



## PE Curriculum Progression Overview 2023-24

<b>Rationale</b>	<ul style="list-style-type: none"> <li>For all children to gain the fundamental movement skills, knowledge and understanding to be physically literate &amp; to lead healthy, active lives.</li> <li>For all children to have fun &amp; have opportunities to engage in a broad variety of physical activities so that they have both the confidence &amp; skills to try new sports, join clubs and be active outside of school for their leisure and to help with their mental</li> </ul>
<b>Approach</b>	<ul style="list-style-type: none"> <li>To offer our children an inspirational curriculum in which they can learn the fundamental movement skills from nursery through to year 6. This is to enable children to be able to take part in a variety of sports in Primary school and beyond.</li> <li>To have the physical, tactical and social skills to be able to play a variety of sports by learning through playing modified games, gradually building in complexity for transition to secondary school &amp; beyond.</li> <li>We adopt a 'Teaching games for Understanding' approach so that children learn the tactics, strategies, and rules for different sports. Children will play a variety of modified games to allow this understanding to develop whilst also having time to practice their ball skills &amp; techniques for running, throwing &amp; catching using a variety of balls &amp; sport specific equipment.</li> <li>We ensure that social and emotional skills are at the heart of all our lesson so that children show excellent learner behaviours and our CARE values in PE lessons.</li> </ul>

### Nursery

Theme	Movement & Using Space (Autumn 1)	Ball and Object Skills (Autumn 2)	Attacking and Defending (invasion) (Spring 1)	Net Games (Spring 2)	Striking and fielding skills (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
<b>Content</b>	Moving around a space safely and being aware of others.	Using hands to control a ball.	Beginning to play tag games in which different roles are allocated	Sending a ball using hands and an external object to a partner.	Striking skills, throwing and catching	Running, jumping, throwing	Perform and follow basic actions to the best of their abilities.	Rolling, stretching, holding shape, jumping, tension
<b>Key Outcomes</b>	Exploring movement in different ways by using songs, themes and small equipment.	Exploring control and speed of sending a ball to a partner. Using 2 hands to catch a large ball and/or a floating object such as a bib.	The ability to work against a classmate with either an attacking or defensive mind-set as set out by the parameters of the game – especially tag.	Explore control and speed of sending a ball to a partner. Begin to move towards objects that are in your area.	Strike a stationary object and move towards / gather an object that has been struck.	To participate in a multitude of athletic activities that culminates in a showcase of their learned skills of the year; teamwork, running, jumping, throwing.	Use different parts of the body in isolation, understanding the names of body parts and the direction of movement. Be able to express themselves to music in a dynamic and emotionally responsive way	Understanding leg tension Remembering the names of the basic shapes
<b>Skills</b>	Following simple instructions, taking turns, running, skipping, jumping, rolling, jogging, and walking.	Catching, sending a ball, tracking an object with their eyes.	Mirroring – following the movements of an attacker, chasing someone with speed, running into space, sportsmanship as competition heightens.	Catching an object, sending an object, working with and against a partner.	Teamwork, hand-eye coordination, retrieval.	Taking turns, body control, sprinting, jumping, and throwing for distance.	To be able to clap and understand basic rhythms. Develop bounce action to rhythm. Basic yoga positions through acting out animals- happy cat, scaredy cat, Elephant walks, giraffe walks.	Routine, stretching, linking, sequence
<b>Vocab</b>	Freeze, safety, bubble space, rolling, jumping, hopping, running, jogging, walking.	bounce, catch, control underarm throw, speed, aim	Running, dodging, chasing, mirroring, happy hands, great talking.	bounce, catch, control underarm throw, speed, aim, hit	under/over arm throw, batting, catching hands,	two foot jumping, high five, speed control	Rhythm, bounce, knee bends, chest bounce, high knees, Arms swing, floor dance, fast dance, slow dance, tall dance	Jump, pike, tuck, stretch, warm up

