



## Physical Education (PE) Curriculum Map

|                                  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------------------------|--------|--------|--------|--------|--------|--------|
| Athletics                        | ■      | ■      | ■      | ■      | ■      | ■      |
| Striking & Fielding / Net & Wall |        |        | ■      | ■      | ■      | ■      |
| Invasion Games                   | ■      | ■      | ■      | ■      | ■      | ■      |
| Dance                            | ■      | ■      | ■      | ■      | ■      | ■      |
| Gymnastics                       | ■      | ■      | ■      |        | ■      |        |
| OAA                              |        |        | ■      |        |        |        |
| Multi-Skills                     | ■      | ■      |        |        |        |        |
| Yoga                             | ■      |        | ■      | ■      |        |        |
| Swimming & Water Safety          |        |        | ■      |        |        |        |

# Physical Education Progression

| Athletics   |  |   |  |  |  |
|---|--|---|--|--|--|
| Year 1  | Year 2   | Year 3  | Year 4   | Year 5   | Year 6   |
| <b>Running</b><br>Moving at different speeds<br>Moving in different directions  | <b>Running</b> <ul style="list-style-type: none"> <li>Running at speed</li> <li>Running over obstacles</li> </ul>              | <b>Running</b> <ul style="list-style-type: none"> <li>Sprinting</li> <li>Hurdling</li> </ul>  | <b>Running</b> <ul style="list-style-type: none"> <li>Running at different speeds</li> <li>Relay running</li> <li>Changing direction when running</li> </ul>   | <b>Running</b> <ul style="list-style-type: none"> <li>Running for distance</li> <li>Running over obstacles</li> </ul>  | <b>Running</b> <ul style="list-style-type: none"> <li>Stages of a sprint race</li> <li>Baton exchanges in relay</li> </ul>   |
|   | <b>Throwing</b> <ul style="list-style-type: none"> <li>Throwing for distances</li> <li>Throwing for accuracy</li> </ul>        | <b>Throwing</b> <ul style="list-style-type: none"> <li>Underarm and overarm throwing</li> <li>Push Throw</li> </ul>   | <b>Throwing</b> <ul style="list-style-type: none"> <li>Throwing for distance</li> </ul>  | <b>Throwing</b> <ul style="list-style-type: none"> <li>Throwing for accuracy</li> <li>Throwing for distance</li> </ul>   | <b>Throwing</b> <ul style="list-style-type: none"> <li>Shot put throw</li> <li>Javelin throw</li> </ul>  |
| <b>Jumping</b> <ul style="list-style-type: none"> <li>Jumping for height</li> <li>Jumping for distance</li> <li>Combination of running and jumping</li> <li>Sequences of jumps</li> </ul> | <b>Jumping</b> <ul style="list-style-type: none"> <li>Jumping for height and distance</li> <li>Combination of jumps</li> </ul> | <b>Jumping</b> <ul style="list-style-type: none"> <li>Standing Long Jump</li> </ul>   | <b>Jumping</b> <ul style="list-style-type: none"> <li>Standing Triple Jump</li> </ul>  | <b>Jumping</b> <ul style="list-style-type: none"> <li>Jumping for distance</li> <li>Jumping for height</li> </ul>  | <b>Jumping</b> <ul style="list-style-type: none"> <li>Long jump</li> <li>High jump</li> </ul>  |
|   |  | <b>Competition:</b> Pentathlon  | <b>Competition:</b> Pentathlon   |  |  |
| Striking and Fielding/Net and Wall  |  |   |  |  |  |
| Year 1  | Year 2   | Year 3  | Year 4   | Year 5   | Year 6   |
|   |  | <b>Rounders</b> <ul style="list-style-type: none"> <li>Cup catch</li> <li>Underarm throw</li> <li>Overarm throw</li> <li>Batting</li> <li>Bowling</li> <li>Long barrier</li> <li>Game play</li> </ul> |  |  | <b>Rounders</b> <ul style="list-style-type: none"> <li>Variety of throws</li> <li>Variety of catches</li> <li>Bowling variations</li> <li>Ground fielding techniques</li> <li>Batting variations</li> <li>Fielding positions</li> <li>Game play</li> </ul> |
|   |  |   | <b>Cricket</b> <ul style="list-style-type: none"> <li>Underarm bowl</li> <li>Batting grip, stance and hitting</li> <li>Close catching</li> <li>Forward drive shot</li> <li>Modified game play</li> <li>Kwik Cricket game play</li> </ul> | <b>Cricket</b> <ul style="list-style-type: none"> <li>Ground fielding techniques</li> <li>Overarm bowl</li> <li>Forward defensive shot</li> <li>Deep field catching</li> <li>Pull shot</li> <li>Game play</li> </ul> |  |
|   |  |   |  |  | <b>Tennis</b> <ul style="list-style-type: none"> <li>Components of fitness for tennis (vocab)</li> <li>Forehand</li> <li>Backhand</li> <li>Volley</li> <li>Serves</li> <li>Mini Tennis game play</li> </ul>  |

