



Whole school PE termly breakdown

This plan is formed from the progression of skills document for PE. It distributes and details the specific skills in each area to be taught by either the class teacher or the specialist PE teacher. There is revisiting and revision of skills across different contexts.

Key learning in each area is shown in blue bold.

Key vocabulary in each area is shown in purple.

Nursery: EYFS physical development

Autumn	Spring	Summer
1	1	1
<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Continuing to develop movement, balance, riding and ball skills</p> <p>Going up steps or climb apparatus, using alternate feet</p> <p>Run, jump, hop, skip, throw</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Starting to take part in group activities or in teams</p> <p>Using and remember sequences and patterns of movements related to music and rhythm</p> <p>Jump, run, walk, hop, skip, crawl, wave</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Using one-handed tools such as scissors</p> <p>Collaborating with others to manage large items</p> <p>Run, jump, hop, skip, jump, fast, slow</p>
2	2	2
<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on being able to:</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues</p> <p>Use large muscle movements to wave flags and streamers, paint and make marks</p> <p>Run, jump, hop, skip, throw</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Matching developing physical skills to activities, e.g. choose to walk carefully across a plank rather than run</p> <p>Choosing the right resources to carry out their plan</p> <p>Throw, catch, hit, space, kick</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Being increasingly independent getting dressed and undressed</p> <p>Using a comfortable grip with good fine motor control when holding pens and pencils, showing a preference for a dominant hand</p> <p>Run, jump, hop, skip, jump, fast, slow</p>

Reception: EYFS physical development

Autumn	Spring	Summer
1	1	1
<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Revising and refining the fundamental movement skills they have already acquired (rolling, crawling, walking, jumping, running, hopping, skipping, climbing)</p> <p>Developing the skills needed to manage a school day successfully (lining up and queuing, mealtimes)</p> <p>All previous + balance, height, length, lane, race, track, direction</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Developing confidence, competence, precision and accuracy when engaging in activities that involve a ball</p> <p>Developing their small motor skills so that they can use a range of tools competently, safely and confidently (pencils, paintbrushes, scissors, knives, forks and spoons)</p> <p>All previous + sideways, backwards, bounce, control, team</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Further developing and refining a range of ball skills including throwing, catching, kicking, passing, batting and aiming</p> <p>Using their core muscle strength to achieve a good posture when sitting at a table or on the floor</p> <p>All previous + balance, height, length, lane, race, track, direction</p>
2	2	2
<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Progressing towards a more fluent style of moving, with developing style and grace</p> <p>Developing the overall body strength, coordination, balance and agility needed to engage successfully with future PE sessions and other physical disciplines</p> <p>All previous + dance, movement, balance</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Combining different movements with ease and fluency</p> <p>Confidently and safely using a range of large and small apparatus indoors and outside, alone and in a group</p> <p>All previous + sideways, backwards, bounce, control, team</p>	<p>Carefully planned opportunities for development of gross and fine motor skills are embedded in everyday activities for the children. In addition, children will focus on:</p> <p>Developing over all body-strength, balance, coordination and agility</p> <p>Developing the foundations of a handwriting style which is fast, accurate and efficient</p> <p>All previous + balance, movement, forwards, backwards</p>

Year 1

Autumn	Spring	Summer
1	1	1
<p>Fundamental game skills</p> <p>Practise basic striking, sending and receiving.</p> <p>Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching. Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. Begin to use kicking</p>	<p>Dodgeball</p> <p>Striking and hitting</p> <p>Practise basic sending and receiving.</p> <p>Throwing and catching</p> <p>Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.</p>	<p>Tennis</p> <p>Striking and hitting</p> <p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Throwing and catching</p> <p>Throw underarm. Catch and bounce a ball.</p>

