

Reception

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
<u>Ball Skills:</u> - Throwing and catching - Kicking and Striking - Controlling a Ball - Tracking a Ball <u>Footwork & Co-ordination:</u> - Changing Speeds - Turning	Games (p103) To know and show different ways of using a ball Observe, copy and play games as an individual and in pairs Move safely and actively.	<u>Ball Skills:</u> - Rolling for targets Throw & Catch - targets Controlling a ball (2) - Tracking a Ball (2) - Kicking & Striking (2) <u>Footwork & Co-ordination:</u> - Changing speeds (2)	Dance (p123) To develop spiky shapes with their bodies To move and freeze with control and coordination To link movements	<u>Ball Skills:</u> - Bouncing a ball - Reactions - Throwing and retrieving - Tracking a ball <u>Footwork & Co-ordination:</u> - Changing Speeds - Straight line running/relays	Gymnastics (p157) To spin, rock, turn with control on various body part To plan and link a series of movements together Work safely with an awareness of others.	<u>Ball Skills:</u> - Rolling for targets - Throw a ball for distance - Strike a ball using equipment - Striking a moving ball using feet - Throwing at targets <u>Ball Games:</u> - Moving a ball in teams	Gymnastics (P167) Travel, balance and jump confidently Demonstrate contrast in level and shape Select and link together different movements	<u>Ball Games:</u> - Throwing & retrieving - Striking a ball - equipment - Throwing at targets Throwing at targets, scoring <u>- SAQ & Reaction</u> <u>- Running & Changing direction</u>	Dance (p161) Perform actions with increased control Covey meaning through dance Rehearse and perform	<u>Ball Games:</u> - Stopping a moving ball - Throwing for distance <u>Athletics:</u> - Individual running - Running in teams - Jumping <u>Games:</u> - Working in teams	Games (p113) Throw and catch Aim Change rules to make games harder

Year 1

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<u>Ball Skills:</u> - Throwing and catching - Kicking and striking - Controlling a ball - Tracking a ball <u>Footwork & Co-Ordination:</u> - Changing Speeds - Turning	Games (p103) To know and show different ways of using a ball Observe, copy and play games as an individual and in pairs Move safely and actively.	<u>Ball Skills:</u> - Rolling for targets Throw & Catch - targets Controlling a ball (2) - Tracking a Ball (2) - Kicking & Striking (2) <u>Footwork & Co-Ordination:</u> - Changing speeds (2)	Dance (p123) To develop spiky shapes with their bodies To move and freeze with control and coordination To link movements	<u>Ball Skills:</u> - Bouncing a ball - Reactions - Throwing and retrieving - Tracking a ball <u>Footwork & Co-ordination:</u> - Changing Speeds - Straight line running/relays	Gymnastics (p157) To spin, rock, turn with control on various body part To plan and link a series of movements together Work safely with an awareness of others.	<u>Ball Skills:</u> - Rolling for targets - Throw a ball for distance - Strike a ball using equipment - Striking a moving ball using feet - Throwing at targets <u>Ball Games:</u> - Moving a ball in teams	Gymnastics (P167) Travel, balance and jump confidently Demonstrate contrast in level and shape Select and link together three different movements	<u>Ball Games:</u> - Throwing & retrieving - Striking a ball - equipment - Throwing at targets Throwing at targets, scoring - <u>SAQ & Reaction</u> - <u>Running & Changing direction</u>	Dance (p161) Perform actions with increased control Covey meaning through dance Rehearse and perform	<u>Ball Games:</u> - Stopping a moving ball - Throwing for distance <u>Athletics:</u> - Individual running - Running in teams - Jumping <u>Games:</u> - Working in teams	Games (p113) Throw and catch Aim Change rules to make games harder

