PE LTP	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Nursery	During this term all children should be given the opportunity to become confident to explore their surroundings and settle into their new environment? Opportunities should be given and encouraged for physical movement and activity? Me and Myself Can Idress myself with support if necessary?move freely and with pleasure and confidence in a range of skilful ways?engage in conversation with others?runs skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles?link sounds to letters, naming and sounding the letters of the alphabet?	Movement development Can Itravel with confidence and skill in a range of movements when using equipment?show understanding of the need for safety when tackling new challenges and considers and manages some risks?move freely and with pleasure and confidence in a range of skilful ways?run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?	Throwing and catching Can Ihold and throw a ball using two hands watch the ball carefully when I try to catch ituse my hands to catch a ball that is rolled or gently thrown to me throw a beanbag or ball towards a target.	Ball Games Can Ishow understanding of the need for safety when tackling new challenges and use equipment safely?play in a group, extending and elaborating play ideas within the group?begin to accept the needs of others and can take turns and share, sometimes with the support of others?show increasing control when throwing and catching a large ball?	Fun and games Can I run skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles?show understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment?begin to accept the needs of others and can take turns and share, sometimes with the support of others?move freely and with pleasure and confidence in a range of skilful ways?show understanding when counting objects to 10 and beginning to count beyond 10	Working with others Gymnastics Can Iplay/work in a group?accept the needs of others and can take turns and share, sometimes with the support of others?play going by responding to what others are saying or doing?run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?

Reception	During this term all children	Movement	Throwing and	Ball Games	Fun and games	Working with others
	should be given the	<u>development</u>	catching	Can I	Can I	<u>Gymnastics</u>
	opportunity to become	Can I	Can I	show	run skilfully and	Can I
	confident to explore their	travel with	hold and throw a	understanding of the	negotiates spaces	???play/work in a
	surroundings and settle into	confidence and skill	ball using two	need for safety when	successfully,	group?
	their new environment?	in a range of	hands.	tackling new	adjusting speed or	accept the needs of
	Opportunities should be	movements when	watch the ball	challenges and	direction to avoid	others and can take
	given and encouraged for	using equipment?	carefully when I try	considers and	obstacles?	turns and share,
	physical movement and	show	to catch it.	manages some risks	show	sometimes with the
	activity?	understanding of the	use my hands to	when using	understanding of	support of others?
		need for safety when	catch a ball that is	equipment?	the need for safety	play going by
	Me and Myself	tackling new	rolled or gently	play in a group,	when tackling new	responding to what
	Can I	challenges and	thrown to me.	extending and	challenges and	others are saying or
	dress myself with support	considers and	throw a beanbag	elaborating play	considers and	doing?
	if necessary?	manages some risks?	or ball towards a	ideas within the	manages some risks	run skilfully and
	move freely and with	move freely and	target.	group?	when using	negotiates spaces
	pleasure and confidence in	with pleasure and		begin to accept the	equipment?	successfully, adjusting
	a range of skilful ways?	confidence in a range		needs of others and	begin to accept	speed or direction to
	engage in conversation	of skilful ways?		can take turns and	the needs of others	avoid obstacles?
	with others?	run skilfully and		share, sometimes	and can take turns	
	runs skilfully and	negotiates spaces		with the support of	and share,	
	negotiate spaces	successfully,		others?show	sometimes with the	
	successfully, adjusting	adjusting speed or		increasing control	support of others?	
	speed or direction to avoid	direction to avoid		when throwing and	move freely and	
	obstacles?	obstacles?		catching a large ball?	with pleasure and	
	link sounds to letters,				confidence in a	
	naming and sounding the				range of skilful	
	letters of the alphabet?				ways?	
					show	
					understanding	
					when counting	
					objects to 10 and	
					beginning to count	
					beyond 10	

