

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><b>Gymnastics</b></p> <p>Children will focus on developing confidence in fundamental movements. They will experience jumping, sliding, rolling, and moving over and under apparatus. They will develop coordination and gross motor skills. They will learn to move safely, take off and land on two feet, balance and move balls and beanbags, copy and repeat actions as well as perform simple shapes and balances.</p>	<p><b>Dance</b></p> <p>Children will focus on recognising actions can be performed to music. They will copy, repeat, and perform some basic actions to music. They will learn to use colours and feelings to dance, perform as animals using different levels and directions, work with a partner, show expression in their sequence, perform transport movements in their dances and use leading and following movements.</p>	<p><b>Body Management</b></p> <p>Children will focus on balance and managing own body. They will be able to stretch, reach and extend in a variety of ways and positions. They will also be able to control the body and perform specific movements on command. They will learn to balance beanbags, move through hoops in different ways, reach and stretch to get equipment, make bridges and tunnels with their bodies and travel over and under apparatus.</p>	<p><b>Cooperate and Solve Problems</b></p> <p>Children will focus on organising and matching items, images, colours and symbols. They will work with a partner to listen and share ideas and questions. They will learn to work as a team to complete a task, use their bodies to make number shapes, follow a trail, work with others to make patterns and work with a partner to complete challenges.</p>	<p><b>Manipulation and Coordination</b></p> <p>Children will focus on sending and receiving a variety of objects with different body parts. They will work with others to control objects in space and coordinate body parts in a variety of activities and in different ways. They will learn to handle a ball, kick a ball, hop, jump and step to send a ball or beanbag and to send and stop in a game.</p>	<p><b>Speed Agility Travel</b></p> <p>Children will focus on changing direction at speed through both choice and instructions. They will perform actions demonstrating changes in speed. They will learn to move in different directions, keep their bodies safe in running games, jump in different directions, to stop safely and to move at slow and fast speeds.</p>
Year 1	<b>Gymnastics</b>	<b>Dance</b>	<b>Attack Defend Shoot</b>	<b>Hit Catch Run</b>	<b>Send &amp; Return</b>	<b>Run, Jump, Throw</b>

	Previously, children have developed their coordination and gross motor skills. They have practiced balancing and rolling. Children will be using simple gymnastic shapes and actions. Apply basic strength to gymnastic actions. Begin to carry apparatus, recognise actions, and link them	In Reception, children copied, repeated, and performed some basic actions to music. Children will respond to a range of stimuli, explore space, direction, levels, and speeds.	Last year, children worked as a team. They must now collaborate and practice competitive sport. To practice basic movements, including running, jumping etc. and begin to engage in competitive activities.	Children have practiced moving and controlling objects like balls and beanbags. Children will be hitting objects with hands or bats, track and retrieve a rolling ball.	Children will be sending an object with increased confidence. They will move towards a moving ball or bat. Sending and returning a variety of balls. In Year 2, children will then apply this knowledge to skills such as, tracking the path of a ball. Also, playing net/wall games	Previously, children have developed their coordination and gross motor skills using different objects. This year they will begin to link running and jumping, learn and refine the range of running and develop throwing techniques to throw over long distances
Year 2	<p><b>Send and Return</b> Building on their prior learning of hitting a ball and throwing a bean bag with accuracy, children will learn to rally with a partner in preparation for serving and describing some of the rules of tennis.</p> <p><b>Attack and Defend</b> Building on their prior learning to control a football</p>	<p><b>Gymnastics</b> Building on their prior learning to sequence 3 elements, children will describe and explain how performers can transition and link elements. They will learn to perform with control and consistency basic actions in a simple sequence of 4 elements in preparation for sequencing a</p>	<p><b>Gymnastics</b> Building on their prior learning to use apparatus safely to perform simple spins and jumps, children will learn to perform arches, jumps, and supports to link 10 elements in preparation for sequencing a range of elements in Year 3.</p> <p><b>Dance</b> Building on performing in time and in canon,</p>	<p><b>Hit Catch Run</b> Building on sending and receiving skills, this unit will focus on hitting skills with a variety of bats, practicing hitting/bowling skills and hit and run to score points in games.</p> <p><b>Send and Return</b> Building on their prior knowledge of being and to send a ball over a net, children will learn to hit a ball</p>	<p><b>Run Jump Throw</b> Building on learning simple jumps and throws, children will learn to improve their leg speed and power and arm power in preparation for combining running, jumping, and throwing.</p> <p><b>Attack Defend Shoot</b> Building on aiming at targets, children will learn to pass and throw balls</p>	<p><b>Hit Catch Run</b> Building on prior learning to throw and catch a ball, children will learn about the role of a wicketkeeper and backstop in preparation for implementing the basic rules of a cricket game.</p> <p><b>Run Jump Throw</b> Building on learning start and stop positions, children will learn to improve their</p>

