

		Autumn Term			Spring Term			Summer Term	
THRIVE	Team – All units will have an element of team work, whether whole class or small groups. Children will work within both similar and mixed ability groups to refine their social skills.			Responsibility – All children are encouraged to manage and maintain their own learning. By utilising a small sided games approach to teaching PE, it ensures children are constantly challenged to take responsibility within their lessons			Valued – Children are repeatedly encouraged to value and include all members of their team. By including larger team games (rounders) and mixed ability pairs (tennis) our children learn to thrive when working within a wide range of different environments.		
VALUES	Healthy – Best practice within PE teaching involves maximising active time within each lesson. Lessons are planned to ensure physical development is inherent, but the emphasis is also placed upon both cognitive and social success criteria to ensure holistic wellbeing.			Innovative – At all stages of their development children are challenged to create, implement and review their own tactics. This creates an ethos for innovation from a young age. This is further extended with OAA forming an integral part of the curriculum, placing innovation at the centre of learning.			Empathetic – Throughout the entire curriculum social success criteria are embedded into every lesson. Giving and receiving constructive feedback is an integral part of the curriculum, and it remains an ongoing skill that transcends the different topics being delivered. The ability to structure feedback in a useful way allows our pupils to demonstrate their understanding at the same time as supporting their peers.		
	Unit Locomotion: Running Honesty, fairness, co <u>Gymnastics: high, lov</u> Curiosity, gratitude, s	oncentration w, over, under	nn	Unit Outcome- Spring <u>Ball skills: Foundation Feet 1</u> Empathy, concentration, courage <u>Ball skills: Foundation Rackets, bats, balls, balloons</u> Fairness, concentration, courage <u>Ball Skills: Foundation Hands 1</u> Imagination, gratitude, courage		-	<u>Dance: Nursery Rhymes</u> Curiosity, empathy, self-belief <u>Games for understanding</u> Fairness, self-belief, concentration		nmer ^{yn}
Nursery	Knowledge Locomotion: Founda -Use of head/arms/ f walking -Walking at different -Walking following a -Marching technique -Marching speeds <u>Gymnastics: High, Lo</u> -High shapes, low sh -Using apparatus saf	feet when speeds route es <u>ow, over, under</u> apes	Vocabulary Walk Space March Fast Slow Apparatus High Low Over	KnowledgeSkillsVocabularyBall Skills: Foundation Feet 1 - Explore moving a ball with feet - Keeping a ball close - Dribbling with feet - Kicking/ dribbling in competitions - Dribbling against an opponent - Collaborate and work togetherControl Dribble Accurate BalanceBall skills: Foundation Rackets, bats, balls, balloons - Pushing/hitting a balloonPushing Balance		Knowledge Dance: Nursery -Moving using d parts -Add movement sequence - Respond to mu -Character move <u>Games for unde</u> <u>Foundation</u> -Understand tur	ifferent body ts to form a usic and words ements erstanding	Vocabulary Dance Movement Sequence Character Perform Game Fair play	



	-High and low mover apparatus, -Over and under on a -Apply 'champion gy	apparatus		-Working togethe balloon in the air -Hitting a balloon accuracy -Balancing with a -Balancing with a	with power/ racket		of following rule - How to avoid a	a defender e consequences	
				pressure is applie race/game <u>Ball Skills: Founda</u> -Using hands to n -Different ways o -Different ways o -Bouncing a ball - Bouncing and m -Combining rollin bouncing	ation Hands <u>1</u> nove a ball f pushing a ball f rolling a ball noving g, pushing and	Direction Rolling Bouncing Accuracy Defender			
Cross		utumn Term 1- H	oalthy	- Understand what	at a defender is er Term 1 - Explor	the cound of		ımmer Term 2 –	Empathy
Cross	F SHE- AI		earry	wiusic- Summ	instruments	e the sound of		nunicating with	• •
Links					instruments				others.
