PE LTP	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Nursery	Me and Myself	Me and Myself	Working with	Movement	Fun and games	Ball Games
	Running games	Running games	<u>others</u>	development	Athletics and Cricket	Rounders and Tennis
	Can I	Can I	<u>Gymnastics</u>	<u>Football</u>	Can I	Can I
	dress myself with	dress myself with	Can I	Can I	run skilfully and	show understanding of
	support if	support if necessary?	play/work in a	travel with	negotiates spaces	the need for safety when
	necessary?	move freely and	group?	confidence and skill	successfully,	tackling new challenges and
	move freely and	with pleasure and	accept the needs	in a range of	adjusting speed or	considers and manages
	with pleasure and	confidence in a range	of others and can	movements when	direction to avoid	some risks when using
	confidence in a	of skilful ways?	take turns and	using equipment?	obstacles?	equipment?
	range of skilful	engage in	share, sometimes	show	show	play in a group, extending
	ways?	conversation with	with the support of	understanding of the	understanding of the	and elaborating play ideas
	engage in	others?	others?	need for safety when	need for safety when	within the group?
	conversation with	runs skilfully and	play going by	tackling new	tackling new	begin to accept the needs
	others?	negotiate spaces	responding to what	challenges and	challenges and	of others and can take turns
	runs skilfully and	successfully,	others are saying or	considers and	considers and	and share, sometimes with
	negotiate spaces	adjusting speed or	doing?	manages some risks?	manages some risks	the support of others?
	successfully,	direction to avoid	run skilfully and	move freely and	when using	show increasing control
	adjusting speed or	obstacles?	negotiates spaces	with pleasure and	equipment?	when throwing and
	direction to avoid	link sounds to	successfully,	confidence in a range	begin to accept the	catching a large ball?
	obstacles?	letters, naming and	adjusting speed or	of skilful ways?	needs of others and	
	link sounds to	sounding the letters	direction to avoid	run skilfully and	can take turns and	
	letters, naming and	of the alphabet?	obstacles?	negotiates spaces	share, sometimes	
	sounding the letters			successfully,	with the support of	
	of the alphabet?	Me and Myself	Movement	adjusting speed or	others?move freely	
		Team Games	development	direction to avoid	and with pleasure	
	Me and Myself	Can I	Can I	obstacles?	and confidence in a	
	Team games	run skilfully and	travel with		range of skilful ways?	
	Can I	negotiates spaces	confidence and skill		show	
	run skilfully and	successfully,	in a range of		understanding when	
	negotiates spaces	adjusting speed or	movements when		counting objects to	
	successfully,	direction to avoid	using equipment?		10 and beginning to	
	adjusting speed or	obstacles?	show		count beyond 10	
	direction to avoid	show	understanding of			
	obstacles?	understanding of the	the need for safety			
		need for safety when	when tackling new			

	show		rnallenges and			
	understanding of	tackling new challenges and	challenges and considers and			
	the need for safety	considers and	manages some			
	when tackling new	manages some risks	risks?			
	challenges and	when using	move freely and			
	considers and	-	with pleasure and			
		equipment?	confidence in a			
	manages some risks	begin to accept the				
	when using	needs of others and	range of skilful			
	equipment?	can take turns and	ways?			
	begin to accept	share, sometimes	run skilfully and			
	the needs of others	with the support of	negotiates spaces			
	and can take turns	others?move freely	successfully,			
	and share,	and with pleasure	adjusting speed or			
	sometimes with the	and confidence in a	direction to avoid			
	support of others?	range of skilful ways?	obstacles?			
	move freely and	show				
	with pleasure and	understanding when				
	confidence in a	counting objects to				
	range of skilful	10 and beginning to				
	ways?	count beyond?				
	show					
	understanding					
	when counting					
	objects to 10 and					
	beginning to count					
	beyond?					
Reception	Me and Myself	Me and Myself	Working with	Movement	<u>Dance</u>	Ball games
	Running games	Running games	<u>others</u>	development	Can I	Can I
	Can I	Can I	Gymnastics	Can I	explore and copy	show understanding of
	dress myself with	dress myself with	Can I	travel with	basic body actions	the need for safety when
	support if	support if necessary?	play/work in a	confidence and skill	and rhythms?	tackling new challenges and
	necessary?	move freely and	group?	in a range of	negotiate space	considers and manages
	move freely and	with pleasure and	accept the needs	movements when	confidently, using	some risks when using
	with pleasure and	confidence in a range	of others and can	using equipment?	appropriate	equipment?
	confidence in a	of skilful ways?	take turns and	show	strategies?	
		,	share, sometimes	understanding of the		

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?

