encourage others to keep trying I work well with a partner or as part of a team <p>Emotional:</p> <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard I am honest even when others are not watching me I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I know when to pass and when to shoot or which pass is best to use I use tactics within an activity I explore different options 	<p>Physical:</p> <ul style="list-style-type: none"> Explore changing direction and dodging Discover how the body moves at different speeds Move with some control and balance Explore stability and landing safely Demonstrate control on taking off and landing when jumping Begin to explore hopping in different directions Show co-ordination when turning a rope Use rhythm to jump continuously in a French rope <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I talk to a partner about my ideas I work safely <p>Emotional:</p> <ul style="list-style-type: none"> I want to complete the challenges and tasks set for me I continue to try my hardest even when I find things hard I am honest even when others are not watching me <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I know which option is best and select them 	<p>Physical:</p> <ul style="list-style-type: none"> Begin to plan and apply strategies to overcome a problem Work collaboratively with a partner or small group Communicate simple instructions and listen to others Verbalise when they were successful and areas that they could improve Reflect on how they were successful in solving a problem <p>Social:</p> <ul style="list-style-type: none"> I am happy to share my ideas and listen to others I talk to a partner about my ideas I use kind words when providing feedback I encourage others to keep trying I include others in group tasks <p>Emotional:</p> <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard I want to complete the challenges and tasks set for me I share my ideas, contribute to class discussions and demonstrate in front of others I accept disappointment when things go wrong <p>Thinking:</p> <ul style="list-style-type: none"> I understand how to score points I identify strengths and areas of development in others I chose the best options to help solve a problem I suggest ideas to solve tasks 	<p>Physical:</p> <ul style="list-style-type: none"> Explore using shapes in different gymnastic balances Remember, repeat and link combinations of gymnastic balances Explore shape jumps and take offs Know that some shapes link well together Understand that squeezing my muscles helps me to balance Explore barrel, straight and forward rolls and put into a sequence <p>Social:</p> <ul style="list-style-type: none"> I make safe decisions when working with others I watch others quietly and clap at the end of their performance <p>Emotional:</p> <ul style="list-style-type: none"> I explore ideas before asking for help I share my ideas, contribute to class discussions and perform in front of others <p>Thinking:</p> <ul style="list-style-type: none"> I choose the best options to achieve the outcome I want I suggest ideas to solve tasks
Concepts to be developed	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities 	<ul style="list-style-type: none"> ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Develop teamwork skills of communication and problem solving 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities

	<ul style="list-style-type: none"> ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Participate in team games, developing simple attacking and defending techniques. ❖ Develop fundamental ball skills of throwing, catching, rolling and dribbling with both hands and feet 	<ul style="list-style-type: none"> ❖ Observe and recognise improvements for their own others' skills ❖ Work collaboratively, taking turns and sharing ideas ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Discussing, planning and reflecting on ideas ❖ Developing honesty and fair play ❖ Working safely 	<ul style="list-style-type: none"> ❖ Perform a range of movement patterns ❖ Develop the social, emotional and thinking skills to improve performance
Vocabulary to be taught	Catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm	Bend, direction, dodge, fast, hop, jog, jump, land, ready position, skip, challenge, swing	Communicate, include, instructions, map, plan, solve, successful, support	Balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Gymnastics	Team Building	Dance	Fitness
Spring Term 1	<p>Physical:</p> <ul style="list-style-type: none"> • Explore using shapes straight, tuck, straddle, pike • Perform balances making my body tense, stretched and curled • Explore barrel, forward and straight roll progressions • Explore shape jumps including jumping off low apparatus <p>Social:</p> <ul style="list-style-type: none"> • I make safe decisions when working with others • I watch others quietly and clap at the end of their performance • I am happy to share my ideas and listen to others <p>Emotional:</p> <ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard. • I share my ideas, contribute to class discussions and perform in front of others <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how I can improve my shapes • I choose the best options to achieve the outcome I want • I suggest ideas to solve tasks 	<p>Physical:</p> <ul style="list-style-type: none"> • Suggest ideas in response to a task • Follow a path and lead others • Communicate simple instructions and listen to others <p>Social:</p> <ul style="list-style-type: none"> • I can show trust in others • I talk to a partner/group about my ideas • I include others within my group <p>Emotional:</p> <ul style="list-style-type: none"> • I want to complete the challenges and tasks set for me • I share my ideas, contribute to class discussions and demonstrate in front of others <p>Thinking:</p> <ul style="list-style-type: none"> • I understand ways to help solve a problem • I identify strengths and areas of development in others • I chose the best options to help solve a problem • I suggest ideas to solve tasks • I can reflect on what has been successful 	<p>Physical:</p> <ul style="list-style-type: none"> • Accurately remember and repeat and link actions to express an idea. • Develop an understanding of dynamics • Develop the use of pathways and travelling actions to include levels • Explore working with a partner using unison, matching and mirroring • Develop the use of facial expression in my performance <p>Social:</p> <ul style="list-style-type: none"> • I watch others quietly and clap at the end of their performance • I talk to a partner about my ideas and listen to others • I am happy to share my ideas • I work well with a partner or as part of a team • I make safe decisions when working with others • I use kind words when providing feedback <p>Emotional:</p> <ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard • I explore skills before asking for help • I share my ideas, contribute to class discussions and perform in front of others. • I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> • I suggest ideas to solve tasks • I choose actions to help show an idea • I know when and why I succeed 	<p>Physical:</p> <ul style="list-style-type: none"> • Change direction whilst running • Explore balancing in more challenging activities with some success • Explore co-ordination through the use of equipment • Explore running at different speeds • Explore exercises using their own body weight • Explore moving for longer periods of time and identify how it makes them feel <p>Social:</p> <ul style="list-style-type: none"> • I talk to a partner about my ideas • I work well with a partner or as part of a team • I encourage others to keep trying • I make safe decisions when working with others • I use kind words when providing feedback <p>Emotional:</p> <ul style="list-style-type: none"> • I use kind words in my feedback • I continue to try my hardest even when I find things hard • I am honest even when others are not watching me • I explore skills before asking for help • I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how to score points • I suggest ideas to solve tasks • I choose actions to help show an idea • I know when and why I succeed • I use key words to give people feedback

