

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Multi skills</p> <ul style="list-style-type: none"> -Learning how to move in different ways and speeds. -Learning how to show balance both on and off equipment -Using skills they have to compete in team games -Use equipment correctly, safely and successfully in games 	<p>Gymnastics</p> <ul style="list-style-type: none"> -Make letters, shapes and numbers individually with their bodies. -Learn basic roles such as pencil, egg and teddy bear. . -Learn basic jump such as pencil, star, tuck and half turn. . -Learn basic gymnastic floor skills . -Learn a variety of balances holding for 3 seconds 	<p>Dance</p> <ul style="list-style-type: none"> -Perform basic body actions; use different parts of the body on their own and in combination -Choose appropriate movements for different dance ideas -Remember and repeat short dance phrases and simple dances -Move with control; vary the way they use space -Describe basic body actions and simple expressive and dynamic qualities of movement 	<p>Orienteering</p> <ul style="list-style-type: none"> -Identify where they are by using simple plans and diagrams of familiar environments -Use simple plans and diagrams to help them follow a short trail and go from one place to another -Work together in teams to solve problems <p>Invasion games</p> <ul style="list-style-type: none"> -Learning how to pass a football using the inside of the foot -How to control a pass successful - learn how to attack in 1v1, 2v1 and 3v1 situations. -Compete in a handball game, using teamwork, awareness of space and people to attack and defend successfully 	<p>Striking and fielding</p> <ul style="list-style-type: none"> -Learning how to slide and throw bean bags at a target. . -Learning how to roll and throw a tennis ball at a target. . -How to catch a bean bag using the correct technique. . -How to stop and catch a tennis ball correctly using the correct technique -How to strike a ball off a tee using a cricket bat 	<p>Athletics</p> <ul style="list-style-type: none"> -Learning what speed is needing in a sprint race -Practice staying in lanes when running. -Learning to wait for the starters order in a race -Throwing to targets at different distances and angles . -Learning to jump correctly and safely. . Be ready to use skills on sports day

Year 2	<p>Invasion games</p> <p>Understand when it's best to use a push pass and a hit pass.</p> <p>-Pass accurately to another player using control</p> <p>-Learn when and how to dribble in football</p> <p>-Playing games learn how to stop and/or slow down attackers as a defender and tactics to do so.</p> <p>-Using netballs learn how to attack in 1v1, 2v1 and 3v1 situations, using tactics to get past the defender.</p> <p>-Playing games recap on the defending and attacking skills already taught to put them into a game.</p> <p>-Playing a game of benchball use all the skills</p>	<p>Gymnastics</p> <p>-Make letters, shapes and numbers individually and in groups with their bodies.</p> <p>-Learn basic roles such as pencil, egg and teddy bear showing control. .</p> <p>-Learn basic jump such as pencil, star, tuck and half turn showing control.</p> <p>-Learn basic gymnastic floor skills .</p> <p>-Learn a variety of balances holding for 3 seconds. .</p> <p>Start to put moves together to create routines.</p>	<p>Dance</p> <p>-Perform body actions with control and coordination</p> <p>-Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling</p> <p>-Remember and repeat dance phrases.</p> <p>-Perform short dances, showing an understanding of expressive qualities</p> <p>-Suggest ways they could improve their work</p>	<p>Orienteering</p> <p>-Identify where they are by using plans and diagrams of familiar environments</p> <p>-Use plans and diagrams to help them follow a mid-length trail and go from one place to the next</p> <p>-Work together in teams to solve problems effectively</p> <p>Net and wall skills</p> <p>Tennis</p> <p>-Learn how to control a tennis ball with a racket</p> <p>-Balance the ball on the racket with both a forehand and backhand technique</p> <p>-Learn to bounce the ball on the racket with control</p> <p>-Start to work with a partner</p>	<p>Striking and fielding</p> <p>-Learning how to roll and throw a tennis ball at a target. .</p> <p>-How to catch a bean bag using the correct technique. .</p> <p>-How to stop and catch a tennis ball correctly using the correct technique</p> <p>-How to strike a ball off a tee using a cricket bat</p> <p>-Learn fielding skills such as catching and stopping the ball.</p>	<p>Athletics</p> <p>-Practice running at full speed</p> <p>-Practice staying in lanes when running.</p> <p>-Showing correct technique for a standing start</p> <p>-Throwing to targets at different distances and angles</p> <p>-Learning to jump correctly and safely with good distance. .</p> <p>-Be ready to use skills on sports day</p>

