

Physical Education Curriculum Overview: swimming is not included in this curriculum overview as schools swim in different year groups. This overview should be used as a guide and adjustments should be made to meet the needs of individual schools.

Daily Physical Activity [DPA] should run through the school curriculum. Learnt skills should be transferable and not taught in isolation.

It is important to remember when teaching PE to use:

Different shaped balls -different sized balls- different weighted balls

Change the size of the targets: spots, small cones, large cones, small goals, large goals, lines, hoops

Use a range of equipment for striking: rackets, bats, sticks along with feet and hands

Use playground lines so that when the children go out to play they can repeat the activities

<p>Nursery Physical development Fine and gross motor skills</p>	<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives⁷. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>
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The children should learn, from Reception, to get out and put away the equipment safely.

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Reception	Finding a space		Finding a space		Finding a space	
Physical development	ABC of movement....		ABC of movement....		ABC of movement....	
Moving and handling	Agility		Agility		Agility	
	Marching forwards, backwards		Marching in time		Marching with other people	
	Running		Running increasing speed		Running – moving in to sprinting with clear	

Reception Physical development Moving and handling			changes in speed
	Running round obstacles	Running with sharp turns and on different surfaces	Running, stopping on a signal back and forth
	Moving sideways like a crab	Moving sideways bringing one foot to join the other	Moving sideways with lift/gallop action
	Skipping without rope	Skipping with rope forwards	Skipping with rope backwards/increased speed
	Hula hooping – turn hoop with hand	Hula hooping – one or more turns	Hula hooping – many turns, change of speed
	Hop – preferred foot	Hop – non preferred foot	Hop – move from one foot to other, forward and back, hop and jump joined [hopscotch]
	Leap – take off one foot and attempt to land on other	Leap -take off one foot and land on other	Leap – take off one foot, land on other, use arms to gain height
	Move in to a new space	Move in to a new space changing direction	Move in to a new space changing direction and at increased speed
	Move away from other people	Move away from other people in to a new space	Move away from another person
	Balance	Balance	Balance
	Taking weight on different body parts Jumping on to hands	Taking weight on smaller body parts Tip toe walking Penguin walking [walking on heels]	Static balance Front support, back support, side support, support dish arch
	Coordination	Coordination	Coordination
	Jumping on the spot	Jumping with control getting length	Jumping from one point to another with control e.g. spot to spot getting height and length
	Jumping off a bottom stair/bench	Jumping off a low gymnastic table top	Jumping upwards off a low gymnastic table
	Climbing, pulling	Rocking, rolling, curling, tucking	
	Kicking towards a target	Kicking at a target	Kicking at a target with accuracy
	Bouncing a ball on the spot	Bouncing a ball whilst moving with some control	Bouncing a ball whilst moving with increasing control
	Receiving [introduction to fielding]	Receiving	Receiving
	Along the ground whilst sitting on the ground	Into hands	Move towards object adjusting feet
	Towards hands	Cup hands	Watch into hands
To self	Watch object into hands	Give and receive	
Chase after bubbles/balloon	Chase and retrieve, run back	Chase, retrieve, roll back	
Sending	Sending	Sending	
Along the ground towards a target	Along the ground at a target	Along the ground at a small target	
In the air towards a target underarm	In the air at a target underarm	In the air at a small target underarm	

	Rolling along the ground towards a target	Rolling along the ground at a target	Rolling along the ground at a small target
	Pushing along the ground towards a target	Pushing along the ground at a target	Pushing along the ground at a small target
	Sending ball with a bounce towards a target	Sending ball with a bounce at a target	Sending ball with a bounce at a small target
	Send an object with a two handed strike	Sending the object under arm towards a target	Send an object with a two handed strike with increased accuracy
	Sending the object under arm	Send an object with a two handed strike with some accuracy	Sending the object under arm at a small target
	Striking the ball with hand	Striking ball towards/at a given large/small target	Strike with foot, strike with piece of equipment
	Travelling	Travelling	Travelling
	Shapes: straight, star, ball, pike straddle	Pause and come to a stop	Rocking, rolling, curling, tucking, leading to moving forwards
	Travelling on to small apparatus	Travelling along small apparatus	Travelling off small apparatus e.g. jump
	Travelling on to large apparatus	Travelling along large apparatus	Travelling off large apparatus e.g. jump