			<ul style="list-style-type: none"> I use key words to give people feedback 	
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Perform a range of movement patterns Develop the social, emotional and thinking skills to improve performance 	<ul style="list-style-type: none"> Develop the social, emotional, and thinking skills to improve performance Develop teamwork skills of communication and problem solving Discussing, planning and reflecting on ideas Developing honesty and fair play Working safely 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Perform a range of movement patterns Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> The benefits of exercise and healthy lifestyles on their physical body, their mood and overall health. Working independently, in pairs and small groups to complete challenges and persevere to achieve personal bests Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	Challenge, co-operate, instruction, lead, listen, plan, share, talk	Action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison	Bend, breath, exercise, jog, jump, land, speed, sprint, steady, strong, time, tired
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Net/Wall Games	Dance	Striking & Fielding Games	Target Games
Spring Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore hitting a dropped ball with a racket Throw a ball over a net to land in the court area Explore sending a ball with hands and a racket Use the ready position to move towards a balls <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I can make safe decisions when working with others I talk to a partner about my ideas I work well with others <p>Emotional:</p> <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard. I explore skills before asking for help I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> I understand how I can improve my technique I choose the best options to achieve the outcome I want I know when and why I have succeeded I can identify areas of strength and development in myself and others 	<p>Physical:</p> <ul style="list-style-type: none"> Copy, remember and repeat actions to represent a theme Create basic actions in relation to a theme. Explore varying speeds to represent an idea Begin to explore actions and pathways with a partner Perform individually and and with others to an audience <p>Social:</p> <ul style="list-style-type: none"> I make safe decisions when working with others I watch others quietly and clap at the end of their performance I am happy to share my ideas and listen to others I talk to a partner about my ideas <p>Emotional:</p> <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard I share my ideas, contribute to class discussions and perform in front of others I use kind words in my feedback <p>Thinking:</p> <ul style="list-style-type: none"> I use key words to give people feedback I choose the best options to achieve the outcome I want I suggest ideas to solve tasks 	<p>Physical:</p> <ul style="list-style-type: none"> Develop striking a ball with their hand and equipment with some consistency Develop tracking a ball and decision making with the ball Develop co-ordination and technique when throwing over and underarm Catch with two hands with some co-ordination and technique Explore striking a ball with their hand and equipment Develop tracking and retrieving a ball Explore technique when throwing over and underarm Develop co-ordination and technique when catching <p>Social:</p> <ul style="list-style-type: none"> I talk to a partner about my ideas I watch others quietly and clap at the end of their performance I am happy to share my ideas and listen to others <p>Emotional:</p> <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard I accept that things don't always work out as expected I am honest even when others are not watching 	<p>Physical:</p> <ul style="list-style-type: none"> Develop co-ordination and technique when throwing overarm towards a target Develop co-ordination and technique when throwing underarm towards a target Develop striking a ball with equipment with some consistency. <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I work well with others in my team I show kindness and use kind words I congratulate others on their successes <p>Emotional:</p> <ul style="list-style-type: none"> I manage my emotions effectively I am honest even when others are not watching me <p>Thinking:</p> <ul style="list-style-type: none"> I understand how I can improve my accuracy I choose the best options to achieve the outcome I want I suggest ideas to solve tasks I can identify areas of strength and development in myself and others