LIIIKS	LInit	Outcome-Autun	าท	Unit Outcome- Spring			lln	it Outcome- Sum	mer
	Learning through pla			Ball skills: Foundation Feet 1			Dance: Ourselves		
	Imagination, empath		entration,	Empathy, concentration, courage			thy, self-belief, in	nagination	
	fairness			Ball Skills: Foundation Hands 1			Games for unde		
	Locomotion: Runnin			Imagination, gratitude, courage			Fairness, self-be	elief, concentratio	n
	Honesty, fairness, concentration								
Reception	<u>Gymnastics: high, low, over, under</u> Curiosity, gratitude, self-belief								
Reception	Knowledge Skills Vocabulary		Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	
	Learning through pla	Learning through play Play		Ball skills: Founda	ation Feet 1	Attacker	Dance: Ourselve	<u>es</u>	Champion
	-Different ways of pl	aying with	Share	-Explore moving		Defender	- Moving in seq		dancers
	equipment		Safe	- Keeping a ball c		Space	different body p		Beat
	-Using imagination w		Taking turns	-Dribbling with fe		Opponent	- Larger scale tr	avelling	Moving
	different pieces of e		Fairness	-	in competitions	Dribbling	movements		Control
	-Play with equipmen	t safely	Travel	- Dribbling agains	t an opponent	Control			Rhythm



	-Turn taking and sharing when playing with a partner - Sharing ideas and creating new	Vehicle Speed	- Collaborate and work together Ball Skills: Foundation Hands 1	Grand	 Respond to words and music using bodies and props Creating independent 	Timing Sequence Opposite	
	games - Traveling at different speeds around a marked-out course -Skills required when travelling outside	Attacker Defender	 -Using hands to move a ball -Different ways of pushing a ball - Different ways of rolling a ball -Bouncing a ball - Bouncing and moving -Combining rolling, pushing and 	Space Control Defender Bouncing Rolling Pushing	movement ideas - Opposites and creating simple movement sequences - Character movements- creeping, tiptoeing and hiding		
	Running-Running using different body partsand different techniques-Running at different speeds-Running in a race context-Running over a longer duration andas part of a team-Running as a defender/ attackerGymnastics: high, low, over, under-Moving and making high shapes-Moving and making low shapes-Using apparatus safely-High and low movements onapparatus,-Over and under on apparatus-Being a 'champion gymnastics'	Space Speed Acceleration Champion gymnastics Shapes High Low Over Under Apparatus Transition	- Defending a ball		Games for understanding Foundation -Understand turn taking -Understand score taking -Understanding the importance of following rules - How to avoid a defender - Understand the consequences of a game (eg being tagged)	Defender Space Rues Sharing	
Cross Curricular Links	PSHE- Autumn Term 1- Team- Settling expectations PSHE- Term 1- Healthy- awareness of e		Music- Summer Term 1 - Explore the instruments	sound of	PSHE- Summer Term 2 – Empath communicating with others. PSHE- Summer Term 2- Empathy knowledge		
Year One	Unit Outcome- Autumn <u>Gymnastics: Wide, Narrow, Curled</u> Empathy, imagination, courage, concentration, self- belief <u>Locomotion: Running 1</u> Curiosity, empathy, courage, self-belief <u>Locomotion: Jumping</u>		Unit Outcome - Spri <u>Ball Skills: Feet</u> Self-belief, empathy, honesty, fairne <u>Gymnastics: Body Parts</u> Self-belief, empathy, fairness, imagir <u>Ball skills: Hands 1</u>	ss, concentration	Unit Outcome - Summer <u>Athletics; Running</u> Resilience, communication, encouragement, resourcefulness, integrity, problem-solving, reflection <u>Ball skills: Rackets, bats and balls</u>		



Curiosity, fairness, honesty, concentration <u>Dance: Heroes</u> Gratitude, curiosity, fairness. Imagination, courage			Fairness, communication, concentration, empathy, honesty <u>Dance: The Zoo</u> Gratitude, curiosity ,fairness, imagination, courage			Fairness, integrity, empathy, concentration, self- belief <u>Hands 2: Ball skills</u> Concentration, honesty, fairness, empathy, self- belief <u>Games for Understanding: Attack v Defence</u> Creativity, fairness, empathy, curiosity, honesty		
Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
Gymnastics: Wide, -Wide, narrow and of movements and bal -Transitioning betwo and curled moveme -Linking two movem Locomotion: Runnin -Running using diffe -Running at differen speeds/different dir -Racing	curled ances een wide, narrow ints nents together ng <u>1</u> irent body parts it	Champion gymnastics Wide Narrow Curled Transition Interesting Linking Attacker Defender Space Speed Acceleration	Ball Skills: Feet -Apply effective of -Accuracy kicking ball -Working as a tea Gymnastics: Body	and passing a m <u>/ Parts</u> I balances on big arts in wide, d ways on the aratus.	Attacker Defender Space Dribbling Passing Control Champion gymnastics Wide Narrow Curled Big Small	Athletics; Runnin -Correct technique as fast as possible and within teams -Explore pacing a distance. -Compare throwing for with throwing for distance Ball skills: Rackett Balls -Control skills usi	ues for running e individually 5. Ind running for ing accurately r s, Bats and	TacticsSpeedAccelerationDistanceAccuracyRelayChangeoverPossessionControlAttackerDefender