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 1 Indoor	<p>ABC of Movement Travelling Roll-jump-climb-pause-skip-step-hop changing pace: fast, slow, changing direction: forward, backward, sideways consolidation of reception skills and how to apply them</p> <p>Link with English-directional words</p>	<p>Dance Consolidate: Linking basics steps to create motif. Develop own way of moving. Move with some control, change of levels, cooperate with a partner/small group. Copy given action and then make changes to fit purpose.</p>	<p>Dance Consolidate: Linking basics steps to create motif. Develop own way of moving. Move with some control, change of levels, cooperate with a partner/small group. Copy given action and then make changes to fit purpose.</p> <p>Link with topic</p>	<p>Dance Consolidate: Linking basics steps to create motif. Develop own way of moving. Move with some control, change of levels, cooperate with a partner/small group. Copy given action and then make changes to fit purpose.</p> <p>Link with topic</p>	<p>Gymnastics Link with topic ABC of Movement Stretching-curling-tucking-rolling Different shapes, changing levels, moving from stretch in to curl, developing in to a forward roll from curl in to stretch</p> <p>Link with English/maths – shape words</p>	<p>Gymnastics ABC of Movement Taking weight Taking weight on different parts of the body: back, bottom, tummy, side, hands move, pause, move inversion leading to handstand, rotation leading to cartwheel</p> <p>link with English</p>
Year 1 Outdoor	<p>Fundamental Skills ABC: agility balance coordination Moving Running- jumping- landing-skiping-hopping- stopping-side stepping change speed change direction move with fluency</p> <p>Striking A ball with a foot whilst moving forwards [dribbling] A ball with a piece of equipment whilst moving the ball forward e.g. dribbling in hockey</p>	<p>Fundamental Skills ABC: agility balance coordination Sending Using hands-feet-body -with increased control</p> <p>Sending action Push-throw-sling</p> <p>Receiving Using hands-feet- body -with increased control</p> <p>Receiving action Stationary-on the move-moving towards -to self-one handed-two handed</p>	<p>Fundamental Skills ABC: agility balance coordination Moving Jumping- landing-skiping- hopping- stopping-side stepping, changing direction, finding different spaces</p> <p>Striking towards a target using a piece of equipment e.g. cricket bat</p> <p>Fielding receiving ball along the ground in to cupped hands adjusting feet to meet</p>	<p>Fundamental Skills ABC: agility balance coordination Sending using bats, sticks, rackets, nets [lacrosse]</p> <p>Receiving using bats, sticks, rackets, nets one handed-two handed watch a ball coming towards and know where to move</p> <p>Receive and send in same action beach ball [leading to volleyball]</p>	<p>Introduction to Core Athletic Skills based on ABC Multi- skills Running in lines jumping hopping skipping change speed throwing</p> <p>working as a team Co operation</p>	<p>Introduction to Core Athletic Skills based on ABC Multi- skills Adding competitive element through: egg and spoon, skipping, simple obstacle, team games</p> <p>Start and finish lines</p> <p>working as a team Change speed competition Developing simple tactics for attacking and defending</p>

