

EYFS	
<p><b>Communication and language</b></p> <ul style="list-style-type: none"> <li>Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.</li> </ul> <p><b>Personal, Social, Emotional Development</b></p> <ul style="list-style-type: none"> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> <li>Work and play cooperatively and take turns with others.</li> </ul>	<p><b>Physical Development</b></p> <p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design</b></p> <ul style="list-style-type: none"> <li>Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</li> </ul>

**Key Stage One**

Year 1						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<p><b><u>Gymnastics - Balancing &amp; Spinning On Points &amp; Patches</u></b></p> <ul style="list-style-type: none"> <li>Perform controlled spins</li> <li>Perform asymmetrical spins with balance</li> <li>Work with a partner to create different formations</li> <li>Spin and balance on different levels</li> <li>Spin out of balances</li> <li>Perform spins and balances in different formations</li> </ul>	<p><b><u>Target Games 2</u></b></p> <ul style="list-style-type: none"> <li>Coordinate the skill of punting a ball consistently</li> <li>Coordinate the action of punting with either foot</li> <li>Strike a ball at a target using equipment</li> <li>Strike a ball, at a target, with some degree of force</li> <li>Throw a ball overarm with some accuracy at a target</li> <li>Throw overarm on, 'one bounce' to a friend</li> </ul>	<p><b><u>Dance – Fire of London</u></b></p> <ul style="list-style-type: none"> <li>Use my body to create theme related shapes movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> <li>Identify what 'good' looks like and give feedback to help my partner.</li> </ul>	<p><b><u>Gymnastics – Pathways: small and long</u></b></p> <ul style="list-style-type: none"> <li>Step in controlled, elegant movements</li> <li>Push and pull myself along the ground on different parts of my body</li> <li>Step and turn gracefully</li> <li>Jump in different pathways with coordination</li> <li>Create sequences in curved pathways on the floor and on the apparatus</li> <li>Use different pathways in a sequence</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>Retain focus</li> <li>Cushion knees when landing</li> <li>Increase the height and distance of jumps.</li> <li>Keep others safe when throwing</li> <li>Share equipment and take turns.</li> </ul>	<p><b><u>Gymnastics – Wide, narrow &amp; curled rolling and balancing</u></b></p> <ul style="list-style-type: none"> <li>Travel and balance with my body in a wide shape</li> <li>Take my own body weight and move in tight curled spaces</li> <li>Form a sequence of long shapes whilst in balance, motion and flight</li> <li>Move from narrow shapes, to tight curled shapes and back, to form a sequence</li> <li>Form a sequence to include a curled shape, a narrow shape and a wide shape</li> <li>Perform a sequence of moves with a partner.</li> </ul>

<b>Outside</b>	<p><b>Fundamental Movements 1</b></p> <ul style="list-style-type: none"> <li>Run skilfully</li> <li>Pick up, carry and put down with care</li> <li>Show increasing control over an object</li> <li>Balance on one leg</li> <li>Be confident in my jobs and take turns</li> <li>Thread objects</li> </ul>	<p><b>Fundamental Movements 2</b></p> <ul style="list-style-type: none"> <li>Hop</li> <li>Travel backwards carefully</li> <li>Jump in a variety of ways</li> <li>Dodge</li> <li>Evade others</li> <li>Punt a ball</li> </ul>	<p><b>Invasion Games Skills 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a bounce pass effectively</li> <li>Change directions and find an appropriate space.</li> <li>Push pass a hockey ball</li> <li>Receive a hockey ball</li> <li>Move and bounce/dribble a ball</li> <li>Kick/dribble a ball and stop it with a trap</li> </ul>	<p><b>Net and Wall Game 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a ball with accuracy and control.</li> <li>Strike a ball with one hand while it is airborne</li> <li>Strike and volley a ball with some degree of accuracy</li> <li>Strike a ball using an open palm and move into position to receive it back</li> <li>Strike a small ball with my open palm with some accuracy</li> <li>Throw with accuracy and power</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>React quickly</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with a good technique</li> <li>Demonstrate a variety of athletics techniques competently</li> </ul>	<p><b>Striking and Fielding Games Skills 1</b></p> <ul style="list-style-type: none"> <li>Use both hands whilst fielding</li> <li>Stop a ball, creating a barrier behind it with my feet or body</li> <li>Bowl a ball overarm at a target</li> <li>Pick up a ball with one hand and throw it underarm</li> <li>Chase and retrieve a ball</li> <li>Bowl under and overarm with some accuracy</li> </ul>