Year 1	O/F – Football	I – Gymnastics	<u>I - Dance</u>	<u>I – Fitness</u>	OAA	O/M – Kwik Cricket
?	Using large soft balls	Basic gymnastic	Learn basic	Can I	Can I	Using a variety of balls,
	Can I???	movements – using	movements	follow warm up	work with a	bean bags and short
	move freely and find my	basic apparatus?	relating to	and cool down	partner?	bats, targets?
	own space?	Developing balance,	feelings?	exercises?	solve a simple	Can I
	explore different ways of	agility, co-ordination	Can I	???describe and	problem?	??? catch a variety of
	using a ball	of travelling,	make a good	comment on my	follow simple	balls/bean bags with
	explore ways to send and	stillness, jumping,	start and finish	actions?	instructions?	some control?
	receive a ball or other	timing, changing	position in a	?? describe how my	be safe outdoors?	strike a ball with my
	equipment?	shape, direction and	sequence?	body feels when I am		hand/a bat with some
	change my speed?	size?	move my body	exercising?	I – Gymnastics	control?
	aim a ball?	Can I	in a variety of	(Breathing, warm/	Can I	??? throw underarm
	(hoop/mat/between	???be still in	ways?	cool etc)	use a variety of	with some control?
	markers)	different body	respond to	practise my skills? I	balances?	???aim for a target
	Pitch invasion	shapes and	different music	O/M – Tennis	use stillness and	(rolling / extend to
	retrieve and stop a ball	balances?	showing a range of	Using a variety of	travel in a	throwing)
	using different parts of the	combine different	emotions and	balls, bean bags and	sequence?	???hold a bat correctly
	body?	ways of travelling?	stimulus?	short handled bats/	investigate	and safely
	– Dodgeball	???move between	perform dance	rackets	different jumps?	?? defend a target (with
	Using a variety of balls,	mats and small	movements and	Can I	put a clear start,	body / bat)
	bean bags and short bats,	apparatus with	simple sequences	???throw and catch a	middle and end to	???run confidently from
	targets?	confidence?	using simple	variety of balls/bean	my sequence?	one maker to another
	Can I	change the speed	movement	bags?	develop simple	???play simple game of
	throw a ball underarm	of movement?	patterns?	??? hold and move	sequences of	striking (1v1? 1 v 2)
	towards a target.	handle apparatus	create a	with a racket safely?	different actions	
	move quickly to dodge a	safely?	sequence based on	??? balance a	using floor and	O/F – Athletics
	ball safely.	???recognise how it	a well-known	ball/bean bag on my	apparatus?	Learn basic movements
	catch a ball using two	feels when the body	story?	racket?		Can I
	hands.	is tense in a balance?	(e.g., Goldilocks –	??? roll a ball		Sprint in a straight
	find space and stay aware	O/F – Rugby	the dance will be	towards a target?		line? (30m)
	of other players.	Can I???	more like physical	??? throw a ball		jump 2 feet to 2 feet,
	follow simple rules to play	move freely and	theatre to music	towards a target?		1 foot to the other foot
	a game fairly.	find my own space?	which is what we	???pat a ball in the		jump over a hurdle?
	stop and start safely when	explore different	want)	air with my		???run for longer
	I hear a signal or whistle.	ways of using a ball		hand/racket?		distance? (300m)
	_		O/M – Basketball			Participate in Sports da

develop simple attacking	explore ways to	Can I	??? hit a ball that is	
and defending techniques?	send and receive a	move around	thrown to me?	
and detending techniques:	ball or other	changing direction	tinown to me:	
	equipment	and speed to a		
	?? change my speed?	space without		
	aim a ball?	contact?		
	(hoop/mat/between	pass and receive		
	markers)	a ball with control		
	Pitch invasion			
		and accuracy?		
	retrieve and stop a	pass a ball from a		
	ball using different	variety of		
	parts of the body?	distances?		
		aim the ball		
		towards a target		
		Court invasion		
		bounce a ball		
		with my hand?		
		use a variety of		
		passeschest,		
		bounce, shoulder)?		
		Can I show some		
		understanding of		
		tactics/rules in a		
		simple game?		
		Can I participate in		
		a simple game?		
		Can I begin to		
		understand tactics		
		for attacking and		
		defending?		