		Know what a space looks like	the ball	begin to know when to move		
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 2 Indoor	<p>ABC of Movement</p> <p>Development of taking weight on different body parts</p> <p>Flexibility, control, balance and strength</p> <p>Points: knees, toes, hips, hands</p> <p>Patches: back, tummy, shoulders</p>	<p>Dance</p> <p>Consolidate:</p> <p>Develop use of arms identify which move on which count interpret music choreographing own motif land in different ways change levels work with partner/group make constructive comments choreograph simple movement patterns</p>	<p>ABC of Movement</p> <p>Introduction to flight</p> <p>Control</p> <p>5 basic jumps land with control link movements springboard jumps</p> <p>Balance</p> <p>Land from a low height jumping and landing</p>	<p>Panathlon activities</p> <p>To have an understanding of sports played by people with a disability</p> <p>Sitting volleyball</p> <p>Working in groups</p> <p>To keep ball in the air while seated</p> <p>Competitive game</p> <p>Understand the rules of the game and play a competitive game.</p> <p>Boccia</p> <p>Using a roll to aim the ball towards a target.</p> <p>Working as a team to try and use tactics to win a game.</p>	<p>Dance</p> <p>Consolidate:</p> <p>Develop use of arms identify which move on which count interpret music choreographing own motif land in different ways change levels work with partner/group make constructive comments choreograph simple movement patterns</p>	<p>Dance</p> <p>Consolidate:</p> <p>Develop use of arms identify which move on which count interpret music choreographing own motif land in different ways change levels work with partner/group make constructive comment choreograph simple movement patterns</p>
Year 2 Outdoor	<p>Fundamental [transferable] skills</p> <p>Throwing</p> <p>Underarm, over arm over different distances changing speed of release changing direction of</p>	<p>Fundamental [transferable] skills</p> <p>Aiming</p> <p>towards a stationary target, towards a moving target, high target, low target</p>	<p>Fundamental [transferable] skills</p> <p>Move away from an opponent</p> <p>Receive and move with the ball e.g. basketball, hockey, tag rugby</p>	<p>Fundamental [transferable] skills</p> <p>Striking</p> <p>Knowing how to strike ball when target is close/further away/different height Use different pieces of</p>	<p>Core Athletic Skills</p> <p>Running</p> <p>Create speed, stop and go start and finish and running through following instructions getting away from</p>	<p>Introduction to team games based on ABC Skills</p> <p>Adding competitive element through team based games</p> <p>Games that involve</p>

	<p>pass to include backwards [rugby] different size shape ball</p> <p>Catching/receiving Two hands, move to receive, receive over different distances, heights, move in to a new space, receive whilst off the ground, receive on move</p>	<p>Sending for a purpose Bounce pass to get under outstretched arms, chest pass over short distance, shoulder throw over longer distance</p> <p>Carrying Using hands and feet forwards, backwards turning change of speed</p>	<p>Receive and send Changing speed of release</p> <p>Receive send and move</p>	<p>equipment and know the adjustments that need to be made Striking for a purpose</p> <p>Fielding Moving towards ball, making adjustments begin to know where it has to be returned to</p>	<p>another person</p> <p>Jumping With height, distance, moving and from standing still</p> <p>Throwing Over arm with pull action</p> <p>Working as a team Work as a team taking turns</p>	<p>having a winning team and losing team</p> <p>Working as a team Effective communication between team members to achieve a certain task. Developing simple tactics for attacking and defending</p>
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 3						
Indoor	<p>Dance Introduce: Fluency and control in movement greater definition of level changes greater definition of changes of speed using space imaginatively cooperate with partner/other children introduce simple props for effect construct range of movement patterns based on actions with own actions/movement added</p> <p>Further develop: introduce simple props</p>	<p>Fundamental [transferable]skills Throwing Underarm, over arm over different distances changing speed of release different size/shape ball</p> <p>Catching/receiving Two hands, move to receive, receive over different distances, heights, move in to a new space, receive whilst off the ground, receive on move</p> <p>OR</p> <p>Swimming Swim competently,</p>	<p>Fundamental [transferable]skills Gym fit circuits Develop flexibility, strength, technique, control and balance Fitness activities that will focus on different skills.</p> <p>Start to develop an understanding of the human body.</p> <p>Link with science</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a</p>	<p>Dance Introduce: Fluency and control in movement greater definition of level changes greater definition of changes of speed using space imaginatively cooperate with partner/other children introduce simple props for effect construct range of movement patterns based on actions with own actions/movement added</p> <p>Further develop: introduce simple props</p>	<p>Gymnastics Movement skills Climbing ropes, wall bars, pulling stretching shapes, tension, core strength suspension</p> <p>Rolling development of forward and backward rolls forward in to balance</p> <p>Flight on to an off apparatus body shape landing from height fluency of movement link movements work collaboratively</p> <p>Pathways</p>	<p>Dance Introduce: Fluency and control in movement greater definition of level changes greater definition of changes of speed using space imaginatively cooperate with partner/other children introduce simple props for effect construct range of movement patterns based on actions with own actions/movement added</p> <p>Further develop: introduce simple props</p>