<p>skills in a game. Begin to use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds. Begin to use space in a game. Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p> <p>All previous + target, rules, dribbling, passing, receiving, teamwork</p> <p>Gymnastics</p> <p>Gymnastic skills (general)</p> <p>Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches.</p> <p>Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care.</p> <p>Rolls</p> <p>Log roll (controlled)</p> <p>Curled side roll (egg roll) (controlled)</p> <p>Teddy bear roll (controlled)</p> <p>Jumps</p> <p>Carry out a range of simple jumps. Straight jump with control. Tuck jump with control. Jumping jack with control. Half turn jump controlled.</p> <p>Shapes & balances</p> <p>Hold still shapes and simple balances. Standing balances on alternate legs, kneeling balances. Pike, tuck, star, straight, straddle shapes.</p> <p>Compete/perform</p> <p>Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>All previous + stretch, travel, sideways, push, pull</p>	<p>Travelling with a ball</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Passing a ball</p> <p>Pass the ball to another player in a game.</p> <p>Possession</p> <p>Understand the role of direction in a team objective.</p> <p>Using space</p> <p>Begin to use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p>Attacking and defending</p> <p>Begin to use the terms attacking and defending. Develop simple defensive skills such as defending your legs. Develop simple attacking skills such as aiming at an opponents' legs when they are facing away from you.</p> <p>Tactics and rules</p> <p>Follow simple rules to play team games.</p> <p>Compete and perform</p> <p>Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Evaluate</p> <p>Watch and describe performances. Begin to say how they can improve.</p> <p>All previous + target, rules, dribbling, passing, receiving, teamwork</p> <p>Gymnastics</p> <p>Gymnastic skills (general)</p> <p>Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches.</p> <p>Handstands/cartwheels</p> <p>Carry out a range of simple jumps. Bunny hop (hands on floor, spring from back legs), cat spring, front support wheelbarrow with partner</p>	<p>Passing a ball</p> <p>Pass the ball to another player in a game.</p> <p>Using space</p> <p>Begin to use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p>Tactics and rules</p> <p>Follow simple rules to play games.</p> <p>Compete/perform</p> <p>Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Evaluate</p> <p>Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + target, rules, dribbling, passing, receiving, teamwork</p> <p>Athletics (Jumping and running techniques)</p> <p>Jumping</p> <p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p> <p>Running</p> <p>Run with a basic technique over different distances. Show good posture and balance when running. Jog in a straight line. Sprint in a straight line. Change direction when jogging and sprinting.</p> <p>Perform and evaluate</p> <p>Begin to perform learnt skills with some control. Engage in competitive activities and team games.</p> <p>Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + speed, sprint, distance, compete, track event, field event</p>
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	<p>Travel & linking actions Tiptoe, step, jump and hop. Hopscotch. Skipping. Galloping</p> <p>Evaluate Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + stretch, travel, sideways, push, pull</p>	
2	2	2
<p>Hockey Striking and hitting Use hitting skills in a game. Practise basic striking, sending and receiving.</p> <p>Travelling with a ball Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Passing a ball Pass the ball to another player in a game.</p> <p>Possession Understand the role of direction in a team objective.</p> <p>Using space Begin to use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p>Attacking and defending Begin to use the terms attacking and defending. Develop simple defensive skills such as marking a player or defending a space. Develop simple attacking skills such as dodging to get past a defender.</p> <p>Tactics and rules Follow simple rules to play games, including team games.</p> <p>Compete/perform Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>All previous + target, rules, dribbling, passing, receiving, teamwork</p> <p>Dance</p>	<p>Cricket Striking and hitting Use hitting skills in a game. Practise basic striking, sending and receiving.</p> <p>Throwing and catching Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.</p> <p>Passing a ball Pass the ball to another player in a game (fielding).</p> <p>Using space Begin to use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p>Tactics and rules Follow simple rules to play games, including team games. Use simple attacking and defending skills.</p> <p>Compete and perform Perform using a range of actions and body parts with some coordination. Engage in competitive activities and team games. Begin to perform learnt skills with some control.</p> <p>Evaluate Watch and describe performances. Begin to say how they can improve.</p> <p>All previous + target, rules, dribbling, passing, receiving, teamwork</p> <p>Dance Context: Traditional dances Dance skills Put a simple sequence of actions together to create a motif. Copy and repeat actions. Vary the speed of their actions.</p>	<p>Athletics (Throwing and running with varied speed for different distances) Throwing Perform different types of throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Begin to use best technique to throw other objects such as howlers, bean bags and javelins. Improve the distance they can throw by using more power.</p> <p>Running Run with varied pace and speed for different purposes (run to evade in a game of tag, compete in races against each other) Run with a basic technique over different distances.</p> <p>Perform and evaluate Begin to perform learnt skills with some control. Engage in competitive activities and team games. Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + speed, sprint, distance, compete, track event, field event</p> <p>Athletics (Obstacle) https://www.singup.org/music/sing-up-music-curriculum/year-1-come-dance-with-me-lesson-3</p> <p>Jumping Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control.</p> <p>Perform and evaluate Begin to perform learnt skills with some control. Engage in competitive activities and team games. Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + speed, sprint, distance, compete, track event,</p>