# Physical Education Progression

| Invasion Games  |  |  |   |  |   |
|---|--|--|---|--|---|
| Year 1  | Year 2   | Year 3   | Year 4  | Year 5   | Year 6  |
| <b>Invasion Games</b><br>To know how to travel with speed<br>To know how to control a ball<br>To know how to pass accurately<br>To understand a team game <ul style="list-style-type: none"> <li>Moving in different directions</li> <li>Moving with a ball</li> <li>Changing direction with a ball</li> <li>Changing direction quickly with a ball</li> <li>Passing towards a target</li> <li>Game play</li> </ul> | <b>Invasion Games</b> <ul style="list-style-type: none"> <li>Dribbling a football</li> <li>Moving a football with different methods</li> <li>Throwing and catching</li> <li>Marking</li> <li>Protecting a target</li> <li>Game play</li> </ul> |  |   |  |   |
|   |  | <b>Football</b> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Side foot passing</li> <li>Turning</li> <li>Block tackle</li> <li>Shooting</li> <li>Attacking strategies</li> <li>Game play</li> </ul> | <b>Football</b> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Side foot passing</li> <li>Turning</li> <li>Block tackle</li> <li>Shooting</li> <li>Attacking strategies</li> <li>Game play</li> </ul>    | <b>Football</b> <ul style="list-style-type: none"> <li>Dribbling with control at speed</li> <li>Passing accurately</li> <li>Ball control</li> <li>Passing on the move</li> <li>Safe tackling and jockeying</li> <li>Variety in shooting</li> <li>Attacking strategies</li> </ul> | <b>Football</b> <ul style="list-style-type: none"> <li>Dribbling with control at speed</li> <li>Passing accurately</li> <li>Ball control</li> <li>Passing on the move</li> <li>Safe tackling and jockeying</li> <li>Variety in shooting</li> <li>Attacking strategies</li> </ul>  |
|   |  | <ul style="list-style-type: none"> <li><b>Handball</b></li> <li>Throwing the ball</li> <li>Catching the ball</li> <li>Passing</li> <li>Shooting</li> <li>Moving with and without the ball</li> </ul>             | <b>Handball</b> <ul style="list-style-type: none"> <li>Throwing the ball</li> <li>Catching the ball</li> <li>Passing</li> <li>Shooting</li> <li>Moving with and without the ball</li> </ul>                         | <b>Handball</b> <ul style="list-style-type: none"> <li>Passing to outwit opponents</li> <li>Drive shot</li> <li>Jump shot</li> <li>Dribbling</li> <li>Attacking strategies</li> <li>Blocking</li> <li>Marking</li> <li>Mini Handball game play</li> </ul>                        | <b>Handball</b> <ul style="list-style-type: none"> <li>Passing to outwit opponents</li> <li>Drive shot</li> <li>Jump shot</li> <li>Dribbling</li> <li>Attacking strategies</li> <li>Blocking</li> <li>Marking</li> <li>Mini Handball game play</li> </ul>   |
|   |  |  | <b>Netball</b> <ul style="list-style-type: none"> <li>Catching</li> <li>Chest pass</li> <li>Bounce pass</li> <li>Overhead pass</li> <li>Pivoting</li> <li>Dodging</li> <li>Marking</li> <li>Shooting</li> </ul>     |  | <b>Netball</b> <ul style="list-style-type: none"> <li>Catching</li> <li>Variety of passes</li> <li>Pivoting</li> <li>Passing to a moving target</li> <li>Moving and passing into space</li> <li>Moving towards the opponents' net</li> <li>Pass and receive the ball when moving</li> <li>Shooting from different angles and distances</li> <li>High 5 game play</li> </ul> |
|   |  |  | <b>Hockey</b> <ul style="list-style-type: none"> <li>Basic dribble</li> <li>Control</li> <li>Block tackle</li> <li>Clip hit</li> <li>Attacking strategies</li> <li>Quicksticks game play</li> </ul>                 |  |   |
|   |  | <b>Tag Rugby</b> <ul style="list-style-type: none"> <li>* Passing the ball</li> <li>* Catching the ball</li> <li>* Calling for a pass</li> <li>* Opening up hands to give the passer a target</li> </ul>         | <b>Tag Rugby</b> <ul style="list-style-type: none"> <li>Catching</li> <li>Passing</li> <li>Pass and receive the ball when moving</li> <li>Passing to a moving target</li> <li>Tagging</li> <li>Game play</li> </ul> | <b>Tag Rugby</b> <ul style="list-style-type: none"> <li>Gripping</li> <li>Catching</li> <li>Passing</li> <li>Pass and receive the ball when moving</li> <li>Passing to a moving target</li> <li>Use of width</li> </ul>  | <b>Tag Rugby</b> <ul style="list-style-type: none"> <li>Gripping</li> <li>Catching</li> <li>Passing</li> <li>Pass and receive the ball when moving</li> <li>Passing to a moving target</li> </ul>   |

