

EYFS	A1	A2	SP1	SP2	SU1	SU2
	Introduction to PE (U1) Children will be introduced to Physical Education. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping. Children will also play simple games and begin to understand and use rules. <u>Key Skills:</u> Moving safely, running, jumping, throwing, catching, following a path, rolling Key Concepts: - Movement - Balance - Agility	Introduction to PE (U2) Children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules. <u>Key Skills:</u> Moving safely, running, jumping, throwing, catching, following a path, rolling Key Concepts: - Movement - Balance	Dance (U1) Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback. <u>Key Skills:</u> Travel, action, perform, copy Key Concepts: - Movement - Balance - Agility - Coordination	Games (U1) Children will develop their understanding of playing games. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing. <u>Key Skills:</u> Running, balancing, changing direction, striking a ball, throwing Key Concepts: - Movement - Balance - Agility - Coordination - Fairness	Sports Day Practice Children will practise races such as sprints, skipping, egg and spoon, and the sack race. Pupils will be ranked into seats so they are racing against children of similar ability. The children will also practise team work by taking part in team challenges. <u>Key Skills:</u> Running, throwing, catching, teamwork Key Concepts: - Movement - Agility - Coordination - Competition - Collaboration - Fairness - Technique	Games (U2) Children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules. <u>Key Skills:</u> Running, balancing, changing direction, striking a ball, throwing Key Concepts: - Movement - Balance - Agility - Coordination - Fairness

	- Coordination - Fairness	- Agility - Coordination - Fairness				
	Fundamentals (U1) Children will develop their fundamental movement skills. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop fine and gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner. <u>Key Skills:</u> Balancing, running, jumping, changing direction, hopping, travelling Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration	Fundamentals (U2) Children will develop their fundamental movement skills. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop fine and gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner. <u>Key Skills:</u> Balancing, running, jumping, changing direction, hopping, travelling Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration	Ball skills (U1) Children will develop their ball skills. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching. Children will be able to develop their fine and gross motor skills through a range of game play using equipment. Children will be given opportunities to work independently and with a partner. <u>Key Skills:</u> Rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing ball Key Concepts: - Movement - Coordination - Collaboration	Gymnastics (U1) Children explore basic movements, creating shapes, balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing. <u>Key Skills:</u> Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration	Gymnastics (U2) Children explore basic movements, creating shapes, balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing. <u>Key Skills:</u> Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration	Dance (U2) Children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback. <u>Key Skills:</u> Travel, action, perform, copy Key Concepts: - Movement - Balance

						- Agility - Coordination
--	--	--	--	--	--	-----------------------------

Y1	A1	A2	SP1	SP2	SU1	SU2
	Fundamentals Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas. <u>Key Skills:</u> jumping, balancing, controlling muscles, holding a position Key Concepts: - Movement - Balance - Agility - Coordination	Target Games In this unit pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe. <u>Key Skills:</u> Underarm throwing, Overarm throwing, Aim, Hand eye co-ordination Key Concepts:	Fitness In this unit, pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best. <u>Key Skills:</u> Agility, balance, coordination, speed, stamina, skipping Key Concepts: - Movement - Balance - Agility - Coordination - Fitness - Sequence	Yoga Pupils learn about mindfulness and awareness. They begin to learn poses and techniques that will help them connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes postures, breathing and meditation taught through fun and engaging activities. <u>Key Skills:</u> Breathing, balance, flexibility, strength, coordination Key Concepts: - Balance - Coordination - Fitness - Sequence - Technique	Sending and Receiving Pupils will develop their skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe. <u>Key Skills:</u> Rolling, kicking, throwing, catching, tracking	Net and Wall Games Pupils will be introduced to the basic skills required in Net and Wall games. Pupils will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. They will be encouraged to demonstrate good sportsmanship and show respect towards others. <u>Key Skills:</u> Throwing, catching, hitting a ball, tracking a ball Key Concepts: - Movement - Coordination