Year 2	O/M – Tennis	I – Gymnastics	I – Dance	O/F – Rugby	OAA	O/F – Rounders
Throughout the	Can I	Can I	Can I	Can I???	Can I	Can I
curriculum, using	??? hold and move with a	use a variety of	move to different	move freely and	co-operate in a	pass and receive a ball
trim trail, climbing	racket safely in both hands?	balances?	music genres?	find my own space?	small group?	accurately?
wall and	??? balance a ball/bean bag	use stillness and	recognise a beat?	explore different	solve a 2-step	pass and receive a ball
orienteering	on my racket and move?	travel in a sequence?	describe moods	ways of using a ball	problem?	from a variety of
route?	??? send a ball towards a	investigate	and how it makes	explore ways to	follow 2 to 3 step	distances?
	target using a racket?	different jumps?	me feel?	send and receive a	instructions?	strike a ball accurately?
<u>Teamwork</u>	??? throw a ball underarm	put a clear start,	evaluate,	ball or other	identify	perform fielding
Can I	over a target?	middle and end to	rehearse and	equipment	objects/places on a	techniques with control
focus when	???pat and bounce a ball	my sequence?	improve a simple	?? change my speed?	simple map?	and coordination?
watching others	with my hand/racket?	develop simple	dance sequence?	aim a ball?	follow a simple	incorporate the skills I
perform?	??? return a ball on the	sequences of	(1 to 8 steps)	(hoop/mat/between	route?	have learnt into a small
follow	bounce that is thrown to	different actions	put a clear start,	markers)	describe how to	game situation?
instruction and	me? (forehand/backhand)	using floor and	middle and end to	Pitch invasion	be safe outdoors?	recognise and play to
cooperate in a	Begin a short rally	apparatus?	my sequence?	retrieve and stop a		the set rules of a simple
small group		O/M – Hockey	perform a simple	ball using different	<u>I – Fitness</u>	game?
situation (2 v1,		Can I	dance sequence?	parts of the body?	Can I	O/M – Athletics
2v2) (Take turns,	O/F – Football	control and keep	O/M- Netball		describe the	Can I
listen to rules)	Can I	possession of a ball	Can I	<u>I – Dodgeball</u>	differences	Sprint in a straight
give and receive	move around changing	while travelling?	move around	Can I	between my own	line? (40m)
simple feedback to	direction and speed to a	(dribble)	changing direction	move around	and others	use (and combine) a
my peers?	space without contact?	pass and receive a	and speed to a	changing direction	performance?	variety of jumps e.g., 2
work in a small	pass and receive a ball	ball with accuracy?	space without	and speed to a space	describe how	feet to 2 feet, 1 foot to
group	with control and accuracy?	pass a ball towards	contact?	without contact?	exercise changes	the other foot? 1 to
successfully?	pass a ball from a variety	different	pass and receive	aim the ball	my body?	same foot,
say when a	of distances?	width/height	a ball with control	towards a target	(Breathing, pulse)	jump over several
movement or skill	aim the ball towards a	targets?	and accuracy?	Court invasion		hurdle?
is performed well?	target	use the best tactics	pass a ball from a	bounce a ball with		throw a ball overarm?
	Court invasion	to keep possession?	variety of	my hand?		???run for longer
	bounce a ball with my	(Find space to	distances?	Can I show some		distance? (300m)
	hand?	receive a ball)	aim the ball	understanding of		race against another
	use a variety of passes	turn with a ball?	towards a target	tactics/rules in a		opponent?
	chest, bounce, shoulder)?	choose good	Court invasion	simple game?		device my own
	Can I show some	positional play in a	bounce a ball	Can I participate in a		obstacle race?
	understanding of	game?	with my hand?	simple game?		