# Physical Education Progression

|  |   |   |  | <ul style="list-style-type: none"> <li>• Tagging</li> <li>• Evasion strategies</li> <li>• Game play</li> </ul>  | <ul style="list-style-type: none"> <li>• Use of width</li> <li>• Tagging</li> <li>• Evasion strategies</li> <li>• Game play</li> </ul>  |
|--|---|---|--|---|---|
|  |   | <b>Basketball</b> <ul style="list-style-type: none"> <li>• Catching</li> <li>• Chest pass, Bounce pass, Overhead pass</li> <li>• Dribbling</li> <li>• Set shot</li> <li>• Marking</li> <li>• Mini Basketball game play</li> </ul>             |  |   |   |
| Dance & Gymnastics   |   |   |  |   |   |
| Year 1   | Year 2  | Year 3  | Year 4   | Year 5  | Year 6  |
| <b>Dance: Starry Skies</b> <ul style="list-style-type: none"> <li>• Perform rhythmic gymnastics.</li> <li>• Perform travelling.</li> <li>• Perform at different levels.</li> <li>• Perform a canon.</li> <li>• Perform mirroring.</li> <li>• Perform matching.</li> <li>• Perform a montage.</li> <li>• Perform in a formation.</li> </ul><br><b>Yoga</b> <ul style="list-style-type: none"> <li>• Perform Yoga balances with agility and coordination</li> <li>• Perform Yoga poses on all fours.</li> <li>• Perform Yoga poses to develop strength.</li> <li>• Perform Yoga poses with varying speed.</li> <li>• Perform standing Yoga poses.</li> </ul> | <b>Dance: Circus</b> <ul style="list-style-type: none"> <li>• Perform rhythmic gymnastics.</li> <li>• Perform a formation.</li> <li>• Perform a transition.</li> <li>• Perform a montage.</li> </ul>  | <b>Dance: Natural disasters</b> <ul style="list-style-type: none"> <li>• Create and perform movements to show natural disasters.</li> <li>• Perform a motif.</li> <li>• Perform using improvisation.</li> <li>• Perform a montage.</li> </ul> | <b>Dance</b> <ul style="list-style-type: none"> <li>• Create and perform movements for a Rock'n'Roll dance</li> <li>• Perform a Bollywood dance</li> <li>• Perform a Salsa dance</li> <li>• Perform a Street dance</li> <li>• Perform timings and counts.</li> </ul> | <b>Dance: Mission Impossible</b> <ul style="list-style-type: none"> <li>• Create and perform movements showing entrance, searching, explosion and escape.</li> <li>• Perform on different levels.</li> <li>• Perform contact work.</li> </ul>                             | <b>Dance: Hand Jive (Grease)</b> <ul style="list-style-type: none"> <li>• Create and perform movements to the Hand Jive.</li> <li>• Perform sequences of steps at different tempos.</li> <li>• Perform timings and counts.</li> </ul> |
| <b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Basic shapes and balances</li> <li>• Performances with ribbons</li> <li>• Short sequences</li> <li>• Rolls</li> <li>• Routines</li> </ul>   | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Basic shapes and body conditions</li> <li>• Travelling methods</li> <li>• Handstands and cartwheels</li> <li>• Jumping from apparatus</li> <li>• Bridges and support positions</li> <li>• Performing on equipment</li> </ul> | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Basic shapes and body conditions</li> <li>• Travelling methods</li> <li>• Linking balances and traveling</li> <li>• Partner balances</li> <li>• Floor routines</li> </ul>          |  | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Balances with control</li> <li>• Travelling fluently</li> <li>• Group balances with control</li> <li>• Complex balances and travelling</li> <li>• Use of apparatus in a routine</li> <li>• Routines</li> </ul> |   |