	<p><b>Fundamental Movements 1</b></p> <ul style="list-style-type: none"> <li>Run skilfully</li> <li>Pick up, carry and put down with care</li> <li>Show increasing control over an object</li> <li>Balance on one leg</li> <li>Be confident in my jobs and take turns</li> <li>Thread objects</li> </ul>	<p><b>Fundamental Movements 2</b></p> <ul style="list-style-type: none"> <li>Hop</li> <li>Travel backwards carefully</li> <li>Jump in a variety of ways</li> <li>Dodge</li> <li>Evade others</li> <li>Punt a ball</li> </ul>	<p><b>Invasion Games Skills 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a bounce pass effectively</li> <li>Change directions and find an appropriate space.</li> <li>Push pass a hockey ball</li> <li>Receive a hockey ball</li> <li>Move and bounce/dribble a ball</li> <li>Kick/dribble a ball and stop it with a trap</li> </ul>	<p><b>Net and Wall Game 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a ball with accuracy and control.</li> <li>Strike a ball with one hand while it is airborne</li> <li>Strike and volley a ball with some degree of accuracy</li> <li>Strike a ball using an open palm and move into position to receive it back</li> <li>Strike a small ball with my open palm with some accuracy</li> <li>Throw with accuracy and power</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>React quickly</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with a good technique</li> <li>Demonstrate a variety of athletics techniques competently</li> </ul>	<p><b>Striking and Fielding Games Skills 1</b></p> <ul style="list-style-type: none"> <li>Use both hands whilst fielding</li> <li>Stop a ball, creating a barrier behind it with my feet or body</li> <li>Bowl a ball overarm at a target</li> <li>Pick up a ball with one hand and throw it underarm</li> <li>Chase and retrieve a ball</li> <li>Bowl under and overarm with some accuracy</li> </ul>

Year 2						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<p><b>Gymnastics – Pathways: Straight, zigzag &amp; curving</b></p> <ul style="list-style-type: none"> <li>Jump with a 90-degree turn</li> <li>Create a sequence of zig zag pathways</li> <li>Demonstrate zig zag and straight pathways in a sequence</li> <li>Perform a sequence of moves in a curved pathway</li> <li>Travel backwards and sideways as part of a sequence</li> <li>Perform a variety of moves on the floors and apparatus using different pathways</li> </ul>	<p><b>Dance Animals</b></p> <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings.</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movements</li> </ul>	<p><b>Invasion Games skills 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a bounce pass effectively</li> <li>Change directions and find an appropriate space.</li> <li>Push pass a hockey ball.</li> <li>Receive a hockey ball.</li> <li>Move and bounce/ dribble a ball.</li> <li>Kick/dribble a ball and stop it with a trap.</li> </ul>	<p><b>Gymnastics – Spinning, turnings &amp; twisting</b></p> <ul style="list-style-type: none"> <li>Demonstrate agility, balance and coordination</li> <li>Perform a twist and then roll</li> <li>Change the point of contact in balances by leading into the next balance by twisting</li> <li>Twist while in inversion</li> <li>Work in synchronisation with a partner to perform different balances and twists</li> <li>Mirror the moves of my partner</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>To show a sense of anticipation to begin work</li> <li>To jump in a variety of ways</li> <li>To discover and develop different styles of jumping</li> <li>To jump in a variety of ways competently</li> <li>To throw with good technique</li> <li>To help a peer improve their performance with good feedback</li> </ul>	<p><b>Dance – Mini Beasts</b></p> <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme relates shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> </ul>
	<p><b>Gymnastics – Pathways: Straight, zigzag &amp; curving</b></p> <ul style="list-style-type: none"> <li>Jump with a 90-degree turn</li> <li>Create a sequence of zig zag pathways</li> <li>Demonstrate zig zag and straight pathways in a sequence</li> <li>Perform a sequence of moves in a curved pathway</li> <li>Travel backwards and sideways as part of a sequence</li> <li>Perform a variety of moves on the floors and apparatus using different pathways</li> </ul>	<p><b>Dance Animals</b></p> <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings.</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movements</li> </ul>	<p><b>Invasion Games skills 1</b></p> <ul style="list-style-type: none"> <li>Send and receive a bounce pass effectively</li> <li>Change directions and find an appropriate space.</li> <li>Push pass a hockey ball.</li> <li>Receive a hockey ball.</li> <li>Move and bounce/ dribble a ball.</li> <li>Kick/dribble a ball and stop it with a trap.</li> </ul>	<p><b>Gymnastics – Spinning, turnings &amp; twisting</b></p> <ul style="list-style-type: none"> <li>Demonstrate agility, balance and coordination</li> <li>Perform a twist and then roll</li> <li>Change the point of contact in balances by leading into the next balance by twisting</li> <li>Twist while in inversion</li> <li>Work in synchronisation with a partner to perform different balances and twists</li> <li>Mirror the moves of my partner</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>To show a sense of anticipation to begin work</li> <li>To jump in a variety of ways</li> <li>To discover and develop different styles of jumping</li> <li>To jump in a variety of ways competently</li> <li>To throw with good technique</li> <li>To help a peer improve their performance with good feedback</li> </ul>	<p><b>Dance – Mini Beasts</b></p> <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme relates shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> </ul>