	tactics/rules in a simple game? Can I participate in a simple game? Can I begin to understand tactics for attacking and defending?		use a variety of passeschest, bounce, shoulder)? Can I show some understanding of tactics/rules in a simple game? Can I participate in a simple game? Can I begin to understand tactics for attacking and defending?	Can I begin to understand tactics for attacking and defending?		Participate in Sports day
Year 3	I – Dodgeball	I – Gymnastics	O/M – Basketball	I – Fitness	OAA	O/F – Athletics
Throughout the	Can I	Can I	Can I	Can I	Can I	Can I
curriculum, using	control and keep	transfer weight	control and keep	recognise and	cooperate in a	develop my running
trim trail, climbing	possession of a ball while	smoothly from one	possession of a ball	describe changes in	group?	skills to improve my time
wall and	travelling? (dribble)	part of body to	while travelling?	my body	orientate simple	in a sprint (50m) and
orienteering	pass and receive a ball	another?	(dribble)	temperature, heart	maps in	longer distance (400m)?
route?	with accuracy?	link different	pass and receive	rate and breathing	classroom/hall?	develop my technique
	pass a ball towards	balances?	a ball with	when I am	locate and move	in jumping to improve
Teamwork	different width/height	moving in and out of	accuracy?	exercising?	to some points on	the length and height of
Can I	targets?	positions of stillness?	pass a ball	Do I understand the	map?	my jumps over time?
describe /	use the best tactics to	practice and	towards different	necessity of warm up	take part in	compete fairly against
comment on the	keep possession? (Find	concentrate on	width/height	and cool down?	problem solving	other opponents?
performance of	space to receive a ball)	quality	targets?	Can I describe how	activities in a small	change a baton in a
others positively?	turn with a ball?	of movement?	use the best	my body feels like	team?	relay?
combine my		use actions on floor	tactics to keep	during and after		Participate in Sports day
skills in a small	O/M – Football	and over, through,	possession? (Find	exercise?	Gymnastics 2	
game situation?	Can I	across and along	space to receive a	O/M - Tennis	Can I	O/M – Kwik Cricket
(3v1, 3v3, 4v1,	control and keep	apparatus?	ball)	Can I	Perform a range of	Can I
4v4)	possession of a ball while	vary and apply	turn with a ball?	throw and catch	balances using	strike a ball in
-	travelling? (dribble)	actions	choose good	with a	different body	different directions?
	pass and receive a ball	on floor and	positional play in a		parts.	use various throws
	with accuracy?	apparatus?	game?		•	over different distances?

	pass a ball towards different width/height targets?use the best tactics to keep possession? (Find space to receive a ball) turn with a ball?choose good positional play in a game?	develop and perform actions? Copy a partner's sequence on floor and apparatus? O/F – Rugby Can Icontrol and keep	I – Dance Can I Use a variety of travels, gestures, turns, jumps and balances with good composure and control?? improvise	variety of different balls using different types of throwing over a barrier? vary strength, length and direction of throw? Hold a racket firmly	Create and repeat a short sequence of movements. Travel in different ways with control and coordination. Jump and land safely in a variety of ways.	receive a ball from different distances? develop my striking and fielding techniques into a small game? recognise the benefit of fielding places?
	pray in a game:	possession of a ball while travelling? (dribble)pass and receive a ball with accuracy?pass a ball towards different width/height targets?use the best tactics to keep possession? (Find space to receive a ball) turn with a ball?choose good positional play in a game?	freely on my own and/or with a partner, translating ideas from a stimulus to a movement?Learn a short sequence with a clear, middle and end? create and perform dance moves that link to my topic? (E.g., Romans – tell a story or create a chariot race? Music - chariots of fire?) work with a	and accuratelycontrol a ball on a racket (pats and bounces)hit the ball accurately with a racket (forehand/backhand)use different shots in a rally? Continue my skills in a small game (short tennis rules)	Link actions smoothly with clear transitionsUse space safely and show awareness of others during performance.	
Year 4	O/M – Tennis	<u>I - Gymnastics</u>	group? O/M - Netball	I - Dodgeball	I – Fitness	<u>Athletics</u>
Using Orienteering route throughout the curriculum and	Can Ihold a racket firmly and accurately?	Can Itravel in various ways across the floor and apparatus safely	Can I use equipment safely?	Can I use equipment safely?	Can Iconfidently talk about the changes	Can I develop my technique for

