



PE Progression Overview

	Term 1	Term 2	Term 3
EYFS			
Unit Overviews	<p>Fundamental Movement Skills Pupils will start to learn and develop core fundamental movement skills. They will have opportunity in throwing, jumping and running specific activities and challenges.</p> <p>They will have the opportunity to explore setting and beating a personal best in different activities.</p> <p>Pupils will explore working collaboratively and competitively with a partner.</p> <p>Gymnastics (Floor-Based) Pupils will continue to develop and refine core fundamental movement skills (see dev. physical skills). They will start to link different actions together to create short sequences of movement and will explore travel and balance actions using different body parts.</p>	<p>Dance Pupils will continue to develop and refine core fundamental movement skills (see dev. physical skills). They will start to link different actions together to create short sequences of movement and will explore travel and balance actions using different body parts.</p> <p>They will start to explore different themes and ideas in dance, and link them to different areas of the curriculum e.g., literacy. They will start to explore expressing different emotions and feelings.</p> <p>Yoga We will start to develop basic fundamental movement skills of balance and movement. We will start to explore linking these together through song and story-based activities and apply into games.</p> <p>Pupils will start to work cooperatively with others and develop resilience and patience.</p>	<p>Ball Skills Pupils will develop basic object control skills. They will develop gross motor skills through using a range of equipment to strike, dribble, kick, throw and catch. Pupils will also start to develop their ability to follow instructions and complete tasks based on those instructions.</p> <p>We will also start to explore very basic teamwork and communication aspects including taking turns and sharing</p> <p>Athletics Pupils will continue to develop and refine core fundamental movement skills. They will have opportunity into throwing, jumping and running specific activities and challenges.</p> <p>They will have the opportunity to explore setting and beating a personal best in different activities.</p> <p>Pupils will explore working collaboratively and competitively with a partner.</p>
Substantive Knowledge	<p>Fundamental Movement Skills</p> <p>Gymnastics (Floor-Based)</p>	<p>Dance</p> <p>Yoga</p>	<p>Ball Skills</p> <p>Athletics</p>
Example Vocabulary	<p>Fundamental Movement Skills</p> <p>Run Jump Throw Catch Skip Hop Balance Space Safe</p>	<p>Dance</p> <p>Space Safely Turning Travel Story Balance</p> <p>Yoga</p> <p>Pose</p>	<p>Ball Skills</p> <p>Space Throwing Catching Rolling Kicking Moving</p> <p>Athletics</p> <p>Space</p>

	Gymnastics (Floor-Based) Balance Jumping Space Safety Travelling Link Shapes	Breathing Link/sequence Balance Kindness Friendship Teamwork Resilience Reflect	Throwing Rolling Hopping Jumping Running
Significant Sports Stars	David Belle (Parkour pioneer) Lewis Smith (British Gymnast)	Fred Astaire (dancer/actor) Jaime Amor (founder of 'Cosmic Kids Yoga')	Linford Christie (Jamaican-British 100m Sprinter)
Additional Experiences	Circus Skills Street Dance Scooter Skills with Modeshift Stars Cycling Skills with Modeshift Stars Fitness Fortnight EYFS Sports Day		
Year 1			
National Curriculum Link	Fundamental Movement Skills <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success Use running, jumping, throwing and catching in isolation and in combination Ball Skills <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them 	Dance <ul style="list-style-type: none"> Develop fundamental movement skills Become increasingly competent and confident Access a broad range of opportunities to extend agility, balance and coordination, individually and with others Engage in co-operative physical activities Developing balance, agility and co-ordination, and begin to apply these in a range of activities Perform dances using simple movement patterns Target Games <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success Use running, jumping, throwing and catching in isolation and in combination 	Striking, Fielding and Catching <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success Use running, jumping, throwing and catching in isolation and in combination Net/Wall (hand-based) <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other.

	<p>in different ways and to link them to make actions</p> <ul style="list-style-type: none"> • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination <p>Problem Solving and Team Building</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination <p>Gymnastics (Floor-Based)</p> <ul style="list-style-type: none"> • Develop fundamental movement skills • Become increasingly competent and confident • Access a broad range of opportunities to extend agility, balance and coordination, individually and with others • Engage in co-operative physical activities • Developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<p>Invasion Games</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success • Use running, jumping, throwing and catching in isolation and in combination <p>Yoga</p> <ul style="list-style-type: none"> • Develop fundamental movement skills • Become increasingly competent and confident • Access a broad range of opportunities to extend agility, balance and coordination, individually and with others • Engage in co-operative physical activities • Developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination <p>Athletics</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination <p>Net/Wall (racket-based)</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination
<p>Unit Overviews</p>	<p>Fundamental Movement Skills</p> <p>Children will explore a range of activities that develop the fundamental movement skills of running, jumping and throwing. They will experiment with different ways</p>	<p>Dance</p> <p>Pupils will explore different body actions, e.g.: jumping, galloping and turning. They will explore the use of balancing and start to link skills together using different parts of their body to create short sequences.</p>	<p>Striking, Fielding and Catching</p> <p>Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the</p>

	<p>of travelling, throwing and jumping, developing awareness of speed, distance and coordination.</p> <p>Ball Skills Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p> <p>Problem Solving and Team Building Pupils will explore a variety of tasks and challenges to practice their fundamental movement skills of throwing, running, jumping, hopping and balancing. Pupils will be encouraged to work collaboratively with others to complete tasks and challenges, demonstrating teamwork, sharing and helping others.</p> <p>Gymnastics (Floor-Based) Pupils will develop balance, stillness and basic jumping actions on the floor and using apparatus. They will start to explore different travelling actions, negotiating space and equipment safely. They can copy or create short sequences, linking together different actions e.g., jump, jump or balance and a travel action.</p>	<p>Pupils can respond to different stimuli and themes to create and repeat short dances.</p> <p>Pupils will start to explore using their actions to communicate feelings and emotion through dance.</p> <p>Target Games Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p> <p>Invasion Games Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p> <p>Yoga Pupils will explore a variety of poses using different body parts. We will explore linking poses together and creating flows through active stories. We can start to show more confidence in our actions.</p>	<p>opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p> <p>Net/Wall (hand-based) Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p> <p>Athletics Children will explore a range of activities that develop the fundamental movement skills of running, jumping and throwing. They will experiment with different ways of travelling, throwing and jumping, developing awareness of speed, distance and coordination.</p> <p>Net/Wall (racket-based) Develop basic game-based skills, particularly the FMS of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of cooperative games and 1v1, 1v2 competitive games.</p>
<p>Declarative (knowing what) Knowledge</p>	<p>Fundamental Movement Skills</p> <p>Ball Skills</p> <p>Problem Solving and Team Building</p> <p>Gymnastics (Floor-Based)</p>	<p>Dance</p> <p>Target Games</p> <p>Invasion Games</p> <p>Yoga</p>	<p>Striking, Fielding and Catching</p> <p>Net/Wall (hand-based)</p> <p>Athletics</p> <p>Net/Wall (racket-based)</p>