# Physical Education Progression

| Health and Fitness  |   |  |        |        |        |
|---|---|--|--------|--------|--------|
| Year 1  | Year 2  | Year 3   | Year 4 | Year 5 | Year 6 |
|   | <b>Circuits</b> <ul style="list-style-type: none"> <li>Perform and identify muscles in the body</li> <li>Perform different circuits.</li> <li>Take part in a measured fitness test.</li> <li>Create my own circuits.</li> </ul>   |  |        |        |        |
| OAA   |   |  |        |        |        |
| Year 1  | Year 2  | Year 3   | Year 4 | Year 5 | Year 6 |
|   |   | <b>OAA*SG</b> <ul style="list-style-type: none"> <li>Verbal communication</li> <li>Non-verbal communication</li> <li>Team work</li> <li>Map reading</li> <li>Star orienteering</li> </ul>  |        |        |        |
| Multi-Skills  |   |  |        |        |        |
| Year 1  | Year 2  | Year 3   | Year 4 | Year 5 | Year 6 |
| <b>Multi-skills</b> <ul style="list-style-type: none"> <li>Basic movements and spatial awareness</li> <li>Moving with a ball</li> <li>Rolling a ball</li> <li>Catching and controlling</li> <li>Aiming</li> <li>Striking</li> </ul> | <b>Multi-skills</b> <ul style="list-style-type: none"> <li>Basic movements and spatial awareness</li> <li>Moving with a ball</li> <li>Rolling a ball</li> <li>Throwing and catching</li> <li>Kicking a ball</li> <li>Control and maintaining possession of a hockey ball</li> </ul> |  |        |        |        |
| Swimming and Water Safety   |   |  |        |        |        |
| Year 1  | Year 2  | Year 3   | Year 4 | Year 5 | Year 6 |
|   |   | <b>Swimming &amp; Water Safety</b> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25m.</li> <li>Use a range of strokes effectively (for example front crawl, backstroke and breaststroke)</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul> |        |        |        |