Locomotion: Jumpin -Jumping in differen -Jumping at differen - Jumping at differen - Different reasons w why we jump in different -Different reasons w why we jump in different -Controlled movement -Co-ordinate and co create movement -Creating a sequence -Perform and share based on themes.	ents expression ntrol body to	Tagging Jumping Distance Space Attacker Defender Skipping Landing Beat Moving Control Rhythm Sequence	Ball skills: Hands -Sending and reco -Understanding of send a ball and w -Combine sendir receiving skills to -Stopping the bal Dance: The Zoo -Respond to the s zoo animals) -Use of different express characte	eiving skills of where to hy g and keep possession l stimulus (different movements to	Linking Possession Space Control Attacker Dribbling Accuracy Power Champion dancers Beat Control Rhythm	 Explore and dev skills using a ball Apply understar accuracy and spa of games <u>Hands 2: Ball skill</u> Roll a ball towar Combine sendin stopping skills <u>Games for Under</u> <u>Attack v Defence</u> Apply principles 	elop hitting and a racket nding of ice in a variety is ds a target. g and	Dribbling Accuracy Hitting Power Batter Fielder Opponent Aiming Accuracy Throwing Catching Rolling



Cross Curricular Links	PSHE- Autu	mn Term 1 – Team	Motif Expression / Healthy		ies to perform ence n Term 1 - Pulse, rh bing, dancing and sir	•	attack vs defend -Creating simple to win a game. -Develop unders where and why defend in a gam PSHE- Autumn T Autumn Term 2	e tactics standing of how, to attack and e. Ferm 1 – Team – Responsibility	Attacker Defender Space Rules Tactics Team	
Year Two	Unit outcome Autumn TermLocomotion: Dodging 1Fairness, honesty, integrity, cooperation, respect, courage, gratitude, problem-solving Dance: The ZooImagination, gratitude, fairness, curiosity, courage, Gymnastics: Linking Self-motivation, evaluation, concentration, empathy, self-belief Locomotion: Jumping 1 Self-discipline, cooperation, imagination, empathy, self- belief.			Respect, commun self-belief <u>Ball skills: Hands</u> Decision making, communication, i <u>Gymnastics: Path</u> Self-motivation, e self-belief <u>Dance: Mr Candy</u>	Ball skills: Hands 1Decision making, self-motivation, fairness, communication, integrityGymnastics: PathwaysSelf-motivation, evaluation, imagination, empathy,			Unit Outcome Summer Term <u>Athletics: Competitions</u> Resilience, communication, encouragement, integrity, resourcefulness <u>Ball Skills: Rackets, Bats and Balls</u> Problem-solving, self-motivation, fairness, creativity, integrity <u>Ball Skills: Feet 1</u> Respect, communication, concentration, empathy, self-belief <u>Attack v Defence: Games for Understanding</u> Cooperation, Problem solving, self-discipline,		
	Knowledge Locomotion: Dodgin -Apply knowledge o and why to dodge.		Vocabulary Dodging Attacking Defending	Knowledge Ball skills: Hands -Apply understan and over arm thr	ding of underarm	Vocabulary Fielder Batting Space	Knowledge Athletics: Comp -Explore how to to run as fast as	use our bodies	Vocabulary Tactics Speed Acceleration	
	-Roles of attacking and defendingSpace-Understand when we attack andTaggingwhen we defend while using theirdodging skillsChampionChampion		opponents.Throwing-Extend understanding of why we need to be accurate when we throw.Dribbling		Throwing Catching	-Exploring the correctDistancetechnique individually andAccuracywithin teams.Relay-Examine how to jump as far asChange Ox		Distance Accuracy		
	Dance: The ZooChampion-Respond to stimulus (different zooBeatanimals)Control		Ball skills: Hands -Develop dribblin receiving		Receiving Possession Chest pass	possible -Compare throwing accurately with throwing for distance				



		Dhuthan	Combine duibbling province and	Ormonant			
	-Using a range of controlled	Rhythm	-Combine dribbling, passing and	Opponent			
	movements showing character	Sequence	receiving, keeping possession			•··· •	
	expression.	Stimuli	Develop dribbling/passing and	Linking	Ball Skills: Rackets, Bats and	Attacker	
	-Co-ordination and control to	Motif	receiving to score a point	Flow	Balls	Defender	
	perform movements,	Expression		Transition	-Refine understanding of how	Opponent	
	-Creating a sequence		<u>Gymnastics: Pathways</u>	Zlg-Zag	to use hitting (striking) skills to	Accuracy	
			-Apply Champion Gymnastics	Curved	send the ball into space in	Power	