	<p>for effect</p> <p>Link to topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>for effect</p> <p>Link to topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>under, over, round, though, on top, next to, beside, beneath, up link more complex movements</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>for effect</p> <p>Link to topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>
Year 3 Outdoor	<p>Applying the fundamental skills to an Invasion game- Hockey</p> <p>Fundamental [transferable]skills Sending/throwing Sending ball in different direction to the direction the feet are moving send ball away from an opponent different types of throw and knowing when to use them</p>	<p>Applying the fundamental skills to an Invasion game- Basketball</p> <p>Fundamental [transferable]skills Receiving/catching In front behind moving in to space behind to receive/catch receive and move changing direction moving in to spaces for a purpose</p> <p>Stay</p>	<p>Applying the fundamental skills to a net wall game- Tennis</p> <p>Fundamental [transferable]skills Striking Apply skills striking with one hand, two hands on racquet, striking in to a space, changing the backswing to create volley/smash/serve limit time opponent has to react</p>	<p>Applying the fundamental skills to an Invasion game- Cricket</p> <p>Fundamental [transferable]skills Striking Apply skills of striking with two hands on cricket bat. Striking and aiming for space.</p> <p>Fielding Stopping the ball from going past you. Long barrier</p>	<p>Core Athletic Skills</p> <p>Running Sprinting starting a race running longer distance reaching for the line</p> <p>Jumping Increased height/distance</p> <p>Throwing Faster release, whip through</p> <p>Working as a team Relay/obstacle</p>	<p>Introduction to OAA</p> <p>Team games based on ABC Skills</p> <p>Adding competitive elements both individually and within a team Games that involve having a winning team and losing team Working as a team Effective communication between team members to achieve a</p>

	<p>Stay With an opponent stay with an opponent and attempt to intercept a pass</p> <p>Move away From an opponent move away and be ready to receive</p>	<p>With an opponent stay with an opponent and attempt to intercept a pass</p> <p>Move away From an opponent move away and be ready to receive</p>			<p>Striving for personal best Demonstrate improvement on past performances to achieve personal best</p>	<p>certain task.</p>
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	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 4 Indoor	<p>Dance Develop: Own way of moving/actions, cooperate with small group making use of personal and open space, choreograph more complex sequence of moves based on own actions/movement added showing control and confidence in the movement. cooperate with another group How can you judge a performance? prepare to perform for critical analysis</p> <p>Link with topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue</p>	<p>Dance Develop: Own way of moving/actions, cooperate with small group making use of personal and open space, choreograph more complex sequence of moves based on own actions/movement added showing control and confidence in the movement. cooperate with another group How can you judge a performance? prepare to perform for critical analysis</p> <p>Link with topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke)</p>	<p>Dance Develop: own way of moving/actions, cooperate with small group making use of personal and open space, choreograph more complex sequence of moves based on own actions/movement added showing control and confidence in the movement. cooperate with another group How can you judge a performance? prepare to perform for critical analysis</p> <p>Link with topic</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke)</p>	<p>Fundamental [transferable]skills Mighty movers Develop flexibility, strength, technique, control and balance Fitness activities that will focus on different skills.</p> <p>Start to develop an understanding of the human body.</p> <p>Link with science</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>Fundamental [transferable]skills Throwing Underarm, over arm over different distances changing speed of release different size shape ball</p> <p>Catching/receiving Two hands, move to receive, receive over different distances, heights, move into a new space, receive whilst off the ground, receive on move</p> <p>OR</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations</p>	<p>Fundamental [transferable]skills Movement Skills/Gymnastic skills To move in to and out of balance On and off apparatus. Move with control and precision leading in to tension. Link movements. Work with a partner.</p> <p>Movement Different levels of travelling High, medium, low</p> <p>Jumping Using different combinations of jumping. E.g. 1 foot to 2 feet, 2 feet to 2 feet etc.</p> <p>Off small apparatus over small apparatus with partner with group</p> <p>Use apparatus</p> <p>OR</p>