<p>Context: Christmas performance</p> <p>Dance skills</p> <p>Put a simple sequence of actions together to create a motif. Copy and repeat actions. Vary the speed of their actions. Begin to use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance.</p> <p>Compete/perform</p> <p>Perform movement patterns using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>Evaluate</p> <p>Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + sequence, actions, pattern, speed</p>	<p>Begin to use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance.</p> <p>Compete/perform</p> <p>Perform movement patterns using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p> <p>Evaluate</p> <p>Watch and describe performances. Begin to say how they could improve.</p> <p>All previous + sequence, actions, pattern, speed</p>	<p>field event</p>
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Year 2

Autumn	Spring	Summer
1	1	1
<p>Football</p> <p>Travelling with a ball</p> <p>Bounce and kick a ball whilst moving. Use kicking skills within a game. Use dribbling skills within a game.</p> <p>Passing a ball</p> <p>Know how to pass the ball in different ways.</p> <p>Possession</p> <p>Begin to attempt to keep possession of the ball in a team game.</p> <p>Using space</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.</p> <p>Attacking & defending</p> <p>Begin to use and understand the terms attacking and defending. Develop and use at least one technique to attack or defend to play a game successfully.</p> <p>Tactics and rules</p> <p>Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p>	<p>Dodgeball</p> <p>Throwing and catching</p> <p>Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p> <p>Passing a ball</p> <p>Know how to pass the ball in different ways.</p> <p>Possession</p> <p>Begin to attempt to keep possession of the ball in a team game.</p> <p>Using space</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p>Attacking and defending</p> <p>Gymnastics</p>	<p>Tennis</p> <p>Striking and hitting</p> <p>Strike or hit a ball with increasing control. Position the body to strike a ball.</p> <p>Throwing and catching</p> <p>Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball.</p> <p>Using space</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p>Tactics and rules</p> <p>Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p> <p>Compete/perform</p> <p>Compete against self and others. Perform learnt skills with increasing agility, balance and coordination.</p> <p>Evaluate</p>