	Gymnastics: Linking	Champion	-Link movements and balance	Pathways	order to win a game.	Batting	
	-Link movements and balances	Gymnastics	together while travelling along a	Sequences		Fielder	
	together	Linking	variety of pathways.		Ball Skills: Feet 1		
	-Apply 'champion gymnastics'	Flow	-Creation of pathway sequences		-Apply knowledge and		
	-Link movement together on	Transition		Expressions	understanding of dribbling,	Space	
	apparatus.	Jump	Dance: Mr Candy's Sweet Factory	Motif	passing and receiving in order	Possession	
	-Perform a sequence on	Roll	-Create and develop characters,	Dynamics	to keep possession as a team	Dribbling	
	apparatus focused on; jumps, rolls		adding movements, expression	Control	and score a point	Passing	
	and		and emotion to their performance.	Rhythm			
	balance		-Create a motif and extend motifs	Emotion	Attack v Defence: Games for		
		Jumping	with different dynamics	Choreography	Understanding		
	Locomotion: Jumping 1	Distance	-Include elements of	Unison	-Create and apply defensive	Tactics	
	-Consolidate jumping	Space	Choreography that tell a story.		tactics	Transition	
	-Jump in combination and link jumps	Attacker			-Understanding transition from	Team	
	-Develop ability to apply jumping in	Defender			defence to attack	Opponent	
	games,	Speed			-Consolidate the transition	Teamwork	
		Landing			from defence to attack: Level 1	Attacking	
					competition	Defending	
Cross	PSHE- Autumn Term 1 – 1	Team	Music- Spring Term	-	PSHE- Autumn Term-	Team	
Curricular							
Links							
	Unit outcome		Unit Outcome		Unit Outcome		
	Autumn Term		Spring Term		Summer Term		
	Games: Invasion/Netball		Games: Invasion/Dodgeball		Games: Striking/Golf		
Year	Determination, communication, respect, resilience,		Resourcefulness, cooperation, integr	rity, respect,	Communication, overcoming challenges,		
	problem_solving, trust		problem-solving		teamwork, emotional regulation, self-belief		
Three	Dance: Wild Animals		Games: Striking and Fielding/Cricket		Athletics		
	Integrity, communication, creativity, cooperation,		Resilience, cooperation, self-motivat	tion, respect,	Communication, , resilience, integrity,		
	problem solving, self-motivation		problem-solving		encouragement, resourcefulness		
	Gymnastics: Symmetry and Asymmetry	<u>/</u>	Games: Invasion/Handball		Games: Net/Wall/ Tennis		



resourcefulness Games: Invasion/Ho Resilience, cooperati problem-solving	<u>Games: Invasion/Hockey</u> Resilience, cooperation, self-motivation, respect, problem-solving			Resilience, cooperation, integrity, respect, problem- solving <u>Outdoor Adventure Activities: Problem solving</u> Trust, determination, respect, resilience, problem solving			Trust, self-motivation, Resilience, cooperation, problem-solving <u>Games: Invasion/Tag Rugby</u> Resilience, reflection, cooperation, problem- solving, self-motivation		
Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	
Games: Invasion/Net	tball	Passing	Games: Invasion/	<u>Dodgeball</u>	Throwing	Games: Striking/	<u>Golf</u>	Overarm	
-Apply the principles	of attack vs	Receiving	-Develop changin	g direction	Catching	-Develop the und	derarm	Underarm	
Defence		Shooting	(dodging)		Speed	throw/roll for ac	curacy	Hole/Putter	
-Focus on passing an	d moving.	Chest pass	-Introduce throw	ng with accuracy	Dodging	-Combine throwi	ing and rolling	Tee (Hoop	
-How to keep posses	sion	Footwork	and change direct	tion during a	Possession	with accuracy to	beat an	Clock):	
and eventually score	in order to win		game			opponent		Course	
a modified game								Shot	
Dance: Wild Animals		Expression	Games: Striking a	<u>nd</u>	Throwing			Accuracy	
-Responding to stime	ıli	Creativity	Fielding/Cricket		Catching			Opponent	
Sustain characters to	add drama and	Emotion	-Introduce throw	ng underarm	Outwit			Rolling	
emotion to dance.		Stimuli	-Introduce catchi	ng	Batting	<u>Athletics</u>		_	
-Bring together chor	eography	Motif	-Utilise fielding sk	ills to keep	Fielder	-Throwing: Accur	racy vs	Tactics	
to create a final perf	ormance	Choreography	batter's score as	ow as possible.	Out	distance		Speed	
·		Character	-Explore batting s	kills to		-Jumping for dist	ance: Standing	Acceleration	
Gymnastics: Symmet	try and		outwit the fielder			Long Jump	-	Distance	
Asymmetry			many runs (point	s) as possible.		-Compare throw	ing accurately	Accuracy	
-Introduction to Sym	metry and	Symmetry	,	, ,	Space	with throwing fo		, Change over	
Asymmetry	,	Asymmetry	Games: Invasion/	Handball	Possession	0		0	
- Exploring movemer	nts and balances	Extension	-Develop passing		Shoulder pass				
in symmetrical and a		Flow	-Combine passing	-	Attacker	Games: Net/Wal	l/ Tennis	Outwit	
ways.	-,	Linking	-How to keep pos	-	Defender	-Introduce the fo		Space	