|        | Autumn  | Spring  | Summer   |
|--------|---|---|--|
| Year 1 | <p><b>Invasion Games</b></p> <p>To be able to move in different directions – know how to move backwards, sideways and change direction safely</p> <p>To move with a ball under control</p> <p>To move in different directions with a ball</p> <p>To change direction quickly when travelling with a ball – to keep control of the ball when changing direction</p> <p>To pass a ball towards a target – to know how to perform a chest pass and short pass</p> <p>To combine changing direction with moving with the ball to outwit an opponent</p> <p><b>Yoga</b></p> <p>To perform Yoga balances with agility and coordination – To know and show the different Yoga poses confidently</p> <p>To perform Yoga poses on all fours – Demonstrate different Yoga balances and poses</p> <p>To perform Yoga poses to develop strength – To know the definitions for balance, coordination, speed and agility</p> <p>To perform Yoga poses with varying speed</p> <p>To perform standing Yoga poses</p> <p>To demonstrate linkage of Yoga poses and sequences</p> <p>To know and perform Yoga relaxation and breathing</p> | <p><b>Gymnastics</b></p> <p>To perform basic shapes and balances – To show tension and extension in basic shapes</p> <p>To perform balances whilst using a ribbon</p> <p>To perform travelling and balances in a short sequence – To travel using different methods. To link balances and travelling using different movements</p> <p>To perform a variety of rolls – To perform a roll safely</p> <p>To develop a gymnastics routine – To perform an end a gymnastics routine. To incorporate different forms of travel into a routine</p> <p><b>Dance – Cheerdance</b></p> <p>To understand that movements can represent different things</p> <p>To perform movements to rhythm</p> <p>To perform movements as a team</p> <p>To perform movements in time with the music</p> <p>To perform movements to a steady beat</p> <p>To perform a routine to an audience.</p> | <p><b>Athletics</b></p> <p>To perform movements at different speeds - Know how to perform walking, jogging and running and understand the three are different</p> <p>To perform running in different directions – To know how to change direction</p> <p>To perform throwing for height</p> <p>To perform jumping for distance and distance - Know how to perform a safe landing</p> <p>To combine running and jumping</p> <p>To perform jumping sequences with a partner – to know a variety of jumps.</p> <p><b>Multi-Skills</b></p> <p>To perform basic movements and show spatial awareness – To know how to maintain space from others</p> <p>To perform moving with a ball – Know different ways of moving</p> <p>To perform rolling of a ball – Know how to regulate speed of rolls</p> <p>To perform throwing and catching - Know how to hold a ball securely when moving. To know how to throw underarm. To know how to catch.</p> <p>To perform kicking of a ball. To know how to shoot in football.</p> <p>To perform control of a ball to maintain possession in hockey.</p> <p>To know how to strike with a variety of bats. To know how aiming can be used to outsmart opponents</p> |

|        | Autumn   | Spring   | Summer   |
|--------|--|--|--|
| Year 2 | <p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>To know what invasion games are</li> <li>To know how to dribble a football – to be able to dribble a football with control. To know how to pass and control a football</li> <li>To be able move a ball using different methods</li> <li>To be able throw and catch accurately – to know how to perform the underarm and overarm throws and cup catch</li> <li>To know how to mark and why it is used - to perform marking to outwit an opponent</li> <li>To know how to protect a target</li> <li>To know what attacking and defending are in invasion games – to perform attacking and defensive skills in a game</li> <li>To know how to find a space and the importance of using space in a game situation</li> <li>To know how to dodge and why it is used</li> </ul> <p><b>Health &amp; Fitness Circuits</b></p> <ul style="list-style-type: none"> <li>To know what health &amp; fitness circuits are</li> <li>To know how to with control.</li> <li>To be able to</li> <li>To be able to</li> <li>To know how to</li> <li>To know how to</li> <li>To know what</li> <li>To know how to</li> <li>To know how to</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To perform basic shapes and body conditions – know how to perform basic shapes. To show tension and extension in basic shapes</li> <li>To perform different ways of travelling</li> <li>To perform handstands and cartwheels</li> <li>To perform jumps from apparatus – know how to jump safely from equipment</li> <li>To perform bridges and support positions</li> <li>To perform skills on equipment – know how to do this safely</li> <li>To know how to start and end a gymnastics routine</li> </ul> <p><b>Dance – Circus</b></p> <ul style="list-style-type: none"> <li>To understand that movements can represent different things</li> <li>To know the story of the circus</li> <li>To perform movements that represent the Circus</li> <li>To perform movements for different parts of a circus troupe</li> <li>To perform a routine to an audience.</li> </ul> | <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To perform running at speed</li> <li>To perform running over obstacles safely</li> <li>To perform throwing for distance – know how to perform the pull, push and underarm throws</li> <li>To perform jumping for height and distance</li> <li>To perform throwing for accuracy</li> <li>To perform combinations of jumps with a safe landing</li> </ul> <p><b>Multi-Skills</b></p> <ul style="list-style-type: none"> <li>To perform basic movements and show spatial awareness – to know how to maintain space from my peers</li> <li>To perform moving with a ball – to know different ways of moving</li> <li>To perform rolling of a ball – to know how to hold a ball securely when moving. To know how to roll a ball to reach a target. To know how to regulate speed of rolls</li> <li>To perform throwing and catching</li> <li>To perform kicking of a ball</li> <li>To be able to dribble and move with different balls - to know the different techniques needed to dribble different balls</li> <li>To perform control of a ball to maintain possession in hockey</li> </ul> |