Procedural (knowing how) Knowledge	<p>Fundamental Movement Skills</p> <p>Ball Skills</p> <p>Problem Solving and Team Building</p> <p>Gymnastics (Floor-Based)</p>	<p>Dance</p> <p>Target Games</p> <p>Invasion Games</p> <p>Yoga</p>	<p>Striking, Fielding and Catching</p> <p>Net/Wall (hand-based)</p> <p>Athletics</p> <p>Net/Wall (racket-based)</p>
Example Vocabulary	<p>Fundamental Movement Skills</p> <p>Run Jump Throw Catch Skip Hop Balance Space Safe</p> <p>Ball Skills</p> <p>Pass Throw Roll Control Catch Kick Dribble</p> <p>Problem Solving and Team Building</p> <p>Creative Teamwork Communication Trusting Guiding</p>	<p>Dance</p> <p>Balance Stillness Movement Link Levels Travelling Direction Gestures</p> <p>Target Games</p> <p>Aim Target Roll Throw Score Bat</p> <p>Invasion Games</p> <p>Pass Throw Roll Control Catch Kick Dribble</p>	<p>Striking, Fielding and Catching</p> <p>Receiving Underarm Scoring Striking Bowling</p> <p>Net/Wall (hand-based)</p> <p>Space Throwing Catching Moving Rolling Kicking Receiving Underarm Scoring Striking</p> <p>Athletics</p> <p>Throw Jump Run Skip Target Sprint</p>

	<p>Cooperative</p> <p>Gymnastics (Floor-Based)</p> <p>Balance Jump Roll Link Control Travelling Direction Pencil Tuck Star Straddle Pike</p>	<p>Yoga</p> <p>Pose Breathing Link/sequence Balance Kindness Friendship Teamwork Resilience Reflect</p>	<p>Hop Coordination Takeoff Landing Push Pull Underarm Relay Personal best</p> <p>Net/Wall (racket-based)</p> <p>Space Racket Moving Target Net Receiving Underarm Scoring Striking</p>
Significant Sports Stars	Simone Biles (American Gymnast)	Adriene Mishler (internationally-renowned yoga instructor)	<p>Jessica Ennis-Hill (British Track and Field Athlete)</p> <p>PJ Showalter & Tyler Cisek (#1 world ranked Spike Ball duo)</p>
Additional Experiences	<p>Key Stage 1 Multi Skills Multi Skills afterschool clubs Various Intraschool Competitions Boxing w/a professional boxer Circus Skills Street Dance Scooter Skills with Modeshift Stars Cycling Skills with Modeshift Stars Fitness Fortnight KS1 Sports Day</p>		
Year 2			
National Curriculum Link	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. 	<p>Dance</p> <ul style="list-style-type: none"> Develop fundamental movement skills Become increasingly competent and confident Access a broad range of opportunities to extend agility, balance and coordination, individually and with others Engage in co-operative physical activities Developing balance, agility and co-ordination, and begin to apply these in a range of activities Perform dances using simple movement patterns 	<p>Striking, Fielding and Catching</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other.

- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Ball Skills

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Problem Solving and Team Building

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Target Games

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Invasion Games

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Yoga

- Develop fundamental movement skills
- Become increasingly competent and confident
- Access a broad range of opportunities to extend agility, balance and coordination, individually and with others
- Engage in co-operative physical activities
- Developing balance, agility and co-ordination, and begin to apply these in a range of activities

- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Net/Wall (hand-based)

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Athletics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination

Net/Wall (racket-based)

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time

	<p>Gymnastics (Floor-Based)</p> <ul style="list-style-type: none"> • Develop fundamental movement skills • Become increasingly competent and confident • Access a broad range of opportunities to extend agility, balance and coordination, individually and with others • Engage in co-operative physical activities • Developing balance, agility and co-ordination, and begin to apply these in a range of activities 		<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination
<p>Unit Overviews</p>	<p>Fundamental Movement Skills Children will continue to explore a range of activities that develop the fundamental movement skills of running, jumping and throwing. They will further develop different ways of travelling, throwing and jumping, exploring cooperative and competitive tasks. They will further develop their understanding of speed, distance and coordination and setting a 'personal best'</p> <p>Ball Skills Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will play games based on net/wall, strike & field, invasion and target type games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p> <p>Problem Solving and Team Building Pupils will continue explore a variety of tasks and challenges to practice their fundamental movement skills of throwing, running, jumping, hopping and balancing. Pupils will be encouraged to work collaboratively with others to create and complete tasks and challenges, demonstrating teamwork, sharing and helping others.</p> <p>Gymnastics (Floor-Based)</p>	<p>Dance Pupils will focus on creating and developing short routines based on different stimuli including different ideas, music and themes. They can start to display different emotions, moods and ideas through their actions. Pupils will learn how to use different body parts to create and develop movements, and sequences of movement. Pupils will start to create short dances both individually and with a partner.</p> <p>Target Games Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p> <p>Invasion Games Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p> <p>Yoga</p>	<p>Striking, Fielding and Catching Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p> <p>Net/Wall (hand-based) Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p> <p>Athletics Children will continue to explore a range of activities that develop the fundamental movement skills of running, jumping and throwing. They will further develop different ways of travelling, throwing and jumping, exploring cooperative and competitive tasks. They will further develop their understanding of speed, distance and coordination and setting a 'personal best'</p> <p>Net/Wall (racket-based) Further develop basic game-based skills, start to display mastery in fundamental movement skills (see physical skills below). Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to further develop and apply physical, emotional and tactical skills through a range of cooperative and 1v1, 1v2 competitive games.</p>