-Create sequences st	arting with	Ū	and score			-Understand whe	ere and why to	Return	
symmetrical balance	-	Control				throw/hit the ba	•	Recover	
-Applying flow		Passing	Outdoor Adventu	re Activities:	Communication			Baseline	
AT 7 0		Receiving	Problem solving		Tactics	Games: Invasion,	/Tag Rugby	Forehand	
Games: Invasion/Ho	ckev	Intercepting	-Explore what		Teamwork	-Combine passin		Rally	
-Introduce dribbling;		Shooting	makes an effectiv	e team through	Strategy	to create attacki		Out	
Introduce passing an		Barrier	different problem	-	Problem solving	opportunities	0		
-Combine dribbling a	-	Possession	challenges.		Cooperation			Attacker	
create space		Space						Defender	



	-Develop passing, re dribbling Introduces -Explore how to app of attack vs defence -How to keep posses	shooting Ily the principles					-Where and why create space wh attacking		Dodge Try Possession Ball carrier Tagging	
Cross Curricular Links	PSHE- Summer Term – Valued Music- Spring Term			Music- Spring Term				PSHE- Summer Term – Valued Music-Spring Term		
Year Four	Gymnastics: Bridges Trust, Communicatio Encouragement <u>Netball: Games: Inva</u> Responsibility, Comm motivation, Decision <u>Dance: Cats</u> Encouragement, Dec Communication, Res <u>Hockey: Games: Inva</u> Evaluation, Commun Decision making Knowledge	on, Resourcefulnes asion munication, Collabo n making cision Making, Inte sourcefulness asion nication, Cooperati Skills	oration, Self- grity, on, Resilience, Vocabulary	Resilience, Reflect <u>Dodgeball: Game</u> Responsibility, C Integrity, Resour <u>Cricket: Games: 1</u> Reflection, Comr Evaluation <u>Outdoor Advent</u> Encouragement, <u>Determination, E</u> Knowledge	, Self-discipline, Coo ction es: Invasion ommunication, Coo cefulness Striking & Fielding nunication, Respect ure Activities: Proble Resourcefulness, Tr valuation Skills	peration, , Resilience, <u>em Solving</u> rust, Vocabulary	challenges, Com <u>Tennis: Games:</u> Reflection, Com motivation, Dec <u>Athletics</u> Self-motivation, Communication <u>Tag Rugby: Gam</u> Decision Making Resilience, Reflection Knowledge	ct resolution, Ove munication, Resp Net/Wall munication, Trust ision making , Evaluation, Reflect nes: Invasion g, Communication ection	bonsibility t, Self- ection, Resilience, n, Cooperation, Vocabulary	
	<u>Gymnastics: Bridges</u> -Explore movements creating bridges. - Application of bridge apparatus. - Developing sequent bridges. -Develop a sequence individual bridges. - Sequence completed	s and balances ge learning onto nce ideas with e, using pair and ion.	Excellent Gymnastics Extension Control Interesting, Bridge Levels Flow	Handball: Games - Refine passing a - Develop passing space - Develop passing shooting - Combine passir - Introduce defer -Bring together w learnt into a tour	and receiving g and creating g, moving and ng and shooting nding vhat has been	Attacker, Defender, Transition, Marking, Free pass/Throw, Interception, Shooting	Golf: Games: St - Introduce strik Launchers - Develop strikir with Launchers -Develop strikin with Launchers - Combine striki and Launchers f accuracy	ing with ng with accuracy g for distance ng with Rollers	Launcher (Wedge), Roller (Putter), Hole (Target), Tee, Holes, Course, Shots, Accuracy, Opponent, Power	



		Dodgeball: Games: Invasion		- Combine striking with Rollers	
Netball: Games: Invasion		- Introduce jumping and ducking	Attacker,	and Launchers to beat an	
- Develop passing and receiving of		- Develop throwing with accuracy	Defender,	opponent 1v1	
the ball	Attacker	and power over an increased	Dodge, Ducking,	- Combine striking with Rollers	
- Develop passing and creating space	Defender,	distance	Jumping, Aiming	and Launchers to beat an	
- Develop passing, moving and	Possession,	- Develop catching (dodgeball)		opponent 2v2	
shooting	Chest pass,	- Consolidate dodging, jumping			Outwit, Space,
- Develop Footwork	footwork	and ducking into game situations		Tennis: Games: Net/Wall	Accuracy,
- Introduce defending and the		- Combine, dodging, catching and		- Consolidate sequence of	Power,
concept of marking		throwing		learning from year 3,	Baseline,
- Bring together what has been learnt		- Bring together what has been		developing the forehand	Forehand,
in a tournament.		learnt into a tournament.		- Creating space to win a point	Backhand,
				using a racket	Rally, Out
Dance: Cats		Cricket: Games: Striking & Fielding		- Introduce the backhand	
- Explore movement through	Excellent	- Develop an understand of batting	Retrieving,	 Applying the forehand and 	
improvisation, introducing unison	dancers,	and fielding	Bowling, Strike,	backhand in game situations	
and matching.	Expression,	 Introduce bowling underarm 	Batting, Fielder,	 Applying the forehand and 	