			<ul style="list-style-type: none"> I want to complete the challenges and tasks set out for me Thinking: <ul style="list-style-type: none"> I understand how I can improve my shapes I choose the best options to achieve the outcome I want I suggest ideas to solve tasks I use tactics to achieve the best possible outcome 	
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional and thinking skills to improve performance Develop attacking and defending principles in net/wall games eg ready position, hitting into space Develop throwing catching, tracking and hitting a ball Working independently, in pairs and small groups to self-manage their own activities Showing respect and kindness 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Perform a range of movement patterns Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop throwing catching, tracking and hitting a ball Use simple tactics Showing respect towards others Develop communication skills Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Develop throwing, rolling and striking skills towards a target Defending and attacking tactics in target games Selecting and applying actions Working independently, in pairs and small groups to self-manage their own activities Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance Following rules to keep each other safe
Vocabulary to be taught	Net, partner, point, racket, ready position, score, track, underarm	Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing	Backstop, batter, batting, bowler, collect, fielder, fielding, hit, out, rules, runs, stump, tactics, teammate, track	Accurate, ahead, aim, opponent, overarm, release, strike, target, teammate, underarm
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Target Games	Striking & Fielding Games	Athletics	Invasion Games
Summer Term 1	Physical: <ul style="list-style-type: none"> Explore technique when throwing overarm towards a target Explore technique when throwing underarm towards a target Develop tactics when playing games Social: <ul style="list-style-type: none"> I am happy to share my ideas and listen to others I encourage others to keep trying I can make safe decisions when working with others I work well with others Emotional: <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard. I am honest even when others are not watching me Thinking:	Physical: <ul style="list-style-type: none"> Explore striking a ball with their hand and equipment Develop tracking and retrieving a ball Explore technique when throwing underarm Develop co-ordination and technique when catching Social: <ul style="list-style-type: none"> I encourage others to keep trying I use kind words when giving feedback I talk to a partner about my ideas I work well with others/my team Emotional: <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard I am honest even when others are not watching me 	Physical: <ul style="list-style-type: none"> Develop the sprinting action Develop jumping, hopping and skipping actions Explore jumping safely for distance and height Develop overarm throwing for distance Social: <ul style="list-style-type: none"> I talk to a partner about my ideas I make safe decisions when working with others I encourage others to keep trying Emotional: <ul style="list-style-type: none"> I continue to try my hardest even when I find things hard. I explore skills before asking for help Thinking: <ul style="list-style-type: none"> I understand how I can improve my technique 	Physical: <ul style="list-style-type: none"> Developing sending and receiving with increased control Explore dribbling with hands and feet with increasing control on the move Explore moving into space away from others Developing moving into space away from defenders Explore staying close to other players to try and stop them getting the ball Social: <ul style="list-style-type: none"> I encourage others to keep trying I talk to a partner about my ideas I work well within my team I use kind words when providing feedback I show respect to others Emotional:

	<ul style="list-style-type: none"> I understand how I can improve my technique I choose the best options to achieve the outcome I want I know when to be cautious and when to be more aggressive in my shots I suggest ideas to solve problems 	<ul style="list-style-type: none"> I can manage my emotions when faced with disappointment <p>Thinking:</p> <ul style="list-style-type: none"> I understand how I can improve my technique I use tactics to outwit my opponent I choose the best options to achieve the outcome I want I choose where to move to help my team 	<ul style="list-style-type: none"> I explore ideas and choose the best options to achieve the outcome I want I know when and why I have succeeded I can identify areas of strength and development in myself and others I use key words to give people feedback 	<ul style="list-style-type: none"> I continue to try my hardest even when I find things hard. I use kind words in my feedback I am honest even when others are not watching me I tell the truth about what I have achieved I explore skills before asking for help <p>Thinking:</p> <ul style="list-style-type: none"> I understand how I can improve my technique I choose the best options to achieve the outcome I want I know when to pass and when to shoot/go on by myself I suggest ideas to solve problems I use key words to give people feedback
Concepts to be developed	<ul style="list-style-type: none"> ❖ Develop throwing, rolling and striking skills towards a target ❖ Defending and attacking tactics in target games ❖ Selecting and applying actions ❖ Working independently, in pairs and small groups to self-manage their own activities ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Following rules to keep each other safe 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop throwing catching, tracking and hitting a ball ❖ Use simple tactics ❖ Showing respect towards others ❖ Develop communication skills ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Engaging in performing skills, measuring performance and competing to improve their own score and against others 	<ul style="list-style-type: none"> ❖ Develop sending, receiving and dribbling skills ❖ Defending and attacking tactics in invasion games ❖ Selecting and applying actions within games – even and uneven ❖ Working independently, in pairs and small groups to self-manage their own activities ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Balance, distance, further, overarm, point, score, swing, throw underarm	Batter, batting, bowl, bowler, fielder, fielding, hit, out, ready position, track, underarm, overarm	Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw	Attack, defend, defender, goalkeeper, mark, opponent, possession, receive, send, score, shoot, tactic, teammate
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Invasion Games	Athletics	Net/Wall Games	Sending & Receiving
	<p>Physical:</p> <ul style="list-style-type: none"> Explore sending and receiving with hands and feet to a partner Explore dribbling with hands and feet Recognise good space when playing games Explore changing direction to move away from a partner Explore tracking and moving to stay with a partner <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I talk to a partner about my ideas 	<p>Physical:</p> <ul style="list-style-type: none"> Explore running at different speeds Develop balance whilst jumping and landing Explore hopping, jumping and leaping for distance Explore throwing for distance and accuracy <p>Social:</p> <ul style="list-style-type: none"> I talk to a partner about my ideas I make safe decisions when working with others I encourage others to keep trying 	<p>Physical:</p> <ul style="list-style-type: none"> Develop hitting a drop-ball over a net Throw a ball over a net to land in the court area Explore underarm rallying with a partner catching after one bounce Consistently use the ready position to move towards a ball <p>Social:</p> <ul style="list-style-type: none"> I encourage others to keep trying I work well with others I show respect towards others <p>Emotional:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop striking a ball with their hand and equipment with some consistency Develop tracking a ball and decision making with the ball Develop co-ordination and technique when throwing over and underarm Catch with two hands with some co-ordination and technique <p>Social:</p> <ul style="list-style-type: none"> I talk to a partner about my ideas