Me and Myself Team games Can I...

...run skilfully and negotiates 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

...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?

Me and Myself Team Games Can I...

...run skilfully and negotiates 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?
...play going by responding to what others are saying or doing?
...run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles?

Movement development Can I...

...travel 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?

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?

...use their bodies to respond to stories, topics, and music?

Movement development Can I...

...travel 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?

...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?

Working with others Can I...

...play/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?

•	and can take turns	with the support of	run skilfully and		
	and share,	others?move freely	negotiates spaces		
	sometimes with the	and with pleasure	successfully,		
	support of others?	and confidence in a	adjusting speed or		
	move freely and	range of skilful ways?	direction to avoid		
	with pleasure and	show	obstacles?		
	confidence in a	understanding when			
	range of skilful	counting objects to			
	ways?	10 and beginning to			
	show	count beyond?			
	understanding				
	when counting				
	objects to 10 and				
	beginning to count				
	beyond?				

'ear 1	O/M – Ball Games	OAA - Scrap Shed	I – Gymnastics	I – Dodgeball	Forest School	O/M – Kwik Cricket
	Using a variety of	Can I	Basic gymnastic	Using a variety of	Can I	Using a variety of balls,
	balls, bean bags	work with a	movements – using	balls, bean bags and	begin to give and	bean bags and short bats
	and short bats,	partner?	basic apparatus?	short bats, targets?	receive simple	targets?
	targets?	solve a simple	Developing	Can I	feedback	Can I
	Can I	problem?	balance, agility, co-	catch a variety of	suggestions?	catch a variety of
	catch a variety of	follow simple	ordination of	balls/bean bags with	work with a	balls/bean bags with som
	balls/bean bags	instructions?	travelling, stillness,	some control?	partner?	control?
	with some control?	be safe outdoors?	jumping, timing,	strike a ball with		strike a ball with my
	strike a ball with		changing shape,	my hand/a bat with	O/F – Athletics	hand/a bat with some
	my hand/a bat with	I - Dance	direction and size?	some control?	Learn basic	control?
	some control?	Learn basic	Can I	throw underarm	movements?	throw underarm with
	throw underarm	movements relating	be still in	with some control?	Can I	some control?
	with some control?	to feelings?	different body	aim for a target	Sprint in a straight	aim for a target (rolling
	aim for a target	Can I	shapes and	(rolling / extend to	line? (30m)	extend to throwing)
	(rolling / extend to	make a good start	balances?	throwing)	jump 2 feet to 2	hold a bat correctly and
	throwing)	and finish position in	combine	hold a bat correctly	feet, 1 foot to the	safely
	hold a bat	a sequence?	different ways of	and safely	other foot?	defend a target (with
	correctly and safely	move my body in a	travelling?move	defend a target	jump over a	body / bat)
	defend a target	variety of ways?	between mats and	(with body / bat)	hurdle?	run confidently from o
	(with body / bat)	respond to	small apparatus	run confidently	throw a chest	maker to another
	run confidently	different music	with confidence?	from one maker to	pass?	play simple game of
	from one maker to	showing a range of	change the speed	another		striking (1v1? 1 v 2)
	another	emotions and	of movement?	play simple game		
	play simple game	stimulus?	handle apparatus	of striking (1v1? 1 v		O/F – Rounders
	of striking (1v1? 1 v	perform dance	safely?	2)		Using a variety of balls,
	2)	movements and	recognise how it			bean bags and short bat
		simple sequences	feels when the body	O/M – Tennis		targets?
	Team work	using simple	is tense in a	Using a variety of		Can I
	Can I	movement patterns?	balance?	balls, bean bags and		catch a variety of
	begin to give and	create a sequence		short handled bats/		balls/bean bags with som
	receive simple	based on a well-	O/M – Netball	rackets		control?
	feedback	known story?	Can I	Can I		strike a ball with my
	suggestions?	(e?g?, Goldilocks –	move freely and	throw and catch a		hand/a bat with some
	work with a	the dance will be	find my own space?	variety of balls/bean		control?
	partner?	more like physical	·	bags?		

theatre to music	explore different	hold and move	throw underarm with
which is what we	ways of using a ball	with a racket safely?	some control?
want)	explore ways to	balance a	aim for a target (rolling /
	send and receive a	ball/bean bag on my	extend to throwing)
	ball or other	racket?	hold a bat correctly and
	equipment	roll a ball towards	safely
	change my	a target?	defend a target (with
	speed?	throw a ball	body / bat)
	aim a ball?	towards a target?	run confidently from one
	(hoop/mat/between	pat a ball in the air	maker to another
	markers)	with my	play simple game of
		hand/racket?	striking (1v1? 1 v 2)
	Court invasion	hit a ball that is	5 (,
	stop a rolling ball	thrown to me?	
	in two hands		
	send / throw a		
	ball?		
	retrieve / catch a		
	ball?		
	Juli.		