# Physical Education Long Term Plan 2023-2024

|        | Autumn   | Spring  | Summer   |
|--------|--|---|--|
| Year 3 | <p><b>Football</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of football</li> <li>To dribble with the ball – to know how to perform dribbling</li> <li>To be able to pass using the side of my foot – to know how to pass</li> <li>To turn with the ball and intercept from an opponent – to be able to control the ball</li> <li>To shoot accurately and powerfully</li> <li>To use attacking strategies to outwit an opponent</li> <li>To perform a role within a football game</li> <li>To know how to pass when moving</li> <li>To know how to shoot</li> <li>To know how to safely tackle an opponent</li> </ul> <p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of rugby</li> <li>To hold the ball with the correct grip</li> <li>To be able to pass using 2 hands from the chest position.</li> <li>To ground the ball,</li> <li>To pass the ball and receive when moving.</li> <li>To take part in tagging.</li> </ul> | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To know the key features of volcanic eruptions, earthquakes, tsunamis and tornadoes</li> <li>To know the stages of volcanic eruptions, tsunamis and tornadoes</li> <li>To know the effects of natural disasters</li> <li>To know how to perform movements to represent natural disasters</li> <li>To perform movements that represent a volcanic eruption</li> <li>To perform movements that represent an earthquake</li> <li>To perform movements that represent a tsunami</li> <li>To perform movements that represent a tornado</li> <li>To perform movements that represent the effects of natural disasters</li> <li>To perform a montage of natural disaster movements</li> </ul> <p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>To perform Yoga balances with agility and coordination – To know and show the different Yoga poses confidently</li> <li>To perform Yoga poses on all fours and 2 feet– Demonstrate different Yoga balances and poses</li> <li>To perform Yoga poses to develop strength – To know the definitions for balance, coordination, speed and agility</li> <li>To perform Yoga poses with varying speed</li> <li>To perform standing Yoga poses and balances</li> <li>To demonstrate linkage of Yoga poses and Yoga flows</li> <li>To know and perform Yoga relaxation and breathing</li> </ul> | <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To perform the sprinting technique</li> <li>To perform the underarm and overarm throws with distance</li> <li>To perform the fling throw with distance</li> <li>To perform the Standing Long Jump</li> <li>To perform hurdling – know how to perform strides for hurdling</li> <li>To perform events in a Pentathlon</li> <li>To know how to measure times and distance for Athletics events</li> <li>To know how to conduct the coordination test</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Rounders</li> <li>To use the cup catch and underarm throw – to know how to perform the cup catch</li> <li>To hit the ball when batting – to know how to bowl</li> <li>To use the overarm throw when fielding – to know how to perform an overarm throw</li> <li>To bowl to a target – to know how to bowl</li> <li>To use the long barrier – to know how to perform the long barrier</li> <li>To use skills in a game situation</li> </ul> |