	<ul style="list-style-type: none"> • I work well within my team • I use kind words when providing feedback • I show respect to others <p>Emotional:</p> <ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard. • I share my ideas • I am honest even when others are not watching me • I tell the truth about what I have achieved <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how I can improve my technique • I choose the best options to achieve the outcome I want • I can identify areas of strength and development in myself and others • I know when to pass and when to shoot/go on by myself 	<p>Emotional:</p> <ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard. • I explore skills before asking for help • I am honest even when others are not watching • I want to complete the challenges and tasks set for me <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how I can improve my technique • I explore ideas and choose the best options to achieve the outcome I want • I know when and why I have succeeded • I can identify areas of strength and development in myself and others 	<ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard • I am honest even when others are not watching <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how I can improve my technique • I choose the best options to achieve the outcome I want • I know when and why I have succeeded • I can identify areas of strength and development in myself and others 	<ul style="list-style-type: none"> • I watch others quietly and clap at the end of their performance • I am happy to share my ideas and listen to others <p>Emotional:</p> <ul style="list-style-type: none"> • I continue to try my hardest even when I find things hard • I accept that things don't always work out as expected • I am honest even when others are not watching • I want to complete the challenges and tasks set out for me <p>Thinking:</p> <ul style="list-style-type: none"> • I understand how I can improve my shapes • I choose the best options to achieve the outcome I want • I suggest ideas to solve tasks • I use tactics to achieve the best possible outcome
	<ul style="list-style-type: none"> ❖ Develop sending, receiving and dribbling skills ❖ Defending and attacking tactics in invasion games ❖ Selecting and applying actions within games – even and uneven ❖ Working independently, in pairs and small groups to self-manage their own activities ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance ❖ Engaging in performing skills, measuring performance and competing to improve their own score and against others 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional and thinking skills to improve performance ❖ Develop attacking and defending principles in net/wall games eg ready position, hitting into space ❖ Develop throwing catching, tracking and hitting a ball ❖ Working independently, in pairs and small groups to self-manage their own activities ❖ Showing respect and kindness 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop throwing catching, tracking and hitting a ball ❖ Use simple tactics ❖ Showing respect towards others ❖ Develop communication skills ❖ Develop the social, emotional, and thinking skills to improve performance
	Attacker, defender, dodge, goal, marking, points, score, space	Balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk	Against, defend, partner, point, quickly, ready position, receive, return, trap	Catch, distance, kick, ready position, receive, roll, send, target, throw, track

YEAR 3/4	Year 3		Year 4	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
YEAR 3/4	Year 3		YEAR 4	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Fundamentals	Ball Skills	Tennis	Basketball
Autumn Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Change direction quickly under increasing pressure Demonstrate good balance and control when performing other fundamental skills. Link jumping and hopping skills Consistently skip in a rope. <p>Social:</p> <ul style="list-style-type: none"> I show patience with others I use verbal and visual communication with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I work hard to achieve my personal best I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I identify strengths and areas for development in other's performances. I decide what to do to make things harder 	<p>Physical:</p> <ul style="list-style-type: none"> Send a ball with accuracy and increasing consistency to a target Catch a range of objects with increasing consistency sometimes with one and two hands Track a ball not sent directly Dribble a ball with hands and feet with control <p>Social:</p> <ul style="list-style-type: none"> I show patience with others I use verbal and visual communication with others I work with my group to self-manage our game I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I work hard to achieve my personal best I understand how other people can feel and include them in my games I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I decide what to do to make things harder I use my own ideas in response to a task 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased technique when using shots both cooperatively and competitively Develop technique when serving underarm with increased consistency Develop rallying with both forehand and backhand with increased technique Begin to use appropriate footwork patterns to move around the court <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I show patience with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop control whilst dribbling under pressure Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score goals <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work safely within my team <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure I identify strengths and areas for development in other's performance.
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Distance, technique, control, tension, rhythm, coordination, momentum, decelerate, transfer, accelerate, pace, stability	Track, receive, chest, shoulder, overhead, accurate, release, select, control, consistently, technique	Receiver, backhand, outwit, court forehand	Receiver, footwork, rebound, tracking, interception, mark, travelling, outwit, opposition, opponent, , pivot, court
Theme	Hockey	Gymnastics	Dance	Football