Outside	<p><b>Fundamental Movement 3</b></p> <ul style="list-style-type: none"> <li>Skip using a rope</li> <li>Dribble a ball with either hand</li> <li>Receive a ball and trap it</li> <li>Pass in different ways</li> <li>Jump for height</li> <li>Catch consistently well</li> </ul>	<p><b>Target Games 3</b></p> <ul style="list-style-type: none"> <li>To throw a ball underarm with either hand and with some accuracy at a target</li> <li>To kick a ball with some accuracy with both feet</li> <li>To roll with good technique with either hand</li> <li>To punt a ball with some accuracy with both feet</li> <li>To strike a ball, with a racket or bat at a target with some degree of force</li> <li>To aim with accuracy at a target so it hits on the second bounce</li> </ul>	<p><b>Invasion Game Skills 2</b></p> <ul style="list-style-type: none"> <li>I can throw overarm for my partner to catch after one bounce</li> <li>To catch a ball consistently on the full</li> <li>To track an opponent</li> <li>To dodge to beat an opponent</li> <li>To pass the ball consistently with control</li> <li>To compete with some spatial awareness in team games</li> </ul>	<p><b>Net and Wall Game Skills 2</b></p> <ul style="list-style-type: none"> <li>Send a ball with some degree of accuracy</li> <li>Strike a ball with some accuracy</li> <li>Send a ball with increasing accuracy</li> <li>Develop a good grip and stance</li> <li>Return a ball, after one bounce, that has been thrown to me by my partner</li> <li>Strike a backhand from my own feed</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>Show a sense of anticipation to begin work</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with good technique</li> <li>Help a peer improve their performance with good feedback</li> </ul>	<p><b>Striking and Fielding Games Skills 2</b></p> <ul style="list-style-type: none"> <li>Catch a ball after one bounce</li> <li>Bowl overarm with a straight arm</li> <li>Pick up a ball one-handed and return it underarm</li> <li>Strike a ball to leg from a short delivery</li> <li>Chase a ball and throw it back accurately</li> <li>Play a game using the skills I have learned.</li> </ul>
	<p><b>Fundamental Movement 3</b></p> <ul style="list-style-type: none"> <li>Skip using a rope</li> <li>Dribble a ball with either hand</li> <li>Receive a ball and trap it</li> <li>Pass in different ways</li> <li>Jump for height</li> <li>Catch consistently well</li> </ul>	<p><b>Target Games 3</b></p> <ul style="list-style-type: none"> <li>To throw a ball underarm with either hand and with some accuracy at a target</li> <li>To kick a ball with some accuracy with both feet</li> <li>To roll with good technique with either hand</li> <li>To punt a ball with some accuracy with both feet</li> <li>To strike a ball, with a racket or bat at a target with some degree of force</li> <li>To aim with accuracy at a target so it hits on the second bounce</li> </ul>	<p><b>Invasion Game Skills 2</b></p> <ul style="list-style-type: none"> <li>I can throw overarm for my partner to catch after one bounce</li> <li>To catch a ball consistently on the full</li> <li>To track an opponent</li> <li>To dodge to beat an opponent</li> <li>To pass the ball consistently with control</li> <li>To compete with some spatial awareness in team games</li> </ul>	<p><b>Net and Wall Game Skills 2</b></p> <ul style="list-style-type: none"> <li>Send a ball with some degree of accuracy</li> <li>Strike a ball with some accuracy</li> <li>Send a ball with increasing accuracy</li> <li>Develop a good grip and stance</li> <li>Return a ball, after one bounce, that has been thrown to me by my partner</li> <li>Strike a backhand from my own feed</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>Show a sense of anticipation to begin work</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with good technique</li> <li>Help a peer improve their performance with good feedback</li> </ul>	<p><b>Striking and Fielding Games Skills 2</b></p> <ul style="list-style-type: none"> <li>Catch a ball after one bounce</li> <li>Bowl overarm with a straight arm</li> <li>Pick up a ball one-handed and return it underarm</li> <li>Strike a ball to leg from a short delivery</li> <li>Chase a ball and throw it back accurately</li> <li>Play a game using the skills I have learned.</li> </ul>

**Key Stage Two**

Year 3							
Term 1		Term 2		Term 3		Term 4	