		- Movement - Coordination - Communication - Tactics - Decision making	- Evaluation and improvement		Key Concepts: - Movement - Agility - Coordination - Collaboration	- Fairness - Technique
	Ball Skills Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks. <u>Key Skills:</u> Rolling, kicking, throwing, catching, dribbling, bouncing Key Concepts: - Movement - Coordination - Collaboration	Gymnastics Pupils learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing. <u>Key Skills:</u> Travelling, shapes, balances, jumps, barrel roll, straight roll, progressions of a forward roll	Dance Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so. <u>Key Skills:</u> Travel, action, shape, perform, copy Key Concepts: - Movement - Agility	Invasion Games Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents. <u>Key Skills:</u> Throwing, catching, kicking,	Athletics (links with Sports Day) Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. Pupils will continue to practise balancing as well as hopping and leaping for distance. Pupils will develop their perseverance, independence, determination and their honesty. Pupils will also be given the opportunity to work collaboratively. <u>Key Skills:</u> running, hopping, jumping, leaping, throwing Key Concepts: - Movement - Balance	Team Building Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas. <u>Key Skills:</u> Balancing, travelling Key Concepts: - Movement - Balance - Collaboration - Fairness

		Key Concepts: - Movement - Balance - Agility - Coordination - Sequence - Technique	- Coordination - Collaboration - Sequence	dribbling with hands and feet, dodging Key Concepts: - Movement - Agility - Coordination - Competition	- Agility - Coordination - Collaboration - Working safely	
--	--	---	---	--	--	--

Y2	A1	A2	SP1	SP2	SU1	SU2
	Dance Pupils will explore space and how their body can move to express an idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform	Gymnastics Pupils learn through exploring and developing basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils	Striking and Fielding Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and	Target Games Pupils develop their understanding of the principles of target games. Pupils learn how to score points and play to the rules. They develop the skills of throwing, rolling, kicking and striking to targets. They begin to self-manage their own games selecting and applying the skills they have learnt appropriate to the situation. <u>Key Skills:</u> Underarm throwing, Overarm throwing, Aim, hand eye co-ordination Key Concepts: - Movement	Athletics (links with Sports Day) Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of	Invasion Games Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards

	and provide feedback beginning to use key terminology. Key Skills: Travel, action, shape, perform, copy, using dynamics, using expression, using speed, using pathways Key Concepts: - Movement - Balance - Coordination - Collaboration - Sequence	are given opportunities to provide feedback to others and recognise elements of high quality performance. Key Skills: Shapes, balances, shape jumps, take-off and landing, travelling, barrel roll, straight roll, forwards roll Key Concepts: - Movement - Balance - Agility - Coordination - Sequence - Technique	develop communication skills. Key Skills: Throwing, catching, retrieving a ball, tracking a ball, striking a ball Key Concepts: - Agility - Coordination - Collaboration - Fairness - Technique	- Coordination - Communication - Tactics - Decision making	strength as well as areas to develop. Key Skills: Running at varying speeds, combining running and jumping, throwing for distance Key Concepts: - Movement - Agility - Coordination - Fitness - Technique	their teammates and opponents. Key Skills: Throwing, catching, kicking, dribbling with hands and feet, dodging Key Concepts: - Movement - Agility - Coordination - Competition
	Fundamentals Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and	Sending and Receiving Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups	Yoga Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with	Fitness Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, coordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to	Team Building Pupils will develop their teamwork skills through communication and problem solving. Children will practise following instructions, cooperating and communicating with others, and will create a basic map. They will discuss, plan and reflect on ideas and strategies in order to complete an	Net and Wall Games Pupils will develop the basic skills involved in net and wall games. They will develop their understanding of the principles of net and wall games such as using the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring. They will learn to play games honestly, abiding

	identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas. Key Skills: jumping, balancing, running, hopping, dodging, skipping Key Concepts: - Movement - Balance - Agility - Coordination	and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe. Key Skills: Rolling, kicking, throwing, catching, tracking Key Concepts: - Movement - Agility - Coordination - Collaboration	others, sharing ideas and creating their own poses in response to a theme. Key Skills: Breathing, balance, flexibility, strength, coordination Key Concepts: - Balance - Coordination - Fitness - Sequence - Technique	work for longer periods of time. Key Skills: Agility, balance, coordination, speed, stamina, skipping Key Concepts: - Movement - Balance - Agility - Coordination - Fitness - Sequence - Evaluation and improvement	activity and/or solve a problem/challenge. Key Skills: working as a team, communication, problem solving, map skills Key Concepts: - Determination - Confidence - Collaboration - Fairness	by the rules and showing respect towards their opponents and teammates. Key Skills: Throwing, catching, hitting a ball, tracking a ball Key Concepts: - Movement - Coordination - Fairness - Technique
--	---	--	---	--	--	--