	Pupils can build on and expand their basic gymnastics skills. They will start to link together different balances, shapes and travel actions to create short sequences. We will start to explore basic compositional ideas including tempo, direction and levels, and adapt actions to transfer from floor to apparatus.	Pupils will continue to develop a variety of poses using different body parts. We will explore linking poses together and creating flows through active stories. We can start to show more confidence in our actions.	
Declarative (knowing what) Knowledge	Fundamental Movement Skills Ball Skills Problem Solving and Team Building Gymnastics (Floor-Based)	Dance Target Games Invasion Games Yoga	Striking, Fielding and Catching Net/Wall (hand-based) Athletics Net/Wall (racket-based)
Procedural (knowing how) Knowledge	Fundamental Movement Skills Ball Skills Problem Solving and Team Building Gymnastics (Floor-Based)	Dance Target Games Invasion Games Yoga	Striking, Fielding and Catching Net/Wall (hand-based) Athletics Net/Wall (racket-based)
Example Vocabulary	Fundamental Movement Skills Run Jump Throw Catch Skip Hop Balance	Dance Stillness Control Timing Sequence 4-count Feelings Expression	Striking, Fielding and Catching Running Communicate Teamwork Batting Fielding Net/Wall (hand-based)

	<p>Space Safe Master</p> <p>Ball Skills</p> <p>Aim Target Shoot Score Striking Accuracy</p> <p>Problem Solving and Team Building</p> <p>Support Direct Resilience Solve Communicate</p> <p>Gymnastics (Floor-Based)</p> <p>Point Patch Pathway Mirroring Push Pull Leap Levels Sequence Tempo Coordination</p>	<p>Gestures</p> <p>Target Games</p> <p>Aim Target Accurate Roll Throw Strike Score Bat Hole</p> <p>Invasion Games</p> <p>Teamwork Attacking Defending</p> <p>Yoga</p> <p>Pose Breathing Link/sequence Balance Kindness Friendship Teamwork Resilience Reflect</p>	<p>Agility Balance Coordination Reacting Tracking Space Target Return</p> <p>Athletics</p> <p>Throw Jump Run Skip Target Sprint Hop Coordination Takeoff Landing Push Pull Underarm Relay Personal best</p> <p>Net/Wall (racket-based)</p> <p>Agility Balance Coordination Reacting Tracking Space Target Return</p>
Significant Sports Stars	<p>Rebecca Downie (British Gymnast)</p> <p>Jill Scott (British footballer)</p>	<p>Michael Jackson (dancer, King of Pop)</p> <p>Lydia Ko (New Zealand golfer)</p>	<p>Dame Kelly Holmes, OBE (retired British Athlete)</p> <p>Andy Murray (British Tennis player)</p>
Additional Experience	<p>Key Stage 1 Multi Skills Multi Skills afterschool clubs Various Intraschool Competitions Boxing w/a professional boxer Circus Skills Street Dance Scooter Skills with Modeshift Stars</p>		

Cycling Skills with Modeshift Stars
 Fitness Fortnight
 KS1 Sports Day

Year 3

National Curriculum Link

Football

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

OAA

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Take part in outdoor and adventurous activity challenges both individually and within a team

Dance

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement

Volleyball

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Apparatus-based Gymnastics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time

Health and Fitness

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Rounders

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Athletics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.

	<p>Dodgeball</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Floor-based Gymnastics</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement • Develop flexibility, strength, technique, control and balance • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success 	<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement • Develop flexibility, strength, technique, control and balance • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success <p>Basketball</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending 	<ul style="list-style-type: none"> • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Use running, jumping, throwing and catching in isolation and in combination • Compare their performances with previous ones and demonstrate improvement to achieve their personal best <p>Tennis</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Unit Overviews	<p>Football</p> <p>Further develop basic game-based skills, displaying mastery in fundamental movement skills of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will have the</p>	<p>Dance</p> <p>Pupils will perform dances, focusing on creating, adapting and linking a range of dance actions. They will be inspired by a range of stimuli, including different styles of music, cultures and backgrounds including historical dances such as the haka.</p>	<p>Health and Fitness</p> <p>Rounders</p>

	<p>opportunity to apply physical, emotional and tactical skills through a range of even and uneven games.</p> <p>OAA</p> <p>Pupils will explore more complex teamwork and problem solving tasks. They will develop their communication skills and start to show an understanding of why communication is important in a team.</p> <p>Pupils will be encouraged to work collaboratively with others to create and complete tasks and challenges, demonstrating teamwork, sharing and helping others. Pupils will start to explore basic map reading and orientating, and use these skills to navigate themselves and others.</p> <p>Dodgeball</p> <p>Floor-based Gymnastics</p> <p>Pupils will focus on improving their actions through greater body tension, and pointing our fingers and toes when completing actions. Pupils will continue to plan and perform actions using a greater number of their own ideas to create sequences that link together more smoothly.</p> <p>Pupils will start to observe and provide simple feedback identifying areas we like and constructive feedback.</p>	<p>They will work in partners and small groups to develop their ability to create, perform and appreciate dance.</p> <p>Volleyball</p> <p>Further develop basic game-based skills, displaying mastery in fundamental movement skills of throwing and catching. Pupils will develop resilience and teamwork through a range of games.</p> <p>Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of even and uneven games.</p> <p>Apparatus-based Gymnastics</p> <p>Pupils will focus on improving their actions through greater body tension, and pointing our fingers and toes when completing actions. Pupils will continue to plan and perform actions using a greater number of their own ideas to create sequences that link together more smoothly.</p> <p>Pupils will start to observe and provide simple feedback identifying areas we like and constructive feedback.</p> <p>Basketball</p> <p>Further develop basic game-based skills, displaying mastery in fundamental movement skills of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of even and uneven games.</p>	<p>Further develop basic game-based skills, displaying mastery in fundamental movement skills of throwing and catching. Pupils will develop resilience and teamwork through a range of games. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of small sided games.</p> <p>Athletics</p> <p>Children will develop good running, jumping and throwing techniques. Children will explore a range of cooperative and competitive tasks, and will develop their technical understanding across a range of athletic events. They will be encouraged to take on different roles in the unit: athlete, coach, timer to design, complete and officiate different tasks/events.</p> <p>Tennis</p> <p>Further develop basic game-based skills, displaying mastery in fundamental movement skills of throwing and catching. Pupils will develop resilience and teamwork through a range of games.</p> <p>Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of even and uneven games.</p>
<p>Declarative (knowing what) Knowledge</p>	<p>Football</p> <ul style="list-style-type: none"> • Have a basic understanding of attacking principles e.g., using space and moving off the ball • Pupils have a basic understanding of isolated techniques; dribbling, passing, shooting etc. • Pupils have a basic understanding of rules and safety <p>OAA</p> <ul style="list-style-type: none"> • Pupils understand what a key is • Pupils understand how to orientate a map <p>Dodgeball</p>	<p>Dance</p> <ul style="list-style-type: none"> • Pupils have a developing understanding of dance principles • Pupils will develop their understanding of expression and emotion in dance <p>Volleyball</p> <ul style="list-style-type: none"> • Have a basic understanding of isolated techniques e.g., serving and returning • Pupils will start to explore different shots • Pupils have a basic understanding of rules and safety <p>Apparatus-based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a basic understanding of compositional ideas • Pupils will develop their understanding of individual balances and how they link in relationship with others: 	<p>Health and Fitness</p> <p>Rounders</p> <ul style="list-style-type: none"> • Pupils have a basic understanding of isolated techniques e.g., batting, throwing and catching • Pupils have a basic understanding of rules and safety <p>Athletics</p> <ul style="list-style-type: none"> • Pupils have a basic understanding of running, jumping and throwing techniques • Pupils have a basic understanding of rules and scoring for a variety of events