Year 2

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
<u>Footwork & Co-Ordination:</u> - Change speed and direction <u>Ball Skills:</u> - Turning with a ball Kicking at targets Travel with ball - using feet Travel with ball - using hands - Throwing a ball	Games (p143) Throw, catch and bounce in different ways Choose and apply skills to make up games Develop simple strategies	<u>Footwork & Co-Ordination:</u> - Change speed and direction - Individual & relay <u>Ball Skills:</u> - Kicking at targets (2) - Small-sided games - Travel with ball - using hands - Throwing at targets (2)	Dance (p175) Use different levels, direction and speed Improvise an idea Convey a dance idea	<u>Ball Skills:</u> - Strike a ball using equipment - Target hoops Throwing a ball (2) <u>Ball Games:</u> - Throw and catch in teams <u>Footwork & Co-Ordination</u> - Individual and relay (2) - Skipping	Gymnastics (p205) Turn, twist and spin on different body parts Show control and coordination Link three different movements showing contrasts in speed and level	<u>Ball Skills:</u> - Throw for distance - Throw at targets <u>Ball Games:</u> - Throw at target and scoring <u>Footwork & Co-Ordination</u> - Running circuits - Skipping (2) - Running in teams	Gymnastics (p215) Link movements together smoothly Plan patterns of three or more movements Recognise and use changes in level, speed and direction Compose and perform a sequence.	<u>Ball Games:</u> - Throwing & retrieving - Striking a ball, using equipment - Throwing at targets - Throwing at targets, scoring <u>- SAQ & Reaction</u> <u>- Running & Changing direction</u>	Dance (p191) Perform simple travelling skills Use change of direction Show the difference between 'sad' and 'happy' movement	<u>Roll Games:</u> - Stopping a moving ball <u>Ball Games:</u> - Throwing for distance <u>Athletics:</u> - Individual running - Running in teams - Jumping <u>Games:</u> - Working in teams	Games (p165) Apply basic tactics and strategies for attacking play Work cooperatively Evaluate one another's work.

Year 3

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
Football: - Dribbling - Passing - Keeping Possession - Control - Small-sided games (x2)	Games (p79) Make up and play small sided games Select and use appropriate skills	Tag Rugby: - Ball handling - Passing opposed - Small-sided games - Attack v Defence - Understanding game rules - Match	Dance (P59) Improvise freely Write a name into appropriate movement Observe each other dancing	Hockey: - Passing and receiving - dribbling - Attack at pace - Creating space - Small-sided games (x2)	Gymnastics (p107) Val Sabin KS2 gymnastics Travel and jump fluently Hold balanced positions Receive and transfer body weight Stretch, curl and arch the body.	Tennis: - Forehand - Backhand - Serve - Ground strokes and footwork - Rallying - Match play	Gymnastics (p119) Understand symmetry and asymmetry To move and balance showing planned shapes and variations. To sequence To use apparatus correctly	Cricket: - Bowling technique - Batting technique - Batting & Bowling - Fielding - general skills - Small-sided games (x2)	Dance (p73) Perform dance actions with control and fluency Perform phrasing, rhythmically and musically Use appropriate movement Create and structure a dance	Athletics: - Running - sprints - Throwing - javelin & shot - Jumping - long & triple - Relay - baton changes - Running - long distance - Competition	Games (p105) To consistently strike a ball in a controlled manner. To field and intercept a ball. Use simple tactics in a small game. Improve performance where necessary.

Year 4

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
<u>Tag Rugby</u> - Passing & ball handling - Attack v Defence - overload - Tactical awareness - Creating overloads - Understanding game rules - Match	Games (p115) Consolidate striking skills Improve control and quality. Vary shots and employ them appropriately. Adapt rules of net games.	<u>Football</u> - Dribbling & running with ball - Attack v Defence - Keeping Possession - Game awareness - Small-sided games - Tournament play	Dance (p127) Work in groups to develop movement Compose, using a range of devices Choose and use appropriate dynamics. Display clarity of body shapes.	<u>Hockey</u> - Passing to score - Retaining possession - Creating space - Attack v defence - Small-sided games (x2)	Gymnastics (p157) Identify and use different body parts to balance Know which combinations produce stable and unstable balances Move into and from balances with control and accuracy. Create a sequence	<u>Tennis</u> - Serve - Forehand - Backhand - Rallying & footwork - match play (x2)	Gymnastics (p169) Use different body parts to transfer and receive body weight. To move into and from a range of skills with control and accuracy. Create sequences Transfer safely from the floor to the apparatus.	<u>Cricket</u> - Batting - timing & direction - Bowling - line & length - Fielding - reaction/slips - Fielding - outfield - Small-sided games (x2)	Dance (p137) Explore and create movement. Perform complex dance phrases. Display how to link movements together in a logical pattern.	<u>Athletics</u> - Running - long distance - Jumping - long & triple - Jumping - sprints - Throwing - javelin & shot - Running - relays - Competition	Games (p125) Consolidate and improve skills in problem solving situation. Make up rules and modify or change them. Cooperate and make collective decisions