Y3	A1	A2	SP1	SP2	SU1	SU2
				Residential (Team Building focus)		
	Yoga Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their	Ball skills Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing	Dance Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small	Basketball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing,	Athletics (links with Sports Day) Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that	OAA Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on

	mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others to create their own yoga flows. Key Skills: Breathing, balance, flexibility, strength, coordination Key Concepts: - Balance - Coordination - Fitness - Sequence - Technique	techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills will then be applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others. Key Skills: Tracking, throwing, catching, dribbling Key Concepts: - Movement - Coordination - Collaboration - Technique	groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology. Key Skills: Copying and performing actions, using canon, unison, formation, dynamics, pathways, direction Key Concepts: - Movement - Balance - Coordination - Collaboration - Sequence - Evaluation and improvement	catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances, and how to identify a focus for improvement. Key Skills: Throwing, catching, dribbling, intercepting, changing direction and speed, shooting Key Concepts: - Movement - Balance - Agility - Coordination - Competition	involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores. Key Skills: sprinting, running over obstacles, jumping for height and distance, push and pull throw for distance Key Concepts: - Movement - Agility - Coordination - Fitness - Technique	strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes. Key Skills: map reading, working as a team, using new vocabulary, communication Key Concepts: - Movement - Coordination - Collaboration - Sequence
--	---	--	--	---	---	---

				- Collaboration - Fairness - Technique		
	Fundamentals Pupils will develop fundamental movement skills such as balancing, running, jumping, hopping and skipping. Pupils will focus on their ability to change direction with balance and control, understand how the body moves at different speeds and how to speed up and slow down. Pupils will work independently and with others, practise taking turns and sharing their ideas. Key Skills: balancing, running, jumping, hopping, skipping Key Concepts: - Movement - Agility - Speed - Balance - Coordination	Gymnastics Pupils focus on improving the quality of their gymnastic movements. They are introduced to the terms 'extension' and 'body tension.' They develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Pupils develop their confidence to perform, considering the quality and control of their actions. Key Skills: Individual point and patch balances, straight roll, barrel roll, forwards roll, straight	Fitness Pupils will take part in a range of fitness challenges testing and record their scores. They will learn about different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.	Hockey Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.	Dodgeball Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and improve on their own and others performances. Key Skills: Throwing, catching, dodging, blocking Key Concepts: - Movement - Agility	Golf Pupils will develop the skills and apply them to striking, chipping, putting, and playing a short and long game. They will develop their coordination, accuracy, and control of movements. These lesson plans will enable teachers to provide pupils with activities that help them understand the principles of the golf game and develop fluid movements that can be used in game situations. Pupils will be given the opportunity to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strengths. Pupils will be given the opportunity to work on their own and

		jump, tuck jump, star jump, rhythmic gymnastics Key Concepts: - Movement - Balance - Fitness - Coordination	Key Skills: Agility, balance, coordination, speed, stamina, strength, power Key Concepts: - Movement - Balance - Agility - Coordination - Fitness - Sequence - Evaluation and improvement	Key Skills: Dribbling, passing, receiving, intercepting, tackling Key Concepts: - Movement - Agility - Coordination - Competition - Collaboration - Technique - Sequence - Health - Fitness	- Competition - Collaboration - Fairness	others, taking turns and sharing ideas. Key Skills: Accuracy, balance, co-ordination, striking Key Concepts: - Movement - Balance - Agility - Coordination - Competition
--	--	---	---	---	--	---

Y4	A1	A2	SP1	SP2	SU1	SU2
	Swimming This unit is aimed at beginner swimmers. In this unit pupils will learn about water safety and enjoy being in the water. They will learn how to travel, float and submerge with increasing confidence. Pupils will begin to learn to use legs and arms to propel them. Pupils will be given the opportunity to work independently and with others. They will develop confidence to persevere with new and challenging situations. Key Skills: Float, travel, submerge, kick with legs, pull with arms, glide This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions.		Gymnastics Pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in		Athletics (links with Sports Day) Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think	Rounders Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to

	Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water. <u>Key Skills: Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position</u> This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others. <u>Key Skills: Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions</u> Key Concepts: - Movement - Coordination - Fitness - Sequence - Technique			collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. <u>Key Skills: Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</u> Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration - Sequence - Technique	about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. In this unit pupils are able to experience running for distance, sprinting, relay, long jump, vertical jump and javelin. <u>Key Skills: Pacing, sprinting, jumping for distance and height, throw, heave, launch for distance</u> Key Concepts: - Movement - Agility - Balance - Coordination - Fitness - Technique	think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against. <u>Key Skills: Underarm and overarm throwing, catching, tracking a ball, fielding a ball, batting</u> Key Concepts: - Agility - Coordination - Competition - Fairness - Technique
	Ball Skills Pupils will develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the	Football Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending,	Fitness Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different	Netball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing,	Dance Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working	Tag Rugby In this unit pupils will learn to keep possession of the ball using attacking skills. They will play uneven and then even sided games, developing