	in different water-based situations	Perform safe self-rescue in different water-based situations	Perform safe self-rescue in different water-based situations			Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (E.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations
Year 4 Outdoor	Applying the fundamental skills to an Invasion game- Hockey Fundamental [transferable]skills Sending/throwing Know when to use a pass and to know the weight of the pass volleying the ball as in volleyball [not as in tennis where it is a strike] children to develop their own skill practices and small games officiating	Applying the fundamental skills to an Invasion game- Basketball Fundamental [transferable]skills Receiving/catching On move, off ground, intercept Rebound catch Attacking Overload getting free Defending Player Space Zone officiating	Applying the fundamental skills to a net wall game- Tennis Fundamental [transferable]skills Aiming Towards a target/ space Striking Using different techniques to return the ball. officiating	Applying the fundamental skills to an Invasion game- Cricket Fundamental [transferable]skills Striking Looking for spaces, ball placement Fielding Long barrier, retrieve and return to target Receiving From a height/distance Positional play Sending Bowling With increased accuracy	Core Athletic Skills Running Starts and finishes Reaction time Pacing Running bends Jumping triple jump and combined steps Throwing vortex howler darts Working as a team Relays Obstacle relays Striving for personal best Demonstrate improvement on past performances to	Introduction to OAA Team games based on ABC Skills Adding competitive elements both individually and within a team Games that involve having a winning team and losing team Working as a team Effective communication between team members to achieve a certain task.

					achieve personal best	
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 4/5 Indoor	<p>Movement Skills/ Gymnastic skills Rolling and static positions With a partner in a group select skills [flight, balance, rolling etc.] and arrange in sequence on and off apparatus develop accuracy of movement, timing change direction/speed/levels</p> <p>Use apparatus</p>	<p>Dance Introduce: Choreograph a small group make judgements on a performance that can help move the dance forward and the dancers to improve use different stimuli develop core strength develop choice of props</p> <p>Link to topic</p>	<p>Applying the fundamental skills to a net wall game- Badminton</p> <p>Fundamental [transferable]skills</p> <p>Striking Use different techniques to aim the shuttlecock either to a partner or into space.</p> <p>Competitive game Understand the rules of the game and play a competitive game.</p>	<p>Panathlon activities To have an understanding of sports played by people with a disability</p> <p>Sitting volleyball Working in groups to Keep ball in the air while seated</p> <p>Competitive game Understand the rules of the game and play a competitive game.</p> <p>Blind football Working on communication and directional language</p> <p>Link to Maths</p>	<p>Fundamental [transferable]skills Boot camp</p> <p>Develop flexibility, strength, technique, control and balance Fitness activities that will focus on different skills.</p> <p>Have a good understanding of the human body and how it works.</p> <p>Link with science</p>	<p>Dance Introduce: Choreograph a small group make judgements on a performance that can help move the dance forward and the dancers to improve use different stimuli develop core strength develop choice of props</p> <p>Link to topic</p>
Year 4/5 Outdoor	<p>Applying the fundamental skills to an Invasion game- Tag rugby</p> <p>Receiving On the run from both sides</p> <p>Sending/throwing On the run</p>	<p>Applying the fundamental skills to an Invasion game- Hockey</p> <p>Receiving On the move reverse stick</p> <p>Sending On the move push, hit, behind, in to space for player to run on to</p>	<p>Applying the fundamental skills to an Invasion game- Netball</p> <p>Receiving On the move, pivot</p> <p>Send and move In one movement</p> <p>Aiming Towards goal from</p>	<p>Applying the fundamental skills to a striking game- Tennis</p> <p>Striking Into space</p> <p>Placing Making decisions and moving feet in to right position to execute</p>	<p>Core Athletic Skills Running 600/60 tactical race Buddy running Difference between sprint and middle distance</p> <p>Hurdling Spring reach reaction body position</p>	<p>OAA</p> <p>Team games based on ABC Skills</p> <p>Adding competitive elements both individually and within a team Games that involve having a winning team</p>