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

	use a variety of		use a variety of	follow instruction	incorporate the	
	passeschest,		passeschest,	and cooperate in a	skills I have learnt	
	bounce, shoulder)?		bounce, shoulder)?	small group situation	into a small game	
	Can I show some		Can I show some	(2 v1, 2v2) (Take	situation?	
	understanding of		understanding of	turns, listen to rules)	recognise and play	
	tactics/rules in a		tactics/rules in a	give and receive	to the set rules of a	
	•		•	simple feedback to	simple game?	
	simple game?		simple game?	•	Simple gamer	
	Can I participate in a		Can I participate in a	my peers?		
	simple game?		simple game?	work in a small		
	Can I begin to		Can I begin to	group successfully?		
	understand tactics		understand tactics	say when a		
	for attacking and		for attacking and	movement or skill is		
	defending?		defending?	performed well?		
Year 3	Forest School	OAA	I – Gymnastics	I – Dodgeball	O/M – Kwik Cricket	O/F – Athletics
	Can I	Can I	Can I	Can I	Can I	Can I
Teamwork	describe /	cooperate in a	transfer weight	control and keep	strike a ball in	develop my running skills
Can I	comment on the	group?	smoothly from one	possession of a ball	different directions?	to improve my time in a
describe /	performance of	orientate simple	part of body to	while travelling?	use various throws	sprint (50m) and longer
comment on the	others positively?	maps in	another?	(dribble)	over different	distance (400m)?
performance of	cooperate in a	classroom/hall?	link different	pass and receive a	distances?	develop my technique in
others positively?	group?	locate and move to	balances?	ball with accuracy?	receive a ball from	jumping to improve the
combine my skills	orientate simple	some points on map?	moving in and out	pass a ball towards	different distances?	length and height of my
in a small game	maps in	take part in	of	different	develop my striking	jumps over time?
situation? (3v1, 3v3,	classroom/hall?	problem solving	positions of	width/height	and fielding	develop my over-arm
4v1, 4v4)	locate and move	activities in a small	stillness?	targets?	techniques into a	throw a chest pass?
	to some points on	team?	practice and	use the best tactics	small game?	compete fairly against
	map?		concentrate on	to keep possession?	recognise the	other opponents?
	take part in	Fitness	quality	(Find space to	benefit of fielding	change a baton in a
	problem solving	Can I	of movement?	receive a ball)	places?	relay?
	activities in a small	recognise and	use actions on	turn with a ball?		Participate in Sports day
	team?	describe changes in	floor and over,	choose good	O/F – Rounders	
		my body	through, across and	positional play in a	Can I	O/M – Tennis
	I – Dance	temperature, heart	along apparatus?	game?	strike a ball in	Can I
	Can I	rate and breathing	vary and apply	-	different directions?	throw and catch with a
	1	, 0	, , , , ,		1	I

	Use a variety of travels, gestures, turns, jumps and balances with good composure and control?? improvise 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 group?	when I am exercising?understand the necessity of warm up and cool down?describe how my body feels like during and after exercise?	on floor and apparatus?develop and perform actions? Copy a partner's sequence on floor and apparatus? O/M – Hockey Can Icontrol 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?choose good positional play in a game?	Can Icontrol 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?choose good positional play in a game?	use various throws over different distances?receive a ball from different distances?develop my striking and fielding techniques into a small game?recognise the benefit of fielding places?	variety of different balls using different types of throwing over a barrier?vary strength, length and direction of throw? Hold a racket firmly 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)
Year 4	<u>I – Fitness</u> Can I	OAA Can I	Forest School Can I	O/M - Netball Can I	O/F – Rounders Can I	O/F - Athletics Can I
<u>Teamwork</u>	confidently talk	develop map work	evaluate the	use equipment	throw and catch a	develop my technique
Can I	about the changes	and orientation of	tactics I see and	safely?	balls at different	for
		the school site?	make changes to my		speeds, directions	

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

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 stretches?

Swimming

Each pupil is required to be able to do the following: Perform safe selfrescue 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.

...move quickly to controls using a simple course on school site? ...solve more complex problems within a group?

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own and others' performance? ...work with others fairly?

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Each pupil is required to be able to do the following: Perform safe selfrescue 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.