	appropriate throw for the situation. Pupils will practise catching with one hand and two hands and will practise dribbling with the feet and the hands. Key Skills: catching, dribbling, ball control, throwing, tracking, kicking, make decisions Key Concepts: - Movement - Balance - Coordination - Communication - Collaboration - Fairness - Technique	receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition. Key Skills: Dribbling, passing, ball control, tracking, jockeying, turning Key Concepts: - Movement - Balance - Agility - Coordination - Competition - Collaboration - Fitness - Fairness - Technique	components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks Key Skills: Agility, balance, coordination, speed, stamina, strength, power Key Concepts: - Movement - Balance - Agility - Coordination - Fitness	catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Key Skills: passing, catching, footwork, intercepting, shooting Key Concepts: - Agility - Coordination - Fitness - Collaboration - Competition - Technique	individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work. Key Skills: Performing actions, using canon, unison, formation, dynamics, character, structure, space Key Concepts: - Movement - Balance - Coordination - Collaboration - Sequence - Evaluation and improvement	strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest improvements. Key Skills: Throwing, catching, running, dodging, tagging, scoring Key Concepts: - Movement - Balance - Agility - Coordination - Competition - Collaboration
--	--	--	--	--	---	--

			- Sequence - Evaluation and improvement			
--	--	--	--	--	--	--

Y5	A1	A2	SP1	SP2	SU1	SU2
	Young Leaders (group of 15 Y5 children leading activities for KS1 children at lunchtimes)					
					Bikeability	
	OAA Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.	Dance Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide	Gymnastics Lessons 1, 3, 5, 7, 9, and 11) Pupils create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils are given opportunities to receive and provide feedback in order to make improvements on their	Yoga Pupils will learn poses which challenge their balance, flexibility and strength. Pupils will learn how to use their breath to hold poses, move within poses and transition from pose to pose. Pupils will provide feedback to peers using key vocabulary and will seek ways to improve their own work. Later in the unit, pupils will work with a partner to create and refine a flow and lead a partner through a flow.	Athletics (links with Sports Day) Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to	Tennis Pupils develop their competencies in racket skills when playing Tennis. They learn specific skills such as a forehand, backhand, volley and underarm serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent. <u>Key Skills:</u> Forehand groundstroke, backhand groundstroke, forehand

	<u>Key Skills:</u> working as a team, reading a map Key Concepts: - Movement - Coordination - Collaboration - Sequence	feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others. <u>Key Skills:</u> Performing actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions Key Concepts: - Movement - Balance - Coordination - Collaboration - Sequence - Evaluation and improvement	performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. <u>Key Skills:</u> Symmetrical and asymmetrical balances, straight roll, forward roll, backward roll, straddle roll, cartwheel, bridge, shoulder stand, handstand Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration - Sequence - Technique	<u>Key Skills:</u> Balance, flexibility, strength, coordination Key Concepts: - Balance - Coordination - Fitness - Sequence - Technique	lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin. <u>Key Skills:</u> Pacing, sprinting, relay changeovers, jumping for distance and height, push and pull throw for distance Key Concepts: - Movement - Agility - Balance - Coordination - Fitness - Technique - Evaluation and improvement	volley, backhand volley, underarm serve Key Concepts: - Movement - Balance - Coordination - Competition - Collaboration - Technique
	Basketball	Fitness	Volleyball	Hockey	Cricket	Tag Rugby

	Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances. Key Skills: Throwing, catching, dribbling, intercepting, shooting Key Concepts: - Movement - Balance - Agility - Coordination - Competition	Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected. Key Skills: Agility, balance, coordination, speed, stamina, strength, power Key Concepts: - Movement - Balance - Agility - Coordination - Fitness	Pupils focus on developing the skills they need to play continuous rallies in volleyball. They will learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for their opponent. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils will be given the opportunity to work collaboratively with others and will develop confidence to achieve their best. They will understand the importance of abiding by rules to keep themselves & others safe. Pupils will develop character and control through engaging with coping strategies when exposed to competition and will be given the opportunity to take on the role of referee.	In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games. Key Skills: Dribbling, passing, receiving, tackling, creating and using space Key Concepts: - Movement - Balance - Agility - Coordination	Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against. Key Skills: Underarm and overarm throwing, catching, over and underarm bowling,	Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances. Key Skills: Throwing, catching, running, dodging, tagging, scoring
--	---	--	---	--	--	---