	previously taught and know when each skill needs to be used.			hitting the ball back and forth		
Year 3	<p>Invasion games</p> <p>Understand when it's best to use a chest pass and a overhead pass.</p> <ul style="list-style-type: none"> -Pass accurately to another player using control -Learn when and how to dribble in hockey using different speeds -Playing games learn how to stop and/or slow down attackers as a defender and tactics to do so in 1v1 and 2v 2 situations. -Using netballs learn how to attack in 1v1, 2v1 and 3v1 situations, using tactics to get past the defender -Playing games recap on the defending and attacking skills already taught 	<p>Gymnastics</p> <ul style="list-style-type: none"> -Learn basic and more advanced roles such as egg, forward roll, cartwheel and teddy bear roll showing control. -Learn basic and more advanced jumps such as pike, star straddle, tuck and half turn showing control. -Learn basic and more complex gymnastic floor skills Learn a variety of balances holding for 3 seconds. -Start to put moves together to create routines using control and flow. 	<p>Dance</p> <ul style="list-style-type: none"> -Improvise freely, translating ideas from a stimulus into movement -Create dance phrases that communicate ideas -Share and create dance phrases with a partner and in a small group -Repeat, remember and perform these phrases in a dance -Use dynamic, rhythmic and expressive qualities clearly and with control -Understand the importance of warming up and cooling down -Suggest improvements to their own and other people's dances 	<p>Orienteering</p> <ul style="list-style-type: none"> -Use maps and diagrams to orientate themselves and to travel around a simple course -adapt as a team when the task or challenge increases -talking and working with others in their group -Solve problems as a team to find the right outcome <p>Net and wall skills</p> <ul style="list-style-type: none"> -Keep up a continuous game - Use a range of throwing and catching skills and techniques -Use a small range of basic racket skills -Choose and use a range of simple tactics for sending the ball in different ways 	<p>Striking and fielding</p> <ul style="list-style-type: none"> -Learn fielding skills such as catching and stopping the ball. -Play rounders with a variety of equipment such as foot rounders and using a bigger bat to play. -Learn to strike from a tee with a cricket hitting the ball in different directions -Learn the basic rules of quick cricket and the skills needed to play. -Start to develop a correct cricket bowling action. 	<p>Athletics</p> <ul style="list-style-type: none"> -Practice running at full speed using the correct technique -Showing correct technique for a standing start -Throwing a bean bag with a shot putt technique -Learning to do a standing long jump correctly and safely with good distance. -Be ready to use skills on sports day