<p>Compete/Perform Participate in a range of team games. Compete against self and others. Perform learnt skills with increasing agility, balance and coordination.</p> <p>Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +strike, competitive, attacking, defending, tactics, dodge</p> <p>Gymnastics Gymnastics skills (general) Copy, explore and remember actions and movements to create their own movement sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care.</p> <p>Rolls Multiple controlled log rolls. Sequence of teddy bear rolls. Rocking for forward roll. Crouched forward roll</p> <p>Jumps Straight jump for height. Tuck jump for height. Jumping jack for height. Half turn jump for height.</p> <p>Compete/Perform Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.</p> <p>Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous + narrow, wide, landing, take-off, power, grace, force</p>	<p>Begin to use and understand the terms attacking and defending. Develop and use at least one technique to attack or defend to play a game successfully.</p> <p>Tactics and rules Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p> <p>Compete/perform Participate in a range of team games. Compete against self and others. Perform learnt skills with increasing agility, balance and coordination.</p> <p>Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +strike, competitive, attacking, defending, tactics, dodge</p> <p>Gymnastics skills (general) Copy, explore and remember actions and movements to create their own movement sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care.</p> <p>Handstands/cartwheels Bunny hop with increased coordination. Cat spring. Cat spring to straddle. Stable front support wheelbarrow with partner. T-lever Scissor kick.</p> <p>Travel & linking actions Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn</p> <p>Shapes & balances Standing balances Kneeling balances Large body part balances. Balances on apparatus. Balances with a partner Pike, tuck, star, straight, straddle shapes. Front and back support.</p> <p>Compete/Perform Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.</p> <p>Evaluate</p>	<p>Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +strike, competitive, attacking, defending, tactics, dodge</p> <p>Athletics (Jumping and running techniques)</p> <p>Running Run with agility and coordination at different paces, describing the different paces. Use a variety of different stride lengths. Maintain control as they change direction when jogging or sprinting. Run with basic techniques following a curved line.</p> <p>Jumping Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action.</p> <p>Perform and evaluate Master the basic movements of running, jumping, throwing and catching and begin to apply these skills in a range of activities. Perform learnt skills with increasing control. Compete against self and others. Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +transfer, leap, challenge, lap, individual, circuit, pace</p>
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	<p>Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous + narrow, wide, landing, take-off, power, grace, force</p>	
2	2	2
<p>Hockey</p> <p>Striking and hitting Strike or hit a ball with increasing control. Position the body to strike a ball.</p> <p>Travelling with a ball Use dribbling skills within a game.</p> <p>Passing a ball Know how to pass the ball in different ways.</p> <p>Possession Begin to attempt to keep possession of the ball in a team game.</p> <p>Using space Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.</p> <p>Attacking and defending Begin to use and understand the terms attacking and defending. Develop and use at least one technique to attack or defend to play a game successfully.</p> <p>Tactics and rules Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p> <p>Compete/perform Participate in a range of team games. Compete against self and others. Perform learnt skills with increasing agility, balance and coordination.</p> <p>Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>	<p>Cricket</p> <p>Striking and hitting Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p> <p>Throwing and catching Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p> <p>Passing a ball Know how to pass the ball in different ways.</p> <p>Using space Begin to choose and use the best space in a game.</p> <p>Tactics and rules Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p> <p>Compete/perform Participate in a range of team games. Compete against self and others. Perform learnt skills with increasing agility, balance and coordination.</p> <p>Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +strike, competitive, attacking, defending, tactics, dodge</p> <p>Dance Context: Street dance Dance skills</p>	<p>Athletics (Obstacle courses- revise and refine skills)</p> <p>Throwing Throw different types of equipment in different ways, for accuracy and distance. (bean bags, air flow ball, tennis balls, dodgeballs, foam javelin). Throw with accuracy at targets of different heights.</p> <p>Running Run with agility and coordination at different paces, describing the different paces. Use a variety of different stride lengths. Maintain control as they change direction when jogging or sprinting. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Vary the speed and direction in which they are travelling.</p> <p>Jumping Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control.</p> <p>Perform and evaluate Master the basic movements of running, jumping, throwing and catching and begin to apply these skills in a range of activities. Perform learnt skills with increasing control. Compete against self and others. Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +transfer, leap, challenge, lap, individual, circuit, pace</p> <p>Athletics (Throwing and running with varied speed for different distances)</p>