Inside	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Develop confidence in the water, including the ability to submerge and resurface safely.</li> <li>Understand and follow basic pool rules and safety guidelines.</li> <li>Recognize the importance of having an adult or instructor present when swimming.</li> <li>Learn safe entries and exits from the pool, including safe jumping and stepping in.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Practice floating on the front and back with minimal support.</li> <li>Maintain a streamlined body position for efficient movement.</li> <li>Develop awareness of body positioning and balance in the water, including treading water with assistance.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Learn to control breathing, including blowing bubbles underwater.</li> <li>Practice rhythmic breathing techniques to prepare for strokes, such as turning the head to the side while gliding.</li> <li>Develop breath-holding skills to increase confidence underwater.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Introduce the basic movements for front crawl and backstroke, focusing on arm and leg coordination.</li> <li>Begin to explore breaststroke and elementary backstroke.</li> <li>Practice kicking techniques, such as flutter kick for front crawl and backstroke, with a kickboard for support.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Practice basic propulsion by using kicks, glides, and arm movements.</li> <li>Combine kicks and arm strokes to move independently in the water.</li> <li>Learn to change directions and stop in the water.</li> </ul>	<p><b>Gymnastics – Symmetry &amp; asymmetry</b></p> <ul style="list-style-type: none"> <li>Create a sequence using different spins on patches</li> <li>Create a sequence of spins on points at different levels and with smooth transitions</li> <li>Spin symmetrically and asymmetrically on points and patches</li> <li>Forward roll</li> <li>Work in different formations</li> <li>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</li> </ul>	
	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Develop confidence in the water, including the ability to submerge and resurface safely.</li> <li>Understand and follow basic pool rules and safety guidelines.</li> <li>Recognize the importance of having an adult or instructor present when swimming.</li> <li>Learn safe entries and exits from the pool, including safe jumping and stepping in.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Practice floating on the front and back with minimal support.</li> <li>Maintain a streamlined body position for efficient movement.</li> <li>Develop awareness of body positioning and balance in the water, including treading water with assistance.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Learn to control breathing, including blowing bubbles underwater.</li> <li>Practice rhythmic breathing techniques to prepare for strokes, such as turning the head to the side while gliding.</li> <li>Develop breath-holding skills to increase confidence underwater.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Introduce the basic movements for front crawl and backstroke, focusing on arm and leg coordination.</li> <li>Begin to explore breaststroke and elementary backstroke.</li> <li>Practice kicking techniques, such as flutter kick for front crawl and backstroke, with a kickboard for support.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Practice basic propulsion by using kicks, glides, and arm movements.</li> <li>Combine kicks and arm strokes to move independently in the water.</li> <li>Learn to change directions and stop in the water.</li> </ul>	<p><b>Gymnastics – Symmetry &amp; asymmetry</b></p> <ul style="list-style-type: none"> <li>Create a sequence using different spins on patches</li> <li>Create a sequence of spins on points at different levels and with smooth transitions</li> <li>Spin symmetrically and asymmetrically on points and patches</li> <li>Forward roll</li> <li>Work in different formations</li> <li>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</li> </ul>	

Outside	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Trap a ball and cushion it when receiving</li> <li>Dribble a ball using both feet and manipulate it using different parts of the foot</li> <li>Turn confidently with a football</li> <li>Make good decisions when in possession</li> <li>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</li> <li>Show the skills and knowledge you have developed in a competitive environment</li> </ul>	<p><b>Health and related fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> <li>Start and finish a sprint race with good technique</li> <li>Refine my techniques</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Scoop a ball up from the floor</li> <li>Pocket pass with accuracy from my right and left</li> <li>Pass a rugby ball backwards accurately</li> <li>Pass backwards consistently</li> <li>Pass, missing out players in a line</li> <li>Apply a range of skills effectively in a game of rugby</li> </ul>	<p><b>Dance – Romans</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Improve our ideas</li> <li>Evaluate the work of other's using accurate technical language</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> <li>Develop the technique and consistency of my jumps</li> <li>Throw overarm accurately</li> <li>Accurately replicate the technique for running, jumping and throwing events</li> <li>Replicate the techniques for running, jumping and throwing events in competitive situations</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Stand sideways-on, with a high back lift, ready to receive a ball</li> <li>Bowl a ball overarm with a straight arm</li> <li>Throw accurately and powerfully</li> <li>Bat successfully with a partner, communicating effectively</li> <li>Bowl with a run up</li> <li>Back up my fellow fielders in the field</li> </ul>