Year 5

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
<u>Football:</u> - Dribbling and turning - Keeping Possession - Decision making games - Small-sided games <u>Hockey:</u> - Dribbling - Passing	Swimming	<u>Hockey:</u> - Keeping possession - Small-sided games <u>Tag Rugby:</u> - Passing and creating overloads - Small-sided games - Conditioned games - Small-sided games	Games (p161) Develop skills in tennis and volleyball Release the ball from different angles. Develop attack and defence skills. Evaluate performance and make improvements.	<u>Basketball:</u> - Retaining possession - Shooting - Attack v defence <u>Netball:</u> - Rules, positions & passing High 5's (x2)	Dance (p175) Explore and improvise ideas Demonstrate the ability to transfer ideas to movement Perform dances expressively.	<u>Cricket:</u> - Batting - shot selection - Bowling - line, length, speed - Fielding - close & outfield - Nets sessions - Small-sided games (x2)	Dance (P233) Work creatively and imaginatively. Perform expressively and sensitively to accompaniment. Perform with fluency and control. Observe and evaluate other's dances.	<u>Tennis:</u> - Forehand - speed, direction - Backhand - speed, direction - Serving & Volleys - Rally - Match play (x2)	Gymnastics (p253) Identify, demonstrate and construct mirroring balances and movements Create a quality sequence Adapt and transfer sequences from the floor to the apparatus.	<u>Athletics:</u> - Running - long distance - Running - sprints - Running - relays - Throwing events - Jumping events - Competition	Gymnastics (p265) Travel rhythmically Develop timing using synchronisation and canon. Use levels, speed and pathways. Explore combined balances.

Year 6

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
<u>Hockey:</u> - Dribbling - Passing - Attack v Defence overload - Small-sided games <u>Football:</u> - Tactical awareness 1 v 1	Swimming	<u>Football:</u> - Attack v Defence overload - Small-sided games <u>Tag Rugby:</u> - Attack v Defence overload - Game management - SSG - Officiating - Small-sided games	Games (P217) Play small sided games Play modified version Develop range and consistency of skills. Use and adapt rules and strategies and tactics	<u>Basketball:</u> - Dribbling to score - Shooting & rebounding - Transition play - Small-sided games/ High 5's <u>Netball:</u> - Retaining possession - High 5's - Small-sided games	Dance (p219) Perform with clear intention and meaning. Perform with increasing control, fluency and accuracy. Perform the HAKA accurately as taught. Perform set pattern with knowledge and understanding.	<u>Cricket:</u> - Batting & bowling selection - Nets session - SSG - Fielding positions - Scenarios - Pairs cricket - Small-sided games	Dance (P233) Work creatively and imaginatively. Perform expressively and sensitively to accompaniment. Perform with fluency and control. Observe and evaluate other's dances.	<u>Tennis:</u> - Forehand & backhand - Serving - speed, direction - Rally - Match Play (x3)	Gymnastics (p253) Identify, demonstrate and construct mirroring balances and movements Create a quality sequence Adapt and transfer sequences from the floor to the apparatus.	<u>Athletics:</u> - Running - sprints - Running - long distance - Jumping events - Throwing events - Competition <u>Tennis:</u> - Running - relays	Gymnastics (p265) Travel rhythmically Develop timing using synchronisation and canon. Use levels, speed and pathways. Explore combined balances.