Reception								
Theme	Movement & Using Space (Autumn 1)	Ball and Object Skills (Autumn 2)	Attacking and Defending (invasion) (Spring 1)	Net Games (Spring 2)	Striking and fielding skills (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
<b>Content</b>	Moving around a space safely with increased speed and strategy.	Using hands and feet to control a ball	Tag games with differing roles and responsibilities.	Sending a ball using hands and an external object to a partner.	Striking, sending and catching	Teamwork, running, jumping and throwing.	Perform and follow basic actions with correct lefts and rights	Rolling, stretching, holding shape, jumping, tension
<b>Key Outcomes</b>	Continuing to explore movement with our bodies, using different gross motor skills at differing speeds to get from point A to point B.	Exploring how to control a ball with different parts of our body, Learning how to send a ball in different ways with and without accuracy. Using two hands to catch a range of different balls / objects.	The ability to work against multiples classmates with either an attacking or defensive mind-set as you start to work with other classmates of the same goal.	Continue to control and speed of sending a ball to a partner and or area. Show further proficiency in moving to an object and catching it.	Strike a stationary object and begin to strike a rolling object. Run towards an object that has been struck. Send an object with accuracy.	To participate in a multitude of athletic activities that culminates in a showcase of their learned skills of the year; communication, teamwork, running, jumping, throwing.	Use different parts of the body individually and in unison to improve balance and coordination Develop fundamental , basic movement skills to Show expressive, dynamic and rhythmic qualities Try to move with control and balance	Understanding leg tension Remembering the names of the basic shapes
<b>Skills</b>	Following 2 step, instructions, running at different speeds, running to and away from classmates. Getting their bodies up, over, around and under different equipment.	Catching various balls, sending an object with control, partner work and communication.	catching, rolling, throwing an object, working with others	Catching multiple types of objects. Sending an object to a teammate and also an attacking area.	Hand-eye coordination, strike with developing speed and power, running, underarm and/or overarm throwing.	Taking turns, control their body, sprinting, jumping for distance, throwing for accuracy and distance.	Describe basic body actions To express dynamic movements Develop bounce action to rhythm To be able to clap and understand basic rhythms	Routine, stretching, linking, sequence
<b>Vocab</b>	Freeze, safety, bubble space, rolling, jumping, hopping, running, jogging, walking, balancing.	bounce, catch, control underarm throw, speed, aim	balance, underarm throw, rolling, accuracy run, skip, jump, hop	bounce, catch, control underarm throw, speed, aim, hit	under/over arm throw, batting, catching, reactions.	two foot jumping, one foot jumping high five, speed control	Basic bounce, knees, side bounce, forward bounce, chest forwards and backwards, hiphop foundational movements	Jump, pike, tuck, stretch, warm up