	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Trap a ball and cushion it when receiving</li> <li>Dribble a ball using both feet and manipulate it using different parts of the foot</li> <li>Turn confidently with a football</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Scoop a ball up from the floor</li> <li>Pocket pass with accuracy from my right and left</li> <li>Pass a rugby ball backwards accurately</li> <li>Pass backwards consistently</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To know how to vary movement to control the ball when moving</li> <li>To control a basketball using both hands and perform various skills.</li> <li>To keep my head up to be aware of my environment.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> <li>Develop the technique and consistency of my jumps</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Stand sideways-on, with a high-back lift, ready to receive a ball</li> <li>Bowl overarm with a straight arm</li> </ul>

Year 4												
Term 1		Term 2		Term 3		Term 4		Term 5		Term 6		
Inside	<p><b>Gymnastics – Arching and bridges</b></p> <ul style="list-style-type: none"> <li>Support my body weight on my hands and feet only</li> <li>Spin and take my weight in my hands</li> <li>Create sequences involving different controlled rolls and front and back supports</li> <li>Create sequences, moving seamlessly from front and back supports to other balances</li> <li>Work in different formations within a sequence</li> <li>Work in a pair</li> </ul>		<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Throw overarm powerfully and accurately</li> <li>Keep my eye on the opposition at all times</li> <li>Catch to bring teammates back into the game</li> <li>Show good peripheral awareness</li> <li>Attack decisively</li> <li>Make good decisions at crucial times of games</li> </ul>		<p><b>Dance - Egyptians</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Communicate effectively within a group</li> <li>Evaluate the work of other's using accurate technical language</li> </ul>		<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To hold the stick properly.</li> <li>To dribble a ball confidently.</li> <li>To put my body between the ball and my opponent when shielding it.</li> <li>To not raise my stick above waist height.</li> <li>To know how to push pass.</li> <li>To know how to jab tackle.</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> <li>Develop the technique and consistency of my jumps</li> <li>Throw overarm accurately</li> <li>Accurately replicate the technique for running, jumping and throwing events</li> <li>Replicate the techniques for running, jumping and throwing events in competitive situations</li> </ul>		<p><b>Gymnastics – Rolling and travelling low</b></p> <ul style="list-style-type: none"> <li>Forward roll with good technique and control</li> <li>Link forward rolls into a rolling sequence seamlessly</li> <li>Roll backwards and come to standing without knees touching the mat</li> <li>Create a sequence involving a variety of rolls</li> <li>Mirror a partner's rolls with good timing</li> <li>Produce a sequence of rolls which show elements of unison, canon and mirroring</li> </ul>	
	Outside	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> </ul>		<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Trap a ball and cushion it when receiving</li> <li>Dribble a ball using both feet and manipulate it using different parts of the foot</li> <li>Turn confidently with a football</li> </ul>		<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Scoop a ball up from the floor</li> <li>Pocket pass with accuracy from my right and left</li> <li>Pass a rugby ball backwards accurately</li> <li>Pass backwards consistently</li> </ul>		<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To know how to vary movement to control the ball when moving</li> <li>To control a basketball using both hands and perform various skills.</li> <li>To keep my head up to be aware of my environment.</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> <li>Develop the technique and consistency of my jumps</li> </ul>		<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Stand sideways-on, with a high-back lift, ready to receive a ball</li> <li>Bowl overarm with a straight arm</li> </ul>