... 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? ...choose and adapt techniques to keep possession? ... combine my skills in small team situations (up to 5 v

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,

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 Strategies in a small game? ...keep, adapt and make rules for striking and Games? (rounders, golf, baseball, cricket)

Swimming

Each pupil is required to be able to do the following: Perform safe selfrescue 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.

...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 group?

Participate in Sports Day

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.

				for example, front crawl, backstroke and breaststroke.		
Year 5	O/M Hockey	O/M - Basketball	I – Gymnastics	<u>I – Dance</u>	O/F - Rounders	O/M – Golf
	Can I	Can I	Can I	Can I	Can I	Can I
<u>Teamwork</u>	travel /find space	travel /find space	include different	Use a variety of	develop and	develop and improve a
Can I	with or without a	with or without a ball	levels in my	travels, gestures,	improve a variety of	variety of throws?
explain what I do	ball showing	showing different	balances?	turns, jumps and	throws?	receive balls from
well and what I can	different speeds	speeds and	include different	balances with good	receive balls from	different lengths and
do to improve?	and direction?	direction?	speeds in my	composure and	different lengths and	speeds?
explain why	can I use a variety	can I use a variety	movements?	control?	speeds?	vary direction of strikes
others are playing	of passes (e?g?,	of passes (e?g?,	use space	? improvise freely	vary direction of	with a bat?
well in the games?	hockey - slap-hit) to	hockey - slap-hit) to	effectively?	on	strikes with a bat?	bowl overarm safely?
understand the	my partner / target?	my partner / target?	make up a	my own and/or with	bowl overarm	choose and use a range of
rules of fair play?	use defensive and	use defensive and	sequence with	a	safely?	simple tactics and strategies
lead within a	attacking skills in a	attacking skills in a	compositional	partner, translating	choose and use a	in a small game?
team?	small game?	small game?	ideas? (Contrasts	ideas from a stimulus	range of simple	keep, adapt and make
	explain and	explain and follow	and	to a movement?	tactics and strategies	rules for striking and
	follow the rules of a	the rules of a game?	variation in shape,	Learn a short	in a small game?	fielding games?
	game?	constructively	speed, level, timing	sequence with a	keep, adapt and	
	constructively	describe how to	and actions)	clear, middle and	make rules for	O/M – Tennis
	describe how to	refine, improve, and	adapt my	end?	striking and fielding	Can I
	refine, improve, and	modify performance?	sequence to	create and	games?	hold and swing the racket
	modify	recognise and play	different apparatus	perform dance		for different shots?
	performance?	different positions in	layouts?	moves that link to my	O/F - Athletics	know where to stand and
	recognise and play	a small game? (5v5)	make a sequence	topic?	Can I	move on the court to
	different positions		within a group and	(E.g., Romans – tell a	choose my	receive different passes?
	in a small game?	Forest School	share roles fairly?	story or create a	favourite ways	use different types of
	(5v5)	Can I		chariot race? Music -	of running, jumping	shots during a game?
		use map work and	O/F - Football	chariots of fire?)	and	improve accuracy and
	<u>I – Fitness</u>	orientation	Can I	work with a group?	throwing and	recognise progress?
	Can I	effectively?	travel /find space		improve it?	learn the overarm serve?
			with or without a	<u>OAA</u>		

to my body during exercise?comment on some of my main muscle groups and how exercise helps? recognise how my pulse changes	build on my stamina to move around an orienteering course in the school grounds?recognise how team building and problem-solving skills support other activities?	ball showing different speeds and direction?can I use a variety of passes (e.g., hockey - slap-hit) to my partner / target? use defensive and attacking skills in a small game? explain and follow the rules of a game?constructively describe how to refine, improve, and modify performance?recognise and play different positions in a small game? (5v5)	Can I use map work and orientation effectively? build on my stamina to move around an orienteering course in the school grounds? recognise how team building and problem-solving skills support other activities?	know how to plan a run so I can pace myself?plan to cover distances as a team to get the best results possible?mark a run up for jumping and throwing?watch a partner's athletic performance and identify the main strengths? OAA Can I use map work and orientation effectively?build on my stamina to move around an orienteering course in the school
		(5v5)		build on my stamina to move around an orienteering course