across a variety of activities.

Teamwork

Can I...

...evaluate the tactics I see and make changes to my own and others' performance? ...work with others fairly?

...control a ball on a racket (pats and bounces) ...hit the ball accurately with a racket? (forehand/backhand/volley/ under arm serve) ...use different shots in a rally? Continue using skills in a small game (short tennis / badminton rules)

Swimming

Each pupil is required to be able to do the following:

Perform safe self-rescue in different water-based situations.

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

(points and patches)? ...devise, perform and repeat sequences that include travel and balances? ...work with a partner and small groups to create sequences? ...adapt a sequence to include apparatus? Compare and contrast similar performances? O/M – Hockey Can I...

...control and keep possession of a ball while travelling? (dribble) ...pass and receive a ball with accuracy? ...pass a ball towards different width/height targets? ...use the best tactics to keep possession? (Find space to

receive a ball)

... turn with a ball?

ball showing increasing control? (Dribble) ...pass (push passhockey) (chest. bounce, shoulder etc netball) the ball indifferent ways with accuracy to a partner/ target? ... use attacking and defending techniques? ...choose and adapt techniques to keep possession? ... combine my skills in small team situations (up to 5 v 5)

... travel with the

O/M – Football

Can I...

...control and keep possession of a ball while travelling? (dribble)

...pass and receive a ball with accuracy?

... travel with the ball showing increasing control? (Dribble) ...pass (push passhockey) (chest, bounce, shoulder etc netball) the ball indifferent ways with accuracy to a partner/ target? ... use attacking and defending techniques? stretches? ...choose and adapt techniques to keep OAA possession? Can I... ... combine my skills in small team

O/F - Rugby Can 1???

situations (up to 5 v

...move freely and find my own space? ...explore different ways of using a ball ... explore ways to send and receive a ball or other equipment ?? change my speed? ...aim a ball? (hoop/mat/between markers) Pitch invasion

to my body during exercise? ...comment on some of my main muscle groups and how exercise helps? ... recognise how my pulse changes during and after exercise? ... device a warm routine involving

...develop map work and orientation of the school site? ...move quickly to controls using a simple course on school site? ...solve more complex problems within a group?

...running at shorter and longer distances? ... throwing for distance? ...jumping and leaping for height and distance? Can I... ...device a relay race ...make progress over time? OAA Can I... ...develop map work and orientation of the school site? ...move quickly to controls using a simple course on school field/ Playground? ...solve more complex problems within a

O/F – Rounders Can I...

group?

...throw and catch a balls at different speeds, directions and heights? ... aim a ball at a target (under arm) ... strike a ball in different directions? ...choose and use a range of simple tactics and