- Extending sequences with a partner	Creativity,	- Develop stopping and returning	The long barrier	backhand: Creating space to	
in character.	Emotion, Motif,	the ball		win a point	
- Adding drama and emotion into a	Flow, Character	- Develop retrieving and returning		 Bring together what has been 	
dance.		the ball		learnt into a tournament	
 Developing sequences with a 		 Striking the ball at different 			Tactics, Speed,
partner in character that show		angles and speeds		<u>Athletics</u>	Distance, Pace,
relationships and interlinking dance		- Consolidate sequence of learning		-Sprinting: Develop running at	Power, Stride
moves		by playing pairs cricket.		speed	pattern
- Bring together pupils choreography.				- Sprinting: Exploring our stride	
		Outdoor Adventure Activities:		pattern	
		Problem Solving		- Running for pace	
		-Look at what makes an effective		 Understand and apply tactics 	
Hockey: Games: Invasion		team with the focus on		when running for distance	
- Refine dribbling		cooperation and responsibility		- Throwing for distance: Javelin	
 Refine passing: Long and short 		- Look at what makes an effective	Communication,	- Jumping for distance:	
- Develop shooting: Combine passing	Attacker,	team with the focus on	Tactics,	Standing Triple Jump	
and dribbling to create shooting	Defender,	communication	Teamwork,		
opportunities	Dribbling,	- Look at what makes an effective	Strategy, Non-	Tag Rugby: Games: Invasion	Space,
	Marking,	team with the focus on	verbal	 Develop passing, moving and 	Attacker,
	Tackling,	collaboration and communication	communication,	creating space	Defender,



	 Develop passing an creating space for at opportunities Introduce defendin tackling Bring together what into a tournament 	tacking	Blocking, Free hit	 Learning motiva and how importa the river rope cha Caving challeng Leaning importa each other in a te unfamiliar enviro 	nt it is through allenge. es nce of motivating eam in an	Verbal communication	 Extend learning games Develop defend Develop defend situations Combine passid to create an atta Bring together learnt into a tou 	ling ding in game ng and moving ack and score what has been	Forward pass, Offside
Cross Curricular Links	PSHE Autumn Term- Team			PSHE Autumn T	erm- Team		PSHE Autumn ⁻ Music- Summe		
Year Five	Unit outcome Autumn Term <u>Netball</u> Cooperation, Self-Discipline, Evaluation, Reflection and Integrity <u>Gymnastics Counter Balance & Counter Tension:</u> Reflection, Respect, Self-Discipline, Trust and Integrity <u>Games: Game Sense: Game Sense Invasion</u> Respect, Reflection, Trust, Evaluation, Responsibility <u>Hockey: Games: Invasion:</u> Encouragement, Responsibility, Evaluation, Communication and Self discipline		Responsibility, Ev Dance: The Circus Trust, Communic Encouragement <u>Cricket: Games: S</u> Self-discipline, pr communication, <u>Health Related Ex</u> Encouragement, Integrity, Respon	eflection, Communic valuation ation, Decision mak <u>striking & Fielding:</u> oblem solving, refle responsibility <u>xercise</u> Communication, Se	ing, Resilience,	Summer TermGolf: StrikingResilience, Support structure, Decision Making,Integrity, Conflict resolutionTennis: Net/WallReflect, Communication, Integrity,Resourcefulness, EvaluationAthleticsResponsibility, Cooperation, Evaluation, Self-motivation, RespectTag Rugby: InvasionTrust, Responsibility, Resourcefulness,Encouragement, Integrity			
	KnowledgeSkillsVocabularyNetballTactics,-Refine passing and receivingTransition,-Explore the function of other passesPossession,-Develop using a range of passesMarking-Develop defending and marking theExcellency		Transition, Possession, Marking	Knowledge <u>Dodgeball Games</u> <u>-</u> Introduce blocki - Consolidate cate - Understand why why we need to t accuracy and pow	ng ching ere we throw and throw with	Vocabulary Tactics, Transition, Accuracy, Power, Dodge, Blocking, Eliminated	Knowledge Golf: Games : St - Consolidate str accuracy with Ro - Consolidate str Launchers - Introduce playi	iking for ollers iking with	Vocabulary Launcher (Wedge), Roller (Putter), Hazards, Shots, Holes (Course), Opponent,



-Level 1 tournament	Interesting,	- Explore basic defensive tactics		- Develop playing with hazards	Power, Penalty
	Flow, Levels,	- Level 1 tournament		- Consolidate and combine	Shot
Gymnastics: Counter Balance &	Counter			skills of using Launchers and	
Counter Tension	Balance,	Dance: The Circus: The Circus	Excellent	Rollers and apply their skills	
-Introduction to counter balance	Counter	- Exploring society in the 19th	dancers,	and understanding by	
- Application of counter balance	tension, Unison,	Century (1850): Dynamics and	Expression,	competing in an individual golf	
learning onto apparatus	Canon	prejudices	Creativity,	tournament.	