	- Collaboration - Fairness - Technique	- Sequence - Evaluation and improvement	<u>Key Skills:</u> Volleying, throwing, serving, ready positions Key Concepts: - Movement - Balance - Agility - Coordination - Competition - Collaboration - Fairness - Technique - Tactics	- Competition - Collaboration - Fairness - Technique	batting, long and short barrier Key Concepts: - Agility - Coordination - Competition - Fairness - Technique	Key Concepts: - Movement - Balance - Agility - Coordination - Competition - Collaboration
--	--	--	--	---	--	--

Y6	A1	A2	SP1	SP2	SU1	SU2
						Residential (Team Building focus)
	Netball In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and	Dance Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, and dynamics. Pupils will have opportunities to	Gymnastics (Lessons, 1, 3, 5, 7, 9, and 11 only) Pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when	Cricket In this unit pupils develop their understanding of the principles of striking and fielding. They expand on their knowledge of the different roles of bowler, fielder, wicket keeper and batter. In all games and activities, pupils have to think about how they use skills, strategies and	Athletics (links with Sports Day) Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or	Tennis Pupils develop their racket skills when playing tennis. They learn specific skills such as a forehand, backhand, volley and underarm serve. Pupils develop their tactical awareness including how to play with a partner and against another pair. They are encouraged to show

	tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self managing games. <u>Key Skills:</u> passing, catching, footwork, intercepting, shooting Key Concepts: - Agility - Coordination - Fitness - Collaboration - Competition - Technique	choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups. <u>Key Skills:</u> Movement to a beat, combing actions, combining stories Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration - Sequence - Evaluation and improvement	developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Pupils are given opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. <u>Key Skills:</u> Straddle roll, forward roll, backward roll, counterbalance, countertension, group balances, cartwheel, bridge, shoulder stand, handstand, headstand, vault Key Concepts: - Movement - Balance - Agility - Coordination - Collaboration	tactics to outwit the opponent. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful to the players they are playing against and with. <u>Key Skills:</u> deep and close catching, overarm/underarm bowling, balance, running Key Concepts: - Agility - Coordination - Competition - Fairness - Technique	accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: long distance running, sprinting, hurdles, high jump, triple jump, discus and shot put. <u>Key Skills:</u> Pacing, sprinting, relay changeovers, jumping for distance and height, push and fling throw for distance Key Concepts: - Movement - Agility - Balance - Coordination - Fitness - Technique	respect for their teammates as well as their opponents when self managing games. Pupils are also given opportunities to reflect on their own and other's performances and identify areas to improve. <u>Key Skills:</u> Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, split step Key Concepts: - Movement - Balance - Coordination - Competition - Collaboration - Technique
--	--	---	--	---	--	--

			- Sequence - Technique		- Evaluation and improvement	
	Rounders Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively. <u>Key Skills:</u> Throwing and catching tracking, fielding and retrieving a ball, batting	Dodgeball Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games and are given opportunities to evaluate and suggest improvements to their own and others' performances. <u>Key Skills:</u> Throwing, catching, dodging, blocking	Badminton Badminton is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against. <u>Key Skills:</u> Agility, balance, coordination, speed, stamina, strength, power	Yoga Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others. <u>Key Skills:</u> Balance, flexibility, strength, coordination Key Concepts: - Balance - Coordination - Fitness	Football Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees. <u>Key Skills:</u> Dribbling, passing, ball control, tracking, jockeying, turning, goalkeeping	Golf Pupils will develop skills and apply them to striking, chipping, putting and playing a short and long game. They will develop their coordination, accuracy and control of movements. These lesson plans will enable teachers to provide pupils with activities that help them understand the principles of golf and develop fluid movements that can be used in game situations. They will be confident in selecting the appropriate shot for the situation. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strengths. Pupils will be given the opportunity to work on their own and others, taking turns and sharing ideas. Pupils will be creative in designing their own course.

	Key Concepts: - Agility - Coordination - Competition - Fairness - Technique	Key Concepts: - Movement - Agility - Competition - Collaboration - Fairness	Key Concepts: - Movement - Balance - Agility - Coordination - Fitness - Sequence - Evaluation and improvement	- Sequence - Technique	Key Concepts: - Movement - Balance - Agility - Coordination - Competition - Collaboration - Fitness - Fairness - Technique	Key Skills: Accuracy, balance, co-ordination, striking Key Concepts: - Movement - Balance - Agility - Coordination - Competition
--	--	--	--	---	---	---