<p>All previous +strike, competitive, attacking, defending, tactics, dodge</p> <p>Dance Context: Christmas performance Dance skills Put a sequence of actions together to create a motif. Copy and repeat actions closely. Vary the speed and direction of their actions. Use simple choreographic devices such as unison, canon and mirroring. Improvise independently to create a simple dance. Compete/perform Perform movement patterns of their own composition with coordination and increasing control. Compete against self and others. Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous + unison, cannon, mirroring, direction</p>	<p>Put a sequence of actions together to create a motif. Copy and repeat actions closely. Vary the speed and direction of their actions. Use simple choreographic devices such as unison, canon and mirroring. Improvise independently to create a simple dance. Compete/perform Perform movement patterns of their own composition with coordination and increasing control. Compete against self and others. Evaluate Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous + unison, cannon, mirroring, direction</p>	<p>Throwing Throw different types of equipment in different ways, for accuracy and distance. (bean bags, air flow ball, tennis balls, dodgeballs, foam javelin) Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.</p> <p>Running Run with agility and coordination. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Vary the speed and direction in which they are travelling. Be able to maintain and control a run over different distances. Perform and evaluate Master the basic movements of running, jumping, throwing and catching and begin to apply these skills in a range of activities. Perform learnt skills with increasing control. Compete against self and others. Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p> <p>All previous +transfer, leap, challenge, lap, individual, circuit, pace</p>
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Year 3

Autumn	Spring	Summer
<p>1</p> <p>Hockey Striking and hitting Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Strike the ball for distance. Travelling with a ball Move with the ball in a variety of ways with some control. Passing a ball Pass the ball in two different ways in a game situation with some success.</p>	<p>1</p> <p>Football Striking and hitting Demonstrate successful hitting and striking skills. Develop a range of skills in striking. Strike the ball for distance. Throwing and catching Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Travelling with a ball Move with the ball in a variety of ways with some control.</p>	<p>1</p> <p>Racket sports Striking and hitting Demonstrate successful hitting and striking skills. Develop a range of skills in striking. Using space Find a useful space and get into it. Attacking and defending Use simple attacking and defending skills in a game. Tactics and rules Apply and follow rules fairly.</p>

<p>Possession Know how to keep and win back possession of the ball in a team game.</p> <p>Using space Find a useful space and get into it to support teammates.</p> <p>Attacking and defending Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them.</p> <p>Tactics and rules Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games.</p> <p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p> <p>Dance</p> <p>Dance skills Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli.</p> <p>Compete/perform Begin to perform dances by copying a range of movement patterns. Develop the quality of the actions in their performances.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + motif, compose, style, synchronise, agility</p>	<p>Passing a ball Pass the ball in two different ways in a game situation with some success (e.g. short, long, through pass).</p> <p>Possession Know how to keep and win back possession of the ball in a team game.</p> <p>Using space Find a useful space and get into it to support teammates.</p> <p>Attacking and defending Use simple attacking and defending skills in a game.</p> <p>Tactics and rules Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games.</p> <p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p> <p>Dance</p> <p>Dance skills Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work.</p> <p>Compete/perform Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + motif, compose, style, synchronise, agility</p>	<p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p> <p>Athletics (Running)</p> <p>Running Begin to combine running with other skills, eg. jumping over hurdles. Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Focus on trail leg and lead leg action when running over hurdles. Understand the importance of adjusting running pace to suit the distance being run.</p> <p>Perform and evaluate Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + relay, baton, agility, stamina, improvement, foul, false start</p>
2	2	2