- Sequence formation		- Developing character movements	Emotion,		
- Explore the concept of counter		linked to 19th Century (1850)	Motif,	Tennis: Games: Net/Wall	Tactics, Space,
tension		prejudices	Character,	- Consolidate learning from	Outwit,
- Sequence completion		- Creating movements to represent	Unison	year 4: recap how to outwit an	Forehand,
- Perform the completed sequences	Tactics,	different characters and		opponent	Backhand,
	Transition,	performers in a 19th Century		- Introduce the volley	Volley,
Games: Game Sense: Game Sense	Counter attack,	(1850) circus		- Develop the volley	Doubles, Serve
Invasion	Pressure, Man-	- Creating a 'Circus Performance'		- Controlling the game from the	
- Develop dribbling	to-man marking,	incorporating characterisation		serve	
-Consolidate dribbling and passing to	Tackle,	linked to a variety of performers		- Doubles: Understanding and	
maintain possession to create scoring	Referee/Umpire	-Extending our 'Circus		applying tactics to win a point	
opportunities		Performance' incorporating props		 Bring together what has been 	
- Develop defending: Application into		and apparatus linked to the variety		learnt to play a tournament	
game play		of performers			
- Refine defensive skills: Transition		 Bring together what has been 		Athletics	
from defence to attack		learnt into a Circus performance		- Sprinting: Finishing a race	
 Refine attacking skills passing, 				 Consolidate sprinting: 	Tactics, Speed,
dribbling and shooting		Games: Striking & Fielding: Cricket	Tactics,	Evaluating our performance	Distance,
- Bring together what has been learnt	Tactics,	- Refine batting, understand and	Bowling, Run	 Sprinting: My personal best 	Evaluation,
into a tournament.	Marking, Attack,	develop batting tactics	out, Wicket-	- Consolidate running in a	Change over,
	Counter attack,	- Refine bowling, understand and	keeper, No ball,	team: Relay changeovers	Personal best,
Games: Invasion: Hockey	Man-to-man	develop bowling tactics	Wide, Bye	- Throwing for distance: Shot	Lap
 Recap and refine dribbling and 	marking, Goal	- Refine fielding, stopping, catching		put	
passing creating attacking	side	and throwing		 Introducing the hurdles 	
opportunities		- Combine fielding skills, creating			
 Develop defending: Blocking and 		and applying tactics, introduce			
tackling		umpiring and scoring		Tag Rugby: Games: Invasion	
- Refine shooting		- Refine batting, create and apply		 Consolidate passing and 	
		batting tactics to game scenarios		moving	
				 Consolidate defending 	Tactics



	 Refine attacking skills passing, dribbling and shooting, introduce officiating Refine defending skills, developing transition from defence to attack Bring together what has been learnt into a tournament 	the cardiovascular system and howsystemaerobic fitness affects our bodies.Streng-Flexibility: understand what isFlexibilmeans and how it affects ourFitnessbodies.Fitness	th, learnt into a tournament. ity, , Circuits,
Cross Curricular	PSHE- Autumn Term	from week 1 and compare scores to see improvement. Music- Spring Term	Music- Summer Term
Links Year Six	Unit outcome Autumn Term <u>Netball: Games: Invasion</u> Responsibility, Self-motivation, Reflection, Intrencouragement <u>Gymnastics: Matching & Mirroring:</u> Cooperation, responsibility, Trust, Decision maintegrity <u>Games: Game Sense: Game Sense Invasion</u> Responsibility, Resourcefulness, Reflection, Re Integrity	Self-discipline <u>Hockey: Games: Invasion</u> Trust, Integrity, Responsibility, encourageme Resourcefulness <u>Health Related Exercise</u>	Support Structure <u>Tennis: Games: Net/Wall</u> nt, Responsibility, Self-discipline, Integrity, resourcefulness, Respect <u>Athletics</u>



Dance: Carnival			Trust, Integrity, Self-discipline, encouragement, Problem solving			Tag Rugby: Games: Invasion Trust, Responsibility, Resourcefulness,		
Trust, Self-discipline	, Reflection, Respe	ct, Responsibility						
						encouragement, Integrity		
Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