<ul style="list-style-type: none"> <li>Start and finish a sprint race with good technique</li> <li>Refine my techniques</li> </ul>	<ul style="list-style-type: none"> <li>Make good decisions when in possession</li> <li>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</li> <li>Show the skills and knowledge you have developed in a competitive environment</li> </ul>	<ul style="list-style-type: none"> <li>Pass, missing out players in a line</li> <li>Apply a range of skills effectively in a game of rugby</li> </ul>	<ul style="list-style-type: none"> <li>To do chest passes or bounce passes.</li> <li>To use quick passes, movement and communication under pressure.</li> <li>To work as a team to find a space to shoot.</li> <li>To communicate with teammates in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>Throw overarm accurately</li> <li>Accurately replicate the technique for running, jumping and throwing events</li> <li>Replicate the techniques for running, jumping and throwing events in competitive situations</li> </ul>	<ul style="list-style-type: none"> <li>Throw accurately and powerfully</li> <li>Bat successfully with a partner, communicating effectively</li> <li>Bowl with a run up</li> <li>Back up my fellow fielders in the field</li> </ul>
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Year 5						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><b>Gymnastics – Matching, mirroring &amp; contrast</b></p> <ul style="list-style-type: none"> <li>Perform matching moves with a partner within a sequence</li> <li>Control an arabesque</li> <li>Perform a sequence, mirroring a partner's symmetrical and asymmetrical shapes</li> <li>Perform a sequence with a partner, which moves from matching moves to contrasting</li> <li>Work as a group to demonstrate fluent routines involving mirroring and contrasts</li> <li>Perform elements of unison and canon in a group routine</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Throw hard and low at my opponents</li> <li>Dodge balls well that are thrown at me</li> <li>Catch balls low down and thrown at pace at me</li> <li>Use a ball to block incoming fire</li> <li>Play, abiding by the rules</li> <li>Choose the right moment to attack and defend</li> </ul>	<p><b>Dance – Through the ages</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Communicate effectively within a group</li> <li>Evaluate the work of other's using simple technical language</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To stop a ball</li> <li>To change direction easily</li> <li>To control a ball sent to me.</li> <li>To receive a pass on the run</li> <li>To play advantage appropriately.</li> <li>To work effectively as part as a team.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Change pace and run at different tempos</li> <li>Throw with accuracy and power using the pull technique</li> <li>Throw with greater force and over longer distances</li> <li>Perform the correct techniques for triple jump, high jump and standing vertical jump</li> <li>Combine sprinting with hurdling</li> <li>Transfer a relay baton efficiently as part of a team</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Roll over my partner who is in a long pencil shape</li> <li>Form strong arches and bridges</li> <li>Leapfrog others safely</li> <li>Work with a partner, to travel over and under, on both floor and benches</li> <li>Travel over a partner by taking my weight on my hands</li> <li>Work over and under on the floor and apparatus</li> </ul>

<b>Outside</b>	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>Sustain my pace when running</li> <li>Show determination and perseverance</li> <li>Perform a variety of exercises demonstrating good technique</li> <li>Perform exercises with control and good technique</li> <li>Improve on previous performances</li> <li>Communicate and negotiate with others to agree what we are going to do as a group</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To control a basketball using two hands.</li> <li>To pass the ball using good techniques.</li> <li>To demonstrate different dribbling skills.</li> <li>To mark a player or area of the court.</li> <li>To use the correct techniques to shoot a basketball.</li> <li>To dribble, pass and shoot the basketball effectively in a game.</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Pop pass and pocket pass</li> <li>Send and receive a ball on the run and under pressure</li> <li>Pass a rugby ball backwards consistently</li> <li>Pass missing out players in a line</li> <li>Attack in staggered lines</li> <li>Apply skills effectively</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Demonstrate skill and close control</li> <li>Combine skills to allow my team to retain possession</li> <li>Identify which shooting technique to use to be successful</li> <li>Communicate well with my teammates</li> <li>Combine skills to create a goal scoring opportunity</li> <li>Cooperate, communicate and collaborate with others to achieve shared goals</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Change pace and run at different tempos</li> <li>Throw with accuracy and power using the pull technique</li> <li>Throw with greater force and over longer distances</li> <li>Perform the correct techniques for triple jump, high jump and standing vertical jump</li> <li>Combine sprinting with hurdling</li> <li>Transfer a relay baton efficiently as part of a team</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Catch consistently well under pressure</li> <li>Pull a ball from a short delivery to the leg side</li> <li>Perform a range of fielding techniques</li> <li>Bowl with consistent accuracy and length</li> <li>Show tactical awareness as a fielder</li> <li>Link my skills and perform in a competitive game</li> </ul>