<p>Autumn Term 2</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Explore sending and receiving abiding by the rules of hockey • Explore dribbling the ball abiding by the rules of hockey under some pressure • Developing movement skills to lose a defender. • Explore shooting actions in hockey • Track opponents to limit their scoring opportunities • Develop moving with a ball towards goal with some control <p>Social:</p> <ul style="list-style-type: none"> • I show understanding of other strengths and weaknesses to include them everyone in games • I use verbal and visual communication with my team • I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I understand what my best looks like and work hard to achieve it. • I understand how other people can feel and include them in my games <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other's performances. • I decide what to do to do to make things harder for the opposition • I make quick decisions, sometimes under pressure 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore matching and contrasting shapes and transition smoothly into and out of them • Develop the straight, barrel, and forward roll • Develop stepping into shape jumps with control <p>Social:</p> <ul style="list-style-type: none"> • I work with others to achieve a shared goal • I use verbal and visual communication with my team • I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other's performances. • I decide what to do to do to make things better/harder • I can evaluate and improve a sequence 	<p>Physical:</p> <ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli related to character and narrative • Change dynamics confidently within a performance to express changes in character • Confidently use changes in level, direction, and pathway • Use action and reaction to represent an idea • Perform complex dances that communicate narrative and character well, performing clearly and fluently. <p>Social:</p> <ul style="list-style-type: none"> • I can work with others to achieve a shared goal. • I am respectful of others when working as a group and watching them perform • I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone • I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other's performances. • I use my own ideas in response to a task. • I identify strengths and areas for development in other's performances 	<p>Physical:</p> <ul style="list-style-type: none"> • Develop passing to a teammate using a variety of techniques appropriate to the game • Develop control whilst dribbling under pressure • Develop decision making around when to pass and when to shoot • Develop defending one on one and know when to win the ball • I can move into space to help keep possession and score goals <p>Social:</p> <ul style="list-style-type: none"> • I use verbal and visual communication with my team • I work with others to achieve a shared goal • I work with a group to self-manage our own game <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> • I plan and apply strategies to overcome a challenge • I make quick decisions sometimes under pressure • I identify strengths and areas for development in other's performance.
<p>Concepts to be developed</p>	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance
<p>Vocabulary to be taught</p>	<p>Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area</p>	<p>Flow, explore, create, matching, interesting, control, contrasting</p>	<p>Reaction, represent, dynamics, unison, control</p>	<p>Outwit, opposition, opponent, contact, pitch</p>
<p>Theme</p>	<p>Dance</p>	<p>Yoga</p>	<p>Gymnastics</p>	<p>Swimming</p>

<p>Spring Term 1</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Create actions in response to a stimulus – individually and in groups • Use dynamics effectively to express an idea • Use directions to transition between formations • Develop an understanding of formations • Perform short, self-choreographed phrases showing awareness of timing <p>Social:</p> <ul style="list-style-type: none"> • I can share ideas and include others • I am respectful of others when watching them perform • I can take a small group through a task • I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone • I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other’s performances. • I use my own ideas in response to a task. • I understand rules and tactics of the game. 	<p>Physical:</p> <ul style="list-style-type: none"> • Demonstrate increased control when in poses and explore control on paired poses • Explore poses and movement in relation to their breath • Explore arm balances with some control • Develop their ability to stay still and keep their focus. <p>Social:</p> <ul style="list-style-type: none"> • I can share ideas and include others • I am respectful of others when watching them perform • I can take a small group through a task • I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone • I can describe how yoga makes me feel. <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other’s performances. • I use my own ideas in response to a task. • I can create poses and flows 	<p>Physical:</p> <ul style="list-style-type: none"> • Develop the range of shapes they use in their sequences • Develop strength in bridge and shoulder stand • Develop control and fluency in individual and partner balances • Develop the straight, barrel, forward and straddle roll and perform with increased control • Develop control in performing and landing rotation jumps <p>Social:</p> <ul style="list-style-type: none"> • I work with others to achieve a shared goal • I use verbal and visual communication with my team • I show patience with others • I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> • I identify strengths and areas for development in other’s performances. • I decide what to do to do to make things better/harder • I can evaluate and improve a sequence 	<p>Physical:</p> <ul style="list-style-type: none"> • Explore technique for specific strokes to include head above water breaststroke, backstroke, and front crawl. • Demonstrate improved breathing technique in front crawl • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water <p>Social:</p> <ul style="list-style-type: none"> • I use verbal and visual communication skills • I encourage and praise others in their learning • I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> • I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> • I have an understanding of how to keep myself safe in water • I can perform safe self-rescue in different water-based situations
<p>Concepts to be developed</p>	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance
<p>Vocabulary to be taught</p>	<p>Flow, explore, create, perform, match, feedback, expression</p>	<p>Strength, try, link, perform, flexibility, perform, technique, relax, stable, control, grounded, mindfulness, down dog</p>	<p>Quality, perform, inverted, technique, apparatus, extension</p>	<p>Stroke, huddle, alternate, survival, treading water, buoyancy</p>
<p>Theme</p>	<p>Swimming</p>	<p>OAA</p>	<p>Fitness</p>	<p>Tag Rugby</p>
<p>Spring Term 2</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Explore technique for different strokes to include head above water breaststroke, backstroke and front crawl. • Begin to explore front crawl breathing technique 	<p>Physical:</p> <ul style="list-style-type: none"> • Can plan and implement strategies to solve problems • Developing map reading skills • Can follow and give instructions and are accepting of other peoples’ ideas <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> • Show balance when changing direction at speed • Show control whilst completing activities which challenge balance • Explore increased speed when coordinating their bodies 	<p>Physical:</p> <ul style="list-style-type: none"> • Develop passing to a teammate using a variety of techniques appropriate to the game • Develop control whilst running with the ball under pressure • Develop decision making around when to pass and when to shoot