	<p>to put them into a game.</p> <p>-Playing a game of benchball use all the skills previously taught and know when each skill needs to be used.</p>			<p>to make it difficult for their opponent</p> <p>-Keep rules effectively and fairly</p>		
Year 4	<p>Invasion games</p> <p>Understand when it's best to use a chest pass and a overhead pass and how to do it with speed and control.</p> <p>-Pass accurately to another player using control</p> <p>-Learn when and how to dribble in hockey using different speeds and changes of directions</p> <p>-Playing games learn how to stop and/or slow down attackers as a defender and tactics to do so in 1v1 and 2v 2 situations.</p> <p>-Using netballs learn how to attack in 1v1, 2v1 and 3v1 situations, using tactics</p>	<p>Gymnastics</p> <p>-Learn more advanced roles such as egg, forward roll, cartwheel and teddy bear roll showing control. .</p> <p>-Learn more advanced jumps such as pike, star, straddle, tuck and half turn showing control. .</p> <p>-Learn more complex gymnastic floor skills . Learn a variety of balances holding for 5 seconds. .</p> <p>-Start to put moves together to create routines both individually and as a group using control and flow.</p>	<p>Dance</p> <p>-Respond imaginatively to a range of stimuli related to character and narrative</p> <p>-Use simple movement patterns to structure dance phrases on their own, with a partner and in a group</p> <p>-Refine, repeat and remember dance phrases and dances</p> <p>-Perform dances clearly and fluently</p> <p>-Show a clear understanding of how to warm up and cool down safely.</p> <p>-Describe, interpret and evaluate dance, using appropriate language</p>	<p>Orienteering</p> <p>-Use simple diagrams or maps that show objectives as symbols or pictures</p> <p>- Follow simple instructions and respond promptly to the teacher and each other</p> <p>- Take part in practical problem-solving activities</p> <p>Net and wall skills</p> <p>-Keep up a continuous game</p> <p>- Use a range of throwing and catching skills and techniques</p> <p>-Use a range of basic racket skills</p> <p>-Choose and use a range of simple tactics for</p>	<p>Striking and fielding</p> <p>-Learn the rules of rounders and the different roles needed</p> <p>-Learn fielding skills such as catching, throwing and stopping the ball with correct technique</p> <p>-Play rounders with a variety of equipment such as foot rounders and using a bigger bat to play. .</p> <p>-Start to apply tactics to a game situation and understand how to apply the rules</p> <p>-Learn the rules of quick cricket and play a game using the correct bowling action.</p>	<p>Athletics</p> <p>-Practice sprinting with correct technique</p> <p>-Showing correct technique for a standing start</p> <p>-Throwing a bean bag with a shot putt technique with correct technique .</p> <p>-Learning to do a standing long jump correctly and safely with good distance</p> <p>-Be ready to use skills on sports day.</p>

	<p>to get past the defender</p> <p>-Playing games recap on the defending and attacking skills already taught to put them into a game.</p> <p>-Playing a game of bench ball use all the skills previously taught and know when each skill needs to be used.</p>			<p>sending the ball in different ways to make it difficult for their opponent</p> <p>-Choose and use a range of simple tactics for defending their own court</p> <p>Understand the point system of the game</p> <p>-Keep rules effectively and fairly</p>		
Year 5	<p>Invasion games</p> <p>Passing -learn different ways to pass a rugby ball and when to use them in a game situation</p> <p>-How to dribble a basketball and the key fundamentals of dribbling across invasion games</p> <p>-Use games to learn the key points of defending</p> <p>-Using rugby have the skills to successfully attack 2v1 and 3v1</p> <p>-Using hockey understand</p>	<p>Gymnastics</p> <p>-Learn more advanced roles such as a round off, forward roll, cartwheel and teddy bear roll showing control.</p> <p>-Learn more advanced jumps such as pike, straddle, tuck and full turn showing control.</p> <p>-Learn complex gymnastic floor skills · Learn a variety of balances holding for 5 seconds. ·</p> <p>-Put moves together to create</p>	<p>Dance</p> <p>-Compose and plan dances creatively and collaboratively in groups</p> <p>-Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use</p> <p>-Perform different styles of dance clearly and fluently; organise their own warm-up and cool-down exercises</p> <p>-Show an understanding</p>	<p>Orienteering</p> <p>-Take part in simple orienteering activities, using maps, diagrams or pictures to find their way around</p> <p>-Take part in some form of problem-solving activity requiring both planning and action</p> <p>-Work collaboratively in pairs and small groups</p> <p>Net and wall skills</p> <p>-Use forehand and backhand shots in the games they play and</p>	<p>Striking and fielding</p> <p>-Learn the rules and tactics of rounders ·</p> <p>-Learn complex fielding skills such as catching and stopping the ball with correct technique and the ability to throw to the right base or right end in cricket.</p> <p>-Start to apply tactics to a game situation and understand how to apply the rules to give their team an advantage</p>	<p>Athletics</p> <p>-Practice sprinting with correct technique pushing for maximum speed ·</p> <p>-Showing correct technique for a kneeling start ·</p> <p>-Throwing a bean bag with a shot putt technique with correct technique looking for distance ·</p> <p>-Learning to do a standing long jump with good distance. ·</p>