<p>Basketball</p> <p>Throwing and catching Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Travelling with a ball Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game, e.g. running, bouncing, jumping, walking.</p> <p>Passing a ball Pass the ball in two different ways (e.g. chest pass, underarm, overhead, bounce) in a game situation with some success.</p> <p>Possession Know how to keep and win back possession of the ball in a team game.</p> <p>Using space Find a useful space and get into it to support teammates.</p> <p>Attacking and defending Use simple attacking and defending skills in a game.</p> <p>Tactics and rules Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games.</p> <p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p> <p>Gymnastics</p> <p>Gymnastic skills (general) Use a range of jumps in their sequences. Choose ideas to compose a movement sequence independently and with others. Choose ideas to compose a movement sequence</p>	<p>Tag rugby</p> <p>Throwing and catching Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Travelling with a ball Move with the ball in a variety of ways with some control.</p> <p>Passing a ball Pass the ball in two different ways in a game situation with some success.</p> <p>Possession Know how to keep and win back possession of the ball in a team game.</p> <p>Using space Find a useful space and get into it to support teammates.</p> <p>Attacking and defending Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them.</p> <p>Tactics and rules Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games.</p> <p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p> <p>Gymnastics</p> <p>Gymnastic skills (general) Choose ideas to compose a movement sequence independently and with others. Choose ideas to compose a movement sequence independently and with others.</p>	<p>Athletics (Throwing and jumping)</p> <p>Throwing Throw with greater control and accuracy. Show increasing control in their overarm throw. Continue to develop techniques to throw for increased distance such as howlers.</p> <p>Jumping Jump by using one and two feet to take off and to land with for a variety of heights and lengths. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control.</p> <p>Perform and evaluate Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + relay, baton, agility, stamina, improvement, foul, false start</p> <p>Swimming/rounders</p> <p>Swimming Begin to learn the differences between a range of different strokes (eg backstroke, front crawl, breaststroke). Swim with aids. Enter and exit the water in a safe manner.</p> <p>Float, front crawl, backstroke, breaststroke, paddle, push and glide, technique</p> <p>Rounders</p> <p>Striking and hitting Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance.</p> <p>Throwing and catching Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl.</p>
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<p>independently and with others. Use turns whilst travelling in a variety of ways. Move with coordination, control and care. Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Rolls Crouched forward roll. Forward roll from standing. Tucked backward roll.</p> <p>Jumps Straight jump for distance. Tuck jump with distance. Star jump with control. Straddle jump. Pike jump (legs outstretched, touch toes).</p> <p>Travel and linking actions Tiptoe, step, jump and hop Hopscotch. Skipping. Chassis steps. Straight jump half turn. Cat leap.</p> <p>Compete/perform Perform learnt skills and techniques with control and confidence. Develop the quality of the actions in their performances. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + pose, spring, leap, rotation, flight, synchronise, agility</p>	<p>Link combinations of actions with increasing confidence, including changes of direction, speed or level. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Develop the quality of their actions, shapes and balances. Begin to show flexibility in movements</p> <p>Handstands/cartwheels Handstand with leg support Lunge into handstand Cartwheel Straight jump half-turn Cat leap</p> <p>Travel and linking actions Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps. Straight jump half turn. Cat leap</p> <p>Shapes and balances Large and small body part balances, including standing and kneeling balances. Balances on apparatus. Matching and contrasting partner balances. Pike, tuck, star, straight, straddle shapes Front and back support.</p> <p>Compete/perform Perform learnt skills and techniques with control and confidence. Develop the quality of the actions in their performances. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + pose, spring, leap, rotation, flight, synchronise, agility</p>	<p>Passing a ball Pass the ball in different ways in a game situation with some success.</p> <p>Using space Find a useful space and get into it to support teammates.</p> <p>Attacking and defending Use fielding skills to stop a ball from travelling past them.</p> <p>Tactics and rules Know how to play a striking and fielding game fairly. Apply and follow rules fairly.</p> <p>Compete/perform Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>All previous + accuracy, position (tactical), striking, fielding, opponent</p>
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Year 4

Autumn	Spring	Summer
1	1	1
<p>Hockey Striking and hitting Use a stick (hockey) to hit a ball with accuracy and control. Use hand-eye coordination to strike a moving and a stationary ball.</p>	<p>Football Striking and hitting Strike a ball with accuracy and control. Use at least two different shots in a game situation. Use hand/foot-eye coordination to strike a moving and a stationary ball.</p>	<p>Racket sports Striking and hitting Use a bat or racquet to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation.</p>