	<ul style="list-style-type: none"> Explore techniques for personal survival to include survival strokes such as sculling and treading water <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I can perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> I use verbal and visual communication skills to take a small group through a task I encourage and praise others in their learning I keep myself and others safe I can work with a group to self-manage an activity <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can keep calm and remain focused on the challenge <p>Thinking:</p> <ul style="list-style-type: none"> I can plan out strategies to solve a problem I can make quick decisions, sometimes under pressure I plan and apply strategies to overcome a problem I can read a map with some accuracy 	<ul style="list-style-type: none"> Demonstrate improved sprinting technique Identify activities which help to strengthen different muscle groups Demonstrate stamina using their breath to maintain work rate. <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<ul style="list-style-type: none"> Develop defending one on one and know when to win the ball I can move into space to help keep possession and score tries I can defend an opponent and attempt to tag them <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I show understanding of others strengths and weaknesses to include them in a game <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance.
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Swim competently, confidently, proficiently, and safely using a range of strokes Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Swim competently, confidently, proficiently, and safely using a range of strokes Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Sculling, crawl, breaststroke, submersion, rotation, backstroke	Rules, route, trust, navigate, grid, discuss, plan, leader, effectively, symbol, inclusive, orientate	Strength, accurately, distance, balance, control, technique, co-ordination, healthy, progress, muscle, stamina	Outwit, opposition, opponent, contact, pivot, field, pitch
Theme	Athletics	Dodgeball	Athletics	Golf
Summer Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Develop the sprinting technique and apply it evenly in relay races Develop fluency and rhythm when running over obstacles Develop jumping technique in a range of approaches and take off and safety on landing. Explore the technique for a pull throw. <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Explore throwing at a moving target with increased accuracy Build the confidence to attempt catching within the game of dodgeball Change direction quickly under pressure Send a ball with increasing accuracy and consistency at a target <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop an understanding of speed and pace in relation to distance Develop power and speed in the sprinting technique Develop technique when jumping for distance Explore fluency & technique in the vertical jump 	<p>Physical:</p> <ul style="list-style-type: none"> Accurately use striking techniques within golf to send a ball to a target Demonstrate good balance and control when striking a ball with a club Can co-ordinate their bodies with increased consistency when striking a ball Throw with increasing accuracy and success in game situations

	<ul style="list-style-type: none"> I work with others to achieve a shared goal I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions under pressure I decide what to do to make things harder for my opposition 	<ul style="list-style-type: none"> Explore power and technique when throwing for distance in a pull throw. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I encourage and praise others in their learning I can take turns I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I challenge myself to improve my game <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to challenge myself I use my own ideas in a response to a task
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Speed, power, strength, accurately, higher, pace, control, faster, further	Rules, dodge, drive, receiver, court, block	Power, stamina, officiate, perseverance, determination, accuracy, personal best	Communicate, chipping, opponent, swing, protect, align, putt, course, drive
Theme	Tennis	Cricket	Rounders	Netball
Summer Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore returning a ball using focus shots such as the forehand and backhand Explore serving from an underarm serve Explore rallying with a forehand Consistently return to the ready position in between shots <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I show patience with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly 	<p>Physical:</p> <ul style="list-style-type: none"> Begin to strike a bowled ball using different equipment Explore bowling and fielding skills to include a two-handed pick up and long and short barriers Use overarm and underarm throwing in game situations Catch with some consistency in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others 	<p>Physical:</p> <ul style="list-style-type: none"> Develop batting technique consistent with the rules of rounders Develop bowling with some consistency abiding by the rules of rounders Use overarm and underarm throwing with increased consistency in game situations Beginning to catch with one and two hands with some consistency in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others 	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal

	<ul style="list-style-type: none"> I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I decide what to do to make things harder for my opposition 	<ul style="list-style-type: none"> I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to make things harder for the opposition 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I can control my emotions when completing challenges I attempt tasks outside of my comfort zone. <p>Thinking:</p> <ul style="list-style-type: none"> I identify the tactics of others and decide what to do to make things harder for the opposition 	<ul style="list-style-type: none"> I show understanding of others strengths and weaknesses to include them in a game <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance.
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Serve, accurately, track, racket, control, rally, opponent	Strike, grip, wicket keeper, bowl, wicket, batting, fielding	Stance, retrieve, opposition, stumped, two-handed pick up, technique, short barrier	Outwit, opposition, opponent, contact, pivot, court,

YEAR 5/6	Year 5		Year 6	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
Theme	Cricket	Hockey	Fitness	Football
Autumn Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Explore defensive and driving hitting techniques and directional batting Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation Demonstrate clear technique when using a variety of throws under pressure Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop control when sending and receiving under pressure Select and apply a variety of dribbling techniques to game situations Explore creating tactics with others and applying them to game situations Develop tracking and marking with a variety of techniques and increased success Move to create space for themselves and others in their team <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Change direction with a fluent action and can transition smoothly between varying speeds Show fluency and control when travelling, landing, stopping, and changing direction Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge Can adapt running technique to meet the needs of the distance 	<p>Physical:</p> <ul style="list-style-type: none"> Develop making quick decisions about when, how and who to pass to. Dribble consistently using a range of techniques with increasing control under pressure Explore creating attacking tactics with others in response to the game Explore creating and applying defending tactics with others in response to the game Move to the correct space when transitioning from attack to defence <p>Social:</p>