Year 1								
Theme	Movement & Using Space (Autumn 1)	Ball and Object Skills (Autumn 2)	Attacking and Defending (Invasion) (Spring 1)	Net Games (Spring 2)	Striking and fielding skills (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
<b>Content</b>	Throwing and catching	Football related activities	Movement and using space	Sending a ball using hands and an external object to a partner.	Striking skills, throwing and catching	Running, Jumping, Throwing	Perform and follow basic actions, quickly and accurately, with good balance and agility	Jumping, landing, rolling, linking, sequencing
<b>Key Outcomes</b>	Exploring moving in different ways Individual throw and catch, throw and catch with different partners, take turns during activities	Explore dribbling, passing and receiving a ball using different parts of feet. Recognise and cope with competitive activities	Finding and moving into space. Play in role of attacker and defender. Play simple games with a partner. Learn to play fairly and follow simple rules. Congratulate others	Explore control and speed of sending a ball to a partner. Track and receive a moving ball. Send a stationary object.	Explore striking and hitting objects with hands and bats. Track and retrieve a rolling ball. Throwing and catch a variety of objects as an individual and with a partner. Distinguish between batters and fielders	Exploring running at different speeds, and jumping in different ways. Begin to link running and jumping movements together. Explore throwing a variety of objects in different ways.	Use different parts of the body individually and in unison to improve balance and coordination Develop fundamental movement skills to Show expressive, dynamic and rhythmic qualities in their dancing and perform dance for peers Move with a reasonable level of control and confidence.	Keep body tension and good posture during shapes Link the 8 different basic shapes Hold landing positions before stretching
<b>Skills</b>	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	Controlling ball using feet, passing ball towards target,	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	catching a ball, sending an object, partner work	Under arm and over arm throwing, tracking balls, striking objects using hands and bats	sprinting, speeds of running, two footed jumping, hopping, skipping, side stepping, over arm throw, under arm throw	To create and express dynamic qualities of movement Learn to recognise different styles of music and move appropriately to said style. Remember short dance phrases and accurately execute choreography. To be able to clap and understand basic rhythms	bunny jumps, teddy bear roll prep on shoulders, 3 points of contact on the floor in a creative shape. Spring Board prep (hurdle step action), Landing safely from a box, Skipping high knees, Forward roll down a decline
<b>Vocab</b>	avoiding, tracking, rolling, bouncing, space, opposite, team, small catching hands, big catching hands, overarm, underarm	dribble, control, space, little kicks, big kicks, shoot, aim, control, tackle, pass	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting,	bounce, catch, control underarm throw, speed, aim, hit	batter, fielder, bowler, under arm, over arm, catching hands, space	sprint, run, speeds of running, one footed jumping, two footed jumping	Knee bends, side bounce, forward bounce, knees up, Reebok, jumping jax, chest bounce forwards, back and diagonal. Arms- basic levels, basic 2 handed pulsing, basic wutang arms.	Names of eight basic shapes

Year 2								
Theme	Movement & Using Space (Autumn 1)	Ball and Object Skills (Autumn 2)	Attacking and Defending (invasion) (Spring 1)	Net Games (Spring 2)	Striking and fielding skills (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
<b>Content</b>	Throwing and catching	Football related activities	Fundamental movement skills, moving in space	Sending a ball using an external object to a partner.	Striking skills, throwing and catching	Running, Jumping, Throwing	Perform appropriate body actions with control and coordination	Strength and flexibility Floor Vault
<b>Key Outcomes</b>	Individual throw and catch, throw and catch with partner and in competition, take turns during activities, move in different ways	Continue to explore and develop dribbling, passing, aiming, receiving a ball using the hands and different parts of feet. Begin to work with others during competitive activities.	Run, chase and dodge using space, playing in role of attacker and defender, send and receive objects with a partner and in a small game. Demonstrate understanding of simple tactics. Congratulate and praise opposition.	Continue to develop control and speed of sending a ball to a partner. Track and receive a moving ball. Hit a moving object. Use correct grip and technique to present full face of external object to send moving object.	Explore striking and hitting objects with different bats and implements. Track and retrieve a rolling and bouncing ball. Throwing and catch a variety of objects as an individual and with a partner, using different throwing styles. Distinguish between batters, fielders and bowler	Explore running, jumping and throwing activities, take part in simple challenges. Experiment with different ways of travelling, throwing and jumping. Increase awareness of speed and distance	Choose movement with different dynamic qualities as a response to musical stimuli. Express a feeling/mood/idea through movement. Confidently link moves together with good flow and musicality. Remember and repeat dance phrases, i.e names of moves, remember the history of the dances.	Show extension and posture in all skills Show attention to detail in all the shapes Control and hold landing positions when jumping from a height
<b>Skills</b>	under arm throwing, over arm throwing, chest push, two handed catching, move in different ways	controlling and navigating space with ball, passing to another player and aiming at a target	identifying and navigating space, changing direction quickly, closing down space,	catching a ball, sending an object with control, partner work	under arm throwing/bowling, over arm throwing, tracking and retrieving balls,	Running for speed, jumping for distance, throwing for accuracy and distance, understanding what personal best means	Be self aware and begin to critique self, what went well, what needs practise. Be able to portray feeling and personality whilst dancing. To be able to clap and understand basic rhythms	spring board jump, Pike stand balance, Hands reaching towards floor feet on bench, Front support turn to back support, Run jump to land on raised platform, Forward roll to straddle sit
<b>Vocab</b>	running, side stepping, skipping, hopping, jumping, aiming, direction, passing, controlling, small catching hands, big catching hands, overarm, underarm		attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting, space	bounce, catch, control underarm throw, speed, aim, hit	batter, fielder, bowler, under arm, over arm, catching hands, space	sprint, overarm, under arm, hop, jump,	knee bends, union jack bounce, knees up with chest, chest bounce forward, back and diagonals. Reebok, jumping jax parallel 4. Head forwards and back, pulsing, side to side	Front support, back support, balance, dish, straddle ;ever hold, straddle sit, backward roll