Year 6	<u>I – Fitness</u>	<u>I – Dance</u>	I – Gymnastics	O/M – Basketball	<u>O/M – Golf</u>	O/F – Athletics
	Can I	Can I	Can I	Can I	Can I	Can I
<u>Teamwork</u>	confidently talk	explore and	improve my shape	demonstrate all	develop and	? sustain pace over longer
Can I	about the changes	improvise ideas for	in balances and	round safe practice	adapt my striking,	distances, (e?g?, sprint for
explain what I	to my body during	dances in different	travel?	for myself and	fielding,	seven seconds, run for one
need to get better	exercise?	styles,	use a combination	others?	throwing and	or two minutes?)
at and what to	comment on some	work on own, with	of	pass the ball in	catching skills to	throw with greater
practice?	of my main muscle	a	dynamics in a	different directions	different heights,	control, accuracy and
explain why I or	groups and how	partner and in a	sequence?	and speeds safely?	distances in small	efficiency?
others are playing	exercise helps?	group?	use space	show precision and	and large games?	perform a range of jumps
well in the games?	recognise how my	explore and	effectively?	accuracy when	use an over and	showing power, control and
ensure everyone	pulse changes	experiment	adapt sequence to	receiving and	underarm throw	consistency at both take-off
is involved in a	during and after	imaginatively with a	selected	sending?	appropriately in a	and landing?
team?	exercise?	stimulus?	equipment?	perform skills with	game?	set myself and others
lead within a team	device a warm	composing more	investigate	accuracy confidence	use and adapt	targets in different events?
play fairly,	routine involving	complex routines	different ways of	and control?	rules, strategies and	say why some athletic
knowing how to	stretches?	with clear sections	working with a	recognise different	tactics?	activities can improve
behave when		that link to topic?	partner or small	ways of attacking and	use the knowledge	strength, power or
winning and losing?	O/M – Football	(e.g., use specific	group on and off	defending?	of basic principles of	stamina?
	Can I	text/Goodnight Mr	apparatus?	Can I play safely and	batting and fielding?	explain how these can
Residential – Oct '24	demonstrate all	Tom / the blitz?)		tactically in small	(scoring)	help my performance in
OAA	round safe practice	remember and	O/M – Hockey	game situations?		other types of activity?
Can I	for myself and	perform a more	Can I	(6v6, 7v7))	O/F - Rounders	identify areas that needs
work in a team on	others?	complex dance	demonstrate all	adapt skills to	Can I	to be practised and refined,
off-site locations	pass the ball in	routine to an	round safe practice	meet the needs of a	develop and	and suggest improvements?
confidently?	different directions	audience?	for myself and	situation within a	adapt my striking,	
work with	and speeds safely?		others?	game?	fielding,	
different maps and	show precision	O/M – Netball	pass the ball in	select skills and	throwing and	Forest School
in different	and accuracy when	Can I	different directions	techniques to	catching skills to	<u>Teamwork</u>
locations?	receiving and	demonstrate all	and speeds safely?	improve my own and	different heights,	Can I
take part in	sending?	round safe practice	show precision	others performance?	distances in small	explain what I need to get
competitive	perform skills	for myself and	and accuracy when		and large games?	better at and what to
orienteering?	with accuracy	others?	receiving and	<u>I – Dodgeball</u>	use an over and	practice?
lead and be led in	confidence and	pass the ball in	sending?	Can I	underarm throw	explain why I or others are
problem solving	control?	different directions	perform skills	demonstrate all	appropriately in a	playing well in the games?
activities		and speeds safely?	with accuracy	round safe practice	game?	

...show precision and confidence and for myself and ...use and adapt ...ensure everyone is ...recognise different ways of accuracy when control? others? rules, strategies and involved in a team? ...lead within a team attacking and receiving and ...recognise ... pass the ball in tactics? defending? sending? different ways of different directions ...use the ...play fairly, knowing how ...perform skills with knowledge of basic to behave when winning Can I play safely attacking and and speeds safely? and tactically in accuracy confidence defending? ...show precision and principles of batting and losing? small game and control? Can I play safely accuracy when and fielding? situations? (6v6, ...recognise different and tactically in receiving and (scoring) 7v7)) ways of attacking and small game sending? Catch up sessions ... adapt skills to defending? situations? (6v6, ...perform skills with **Swimming** Each pupil is required to be meet the needs of a Can I play safely and 7v7)) accuracy confidence situation within a tactically in small ... adapt skills to and control? able to do the following: game? game situations? meet the needs of a ...recognise different Perform safe self-rescue in ...select skills and (6v6, 7v7)situation within a ways of attacking and different water-based defending? techniques to ... adapt skills to meet game? situations. improve my own the needs of a ...select skills and ...play safely and Swim competently, and others situation within a techniques to tactically in small confidently and proficiently over a distance of at performance? game? improve my own game situations? ...select skills and and others (6v6, 7v7) least 25 metres. techniques to performance? ... adapt skills to Use a range of strokes improve my own and meet the needs of a effectively, for example, others performance? situation within a front crawl, backstroke and breaststroke. game? ...select skills and techniques to improve my own and others performance?