<p>Travelling with a ball Move with the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p> <p>Dance Context: Dance skills Identify and repeat the movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style. Confidently improvise with a partner or on their own. Compose longer dance sequences in a small group.</p> <p>Compete/perform Perform dances by creating a range of movement patterns. Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p>	<p>Travelling with a ball Move with the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p> <p>Dance Context: Dance skills Identify and repeat the movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style. Confidently improvise with a partner or on their own. Compose longer dance sequences in a small group.</p> <p>Compete/perform Perform dances by creating a range of movement patterns. Perform and create sequences with fluency and expression.</p>	<p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p> <p>Athletics (Running) Running Confidently demonstrate an improved technique for jogging and sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.</p> <p>Perform and evaluate Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + aerobic, cardiovascular, threshold, thrust, propel</p>
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<p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + choreograph, improvise, rotation, technique</p>	<p>Perform and apply skills and techniques with control and accuracy.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + choreograph, improvise, rotation, technique</p>	
2	2	2
<p>Basketball</p> <p>Throwing and catching Develop different ways of throwing and catching.</p> <p>Travelling with a ball Move with the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p>	<p>Tag rugby</p> <p>Throwing and catching Develop different ways of throwing and catching.</p> <p>Travelling with a ball Move with the ball using a range of techniques showing control and fluency.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p>	<p>Athletics (Throwing and jumping)</p> <p>Throwing Perform a pull throw including teaching the 'chasis step over of the feet' and the aiming of the off hand. Measure the distance of their throws. Continue to develop techniques to throw for increased distance. Teach discus/quoit throw, including technique to twist at the hips/waist/core.</p> <p>Jumping Learn how to combine and use fundamental skills effectively, eg. run, hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.</p> <p>Perform and evaluate Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + aerobic, cardiovascular, threshold, thrust, propel</p> <p>Swimming/rounders</p> <p>Swimming Begin to use a range of strokes effectively (e.g. backstroke, front crawl, breaststroke). Begin to build stamina to swim increased distances with or without aids. Perform a controlled float on front or back.</p>

<p>Gymnastics Gymnastic skills (general) Use an increasing range of actions, directions and levels in their sequences. Create a sequence of actions that fit a theme. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Develop strength, technique and flexibility throughout performances.</p> <p>Rolls Forward roll from standing. Straddle forward roll. Tucked backward roll. Backward roll to straddle</p> <p>Jumps Refine previous jumps. Straddle jump. Pike jump with control. Straight jump half-turn. Straight jump full turn.</p> <p>Travel and linking actions Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps. Pivot.</p> <p>Compete/perform Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous +poise, tension, symmetrical, asymmetrical</p>	<p>Gymnastics Gymnastic skills (general) Begin to develop good technique when travelling, balancing and using equipment. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Develop strength, technique and flexibility throughout performances.</p> <p>Handstands/cartwheels Straight lunge into handstand. Lunge into cartwheel. Lunge into round-off. Cat leap half-turn</p> <p>Travel and linking actions Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps. Pivot.</p> <p>Shapes and balances 1, 2, 3 and 4- point balances. Balances on apparatus. Balances with and against a partner. Pike, tuck, star, straight, straddle shapes. Front and back support</p> <p>Compete/perform Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous +poise, tension, symmetrical, asymmetrical</p>	<p>All previous + tread water, submerge</p> <p>Rounders Striking and hitting Use a bat to hit a ball with accuracy and control. Accurately serve underarm. Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Throwing and catching Develop different ways of throwing and catching.</p> <p>Passing a ball Pass the ball with increasing speed, accuracy and success in a fielding game situation.</p> <p>Using space Make the best use of space to pass and receive the ball.</p> <p>Attacking and defending Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</p> <p>Tactics and rules Vary the tactics they use in a game. Begin to adapt rules to alter games.</p> <p>Compete/perform Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Evaluate Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p> <p>All previous + collaborate, shadowing, feint (dummy)</p>
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