	<p>Sending and receiving Throw, move, receive</p> <p>Moving With the ball maintaining possession</p> <p>Attacking Play – knowing when to pass the ball</p> <p>Defending Play- anticipation of where the opponent is</p> <p>Team play Change defence in to attack 4v4</p> <p>Officiating</p>	<p>Aiming Flicking</p> <p>Positional play Corners free pass</p> <p>Attacking In attacking area</p> <p>Defending [Inc. GK] Zone marking 6 vs 6</p> <p>Officiating</p>	<p>stationary and in different parts of the circle</p> <p>Attacking Intercept and knowing what to do with the ball</p> <p>Defending Marking partner, zone, space</p> <p>Moving in to New space Moving taking player with you to create space</p> <p>Officiating</p>	<p>Serving Underarm</p> <p>Volleying To reduce time opponent has to reach ball</p> <p>Movement off the ball</p> <p>Officiating</p>	<p>Jumping Combined steps Hitting the take-off board</p> <p>Throwing Shot vortex compare the techniques</p> <p>Working as a team Relay – circular</p> <p>Officiating Starting a race Time keeping Lap counter</p> <p>Striving for personal best Demonstrate improvement on past performances to achieve personal best</p>	<p>and losing team</p> <p>Working as a team Effective communication between team members to achieve a certain task.</p>
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 5 Indoor	<p>Movement Skills/ Gymnastic skills Rolling and static positions With a partner in a group select skills [flight, balance, rolling etc.] and arrange in sequence on and off apparatus develop accuracy of movement, timing change</p>	<p>Dance Introduce: Choreograph a small group make judgements on a performance that can help move the dance forward and the dancers to improve use different stimuli develop core strength develop choice of props</p> <p>Link to topic</p>	<p>Applying the fundamental skills to a net wall game- Badminton</p> <p>Fundamental [transferable]skills</p> <p>Striking Use different techniques to aim the shuttlecock either to a partner or into space.</p>	<p>Panathlon activities To have an understanding of sports played by people with a disability</p> <p>Sitting volleyball</p> <p>Working in groups to Keep ball in the air while seated</p> <p>Competitive game Understand the rules of the game and play a</p>	<p>Fundamental [transferable]skills Boot camp</p> <p>Develop flexibility, strength, technique, control and balance Fitness activities that will focus on different skills.</p> <p>Have a good understanding of the human body and how it</p>	<p>Dance Introduce: Choreograph a small group make judgements on a performance that can help move the dance forward and the dancers to improve use different stimuli develop core strength develop choice of props</p> <p>Link to topic</p>

	direction/speed/levels Use apparatus		Competitive game Understand the rules of the game and play a competitive game.	competitive game. Blind football Working on communication and directional language Link to Maths	works. Link with science	
Year 5 Outdoor	Applying the fundamental skills to an Invasion game- Tag rugby Receiving On the run from both sides Sending/throwing On the run Sending and receiving Throw, move, receive Moving With the ball maintaining possession Attacking Play – knowing when to pass the ball Defending Play- anticipation of where the opponent is Team play Change defence in to attack 4v4	Applying the fundamental skills to an Invasion game- Hockey Receiving On the move reverse stick Sending On the move push, hit, behind, in to space for player to run on to Aiming Flicking Positional play Corners free pass Attacking In attacking area Defending [Inc. GK] Zone marking 6 vs 6 Officiating	Applying the fundamental skills to an Invasion game- Netball Receiving On the move, pivot Send and move In one movement Aiming Towards goal from stationary and in different parts of the circle Attacking Intercept and knowing what to do with the ball Defending Marking partner, zone, space Moving in to New space Moving taking player with you to create space Officiating	Applying the fundamental skills to a striking game- Tennis Striking Into space Placing Making decisions and moving feet in to right position to execute Serving Underarm Volleying To reduce time opponent has to reach ball Movement off the ball Officiating	Core Athletic Skills Running 600/60 tactical race Buddy running Difference between sprint and middle distance Hurdling Spring reach reaction body position Jumping Combined steps Hitting the take-off board Throwing Shot vortex compare the techniques Working as a team Relay – circular Officiating Starting a race Time keeping Lap counter Striving for personal	OAA Team games based on ABC Skills Adding competitive elements both individually and within a team Games that involve having a winning team and losing team Working as a team Effective communication between team members to achieve a certain task.