	<ul style="list-style-type: none"> • Pupils have a basic understanding of isolated techniques e.g., batting, throwing, catching and blocking • Pupils have a basic understanding of rules and safety <p>Floor-based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a basic understanding of compositional ideas • Pupils will develop their understanding of individual balances and how they link in relationship with others: <ul style="list-style-type: none"> - Point balances - Match - Mirror • Pupils will start to explore basic partner balances: <ul style="list-style-type: none"> - Pull, push and touching • Pupils have a good understanding of basic floor movements 	<ul style="list-style-type: none"> - Point balances - Match - Mirror • Pupils will start to explore basic partner balances: <ul style="list-style-type: none"> - Pull, push and touching • Pupils have a good understanding of basic floor movements • Pupils have a good understanding of basic jump techniques <p>Basketball</p> <ul style="list-style-type: none"> • Have a basic understanding of attacking principles e.g., using space and moving off the ball • Pupils have a basic understanding of isolated techniques; dribbling, passing, shooting etc. • Pupils have a basic understanding of rules and safety 	<p>Tennis</p> <ul style="list-style-type: none"> • Pupils have a basic understanding of isolated techniques e.g., serving and returning • Pupils will start to explore different tennis shots • Pupils have a basic understanding of rules and safety
<p>Procedural (knowing how) Knowledge</p>	<p>Football</p> <p>OAA</p> <p>Dodgeball</p> <p>Floor-based Gymnastics</p>	<p>Dance</p> <p>Volleyball</p> <p>Apparatus-based Gymnastics</p> <p>Basketball</p>	<p>Health and Fitness</p> <p>Rounders</p> <p>Athletics</p> <p>Tennis</p>
<p>Example Vocabulary</p>	<p>Football</p> <p>Possession Interception Touch line Resilience Communication Pass & move Pass back/1-2</p>	<p>Dance</p> <p>Stillness Transition Unison Communication Culture Expression Emotion</p>	<p>Health and Fitness</p> <p>Rounders</p> <p>Wicket Out Base</p>

	<p>OAA</p> <p>Trust Discuss Decide Plan Create Key Navigate</p> <p>Dodgeball</p> <p>Overarm Accuracy Targets Dodging Reactions Space Catch In/Out Teamwork Communication</p> <p>Floor-based Gymnastics</p> <p>Mirror Match Timing Levels Counter tension Counter balance Collaborate Sequence Communication Canon Unison</p>	<p>Perform</p> <p>Volleyball</p> <p>Space Reactions Serving Return Rally Court Net Accuracy</p> <p>Apparatus-based Gymnastics</p> <p>Mirror Match Timing Levels Counter tension Counter balance Collaborate Sequence Communication Canon Unison</p> <p>Basketball</p> <p>Possession Interception Touch line Resilience Communication Pass & move Pass back/1-2</p>	<p>Long barrier Bowler Positioning Rounder Stumped</p> <p>Athletics</p> <p>Sprint Relay Broad jump Hips to lips Technique Push Pull Underarm Overarm Distance Fling Hurdle Lead leg Transition Stride Competition Sportsmanship</p> <p>Tennis</p> <p>Space Reactions Serving Return Rally Court Net Accuracy</p>
Significant Sports Stars	<p>Robert Baden-Powell (founder of boy scouts) Pele (Brazilian footballer) Beth Tweddle (Yorkshire Gymnast)</p>	<p>New Zealand All Blacks (men and women's Rugby teams)</p>	<p>Joe Wicks (Health and Fitness advocate) James Anderson (British Cricketer)</p>
Additional Experiences	<p>Year 3/4 External Dodgeball Competition Year 3/4 External Boccia Competition <i>'The Biggest Girls' Football Event'</i> National Girls Football Tournament Various Intraschool Competitions Multi Skills afterschool club Danum Eagles Basketball Afterschool Club</p>		

Boxing w/a professional boxer
 Circus Skills
 Street Dance
 Scooter Skills with Modeshift Stars
 Cycling Skills with Modeshift Stars
 Fitness Fortnight
 Exceed Trust Games
 KS2 Sports Day

Year 4

National Curriculum Link

Football

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

OAA

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.

Dance

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement

Volleyball

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Health and Fitness

Rounders

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Athletics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.

- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Take part in outdoor and adventurous activity challenges both individually and within a team

Dodgeball

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Floor-based Gymnastics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- Develop flexibility, strength, technique, control and balance
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

Apparatus-based Gymnastics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- Develop flexibility, strength, technique, control and balance
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

Basketball

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Tennis

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

<p>Unit Overviews</p>	<p>Football Further develop basic team game-based skills, pupils will explore and further develop dribbling, passing and receiving skills. Pupils will develop resilience and teamwork through a range of games. Pupils will start to develop simple tactics and strategies for attacking. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of even and uneven small sided games.</p> <p>OAA Pupils will explore more complex teamwork and problem solving tasks. They will develop their communication skills and start to show an understanding of why communication is important in a team. Pupils will encouraged to work collaboratively with others to create and complete tasks and challenges, demonstrating teamwork, sharing and helping others. Pupils will start to explore basic map reading and orientating and use these skills to navigate themselves and others.</p> <p>Dodgeball</p> <p>Floor-based Gymnastics Pupils will develop their actions to link and perform with greater precision and fluency. Pupils can create longer, more complex routines individually and with a partner. They will start to explore compositional ideas further and can start to apply them into their routines, for example contrast, unison and canon. Pupils can start to reflect on their own performance and the performances of others to evaluate and refine routines.</p>	<p>Dance Children will further develop their expressive qualities, and will do so by developing character and feelings into our dances. They will explore different styles of dance from different cultures around the world, and will start to explore how they can adapt and develop dances further. Children will place a further focus on linking phrases of movement with increased fluency and control.</p> <p>Volleyball Further develop basic net/wall game-based skills, pupils will explore and further develop striking, throwing and catching skills. Pupils will develop resilience and teamwork through a range of games and tasks. Pupils will start to develop basic tactics and strategies to target space. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of small sided games.</p> <p>Apparatus-based Gymnastics Pupils will develop their actions to link and perform with greater precision and fluency. Pupils can create longer, more complex routines individually and with a partner. They will start to explore compositional ideas further and can start to apply them into their routines, for example contrast, unison and canon. Pupils can start to reflect on their own performance and the performances of others to evaluate and refine routines.</p> <p>Basketball Further develop basic team game-based skills, pupils will explore and further develop dribbling, passing and receiving skills. Pupils will develop resilience and teamwork through a range of games. Pupils will start to develop simple tactics and strategies for attacking. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of even and uneven small sided games.</p>	<p>Health and Fitness</p> <p>Rounders Further develop basic strike/field game-based skills, pupils will explore and further develop striking, throwing and catching skills. Pupils will develop resilience and teamwork through a range of games and tasks. Pupils will start to develop basic tactics and strategies to target space. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of small sided games.</p> <p>Athletics Children will continue to develop good running, jumping and throwing techniques. Children can demonstrate their knowledge further by helping and encouraging other and will continue to explore competitive tasks. They will further develop their technical understanding across a range of athletic events. They will be encouraged to take on different roles in the unit: athlete, coach, timer to design, complete and officiate different tasks/events.</p> <p>Tennis Further develop basic net/wall game-based skills, pupils will explore and further develop striking, throwing and catching skills. Pupils will develop resilience and teamwork through a range of games and tasks. Pupils will start to develop basic tactics and strategies to target space. Pupils will have the opportunity to apply physical, emotional and tactical skills through a range of small sided games.</p>
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Declarative (knowing what) Knowledge	Football <ul style="list-style-type: none"> • Have are developing their understanding of simple tactics, strategies and rules • Pupils have a good understanding of isolated techniques, dribbling OAA Dodgeball Floor-based Gymnastics	Dance Volleyball Apparatus-based Gymnastics Basketball	Health and Fitness Rounders Athletics Tennis
Procedural (knowing how) Knowledge	Football OAA Dodgeball Floor-based Gymnastics	Dance Volleyball Apparatus-based Gymnastics Basketball	Health and Fitness Rounders Athletics Tennis
Example Vocabulary	Football Decision making Pivot Dodging Pass selection Space Width Block Support OAA	Dance Emotion Culture Unison Passion Creativity Routine Perform Reflect Evaluate Volleyball	Health and Fitness Rounders Flick Backstop Positioning Wicket keeper Bowler Retrieve Relay

	<p>Lead Include Strategy Trail Orientate Focal point Plot</p> <p>Dodgeball</p> <p>Overarm Blocking Reactions Catch Coordination Target In/Out Teamwork Awareness Communication</p> <p>Floor-based Gymnastics</p> <p>Contrast Supporting Flow Tension Confidence Routine Perform Evaluate</p>	<p>Forehand Backhand Serve Communication Space Teamwork Compete</p> <p>Apparatus-based Gymnastics</p> <p>Contrast Supporting Flow Tension Confidence Routine Perform Evaluate</p> <p>Basketball</p> <p>Decision making Pivot Dodging Pass selection Space Width Block Support</p>	<p>Decision making Flick</p> <p>Athletics</p> <p>Sprint Relay Broad jump Hips to lips Technique Push Pull Underarm Overarm Distance Fling Hurdle Lead leg Transition Stride Competition Sportsmanship</p> <p>Tennis</p> <p>Forehand Backhand Serve Communication Space Teamwork Compete</p>
Significant Sports Stars	<p>James Coppinger (footballer)</p> <p>Bear Grylls (British Adventurer)</p> <p>Max Whitlock (British gymnast)</p>	<p>Patrick Anderson (Canadian wheelchair basketball player)</p> <p>Lebron James (American basketball player)</p> <p>Kim Yeon-Koung (Korean volleyball player)</p>	<p>Tia-Clair Toomey (Australian weightlifter)</p> <p>Sir Alastair Cook (British Cricketer)</p>
Additional Experiences	<p>Year 3/4 External Dodgeball Competition Year 3/4 External Boccia Competition <i>'The Biggest Girls' Football Event'</i> National Girls Football Tournament Various Intraschool Competitions Multi Skills afterschool club Danum Eagles Basketball Afterschool Club Boxing w/a professional boxer Circus Skills Street Dance Scooter Skills with Modeshift Stars</p>		

Cycling Skills with Modeshift Stars
 Fitness Fortnight
 Exceed Trust Games
 KS2 Sports Day

Year 5

National Curriculum Link

Tag Rugby

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

OAA

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Dance

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement

Volleyball

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Apparatus-Based Gymnastics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time

Cricket

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Swimming

Athletics

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Use running, jumping, throwing and catching in isolation and in combination
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

	<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team <p>Netball</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Floor-Based Gymnastics</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement • Develop flexibility, strength, technique, control and balance • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success 	<ul style="list-style-type: none"> • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement • Develop flexibility, strength, technique, control and balance • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success <p>Hockey</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions • They should enjoy communicating, collaborating and competing with each other. • They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending 	<p>Swimming</p>
<p>Unit Overviews</p>	<p>Tag Rugby</p>	<p>Dance</p>	<p>Cricket</p>