	<ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to make things harder for the opposition 	<ul style="list-style-type: none"> I show understanding of other strengths and weaknesses to include them everyone in games I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best looks like and work hard to achieve it. I understand how other people can feel and include them in my games <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to do to make things harder for the opposition I make quick decisions, sometimes under pressure 	<ul style="list-style-type: none"> Can complete body weight exercises for increased repetitions with control and fluency Use their breath to increase their ability to move for sustained periods of time <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I can analyse my performance and that of others through analysing scores 	<ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Pressure, backing up, support, tracking, outwit, tactics	Tactics, control, foul, pressure, support, obstruction	Generate force, continuous, measure, flexibility, analyse, record	Consecutive, formation, consistently, conceding, dictate, contest, shut down
Theme	Yoga	Gymnastics	Dance	Handball
Autumn Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Use their breath to maintain balance within a pose Develop flexibility by connecting their movement with their breath Demonstrate increased control and strength when in and transitioning between poses Understand that they can use mindfulness methods to control how they feel <p>Social:</p> <ul style="list-style-type: none"> I can share ideas and include others I can take a small group through a task 	<p>Physical:</p> <ul style="list-style-type: none"> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions Explore progressions of a cartwheel and a handstand Explore symmetrical and asymmetrical balances Develop control and fluency in the straight, barrel, forward, straddle and backward roll Select a range of jumps to include in a sequence of work. <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Show controlled movements which express emotion and feeling Explore, improvise, and combine movement dynamics to express idea fluently, effectively on their own, with a partner or in a small group. Use a variety of basic compositional principles when creating their own dances Demonstrate a clear understanding of timing in relation to the music and other dancers throughout the performance. <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal

	<ul style="list-style-type: none"> I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can describe how yoga makes me feel. I find my own ways to develop and complete challenges <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I use my own ideas in response to a task. I decide what to do to make challenges more difficult 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to make things better/harder I can evaluate and improve a sequence 	<ul style="list-style-type: none"> I use verbal and visual communication with my group I show understanding of other people's strengths and weaknesses I encourage and praise others in their learning I can work with others to achieve a shared goal ensuring everyone is included I am respectful of others when working as a group and watching them perform I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I recognise my strengths and areas for development I decide what to do to make improvements. 	<ul style="list-style-type: none"> I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge <p>I make quick decisions sometimes under pressure</p>
Concepts to be developed	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Quality, develop, notice, high lunge, calm, fluidity, salutation, collaboratively, transition, practice, aware, connected	Symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression	Choreograph, phrase, contrast, structure, fluently, connect	Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down, control, foul, tactics
Theme	Dance	Badminton	Gymnastics	Volleyball
Spring Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Choreograph planned dances by using, adapting, and developing actions and steps from different dance styles Confidently use dynamics to express different dance styles Use direction and patterning to express different dance styles Confidently use formations, canon, and unison to express a dance idea 	<p>Physical:</p> <ul style="list-style-type: none"> Develop the range of shots used in badminton Develop their range of serving techniques appropriate to badminton. Use a variety of rallying shots to keep a continuous rally. Demonstrate effective footwork patterns to move around the court <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions Explore progressions of a cartwheel and a handstand Explore symmetrical and asymmetrical balances Develop control and fluency in the straight, barrel, forward, straddle and backward roll 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation – dig, volley, set, serve Serve accurately and consistently showing the beginnings of tactical serving Successfully apply a variety of shots to keep a continuous rally

	<ul style="list-style-type: none"> Perform dances expressively, using a range of performance skills, showing accuracy and fluency. <p>Social:</p> <ul style="list-style-type: none"> I show understanding of other people's strengths and weaknesses I can work with others to achieve a shared goal ensuring everyone is included I can take a small group through a task I am respectful of others when working as a group and watching them perform I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I recognise my strengths and areas for development I decide what to do to make improvements. 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition 	<ul style="list-style-type: none"> Select a range of jumps to include in a sequence of work. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to do to make things better/harder I can evaluate and improve a sequence 	<ul style="list-style-type: none"> Demonstrate a variety of footwork patterns relevant to the game they are playing eg a split step and a chasse. <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge <p>I make quick decisions sometimes under pressure</p>
Concepts to be developed	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Perform a range of movement patterns ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Formation, posture, performance, canon, relationship	Tactics, volley, co-operatively, footwork, continuously	Formation, momentum, counterbalance, fluently, counter tension, stability	Volley, tactics, set, dig, consecutive, deep, consistently, co-operatively, consistently, defensive, attacking, deep,
Theme	OAA	Tennis	Tag Rugby	Golf
Spring Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore tactical planning with a team to overcome increasingly challenging tasks Develop navigational skills and map reading in increasingly challenging tasks including map orientation Explore a variety of communication methods with increasing success Reflect on what they were successful at solving challenges and alter their methods in order to improve <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills to take a small group through a task 	<p>Physical:</p> <ul style="list-style-type: none"> Develop the range of shots used in tennis Develop their range of serving techniques appropriate to tennis. Use a variety of rallying shots to keep a continuous rally. Demonstrate effective footwork patterns to move around the court <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others 	<p>Physical:</p> <ul style="list-style-type: none"> Develop making quick decisions about when, how and who to pass to. Run with the ball consistently using a range of passing techniques with increasing control under pressure Explore creating attacking tactics with others in response to the game Explore creating and applying defending tactics with others in response to the game Move to the correct space when transitioning from attack to defence I can defend an opponent and attempt to tag them 	<p>Physical:</p> <ul style="list-style-type: none"> Successfully select and apply a wider range of striking techniques appropriate to the game of golf Can change their body position to maintain a controlled centre of gravity when striking a ball Can coordinate different body parts with a fluent action at a speed appropriate to the challenge <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates

	<ul style="list-style-type: none"> I encourage and praise others in their learning I keep myself and others safe I can work with a group to self-manage an activity <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can keep calm and remain focused on the challenge <p>Thinking:</p> <ul style="list-style-type: none"> I can plan out strategies to solve a problem I can make quick decisions, sometimes under pressure I plan and apply strategies to overcome a problem <p>I can read a map with some accuracy</p>	<ul style="list-style-type: none"> I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition 	<p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance I make decisions to make things harder for my opposition 	<ul style="list-style-type: none"> I encourage and praise others in their learning I can take turns, share ideas and agree a course of action I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I challenge myself to improve my game I can show pride in my achievements <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to challenge myself I use my own ideas in a response to a task
Concepts to be developed	<ul style="list-style-type: none"> ❖ Take part in outdoor and adventurous activity challenges both individually and within a team ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities <p>Develop the social, emotional, and thinking skills to improve performance</p>	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Tactical, collaborate, control card, collective, orienteering, navigation, location, boundaries, critical thinking, symbol, strategy	Tactics, volley, co-operatively, footwork, continuously, set	Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down	Support, Co-operatively, tournament, hazard, bunker, consistently, sportsmanship, hole, par, fair play
Theme	Athletics	Swimming	Athletics	Rounders
Summer Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Apply fluency & coordination when running for speed and pace in relay changeovers Effectively apply speeds appropriate for the event Develop power, control, and consistency in jumping for distance Explore technique and rhythm in the triple jump Develop technique and power in javelin and shot put <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased technique in a range of strokes, swimming over a distance of 25m Explore underwater breaststroke breathing technique over a distance of 25m. Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P. and huddle positions <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe 	<p>Physical:</p> <ul style="list-style-type: none"> Apply fluency & coordination when running for speed and pace in relay changeovers Effectively apply speeds appropriate for the event Develop power, control, and consistency in jumping for distance Explore technique and rhythm in the triple jump Develop technique and power in javelin and shot put <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal 	<p>Physical:</p> <ul style="list-style-type: none"> Strike a bowled ball with increasing accuracy and consistency Consistently select and apply the appropriate fielding action for the situation Consistently make good decisions on who and when to pass to in order to get batters out Consistently demonstrate good technique in catching skills under pressure <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others

	<p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Emotional:</p> <ul style="list-style-type: none"> I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I make quick decisions, sometimes under pressure I can perform safe self-rescue in different water-based situations 	<p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I can control my emotions when completing challenges I attempt tasks outside of my comfort zone. <p>Thinking:</p> <ul style="list-style-type: none"> I identify the tactics of others and decide what to do to make things harder for the opposition
Concepts to be developed	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Swim competently, confidently, proficiently, and safely using a range of strokes Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> Master and use fundamental movement skills of running, jumping and throwing Develop agility, co-ordination, flexibility, strength, and control in a range of activities Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games Develop the social, emotional, and thinking skills to improve performance
Vocabulary to be taught	Technique, downsweep, upsweep, flight, rhythm, stride	Exhale, surface, inhale, personal best, somersault, flutter kick	Rotation, trajectory, continuous pace, force, compete, momentum, transfer of weight	Obstruction, continuous, consecutive, consistently, co-operatively, defensive strike
Theme	Basketball	Dodgeball	Tennis	Swimming
Summer Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Develop control when sending and receiving under pressure Select and apply a variety of dribbling techniques to game situations Explore creating tactics with others and applying them to game situations Develop tracking and marking with a variety of techniques and increased success Move to create space for themselves and others in their team <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate good technique and consistency in catching skills under pressure Demonstrate clear technique when sending a ball under pressure Demonstrate improved body posture and balance when changing direction. Accelerate and decelerate appropriately for the situation. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I can take a small group through a task I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions under pressure 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation Serve accurately and consistently showing the beginnings of tactical serving Successfully apply a variety of shots to keep a continuous rally Demonstrate a variety of footwork patterns relevant to the game they are playing eg a split step and a chasse. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly 	<p>Physical:</p> <ul style="list-style-type: none"> Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m. Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m Can select and apply the appropriate survival technique for the situation <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water

	<p>Thinking:</p> <ul style="list-style-type: none"> • I plan and apply strategies to overcome a challenge • I make quick decisions sometimes under pressure • I identify strengths and areas for development in other's performance. 	<ul style="list-style-type: none"> • I decide what to do to make things harder for my opposition • 	<ul style="list-style-type: none"> • I understand what my best is and work hard to achieve it. <p>Thinking:</p> <ul style="list-style-type: none"> • I make quick decisions sometimes under pressure • I understand rules and tactics of the game • I decide what to do to make things harder for my opposition • I recognise my strengths and areas for development. 	<ul style="list-style-type: none"> • I make quick decisions, sometimes under pressure • I can perform safe self-rescue in different water-based situations •
Concepts to be developed	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Applying suitable attacking and defending principles and the fundamentals of catching across a range of team/ competitive games ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Develop the social, emotional, and thinking skills to improve performance 	<ul style="list-style-type: none"> ❖ Master and use fundamental movement skills of running, jumping and throwing ❖ Develop agility, co-ordination, flexibility, strength, and control in a range of activities ❖ Swim competently, confidently, proficiently, and safely using a range of strokes ❖ Develop the social, emotional, and thinking skills to improve performance ❖
Vocabulary to be taught	Tactics, control, foul, pressure, support, obstruction, turnover	Tactics, officiate, fair play, pressure, power, protect, opponent	Consecutive, deep, consistently, forecourt, backcourt, defensive, attacking	Endurance, streamline, synchronised, propel, retrieve, continuous

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