Participate in Sports Day

		choose good positional play in a game?	pass a ball towards different width/height targets?use the best tactics to keep possession? (Find space to receive a ball) turn with a ball?choose good positional play in a game?	retrieve and stop a ball using different parts of the body?		Strategies in a small game?keep, adapt and make rules for striking and Games? (rounders, golf, baseball, cricket)
Year 5	<u>O – Dodgeball</u>	O/F - Rugby	I – Dance(Hiphop)	<u>I – Fitness</u>	O/F – Rounders	O/F – Athletics
Covered	Can I	Can I	Can I	Can I	Can I	Can I
throughout	travel /find space with or	travel /find space	explore,	describe	develop and	choose my favourite
curriculum and on	without a ball showing	with or without a ball	improvise and	confidently the	improve a variety of	ways
residential.	different speeds and	showing different	combine	effects of exercise?	throws?	of running, jumping and
	direction?	speeds and	movement and	(E.g., principles of	receive balls from	throwing and improve
<u>Teamwork</u>	can I use a variety of	direction?	ideas fluently and	respiration,	different lengths	it?
Can I	passes (e?g?, hockey - slap-	can I use a variety	effectively?	temperature, fatigue	and speeds?	know how to plan a
explain what I do	hit) to my partner / target?	of passes to my	create dance	and recover)	vary direction of	run so I can pace myself?
well and what I	use defensive and	partner / target?	moves that link to	explain how	strikes with a bat?	plan to cover distances
can do to	attacking skills in a small	use defensive and	my topic?	different activities	bowl overarm	as a
improve?	game?	attacking skills in a	evaluate, refine	can promote	safely?	team to get the best
explain why	explain and follow the	small game?	and that develop	strength, power and	choose and use a	results
others are playing	rules of a game?	explain and follow	my own and	suppleness?	range of simple	possible?
well in the games?	constructively describe	the rules of a game?	others' work?	take a pulse, and	tactics and	mark a run up for
understand the	how to refine, improve, and	constructively	composing more	name some muscles	strategies in a small	jumping and throwing?
rules of fair play?	modify performance?	describe how to	complex routines	correctly,	game?	watch a partner's
lead within a	recognise and play	refine, improve, and	with repetition?	explain the effects	keep, adapt and	athletic
team?	different positions in a small	modify	remember and	of exercise on my	make rules for	
	game? (5v5)	performance?		body?		

O/F - Football ...recognise and play perform a dance How to lead my own striking and fielding performance and Can I... different positions in routine to an identify the main warm up using games? ...travel /find space with or a small game? (5v5) audience? dynamic stretches in OAA strengths? without a ball showing I - Gymnastics small groups Can I ... O/M - Kwik Cricket different speeds and Can I... O/M - Basketball ... explain what ...use map work and Can I... direction? ...include different Can I... muscles to warm up orientation ... strike a ball in ...can I use a variety of levels in my ...travel /find effectively for effectively? different directions? passes (e.g., hockey - slapbalances? space with or different exercises? ...build on my ... use various throws hit) to my partner / target? ...include different without a ball ... explain why stamina to move over different distances? ... use defensive and speeds in my showing different exercise is good for ...receive a ball from around an different distances? attacking skills in a small movements? speeds and my fitness, health orienteering course game? ...use space direction? and wellbeing? in the school ...develop my striking ... explain and follow the effectively? ...can I use a O/M – Tennis grounds? and fielding techniques rules of a game? variety of passes Can I... into a small game? ...make up a ...recognise how ...constructively describe sequence with (e?g?, hockey -...hold and swing the team building and ...recognise the benefit how to refine, improve, and compositional ideas? slap-hit) to my racket for different problem-solving of fielding places? modify performance? partner / target? shots? skills support other (contrasts and ...recognise and play variation in shape, ... use defensive ...know where to activities? stand and move on different positions in a small speed, level, timing and attacking skills **Gymnastics 2** and actions) in a small game? game? (5v5) the court to receive Can I... ... adapt my ... explain and different passes? ...Perform a range follow the rules of ...use different types of balances with sequence to different apparatus a game? of shots during a control, including layouts? ...constructively game? paired or group ...make a sequence describe how to ...improve accuracy balances. within a group and refine, improve, and recognise ...Create and share roles fairly? and modify progress? perform a complex performance? ... learn the overarm sequence using ...recognise and serve? symmetrical and play different asymmetrical positions in a small shapes. ...Travel with game? (5v5) precision, showing fluency and control between movements.