	<p>Pupils will further explore tactics and strategies relating to invasion games including the use of space both in attack and defence and different marking and evasion tactics.</p> <p>Pupils will start to play larger group games and can contribute towards officiating their own games, and evaluating their own performance and that of others.</p> <p>OAA</p> <p>Pupils will complete communication and trust-based activities in pairs/small groups.</p> <p>They will further develop their understanding of map reading through navigating and creating increasingly longer and more complex courses.</p> <p>Pupils have good understanding of how orientation, a key and coordinates are used to navigate.</p> <p>Pupils will start to develop their understanding of compass points.</p> <p>Netball</p> <p>Pupils will further explore tactics and strategies relating to invasion games including the use of space both in attack and defence and different marking and evasion tactics.</p> <p>Pupils will start to play larger group games and can contribute towards officiating their own games, and evaluating their own performance and that of others.</p> <p>Floor-Based Gymnastics</p> <p>Pupils will develop their actions to link and perform with greater precision and fluency. Pupils can develop and refine longer, more complex routines with greater complexities individually and within a small group.</p> <p>Children will create more complex routines, displaying a range of compositional techniques. They are starting to display greater control, confidence and consistency in their actions.</p> <p>Pupils can observe and evaluate the performances of others and provide meaningful feedback with context.</p>	<p>Children will take inspiration from different dances, cultures and themes. They will use this to create further stimuli and inspiration for dances.</p> <p>They will create, perform and observe dances and are encouraged to become more adventurous when improvising and creating dances, developing their understanding of how props, music and emotion can enrich dance.</p> <p>Volleyball</p> <p>Pupils will further explore tactics and strategies relating to net/wall games including the use of different shots, formations and targeting space.</p> <p>Pupils will start to play group games and can contribute towards officiating their own games, and evaluating their own performance and that of others.</p> <p>Apparatus-Based Gymnastics</p> <p>Pupils will develop their actions to link and perform with greater precision and fluency. Pupils can develop and refine longer, more complex routines with greater complexities individually and within a small group.</p> <p>Children will create more complex routines, displaying a range of compositional techniques. They are starting to display greater control, confidence and consistency in their actions.</p> <p>Pupils can observe and evaluate the performances of others and provide meaningful feedback with context.</p> <p>Tennis</p> <p>Pupils will further explore tactics and strategies relating to net/wall games including the use of different shots, formations and targeting space.</p> <p>Pupils will start to play group games and can contribute towards officiating their own games, and evaluating their own performance and that of others.</p>	<p>Pupils will further explore tactics and strategies relating to strike/field games including the use of different shots, formations and targeting space</p> <p>Pupils will start to play group games and can contribute towards officiating their own games, and evaluating their own performance and that of others.</p> <p>Swimming</p> <p>Athletics</p> <p>Children will focus on developing their technical understanding of athletic events. They can set and compete against personal bests across a range of running, throwing and jumping activities.</p> <p>Pupils can start to observe and evaluate the performances of others and provide meaningful feedback with context.</p> <p>Swimming</p>
<p>Declarative (knowing what) Knowledge</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> • Have a good understanding of tactics, strategies and rules • Pupils will understand key vocabulary and start to communicate in context more fluently 	<p>Dance</p> <ul style="list-style-type: none"> • Pupils have a good understanding of dance principles, and can start to communicate these with context: <ul style="list-style-type: none"> - Stillness/Balance - Jumping/Leaping 	<p>Cricket</p> <ul style="list-style-type: none"> • Have a good understanding of tactics, strategies and rules • Pupils will understand key vocabulary and start to communicate in context more fluently

	<ul style="list-style-type: none"> • Pupils will have a good understanding of positioning both in attack and defence <p>OAA</p> <ul style="list-style-type: none"> • Pupils understand how to create, plot and navigate using basic coordinates-based maps • Pupils have a better understand transferrable life skills contained within OAA <p>Netball</p> <ul style="list-style-type: none"> • Have a good understanding of tactics, strategies and rules • Pupils will understand key vocabulary and start to communicate in context more fluently • Pupils will have a good understanding of positioning both in attack and defence <p>Floor-Based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a good understanding of all compositional ideas • Pupils will develop their understanding of individual and partner/group balances: <ul style="list-style-type: none"> - Supporting (individual) - Supporting (partner) - Counter balance - Counter tension • Pupils will learn a variety of new individual balances and terminology: <ul style="list-style-type: none"> - Inverted - Symmetrical - Asymmetrical 	<ul style="list-style-type: none"> - Travelling - Levels - Gestures/Emotion - Turning/Rotating • Pupils have a developing understanding of formation and timing in larger groups <p>Volleyball</p> <ul style="list-style-type: none"> • Have a good understanding of tactics, strategies and rules • Pupils will understand key vocabulary and start to communicate in context more fluently • Pupils will have a good understanding of positioning both in 'attack' and 'defence' <p>Apparatus-Based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a good understanding of all compositional ideas • Pupils will develop their understanding of individual and partner/group balances: <ul style="list-style-type: none"> - Supporting (individual) - Supporting (partner) - Counter balance - Counter tension • Pupils will learn a variety of new individual balances and terminology: <ul style="list-style-type: none"> - Inverted - Symmetrical - Asymmetrical <p>Hockey</p> <ul style="list-style-type: none"> • Have a good understanding of tactics, strategies and rules • Pupils will understand key vocabulary and start to communicate in context more fluently • Pupils will have a good understanding of positioning both in attack and defence 	<ul style="list-style-type: none"> • Pupils will have a good understanding of positioning both in batting and fielding <p>Swimming</p> <p>Athletics</p> <ul style="list-style-type: none"> • Pupils will demonstrate their knowledge through isolated activities and through applying into competition • Pupils will have continuous opportunities to give and receive feedback, and will then act on this feedback to refine technique further • Pupils can converse both with teachers and others using key terminology and providing reason for their answer with increasing fluency <p>Swimming</p>
<p>Procedural (knowing how) Knowledge</p>	<p>Tag Rugby</p> <p>OAA</p>	<p>Dance</p> <p>Volleyball</p>	<p>Cricket</p> <p>Swimming</p>