	<p>the tactics of defending and attacking in a game situation</p> <p>-Playing and officiating a game of tag rugby to understand rules and tactics</p>	<p>routines both individually and as a group using control and flow. . Introduce critiquing and coaching within the gymnastics routines.</p>	<p>of safe exercising</p> <p>-Recognise and comment on dances, showing an understanding of style while suggesting ways to improve their own and other people's work</p>	<p>know when to use them</p> <p>-Use the volley in games</p> <p>-Start to use the skills with competence and consistency -Understand the need for tactics</p> <p>-Play cooperatively with a partner</p> <p>-Apply rules consistently and fairly</p> <p>-Pick out what they and others do well and suggest ideas for practices</p>	<p>-Learn how to bowl correctly in a quick cricket game using speed and accuracy</p>	<p>-Be ready to use skills on sports day. . -Practice long distance running and understand the speed needed</p>
Year 6	<p>Invasion games</p> <p>-learn different ways to pass a rugby ball and when to use them in a game situation</p> <p>-How to dribble a basketball and the key fundamentals of dribbling across invasion games</p> <p>-Use games to learn the key points of defending</p>	<p>Gymnastics</p> <p>-Learn advanced roles such as a round off, forward roll, cartwheel and teddy bear roll showing control and skill.</p> <p>-Learn advanced jumps such as pike, straddle, tuck and full turn showing control and skill.</p>	<p>Dance</p> <p>-Work creatively and imaginatively on their own, with a partner and in a group to compose and structure simple dances</p> <p>-Perform dances fluently and with control</p> <p>-Warm up and cool down independently</p>	<p>Orienteering</p> <p>-Take part in simple orienteering activities, using maps, diagrams or pictures to find their way around</p> <p>-Take part in some form of problem-solving activity requiring both planning and action</p> <p>-Work collaboratively</p>	<p>Striking and fielding</p> <p>-Learn complex fielding skills such as catching and stopping the ball with correct technique and the ability to throw to the right base or wicket. . -Start to apply tactics to a game situation and understand how to apply the rules to</p>	<p>Athletics</p> <p>-Practice sprinting with correct technique pushing for maximum speed and analysing ways to improve . -Showing correct technique for a kneeling start to ensure a quick start . -Throwing a bean bag with a shot</p>

	<p>-Using rugby have the skills to successfully attack 1v1 and 2v1 using skills transferable to other invasion sports</p> <p>-Using hockey understand the tactics of defending and attacking in a game situation</p> <p>-Playing and officiating a game of tag rugby to understand rules and tactics</p>	<p>-Learn complex gymnastic floor skills with control and skill.</p> <p>-Learn a variety of balances holding for 5 seconds.</p> <p>-Put moves together to create routines both individually and in a group using control and flow.</p> <p>-Introduce critiquing and coaching within the gymnastics routines. With children helping each other improve and understanding what makes a good routine or skill.</p>	<p>-Use appropriate criteria to evaluate and refine their own and others' work</p>	<p>in pairs and small groups</p> <p>Net and wall skills</p> <p>-Use forehand, backhand and overhead shots in the games they play and know when to use them</p> <p>-Use the volley in games where it is important</p> <p>-Use the skills with competence and consistency</p> <p>-Understand the need for tactics and use some tactics effectively</p> <p>-Play cooperatively with a partner</p> <p>-Apply rules consistently and fairly</p> <p>-Pick out what they and others do well and suggest ideas for practices</p>	<p>give their team an advantage.</p> <p>-use correct technique when batting in cricket and rounders</p> <p>-use correct technique when bowling in cricket and rounders</p> <p>-Take on other roles in the rounders and cricket game such as umpire, wicketkeeper or bowler.</p>	<p>putt technique with correct technique looking for distance .</p> <p>-Learning to do a standing long jump with good distance. .</p> <p>Be ready to use skills on sports day. .</p> <p>-Practice long distance running and understand the speed needed</p>
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