	Officiating				best Demonstrate improvement on past performances to achieve personal best	
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	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 6 Indoor	Movement Skills/ Gymnastic skills Parkour Counterbalance Counter tension Large base small base working with partner working in group tumbling create movement sequence change in levels, direction, speed routine for an audience Use apparatus	Fundamental [transferable]skills Indoor athletics Jumping Jumping from a standing position. Using arms and bending knees for momentum and power Throwing Throwing from a seated position. Being able to bend backwards and understand how important it is to throw for distance. Running Use ABC skills to run in a zig zag pattern at speed. Competitive game Understand the rules of the game and play a competitive game.	Movement Skills/ Gymnastic skills Rolling and static positions With a partner in a group select skills [flight, balance, rolling etc.] and arrange in sequence on and off apparatus develop accuracy of movement, timing change direction/speed/levels Use apparatus	Fundamental [transferable]skills Boccia and curling Aiming Aim towards the target ball/ mat Sending Use a roll to accurately hit a target Competitive game Understand the rules of the game and play a competitive game. Officiating	Applying the fundamental skills to a net wall game- Volleyball Striking downwards Aiming/ set to player on own team Digging lifting ball Spiking sending ball to opponent's floor Movement to and from ball Attacking Defending play Compare with sitting volleyball Officiating	Applying the fundamental skills to a net wall game- Badminton Striking forehand, backhand Aiming towards floor, high as in overhead Smashing towards floor and away from opponent Serving low, high Movement to and from shuttlecock Attacking Aiming for spaces moving other player side to side Defending Positioning correctly on court to narrow down space Officiating
Year 6 Outdoor	Applying the fundamental skills to a	Applying the fundamental skills to an	Applying the fundamental skills to an	Applying the fundamental skills to a	Core Athletic Skills Running	OAA

	<p>net wall game- Tennis</p> <p>Striking Forehand backhand with consistent length</p> <p>Placing Use the lines for placement</p> <p>Serving With increased speed and accuracy</p> <p>Volleying Away from opponent, drive volley</p> <p>Lobbing Changing defence in to attack</p> <p>Movement Off the ball</p> <p>Doubles Playing with a partner</p> <p>Move Into a space to send receive a pass in a competitive situation</p> <p>Officiating</p>	<p>Invasion game- Netball</p> <p>Sending With control changing direction and sending within 4 secs</p> <p>Aiming At a goal from different distances</p> <p>Attacking Getting away from an opponent and knowing when to make the move</p> <p>Defending Watching the player and the ball</p> <p>Change Defence in to attack – what might this look like</p> <p>Tactics From set positions e.g. centre pass 5 v 5 Feeding ball in to circle Pass from side line</p> <p>Officiating</p>	<p>Invasion game- Football</p> <p>Control Being able to stop the ball using inside of the foot. Dribbling the ball with close ball control</p> <p>Striking Kick the ball accurately towards a target.</p> <p>Competitive game Understand the rules of the game and play a competitive game.</p> <p>Officiating</p>	<p>striking game- Rounder's</p> <p>Striking Getting good contact on the ball when hitting it.</p> <p>Fielding Knowing the different positions in rounder's and successfully carrying out one of those positions.</p> <p>Bowling To bowl underarm with speed and accuracy</p> <p>Competitive game Understand the rules of the game and play a competitive game.</p> <p>Officiating</p>	<p>600/60 tactical race Buddy running Difference between sprint and middle distance</p> <p>Hurdling Spring reach reaction body position</p> <p>Jumping Combined steps Hitting the take-off board</p> <p>Throwing Shot vortex compare the techniques</p> <p>Working as a team Relay – circular</p> <p>Officiating Starting a race Time keeping Lap counter</p> <p>Striving for personal best Demonstrate improvement on past performances to achieve personal best</p>	<p>Team games based on ABC Skills</p> <p>Adding competitive elements both individually and within a team Games that involve having a winning team and losing team</p> <p>Working as a team Effective communication between team members to achieve a certain task.</p>
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