	<p>Netball</p> <p>Floor-Based Gymnastics</p>	<p>Apparatus-Based Gymnastics</p> <p>Hockey</p>	<p>Athletics</p> <p>Swimming</p>
<p>Example Vocabulary</p>	<p>Tag Rugby</p> <p>Marking Evasion Tactics Foul Intercept Communicate/Direct Space Movement Offside</p> <p>OAA</p> <p>Key Course Control Strategy Navigate Orienteering Coordinates</p> <p>Netball</p> <p>Marking Evasion Tactics Foul Intercept Communicate/Direct Space Movement Offside</p> <p>Floor-Based Gymnastics</p> <p>Stag leap</p>	<p>Dance</p> <p>Unison Canon Improvisation Relationship Formation Fluency Evaluate Refine</p> <p>Volleyball</p> <p>Forehand Backhand Drop serve Dig Set Formation Tactics Compete</p> <p>Apparatus-Based Gymnastics</p> <p>Stag leap Split Leap Cat leap Formation Timing Fluency Evaluate Refine Reasoning</p> <p>Hockey</p> <p>Marking</p>	<p>Cricket</p> <p>Flick Drive Strike Tracking Overarm Formation Tactics Communication</p> <p>Swimming</p> <p>Athletics</p> <p>Power Speed Endurance Pace Distance Improve Measure Time Push Pull Fling Hips to Lips Technique Transition Personal best Triple jump Compete Sportsmanship</p> <p>Swimming</p>

	Split Leap Cat leap Formation Timing Fluency Evaluate Refine Reasoning	Evasion Tactics Foul Intercept Communicate/Direct Space Movement Offside	
Significant People and places			Rebecca Adlington (British swimmer) Ellie Simmons (paralympic swimmer)
Additional experiences	Year 5/6 Tag Rugby Competition Year 5/6 (boys, girls and mixed) Football Competitions EFL Kids Cup Tournament Various Intraschool Competitions ' <i>The Biggest Girls' Football Event</i> ' National Girls Football Tournament Multi Skills afterschool club Danum Eagles Basketball Afterschool Club Boxing w/a professional boxer Circus Skills Street Dance Scooter Skills with Modeshift Stars Cycling Skills with Modeshift Stars 'Bikeability' with Modeshift Stars Fitness Fortnight Exceed Trust Games KS2 Sports Day		
Year 6			
National Curriculum Link	Tag Rugby <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Engage in competitive sports and activities Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. 	Dance <ul style="list-style-type: none"> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement Escape Rooms	Volleyball <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Engage in competitive sports and activities Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

- Use running, jumping, throwing and catching in isolation and in combination
 - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- OAA**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
 - Take part in outdoor and adventurous activity challenges both individually and within a team
- Netball**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
 - Use running, jumping, throwing and catching in isolation and in combination

- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
 - Take part in outdoor and adventurous activity challenges both individually and within a team
- Apparatus-Based Gymnastics**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
 - Develop flexibility, strength, technique, control and balance
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Hockey**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
 - Use running, jumping, throwing and catching in isolation and in combination

- Cricket**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
 - Use running, jumping, throwing and catching in isolation and in combination
 - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Athletics**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
 - They should enjoy communicating, collaborating and competing with each other.
 - They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
 - Use running, jumping, throwing and catching in isolation and in combination
 - Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Tennis**
- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time

	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Floor-Based Gymnastics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement Develop flexibility, strength, technique, control and balance They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending 	<ul style="list-style-type: none"> Engage in competitive sports and activities Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
<p>Unit Overviews</p>	<p>Tag Rugby</p> <p>Pupils will apply a range of tactics, strategies and skills into different invasion games. They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games-based activities.</p> <p>OAA</p> <p>Pupils will complete communication and trust-based activities in pairs/small groups. They will further develop their understanding of map reading through navigating and creating increasingly longer and more complex courses. Pupils have good understanding of how orientation, a key and coordinates are used to navigate. Pupils will continue to develop their understanding of compass points and pacing.</p> <p>Netball</p> <p>Pupils will apply a range of tactics, strategies and skills into different invasion games.</p>	<p>Dance</p> <p>Pupils will take inspiration from video, image and music to create their own stimuli as the base for developing and refining group dances. Pupils will explore and apply the use of formation, and will link and apply a range of dance principles, travelling actions and balancing actions to create flowing, controlled routines.</p> <p>Escape Rooms</p> <p>Pupils will complete communication and trust-based activities in pairs/small groups. They will complete challenges linked to the lesson theme. All lessons are linked throughout the unit with the overall objective of solving the team clues to reveal the ‘secret’ Each lesson pupils have to complete a code breaker, teamwork challenge, physical challenge and knowledge challenge with a deliberate focus of developing the whole child (head, hand and heart).</p> <p>Apparatus-Based Gymnastics</p> <p>Pupils will demonstrate their knowledge of compositional ideas, and use these techniques to develop, refine and perform a</p>	<p>Volleyball</p> <p>Pupils will apply a range of tactics, strategies and skills into different net/wall games. They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games-based activities.</p> <p>Cricket</p> <p>Pupils will apply a range of tactics, strategies and skills into different strike/field games. They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games based activities.</p> <p>Athletics</p> <p>Children will further developing their technical understanding of athletic events. They can set and compete against personal bests across a range of running, throwing and jumping activities. They may start to use heavier equipment to throw (dependent on ability and equipment availability)</p>