Year 3							
Theme	OOA - Team Building (Autumn 1)	Invasion Games (Autumn 2 & Spring 1)	Net & Wall Games (Spring 2)	Striking and Fielding Games (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
<b>Content</b>	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing	Freestyles confidently, with good understanding and response to mood of music	Strength and flexibility Floor Vault
<b>Key Outcomes</b>	Team work- 'Together Everyone Achieves More' Work in different teams to solve simple problems Cooperate with each other explore different methods of communication	Develop using space during small sided games. Travel with, send and receive balls and other objects with greater control. Develop understanding of playing fairly during competitive games. Develop an understanding of when to attack and when/how to defend. Develop decision making skills about when to use different skills and tactics.	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent in competitive games. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop throwing, catching and retrieving/stopping the ball. Develop grip and stance for striking Play modified competitive games to practice bowling, fielding, wicket keeping and striking Begin to understand and apply rules. Develop understanding of different roles in striking and fielding games.	Exploring running, jumping and throwing actions with control and coordination. Discuss own and others; running, jumping and throwing actions and suggest improvements. Work individually on Personal bests	Create their own short dance phrases to perform for each other in groups. Use individual choreography, linked together, to create a full length group piece with everyone's input. Repeat and remember dance figures for different styles. Be dancing dynamically, expressively, rhythmically and confidently, with clear control. Showing enthusiasm and energy when approaching learning and performing, Understand the importance of the warm up- cardio, stamina, mobility stretches, cool down- passive stretches.	Hold tension in the arms or legs as needed for the skill Make sure the head position is correct in all rolling work Adapt backwards rolls to finish in star and front support Improve jumping shapes in the air and making each one clear
<b>Skills</b>	Navigating, communication skills, problem solving, teamwork cooperation	dribbling, passing, receiving, finding and using space. Attacking, defending, making decisions.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	batting, catching, bowling, retrieving/stopping, decision making, using space	Sprinting, Distance Running, two foot standing Jump, Ancient Greek two foot jumps, Over Arm Throw, Heave Throw, Push Throw. Using stopwatches.	Basic intro to shuffle, light footwork, jumping and the most basic heels and toes. Focus on pausing, pointing, facial expression, physical interaction with peers and rhythm. finding rhythm and keeping the body loose, staying balanced in uncentered positions.	teddy bear roll, High bunny jump over bench using hands, Cartwheel prep, Tucked Handstand against coach/wall, Backward roll down a decline, Individual Arch lifts, Bunny jump toward Handstand, Bunny jump to straddle and Return, Bridge, Tuck jump off a box top
<b>Vocab</b>	communication, cooperate, control point, direction, north, south, west, east	attacker, defender, keep possession, making space, use space, close down space, send and receive, pass, dribble, support, mark, score,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	fielder, batter, wicket keeper, back stop, bowler,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	Head, shoulders, arms, back, core, hips, thighs, calves, ankles, toes knee bends, union jack bounce, chest bounce(forwards, backwards, diagonals), shoulder bounce, knees to chest bounce. Head bounce(side to side, forwards back, isolated circles)	Teddy bear roll, bunny jump, tucked handstand, Arch lifts, tuck jump, cartwheel, bridge