					Use different levels, speeds, and directions to add variety to a sequenceAdapt and refine movements based on feedbackDemonstrate strength, flexibility, and extension during performance.	
Year 6	O/F - Football	I – Gymnastics	I – Dance	I – Dodgeball	<u>I – Fitness</u>	O/F – Athletics
Covered	Can I	Can I	Can I	Can I	Can I	Can I
throughout	travel /find space with or	improve my shape	explore and	demonstrate all	decide on some	? sustain pace over
curriculum and on	without a ball showing	in balances and	improvise ideas for	round safe practice	ideas for warm up	longer
residential.	different speeds and	travel?	dances in different	for myself and	exercises and	distances, (e?g?, sprint
	direction?	use a combination	styles,	others?	routines?	for seven seconds, run
<u>Teamwork</u>	can I use a variety of	of	work on own,	pass the ball in	explain what	for one or two minutes?)
Can I	passes (e.g., hockey - slap-	dynamics in a	with a	different directions	makes a good warm	throw with greater
explain what I	hit) to my partner / target?	sequence?	partner and in a	and speeds safely?	up?	control, accuracy and
need to get better	use defensive and	use space	group?	show precision and	explain what	efficiency?
at and what to	attacking skills in a small	effectively?	explore and	accuracy when	clothing and	perform a range of
practice?	game?	adapt sequence to	experiment	receiving and	footwear is best to	jumps showing power,
explain why I or	explain and follow the	selected equipment?	imaginatively with	sending?	wear?	control and consistency
others are playing	rules of a game?	investigate	a stimulus?	perform skills with	check playing	at both take-off and
well in the games?	constructively describe	different ways of	composing more	accuracy confidence	area for safety?	landing?
ensure everyone	how to refine, improve, and	working with a	complex routines	and control?	explain how	set myself and others
is involved in a	modify performance?	partner or small	with clear sections	recognise different	playing invasion	targets in different
team?	recognise and play	group on and off	that link to topic?	ways of attacking	games helps your	events?
lead within a	different positions in a small	apparatus?	(e.g., use specific	and defending?	fitness and benefits	say why some athletic
team	game? (5v5)	adapt skills to	text/Goodnight Mr	play safely and	of playing outside	activities can improve
play fairly,	O/M – Tennis	meet the needs of a	Tom / the blitz?)	tactically in small	of school?	strength, power or
knowing how to	Can I			game situations?		stamina?

behave when	improve my racket strokes	situation within a	remember and	(6v6, 7v7)	take a pulse, and	explain how these can
winning and	through practise?	game?	perform a more	adapt skills to	name some muscles	help my performance in
losing?	improve my serving	select skills and	complex dance	meet the needs of a	correctly,	other types of activity?
	stroke?	techniques to	routine to an	situation within a	explain the effects	identify areas that
	hit the ball in	improve my own and	audience?	game?	of exercise on their	needs to be practised
	the court away to out-wit	others performance?		select skills and	body?	and refined, and suggest
	opponent?	O/M – Hockey	O/M – Netball	techniques to	???explain the	improvements?
	use speed, height and	Can I	Can I	improve my own and	value of exercise	O/F – Rounders
	direction in my play?	demonstrate all	demonstrate all	others performance?	outside of school	Can I
	know where to	round safe practice	round safe practice	O/F – Rugby	day?	develop and
	stand when attacking and	for myself and	for myself and	Can I	explain why	adapt my striking,
	defending?	others?	others?	demonstrate all	exercise is good for	fielding,
	use or device a scoring	pass the ball in	pass the ball in	round safe practice	my body and mind?	throwing and catching
	system?	different directions	different directions	for myself and		skills to different
		and speeds safely?	and speeds safely?	others?		heights,
		show precision and	show precision	pass the ball in		distances in small and
		accuracy when	and accuracy when	different directions	OAA – Residential	large games?
		receiving and	receiving and	and speeds safely?	Can I	use an over and
		sending?	sending?	show precision and	work in a team on	underarm throw
		perform skills with	perform skills	accuracy when	off-site locations	appropriately in a game?
		accuracy confidence	with accuracy	receiving and	confidently?	use and adapt rules,
		and control?	confidence and	sending?	work with	strategies and tactics?
		recognise different	control?	perform skills with	different maps and	use the
		ways of attacking	recognise	accuracy confidence	in different	knowledge of basic
		and defending?	different ways of	and control?	locations?	principles of batting and
		Can I play safely and	attacking and	recognise different	take part in	fielding? (scoring)
		tactically in small	defending?	ways of attacking	competitive	
		game situations?	Can I play safely	and defending?	orienteering?	
		(6v6, 7v7))	and tactically in	Can I play safely and	lead and be led in	
			small game	tactically in small	problem solving	
			situations? (6v6,	game situations?	activities	
			7v7))	(6v6, 7v7))	<u>OAA</u>	
			adapt skills to	adapt skills to	Can I	
			meet the needs of	meet the needs of a	work in a team on	
			a situation within a	situation within a	off-site locations	
			game?	game?	confidently?	