# Physical Education Long Term Plan 2023-2024

|        | Autumn  | Spring  | Summer   |
|--------|---|---|--|
| Year 4 | <p><b>Football</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of football</li> <li>To dribble with the ball – to know how to perform dribbling</li> <li>To be able to pass using the side of my foot – to know how to pass</li> <li>To turn with the ball and intercept from an opponent – to be able to control the ball</li> <li>To shoot accurately and powerfully</li> <li>To use attacking strategies to outwit an opponent</li> <li>To perform a role within a football game</li> <li>To know how to pass when moving</li> <li>To know how to shoot</li> <li>To know how to safely tackle an opponent</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Quicksticks</li> <li>To dribble the ball with control – to know how to perform the basic dribble</li> <li>To use the push pass and control the ball</li> <li>To dribble and pass when moving at speed</li> <li>To block tackle an opponent safely</li> <li>To use attacking strategies to outwit opponents</li> <li>To use skills in Quicksticks</li> </ul> | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To know different styles of dance – to know different movements from each genre</li> <li>To perform a Rock'n'Roll dance</li> <li>To perform a Bollywood dance</li> <li>To perform a Salsa dance</li> <li>To perform a Street dance</li> <li>To create a dance showing different styles</li> <li>To perform a dance showing difference styles</li> </ul> <p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>To perform Yoga balances with agility and coordination – To know and show the different Yoga poses confidently</li> <li>To perform Yoga poses on all fours and 2 feet– Demonstrate different Yoga balances and poses</li> <li>To perform Yoga poses to develop strength – To know the definitions for balance, coordination, speed and agility</li> <li>To perform Yoga poses with varying speed</li> <li>To perform standing Yoga poses and balances</li> <li>To demonstrate linkage of Yoga poses and Yoga flows</li> <li>To know and perform Yoga relaxation and breathing</li> </ul> | <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run at different speeds – to know how to run at different speeds over a range of distances</li> <li>To be able to throw for distance – to know how to perform the overarm, overhead and pull throws</li> <li>To change direction when running</li> <li>To perform the Standing Triple Jump</li> <li>To perform relay events as part of a team</li> <li>To perform events in a Pentathlon</li> <li>To know how to measure times and distances for Athletics events</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Kwik Cricket</li> <li>To use the underarm bowl – to know how to perform the underarm bowl</li> <li>To use the correct stance and hit the ball when batting</li> <li>To perform close catching</li> <li>To perform the forward drive shot</li> <li>To apply cricket skills to modified games</li> <li>To use skills in Kwik Cricket</li> </ul> |

|        | Autumn   | Spring  | Summer  |
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| Year 5 | <p><b>Football / Lacrosse</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Football</li> <li>To be able to dribble with control – to know how to perform dribbling at speed</li> <li>To pass accurately and control the ball</li> <li>To dribble and pass when moving at speed – to know when to dribble and pass the ball</li> <li>To tackle an opponent safely</li> <li>To shoot accurately from different positions</li> <li>To use attacking strategies to effectively outwit opponents</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Tag Rugby</li> <li>To be able to grip and catch the ball</li> <li>To pass accurately</li> <li>To pass on the move and use width</li> <li>To know how width can be used to outwit opponents</li> <li>To tag opponents</li> <li>To evade an opponent – to know how to use the switch and dummy</li> <li>To use skills I have learnt in a Tag Rugby game</li> </ul> | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To know dance moves can represent different things</li> <li>To perform entrances to a Mission Impossible dance – to know how to perform the movements for entrances</li> <li>To perform searching the area dance interpretation</li> <li>To perform a physical theatre fight scene dance interpretation – to perform a fight scene through dance</li> <li>To perform a slow motion explosion dance interpretation</li> <li>To perform an escape dance interpretation</li> <li>To create and perform a Mission Impossible dance</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of netball</li> <li>To be able to catch and use the chest pass</li> <li>To use the bounce and overhead passes – to be able to perform chest, bounce and overhead passes</li> <li>To be able to pivot</li> <li>To be able to dodge into space – to know how to dodge</li> <li>To be able to mark an opponent effectively – to know how to mark</li> <li>To be able to shoot accurately – to know how to shoot</li> </ul> | <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run over long distances – to know how to regulate pace over long distance races</li> <li>To throw for accuracy - to use different throws and techniques to increase accuracy</li> <li>To jump for distance – to use the body to increase distance in the standing long jump</li> <li>To run over obstacles – to know how to hurdle an obstacle</li> <li>To throw for distance - to use different throws and techniques to increase distance</li> <li>To jump for height – to perform the standing vertical jump. To use the body to increase distance in the standing vertical jump</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>To know the basic rules of Kwik Cricket</li> <li>To use ground fielding techniques</li> <li>To use the overarm bowl</li> <li>To perform the forward defensive shot</li> <li>To perform the batting stance – to know the correct technique</li> <li>To perform deep field catching</li> <li>To perform the long barrier and standing pick up</li> <li>To perform the pull shot</li> <li>To use skills in Kwik Cricket</li> </ul> |