	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>Sustain my pace when running</li> <li>Show determination and perseverance</li> <li>Perform a variety of exercises demonstrating good technique</li> <li>Perform exercises with control and good technique</li> <li>Improve on previous performances</li> <li>Communicate and negotiate with others to agree what we are going to do as a group</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To control a basketball using two hands.</li> <li>To pass the ball using good techniques.</li> <li>To demonstrate different dribbling skills.</li> <li>To mark a player or area of the court.</li> <li>To use the correct techniques to shoot a basketball.</li> <li>To dribble, pass and shoot the basketball effectively in a game.</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Pop pass and pocket pass</li> <li>Send and receive a ball on the run and under pressure</li> <li>Pass a rugby ball backwards consistently</li> <li>Pass missing out players in a line</li> <li>Attack in staggered lines</li> <li>Apply skills effectively</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Demonstrate skill and close control</li> <li>Combine skills to allow my team to retain possession</li> <li>Identify which shooting technique to use to be successful</li> <li>Communicate well with my teammates</li> <li>Combine skills to create a goal scoring opportunity</li> <li>Cooperate, communicate and collaborate with others to achieve shared goals</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Change pace and run at different tempos</li> <li>Throw with accuracy and power using the pull technique</li> <li>Throw with greater force and over longer distances</li> <li>Perform the correct techniques for triple jump, high jump and standing vertical jump</li> <li>Combine sprinting with hurdling</li> <li>Transfer a relay baton efficiently as part of a team</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Catch consistently well under pressure</li> <li>Pull a ball from a short delivery to the leg side</li> <li>Perform a range of fielding techniques</li> <li>Bowl with consistent accuracy and length</li> <li>Show tactical awareness as a fielder</li> <li>Link my skills and perform in a competitive game</li> </ul>

Year 6						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Hold controlled balances on a variety of points and patches on a given number of body parts</li> <li>Hold a range of symmetrical and asymmetrical counter balances</li> <li>Roll as part of a balancing and rolling sequence</li> <li>Link my skills to perform actions and sequences</li> <li>Link asymmetrical counter tension balances and counter balances using transitional moves</li> <li>Perform asymmetrical counter balances in a sequence, using canon or unison</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Dodge to evade the ball</li> <li>Throw with increasing power and at a low trajectory</li> <li>Catch balls thrown at me low down and at pace</li> <li>Play adapted games with special rules</li> <li>Work as a group to come up with some tactics</li> <li>Compete against others effectively</li> </ul>	<p><b>Dance- strictly come dancing</b></p> <ul style="list-style-type: none"> <li>To perform actions and sequences of movement.</li> <li>To develop the knowledge and understanding of the jive style of dance.</li> <li>To develop the knowledge and understanding of the tango style of dance.</li> <li>To develop the knowledge and understanding of the Waltz style of dance.</li> <li>To apply feedback to improve.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To dribble the ball with my head up.</li> <li>To push pass accurately.</li> <li>To send and receive under pressure.</li> <li>To develop a range of attacking skills and strategies.</li> <li>To use the width of the pitch when attacking.</li> <li>To support teammates by communicating with them.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Show different levels, pathways and directions when I travel</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Improve our ideas</li> <li>Evaluate the work of other's using simple technical language</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Improve technique in all four main strokes: front crawl, backstroke, breaststroke, and butterfly (or at least an introduction to butterfly technique).</li> <li>Emphasize proper breathing techniques for each stroke, especially the coordination of breathing in freestyle.</li> <li>Practice streamlined body positions for each stroke, with a focus on reducing drag and increasing efficiency.</li> <li>Swim longer distances (e.g., 25-50 meters) without stopping for each stroke.</li> <li>Improve stamina through continuous swim activities, building up to sustained swims of 200 meters using a combination of strokes.</li> <li>Begin basic interval training to help students manage pacing and endurance.</li> </ul>