select skills and techniques to improve my own and others performance?	select skills and techniques to improve my own and others performance?	work with different maps and in different locations?take part in competitive orienteering?lead and be led in problem solving activities
		Mop up Swim – Week after Easter

National Curriculum

- Running jumping, throwing catching in isolation and in combination: football, rugby, handball, dodgeball, basketball, netball, hockey, cricket, rounders
- <u>Competitive games, apply basic attacking and defending principles:</u> football, rugby, handball, dodgeball, basketball, netball, hockey, cricket, rounders
- Flexibility strength, technique, control and balance: Dance, gymnastics,
- Dance: dance
- Outdoor adventure activities: OAA
- Compare performances: fitness, dance, gymnastics

Subjects

Net/wall activities	Tennis
Invasion games	Football
	Rugby
	Hockey
	Basketball
	Netball
Striking and fielding	Kwik Cricket
	Rounders
Target games	Dodgeball
Outdoor activities	Orienteering
Artistic	Dance
	Gymnastics
Fundamentals	Athletics

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Me & Myself	Football	Football	Football	Swimming	Football	Football
1		Dodgeball	Tennis	Dodgeball	Tennis	Dodgeball	Tennis
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Rugby	Hockey M	Rugby	Hockey	Rugby	Hockey
Spring 1	Throwing &	Dance	Dance	Dance	Dance	Dance	Dance
	catching	Basketball	Netball	Basketball	Netball	Basketball	Netball
Spring 2	Ball Skills	Fitness	Dodgeball	Fitness	Dodgeball	Fitness	Dodgeball
		Tennis	Rugby	Tennis	Rugby	Tennis	Rugby
Summer 1	Fun & Games	OAA	OAA	OAA	OAA	OAA	OAA
-		Gymnastics 2	Fitness	Gymnastics 2	Fitness	Gymnastics 2	Fitness
Summer	Working with others	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
2		Kwik Cricket	Rounders	Kwik Cricket	Rounders	Kwik Cricket	Rounders

	Intent, Impleme		
Health, Fitness & Wellbeing	Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.	<u>Feedback</u>	Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up/down).
Body Awareness	Shows some understanding towards the effects of activity on their body.	Peer-coaching	Responds to ideas showing understanding, asking appropriate questions of others.
<u>Safety</u>	Aware of the boundaries set, and of behavioural expectations in the setting, to ensure everyone's safety. Know that equipment and apparatus can be harmful.	<u>Leadership & Teamwork</u>	Can play fairly in a group. Shows the ability to accept the needs of others and can take turns and share resources, sometimes with support from others.
<u>Evaluation</u>	Watch and copy some basic movements in P.E. Responds to what others are saying or doing.		