Year 4								
Theme	OOA - Team Building (Autumn 1)	Invasion Games (Autumn 2 & Spring 1)	Net & Wall Games (Spring 2)	Striking and Fielding Games (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics	Swimming
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing	Respond imaginatively with good facial expression when responding to musical stimuli, with a good understanding of characterisation	Strength and flexibility Floor Vault	Swimming and water safety
Key Outcomes	To solve a variety of problems and work effectively in teams, Communicate effectively Cooperate and share ideas Try different ideas explore different methods of communication evaluate performances and consider improvements	Continue to develop using space during game play, develop increased skills in sending and receiving. Work in teams to cooperate and maintain possession Communicate effectively Use tactics in different situations and make decisions Learn how to cope with losing and always support team mates/congratulate the opposition	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop hitting and striking skills. Develop bowling under arm and try out other bowling techniques. Develop understanding of basic batting and fielding tactics. Play a variety of team games to understand the tactics and roles involved in striking and fielding games	Develop linking, running, jumping and throwing actions, discuss and perform different jumping and throwing techniques . Use a variety of equipment , ways of measuring and timing, to compare the effectiveness of different running, throwing and jumping techniques .	Refine, repeat and remember individual moves as well as whole choreographies. Perform dances clearly and fluently. Show a clear understanding of how to warm up with cardio and mobility stretches and how to cool down with passive stretching, safely.	Show continuous leg tension through required skills Show more attention to detail, stretching at the start and the finish Make smooth transition from the springboard to vault	Swim competently , confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations
Skills	Navigating, communication skills, problem solving, teamwork skills, cooperation	Dribbling, receiving, passing, finding and using space, decision making.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	Turning grapevines with arms, medium complexity locking combo, accurate robot walks, add robot walk change of direction, slow pulsing incorporating legs and arms,full speed locking cross open positions, add in basic kick locks	Walk backwards along a bench full turn on toes in middle and continue, 360° Teddy bear roll, Straddle on box top from standing, Front & Back support lower to the floor, Handstand to coach/vertical mat, Arabesque, Forward roll to straddle stand, From pike sit, rock backward and roll forward to stand	swim competently , use a range of strokes effectively and perform self-rescue successfully
Vocab	communication, cooperate, control point, direction, north, south, west, east	keep possession, control, make and use space, pass, support, goals, rules, tactics, score, attack , defend	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	ready position wicket keeper, bower, batter, back stop, infield, outfield, base,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	full speed jumping jax, medium speed running man, stomp full speed, Step full move, charleston with twist, basic slow polly pocket, pardabouree add body and head	Squat thrusts, arabesque, dish, arch, forward roll, backwards roll	Freestyle, Breaststroke, backstroke, front crawl

Year 5							
Theme	OOA - Team Building (Autumn 1)	Invasion Games (Autumn 2 & Spring 1)	Net & Wall Games (Spring 2)	Striking and Fielding Games (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
Content	Team building games and orienteering activities	Fundamental Movement skills: dodging, side stepping, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing	create their own choreography, collaboratively in a group and individually. Using clear figures and clean transitions.	Strength and flexibility Floor Vault
Key Outcomes	Continue to develop team skills of- Cooperating Communicating effectively Being resilient/pers evering Finding better ways Learning from others Evaluating strengths and weaknesses to improve Problem solving	Through a variety of modified games- Use and find space, receive and dribble in different ways with some control and accuracy, understand and apply some tactics for attacking and defending, follow the rules and play fairly for simple invasion games, evaluate their own and others' performances, know what to their team needs to do in order to keep possession. Learn to cope with losing and congratulate the opposition	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Develop hitting and striking, develop overarm bowling and other specific bowling techniques. Understand importance of striking ball away from fielders and judge when to run after hitting ball. Continue to understand rules and roles of striking and fielding games by playing modified games	Link running, jumping, throwing actions, applying them accurately and appropriately. Analyse and give feedback on running, jumping and throwing techniques	Adapt and refine the way they use weight, space and rhythm to express themselves in a multitude of styles. To be able to recognise individual styles by rhythms. Perform different styles of dance, clearly and fluently. Be able to confidently warm up and cool down with a good understanding of different Stretches. Show an understanding of how to move safely with good body alignment. Recognise and comment on dances and technique, showing an understanding of styles and figures.	Show good body tension and good range of movement Focus on hand placement to perfect cartwheels Hold and show control on the landing positions.
Skills	Navigating skills, communication skills, problem solving, working with others well, leading others, trust, cooperation, orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	To begin dancing individual shuffle moves, full speed. Begin more Balanced moves in basic variations, parallel. Accented Movements to the rhythm, good pauses, medium complexity arm combos, medium difficulty footwork, good social interactions whilst dancing,	Cartwheel over a bench, Cartwheel with extended legs, Squat stretch jumps travelling forward, Headstand tucked against coach/wall, Cartwheel dismount off on bench, Travelling layout bunny jumps, Arch rocks, Handstand, Hurdle step from 2 feet together, Correct hand technique for Cartwheel on floor, Star jump off box top with correct landing
Vocab	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	Jumping jax, running man, stomp, T step, charleston, paradabouree(everything on diagonals Slow, parallels fast), turning paradabouree.	Squat stretch, headstand, arch rocks, lever hold, cartwheel