Netball: Games: Invasion - Consolidate attacking: understand and apply attaching skills. - Consolidate Defending by defensive scenarios - Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios - Consolidate Defending: Understand and apply defensive tactics in game situations - Application of 'powers' into game play to challenge tactical thinking - Bring together what has been learnt into a tournament		Tactics, Transition, Umpire, Netball positions, Marking	Dodgeball: Games: Invasion - Understand and apply attacking tactics to game situations - Understand and apply defensive tactics to game situations - Transition between attack and defence - Applying the rules: Officiating games - Managing tactics and officiate games - Apply what has been learnt to a tournament		Tactics, Transition, Referee, Bank/ed line, Centre line, Retrievers Tactics, Attack,	Golf: Games: Striking - Consolidate playing against an opponent: Individual Match Play - Consolidate playing against an opponent in teams: Team Scramble - Team Better Ball: Introducing 'Power Play' - Team alternate shots: Continued 'Power Play' - The Little Sticks Cup Day 1: Pairs (2v2) - The Little Sticks Cup Day 2: Singles (1v1)		Match play, Team scramble, Team better ball, Team alternate shots, Penalty shot
Gymnastics: Matching & Mirroring -Explore concept of matching - Application of matching learning onto apparatus -Explore the concept of mirroring - Application of mirroring learning onto apparatus - Sequence development -Preform completed sequence <u>Games: Game Sense: Invasion</u> -Consolidate the understanding and application of attacking skills into game play - Consolidate the understanding and application of their defensive skills		Excellent gymnastics, Flow, Levels, Matching, Mirroring, Unison, Canon Tactics, Transition, Counter attack, Pressure, Man- to-man marking,	 Consolidate keeping possession of the ball Consolidation of possession skills, develop officiating and apply this knowledge in mini games Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defensive tactics in game situations Bring together what has been learnt in a tournament <u>Health Related Exercise</u> Initial Fitness Assessment and recording personal scores. 		Defending, Counter attack, Free hit Cardiovascular	Tennis: Games: Net/Wall - Consolidate sequence of learning from year 5: Recap doubles - Game application: Cone tennis - Game application: Round robin games - Game application: Mixed ability doubles, round -Game application: Tag team tennis robin games - Bring together what has been learnt in a tournament Athletics		Tactics, Space, Outwit, Forehand, Backhand Volley, Doubles, Serve
into game play			- Cardio Fitness		system,			



	 Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios Consolidate defending: Understand and apply defending tactics in game 	Tackle, Referee/umpire.	 Perform flexibility circuits developing personal flexibility Perform strength circuit developing their own strength Perform an aerobic fitness circuit 	Strength, Flexibility, Fitness, Circuits, Fitness assessment/test	 Running for speed and culminate this into a competition Running for distance competition 	Tactics, Teamwork, Speed, Distance,	
	situations - Application of 'powers' into game play to challenge tactical thinking -Bring together what has been learnt into a tournament Dance: Carnival		developing their own aerobic fitness. -Redo fitness assessment and compare personal scores. <u>Cricket: Games: Striking & Fielding</u> - Consolidate batting skills		 Throwing competition Jumping competition Bring together the suggested sequence of learning for jumping, throwing and running into a mini athletics competition 	Evaluation, False start, Events	
	 The Rio Carnival: Performing with technical control and rhythm in a group Creating rhythmic patterns using our body 	Excellent dancers, Expression,	 Consolidate batting skills Consolidate bowling skills Consolidate bowling skills Create, understand and apply attacking tactics in game situations. 	Tactics, Umpire, Boundary, Four runs, Over	- Bring together all athletics learnt into a competition. Tag Rugby: Games: Invasion		
	 Samba: Experiencing dance from a different culture Samba: Experiencing dance from a different culture and consolidating choreography Carnival Day: Final chorographical elements including still imagery Carnival Day: Performance and reflection 	Creativity, Emotion, Stimulus, Choreography, Rhythm	 Create, understand and apply defensive tactics in game situations. Consolidate sequence of learning. 		 Consolidate passing and moving Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defensive tactics in game situations Consolidate attacking and defending in mini games Bring together what has been learnt into a tournament. 	Tactics, Transition, Offside, Formations, Knock on, Advantage	
Cross Curricular Links	PSHE- Autumn Term		Music- Spring Term		PSHE- Autumn Term		