	<p>or basketball, children will learn to move skilfully with a ball, bouncing and running in preparation for keeping possession in Year 3.</p>	<p>range of elements in Year 3.</p> <p><b>Dance</b> Building on performing a dance with a clear beginning, middle and end, children will learn to perform dance moves with emotion and in different formations in preparation for performing with props in Year 3.</p>	<p>children will choreograph solo dances in preparation for partner dances in Year 3.</p>	<p>using different shots in preparation for playing short games of tennis in Year 3.</p>	<p>between teammates in preparation for simple team games.</p>	<p>breathing whilst running over longer distances in preparation for combing running with jumping and throwing.</p>
Year 3	<p><b>Send and Return</b></p> <p>Building on their prior learning of hitting a ball and throwing a bean bag with accuracy, children will learn to rally with a partner in preparation for serving and describing some of the rules of tennis.</p> <p><b>Attack and Defend</b></p>	<p><b>Gymnastics</b></p> <p>Building on their prior learning to sequence 3 elements, children will describe and explain how performers can transition and link elements. They will learn to perform with control and consistency basic actions in a simple sequence of 4 elements in preparation for sequencing a</p>	<p><b>Gymnastics</b></p> <p>Building on their prior learning to use apparatus safely to perform simple spins and jumps, children will learn to perform arches, jumps, and supports to link 10 elements in preparation for sequencing a range of elements in Year 3.</p> <p><b>Dance</b></p>	<p><b>Hit Catch Run</b></p> <p>Building on sending and receiving skills, this unit will focus on hitting skills with a variety of bats, practicing hitting/bowling skills and hit and run to score points in games.</p> <p><b>Send and Return</b></p> <p>Building of their prior knowledge of being and to send a ball over a</p>	<p><b>Run Jump Throw</b></p> <p>Building on learning simple jumps and throws, children will learn to improve their leg speed and power and arm power in preparation for combing running, jumping, and throwing.</p> <p><b>Attack Defend Shoot</b></p> <p>Building on aiming at targets, children</p>	<p><b>Hit Catch Run</b></p> <p>Building on prior learning to throw and catch a ball, children will learn about the role of a wicketkeeper and backstop in preparation for implementing the basic rules of a cricket game.</p> <p><b>Run Jump Throw</b></p> <p>Building on learning start and stop positions,</p>

	Building on their prior learning to control a football or basketball, children will learn to move skilfully with a ball, bouncing and running in preparation for keeping possession in Year 3.	range of elements in Year 3.  <b>Dance</b>  Building on performing a dance with a clear beginning, middle and end, children will learn to perform dance moves with emotion and in different formations in preparation for performing with props in Year 3.	Building on performing in time and in canon, children will choreograph solo dances in preparation for partner dances in Year 3.	net, children will learn to hit a ball using different shots in preparation for playing short games of tennis in Year 3.	will learn to pass and throw balls between teammates in preparation for simple team games.	children will learn to improve their breathing whilst running over longer distances in preparation for combing running with jumping and throwing
Year 4	<b>Football</b>  To show increasing confidence and perform more consistency a selection of basic skills such as dribbling and apply a range of tactics in a competitive situation. Dribbling in different directions, defensive tackling,	<b>Dance</b>  Work to include freeze frames in routines, practice and perform a variety of different formations in dance. Learn to develop a dance to a group with a set starting position.  <b>Gymnastics</b>	<b>OAA</b>  To work well in a team or group within defined and understood roles. Learn to recognise compass points using a compass and follow a course. Recognise a range of standard map symbols.  <b>Tag-rugby</b>	<b>Cricket</b>  To develop the range of striking and fielding skills they can apply in competitive context and how to strike the ball with intent. Skills learnt will include anticipating when to run to score singles. Bowl overarm from a stationary position. Attempt	<b>Tennis</b>  To explore and use different shots with both the forehand and backhand. Demonstrate different new/wall skills and practise some trick shots in isolation. Skills learnt will include correct position to return balls.	<b>Athletics</b>  Use running, jumping, and throwing stations, children investigate in small groups different ways of performing these activities. They will learn to aim at targets, accelerating over short distances and taking off from run with one foot

	<p>front of player and goal side marking.</p> <p><b>Netball</b></p> <p>To develop a wider range of ball handling skills and to use footwork rules in a game situation and explore basic marking. Learn about protecting the ball, basic shooting, playing within 3rds, 1 to 1 marking, pivoting and preliminary moves.</p>	<p>To become increasingly competent and confident to perform skills more consistently, able to perform in time with a partner and group. Skills will include cartwheel progression.</p>	<p>To pass and move with the ball as a team to build attacks and demonstrate increased speed and endurance during game play. Skills learnt will be picking up and running with ball, correct ball carrying position and keeping possession.</p>	<p>a pull shot in a game.</p>		<p>to increase distance.</p>
Year 5	<p><b>Netball</b></p> <p>Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Skill learnt will be to effectively bounce pass in game, use a greater variety if</p>	<p><b>Gymnastics</b></p> <p>To create longer and more complex sequences and adapt performances, take the lead in a group when preparing a sequence and develop symmetry individually, as a pair and in a small group. Skills learnt will include symmetry and</p>	<p><b>Badminton</b></p> <p>To use different types of serves in -game and new shots learnt in games, to play with others to score and defend in competitive games. Skills learnt to include moving opposition around the court and perform forehand</p>	<p><b>Hand ball</b></p> <p>To use strength, agility and coordination when defending, increase power and strength of passes, moving the ball accurately in a variety of situations as well as selecting the applying a range of tactics and techniques with consistency. Skills</p>	<p><b>Swimming</b></p> <p>To swim short distance unaided between 5 and 20 metres using one consistent stroke, propel themselves over longer distances with the assistance of swimming aids.</p> <p><b>Hockey</b></p> <p>To select and apply appropriate</p>	<p><b>Swimming</b></p> <p>To swim over greater distances, between 10 and 20 metres with confidence in shallow water and begin to use basic swimming techniques including arm and leg action.</p> <p><b>Athletics</b></p>