Year 6							
Theme	OOA - Team Building (Autumn 1)	Invasion Games (Autumn 2 & Spring 1)	Net & Wall Games (Spring 2)	Striking and Fielding Games (Summer 1)	Athletics (Summer 2)	Dance	Gymnastics
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing	Perform and execute full length dance routines, confidently and precisely, with good facial expressions and high energy	Strength and flexibility Floor Vault
Key Outcomes	Solve variety of problems by Working well with others Listen to others and try different ideas Communicate effectively Be willing to adapt Become familiar with orienteering equipment, explore different methods of communication	Select, combine, and perform passing, receiving and dribbling skills more fluently and effectively. Understand, select and apply a range of attacking and defending tactics. Develop the ability of analyse their own and team performance to improve, and give suggestions in a constructive manner. Show good sportsmanship	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Develop hitting or striking the ball into spaces to score in different ways. Develop working together when fielding to keep the batters score down. Use strategies or factors to deceive to avoid fielders in order to score. When fielding use strategies, tactics, communication, back up others and teamwork.	Link running, jumping, and throwing actions and apply them accurately and appropriately. Analyse and comment on running, jumping and throwing skills and techniques. Modify and refine skills and techniques to improve performance	To be able to recognise different dance styles through music and freestyle rhythmically and confidently. To be able to move more than one body part rhythmically with good flow and body opposition. Full body movement Consistent, strong bounce action. Work creatively on their own, with a partner or in a group, to compose simple choreographies, in each style.	Ensure extension and posture during individual elements and sequences. Have tension in the arms during skills to make them successful and start to link cartwheels Keep good tension through the arms and pressing through the chest and shoulders when striking the vault
Skills	Navigating, map reading skills, communication skills, problem solving, teamwork skills, cooperation,	navigating and manipulating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	To be able to cleanly and precisely execute moves both in parallel and on diagonals, to be able to switch between moves confidently, without having a set routine. Develop Shuffle freestyle.	Frog balance, Cartwheel on bench, Plank hold on elbows 1 foot Raised, Half turning tuck jump, Handstand chest to wall, Full turn jump dismount off low box top, With partner creative shape with 9 points of contact on floor, Short floor routine with 6 skills, Bridge kick over using raised surface or from standing down to bridge onto mat, Tucked planche using spring board or bench, Handstand forward roll
Vocab	Control point, orienteering marker	possession, attackers, defenders, marking, covering, supporting, team play, team positions, direction, re gain position, dodging, anticipating,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	ready position wicket keeper, bowler, batter, back stop, infield, outfield, base,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	Jumping jax, running man, stomp, T step, charleston, paradabouree, polly pockets, zig zag step, farmer, heels toes close, basic flick step.	Burpee, bridge kick, frog balance, plank, tucked planche