	<p>They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games-based activities.</p> <p>Floor-Based Gymnastics Pupils will demonstrate their knowledge of compositional ideas, and use these techniques to develop, refine and perform a small group routine: - Levels, tempo, direction, matching/mirroring, canon, unison Pupils will develop their understanding of timing in gymnastics and will start to apply routines to an accompaniment Pupils can observe and evaluate the performances of others and provide meaningful feedback with context.</p>	<p>small group routine: - Levels, tempo, direction, matching/mirroring, canon, unison Pupils will develop their understanding of timing in gymnastics and will start to apply routines to an accompaniment Pupils can observe and evaluate the performances of others and provide meaningful feedback with context.</p> <p>Hockey Pupils will apply a range of tactics, strategies and skills into different invasion games. They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games-based activities.</p>	<p>Pupils can start to observe and evaluate the performances of others and provide meaningful feedback with context.</p> <p>Tennis Pupils will apply a range of tactics, strategies and skills into different net/wall games. They will develop a greater understanding of rules, and when/why we use certain skills and strategies in a game. they will then apply this into games-based activities.</p>
<p>Declarative (knowing what) Knowledge</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning both in attack and defence <p>OAA</p> <ul style="list-style-type: none"> • Pupils understand how to create, plot and navigate using more complex coordinates-based map • Pupils understand transferrable life skills contained within OAA <p>Netball</p> <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning both in attack and defence <p>Floor-Based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a comprehensive understanding of all compositional ideas • Pupils have a good understanding of individual and partner/group balances: - Inverted 	<p>Dance</p> <ul style="list-style-type: none"> • Pupils have a comprehensive understanding of dance principles - Stillness/Balance - Jumping/Leaping - Travelling - Levels - Gestures/Emotion - Turning/Rotating • Pupils have a good understanding of formation and timing <p>Escape Rooms</p> <ul style="list-style-type: none"> • Pupils understand transferrable life skills contained within the unit <p>Apparatus-Based Gymnastics</p> <ul style="list-style-type: none"> • Pupils have a comprehensive understanding of all compositional ideas • Pupils have a good understanding of individual and partner/group balances: - Inverted - Supporting (individual) - Supporting (partner) - Counter balance - Counter tension 	<p>Volleyball</p> <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning both in attack and defence <p>Cricket</p> <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning when batting and fielding <p>Athletics</p> <ul style="list-style-type: none"> • Pupils have a comprehensive understanding of running, jumping and throwing techniques • Pupils have a comprehensive understanding of rules and scoring for a variety of events <p>Tennis</p> <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning both in attack and defence

	<ul style="list-style-type: none"> - Supporting (individual) - Supporting (partner) - Counter balance - Counter tension 	Hockey <ul style="list-style-type: none"> • Have a greater understanding of tactics, strategies and rules • Pupils will understand key vocabulary in context • Pupils will have a greater understanding of positioning both in attack and defence 	
Procedural (knowing how/why) Knowledge	Tag Rugby <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games • Pupils can converse both with teachers and others using key terminology and providing reason for their answer OAA <ul style="list-style-type: none"> • Pupils are able to independently create a map and key of their surroundings. They are then able to plot courses both through plot points, and using coordinates for others to follow. • Pupils are able to follow courses independently within a pair/group • Pupils will have opportunity to reflect and give/receive feedback throughout the unit • Pupils can converse both with teachers and others using key terminology and providing reason for their answer • Netball <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Floor-Based Gymnastics	Dance <ul style="list-style-type: none"> • Pupils will demonstrate their knowledge through isolated activities and through the creation and performance of group routines • Pupils will have continuous opportunities to give and receive feedback, and will then act on this feedback to refine routines further • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Escape Rooms <ul style="list-style-type: none"> • Pupils will constantly be working collaboratively with others as part of a team to solve the best approach for different activities within the lesson • Pupils will have opportunity to show their ability to make effective decisions, and show their ability to lead • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Apparatus-Based Gymnastics <ul style="list-style-type: none"> • Pupils will demonstrate their knowledge through isolated activities and through the creation and performance of group routines to an accompaniment • Pupils will have continuous opportunities to give and receive feedback, and will then act on this feedback to refine routines further • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Hockey <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games 	Volleyball <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Cricket <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Athletics <ul style="list-style-type: none"> • Pupils will demonstrate their knowledge through isolated activities and through applying into competition • Pupils will have continuous opportunities to give and receive feedback, and will then act on this feedback to refine technique further • Pupils can converse both with teachers and others using key terminology and providing reason for their answer Tennis <ul style="list-style-type: none"> • Pupils are able to independently officiate games fairly, following rules correctly • Pupils can reflect and analyse both as individuals and as a team • Pupils can demonstrate their knowledge through decision making applied in activities & games

	<ul style="list-style-type: none"> • Pupils will demonstrate their knowledge through isolated activities and through the creation and performance of group routines to an accompaniment • Pupils will have continuous opportunities to give and receive feedback, and will then act on this feedback to refine routines further • Pupils can converse both with teachers and others using key terminology and providing reason for their answer 	<ul style="list-style-type: none"> • Pupils can converse both with teachers and others using key terminology and providing reason for their answer 	<ul style="list-style-type: none"> • Pupils can converse both with teachers and others using key terminology and providing reason for their answer
Example Vocabulary	<p>Tag Rugby</p> <p>Lead Strategy Player marking Support Positioning Concede Flowing Turnover</p> <p>OAA</p> <p>Control Coordinates Focal point Cooperative Reflection Analyse Critical thinking</p> <p>Netball</p> <p>Lead Strategy Player marking Support Positioning Concede Flowing Turnover</p> <p>Floor-Based Gymnastics</p> <p>Accompaniment Balance</p>	<p>Dance</p> <p>Clarity Quality Formation Fluency Improvisation Relationship Props Evaluate Evaluate Refine</p> <p>Escape Rooms</p> <p>Teamwork Leading Communication Cooperative Critical thinking</p> <p>Apparatus-Based Gymnastics</p> <p>Accompaniment Balance Formation Timing 8-count Inverted Counter balance Counter tension Supporting Criteria Critique</p> <p>Hockey</p>	<p>Volleyball</p> <p>Forecourt Backcourt Formation Respect Communication Consistency Strategy</p> <p>Cricket</p> <p>Obstruction Runs Outwit Dictate Officiate Consistency Lead Sportsmanship</p> <p>Athletics</p> <p>Power Speed Endurance Pace Distance Improve Measure Time Push Pull Fling Hips to Lips Technique</p>

	<p>Formation Timing 8-count Inverted Counter balance Counter tension Supporting Criteria Critique</p>	<p>Lead Strategy Player marking Support Positioning Concede Flowing Turnover</p>	<p>Transition Personal best Triple jump Compete Sportsmanship</p> <p>Tennis</p> <p>Obstruction Runs Outwit Dictate Officiate Consistency Lead Sportsmanship</p>
Significant Sports Stars			
Additional Experiences	<p>Year 5/6 Tag Rugby Competition Year 5/6 (boys, girls and mixed) Football Competitions EFL Kids Cup Tournament <i>'The Biggest Girls' Football Event'</i> National Girls Football Tournament Various Intraschool Competitions Multi Skills afterschool club Danum Eagles Basketball Afterschool Club Boxing w/a professional boxer Circus Skills Street Dance Scooter Skills with Modeshift Stars Cycling Skills with Modeshift Stars 'Bikeability' with Modeshift Stars Fitness Fortnight Exceed Trust Games KS2 Sports Day</p>		
Additional resources			