|        | Autumn   | Spring   | Summer  |
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| Year 6 | <p><b>Hockey</b><br/>                     To know the basic rules of Quicksticks<br/>                     To dribble the ball with control – to know how to perform the basic dribble<br/>                     To use the push pass and control the ball<br/>                     To dribble and pass when moving at speed<br/>                     To block tackle an opponent safely<br/>                     To use attacking strategies to outwit opponents<br/>                     To use skills in Quicksticks</p> <p><b>Basketball</b><br/>                     To know the basic rules of mini Basketball<br/>                     To be able to catch and use the chest pass – to know how to catch the ball<br/>                     To use the bounce and overhead passes<br/>                     To dribble with control – to know how to dribble the ball<br/>                     To perform the set shot<br/>                     To use man to man marking<br/>                     To use skills in Mini Basketball</p> | <p><b>Dance</b><br/>                     To know different styles of dance – to know different movements from each genre<br/>                     To perform the Hand Jive movements – to know and be able to perform the basic steps for the Hand Jive<br/>                     To be able to link steps together for the Hand Jive<br/>                     To be able to perform timings and counts<br/>                     To perform techniques from the Hand Jive with a partner<br/>                     To be able to create a Dance for the Hand Jive<br/>                     To be able to perform the Hand Jive accurately</p> <p><b>Netball</b><br/>                     To know the basic rules of High 5 Netball<br/>                     To be able to use a variety of passes – to know how to perform chest, bounce and overhead passes<br/>                     To pivot accurately and use passing to a moving target – know how to use footwork legally to pivot and pass on the move<br/>                     To work with others to move towards the opponent’s net<br/>                     To be able to pass on the move<br/>                     To be able to shoot accurately – know how to shoot<br/>                     To know where each position is allowed on the netball court<br/>                     To use skills effectively in a High 5 netball game</p> | <p><b>Athletics</b><br/>                     To know how to perform the three stages of the sprint race – to know how to measure results for a sprint race<br/>                     To perform a baton exchange<br/>                     To be able to throw the shot put with distance<br/>                     To be able to throw the javelin with distance<br/>                     To know how to measure distance for throws<br/>                     To perform the long jump and high jump – to know how to measure distances for jumps<br/>                     To perform the Scissor Kick technique</p> <p><b>Rounders</b><br/>                     To know the basic rules of Rounders<br/>                     To use a variety of throws and catches - know how to perform cup and reverse cup catches<br/>                     To bowl with accuracy and variation – to know when to vary bowling<br/>                     To use ground fielding techniques effectively – know when to use overarm and underarm throws<br/>                     To bat with accuracy and effectiveness – know how to perform batting and reverse hitting<br/>                     To adopt a range of fielding positions – know how to perform the long barrier and standing pick up<br/>                     To know where fielders should be positioned to be most effective<br/>                     To use skills effectively in a game</p> |