	<p>dodging skills, pivot, and pass.</p> <p><b>Football</b></p> <p>To play effectively in a variety of positions and formations on the pitch. They will learn how to turn with the ball, run with the ball, keep possession and step over.</p>	<p>asymmetry, perform counterbalances, and round off progressions.</p> <p><b>Basketball</b></p> <p>To play effectively as a team in defence taking individual responsibility for their role and becoming more skilful when performing movements at speed. Skills to be learnt include block, forward, pivot, forward pass, push pass and boxing out.</p>	<p>long and short serves.</p> <p><b>Dance</b></p> <p>Perform different styles of dance fluently and clearly, refine and improve dances adapting them to include the use of space, rhythm, and expression. They will perform locomotor and non-locomotor movements in a dance phrase and describe the key features of line dancing.</p>	<p>learnt will include jump shot, closing angles, pivoting to pass, and set play.</p> <p><b>Tag Rugby</b></p> <p>To become more skilful when performing movements at speed and relate a greater number of attacking and defensive tactics to gameplay. Skills to be learnt include tagging opposition, when to run and when to pass in space, deny space to opposition and 3 step and pass technique.</p>	<p>skill in a game situation and play effectively as a team in defence taking individual responsibility for their role. They will learn to block tackle, passing in the D, sweep shot and dragging the ball.</p>	<p>To sustain pace over short and longer distances such as running 100m and running for 2 minutes, be able to run as part of a relay team working at their maximum speed. Skills learnt will be to prepare to run an individual leg and baton exchange.</p>
Year 6	<p><b>Football</b></p> <p>To combine and perform more complex skills at speed in games by setting up others to shoot and denying space. They will look at</p>	<p><b>Gymnastics</b></p> <p>To lead group warm-up showing understanding of the need for strength and flexibility as well as demonstrating accuracy,</p>	<p><b>Swimming</b></p> <p>To swim over greater distances, between 10 and 20 metres with confidence in shallow water and begin to use basic swimming</p>	<p><b>Swimming</b></p> <p>To bring control and fluency to at least two recognised strokes, implement good breathing technique to allow</p>	<p><b>OAA</b></p> <p>To use information given by others to complete tasks and work collaboratively, understand more complex tasks,</p>	<p><b>Rounders</b></p> <p>To apply with consistency standard rules in a variety of different styles of games, attempt a small range of shots in</p>

	<p>the role of covering defender, penalty shooting, goal keeping, close control to knee and chest.</p> <p><b>Tennis</b></p> <p>To develop a wider range of shots, begin to select and apply more sophisticated tactics such as net play, and defensive positioning. They will learn how to volley shots, clear from the back of the court and use different positioning for double games.</p>	<p>consistency, and clarity of movement. Skills learnt will be to prepare for vaulting and dismounting from height.</p> <p><b>Netball</b></p> <p>To apply aspects of fitness to the game such as power, strength, agility, and coordination, chose and implement a wider range of strategies to play defensively and offensively. They will learn the double bounce rule, marking to pass or shoot, organisation around the D, rebounds as attacker and defender and knocking the ball away.</p>	<p>techniques including arm and leg action.</p> <p><b>Dance</b></p> <p>To work collaboratively to include more complex compositional ideas and develop motifs and incorporate into self-composed dances as individuals, pairs, and groups. Skills learnt will include exploring space in a deeper way to relation to dance and identify appropriate dynamics and group formations for the Hakka.</p>	<p>for smooth stroke patterns.</p> <p><b>Rugby</b></p> <p>To grasp more technical aspects of the game and suggest, plan and lead drills for given skill. Skills learnt will include setting up pay for attacking, taking the distance not the time as well as spaces not faces.</p>	<p>and take responsibility for a role in a task. Skills learnt will include to follow and orient a map and identify objects in a scavenger hunt.</p> <p><b>Cricket</b></p> <p>To use a range of tactics for attacking and defending in the role of bowler, batter, and fielder. Learn about ring field positions, mid-on, mid-off, mid-wicket, and cover.</p>	<p>isolation and in competitive scenarios and to use a range of tactics for attacking and defending. Skills learnt will include playing using standard rounders pitch layout and bowling fast ball.</p> <p><b>Athletics</b></p> <p>To become confident and expert in a range of techniques and recognise their success, apply strength and flexibility to a broad range of throwing, running, and jumping activities. Skill learnt will be sprint start technique and developing the phases of triple</p>
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