	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Hold controlled balances on a variety of points and patches on a given number of body parts</li> <li>Hold a range of symmetrical and asymmetrical counter balances</li> <li>Roll as part of a balancing and rolling sequence</li> <li>Link my skills to perform actions and sequences</li> <li>Link asymmetrical counter tension balances and counter balances using transitional moves</li> <li>Perform asymmetrical counter balances in a sequence, using canon or unison</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Dodge to evade the ball</li> <li>Throw with increasing power and at a low trajectory</li> <li>Catch balls thrown at me low down and at pace</li> <li>Play adapted games with special rules</li> <li>Work as a group to come up with some tactics</li> <li>Compete against others effectively</li> </ul>	<p><b>Dance- strictly come dancing</b></p> <ul style="list-style-type: none"> <li>To perform actions and sequences of movement.</li> <li>To develop the knowledge and understanding of the jive style of dance.</li> <li>To develop the knowledge and understanding of the tango style of dance.</li> <li>To develop the knowledge and understanding of the Waltz style of dance.</li> <li>To apply feedback to improve.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To dribble the ball with my head up.</li> <li>To push pass accurately.</li> <li>To send and receive under pressure.</li> <li>To develop a range of attacking skills and strategies.</li> <li>To use the width of the pitch when attacking.</li> <li>To support teammates by communicating with them.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Show different levels, pathways and directions when I travel</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Improve our ideas</li> <li>Evaluate the work of other's using simple technical language</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Improve technique in all four main strokes: front crawl, backstroke, breaststroke, and butterfly (or at least an introduction to butterfly technique).</li> <li>Emphasize proper breathing techniques for each stroke, especially the coordination of breathing in freestyle.</li> <li>Practice streamlined body positions for each stroke, with a focus on reducing drag and increasing efficiency.</li> <li>Swim longer distances (e.g., 25-50 meters) without stopping for each stroke.</li> <li>Improve stamina through continuous swim activities, building up to sustained swims of 200 meters using a combination of strokes.</li> <li>Begin basic interval training to help students manage pacing and endurance.</li> </ul>

<b>Outside</b>	<b>Health Related Fitness</b>	<b>Football</b>	<b>Tag rugby</b>	<b>Basketball</b>	<b>Athletics</b>	<b>Cricket</b>
	<ul style="list-style-type: none"> <li>• Motivate myself to do my best in a range of exercises</li> <li>• Run for a period of time, maintaining a good pace</li> <li>• Perform a variety of exercise demonstrating good technique</li> <li>• Perform exercises with control and good technique</li> <li>• Improve on previous performances</li> <li>• Work as part of a group to set up a circuit of exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Pass the ball and move into space</li> <li>• Dribble at different tempos</li> <li>• Keep the ball moving when running at an opponent</li> <li>• Defend thoughtfully, slowing attackers down and not overcommitting too soon</li> <li>• Make the most of having extra player/s on my team</li> <li>• Officiate if given the chance</li> </ul>	<ul style="list-style-type: none"> <li>• Tag someone safely</li> <li>• Send and receive a ball on the run and under pressure</li> <li>• Dummy a pass</li> <li>• Take a tap penalty with a dummy half</li> <li>• Organise my position so that I receive passes on the run</li> <li>• Develop game understanding and compete in a game of tag rugby</li> </ul>	<ul style="list-style-type: none"> <li>• To protect the ball under pressure.</li> <li>• To cut away and back again to receive in space.</li> <li>• To combine a range of dribbles and vary speed and direction to get past defenders.</li> <li>• To limit opposition attacking opportunities with different defensive styles.</li> <li>• To use screens to free-up teammates to shoot or drive.</li> <li>• To dribble, pass and shoot the basketball effectively in a game.</li> </ul>	<ul style="list-style-type: none"> <li>• Sustain my pace over longer distances</li> <li>• Throw after a run up</li> <li>• Throw with greater control, accuracy and efficiency</li> <li>• Measure accurately my performance at standing vertical jumping</li> <li>• Combine sprinting with hurdling</li> <li>• Transfer a relay baton efficiently as part of a team</li> </ul>	<ul style="list-style-type: none"> <li>• Throw accurately overarm</li> <li>• Pull a ball from a short delivery to the leg side</li> <li>• Bowl with a run up</li> <li>• Use my feet to get to the pitch of the ball when batting</li> <li>• Play a square cut shot</li> <li>• Bowl by running in close to the wickets</li> </ul>