



Long Term Individual Subject Curriculum Plan 2020-21

Subject: PE

	Gymnastics	Dance	Invasion Games	Striking and Fielding	Athletics	OAA
Y6	Health and Fitness					
Knowledge (to be revised and added to with each unit)	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.					
Key Vocab						
Y6 Skills	Gymnastics Skills (General) Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled	Dance Skills Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Use dramatic expression in dance movements and motifs.	Striking and Hitting a Ball Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game. Throwing and Catching a Ball Throw and catch accurately and successfully under pressure in a game. Travelling with a Ball		Running Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.	Trails Orientate themselves with confidence and accuracy around an orienteering course when under pressure. Design an orienteering course that is clear to follow and offers challenge to others. Use navigation equipment (maps,

	<p>placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Rolls</p> <p>Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping jack Star jump</p>	<p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and</p>	<p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Passing a Ball</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>Possession</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Using space</p> <p>Demonstrate a good awareness of space.</p> <p>Attacking and Defending</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>Tactics and Rules</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p>	<p>Accelerate to pass other competitors.</p> <p>Work as a team to competitively perform a relay.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of the run.</p> <p>Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p> <p>Jumping</p> <p>Develop the technique for the standing vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Land safely and with control.</p> <p>Develop and improve their techniques for jumping for height and distance and support</p>	<p>compasses) to improve the trail.</p> <p>Problem-Solving</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering courses both independently and as part of a team.</p> <p>Use a range of map-styles and make an informed decision on the most effective.</p> <p>Preparation and Organisation</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Prepare an orienteering course for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p>
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	<p>Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap</p> <p>Vault</p> <p>Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault Straddle over vault</p> <p>Handstands, Cartwheels and Round-offs</p> <p>Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off</p> <p>Travel and Linking Actions</p>	<p>ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work.</p> <p>Compete/Perform</p> <p>Link actions to create a complex sequence using a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Evaluate</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and</p>	<p>Lead others during a game.</p> <p>Compete/Perform</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>others in improving their performance.</p> <p>Perform and apply different types of jumps in other contexts.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p> <p>Throwing</p> <p>Perform a heave throw.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best.</p> <p>Develop and refine techniques to throw for accuracy.</p> <p>Compete/Perform</p> <p>Perform and apply a variety of skills and</p>	<p>Manage an orienteering event for others to compete in.</p> <p>Communication</p> <p>Communicate clearly and effectively with others when under pressure.</p> <p>Work effectively as part of a team demonstrating leadership skills when necessary.</p> <p>Successfully use a map to complete an orienteering course.</p> <p>Use a compass for navigation.</p> <p>Organise an event for others.</p> <p>Compete/Perform</p> <p>Complete an orienteering course on multiple occasions in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and</p>
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	<p>Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot</p> <p>Balances</p> <p>1, 2, 3 and 4- point balances Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Compete/Perform</p> <p>Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music.</p>	<p>appropriate improvements.</p>		<p>techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>activities with an aim of increasing challenge and improving performance.</p> <p>Listen to feedback and improve an orienteering course from it.</p> <p>Evaluate</p> <p>Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements.</p>
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	<p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Begin to record their peers' performances and evaluate these.</p>				
Y5	Health and Fitness				
Knowledge (to be revised and added to with each unit)	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.				
Key Vocab					
Y5 Skills	<p>Gymnastics Skills (General)</p> <p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p>	<p>Dance Skills</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p>	<p>Striking and Hitting a Ball</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p> <p>Throwing and Catching a Ball</p>	<p>Running</p> <p>Accelerate from a variety of starting positions and select their preferred position.</p> <p>Identify their reaction times when performing a sprint start.</p> <p>Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</p>	<p>Trails</p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design an orienteering course that can be followed and offers some challenges to others.</p> <p>Begin to use navigation equipment to orientate around a trail.</p>

	<p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p> <p style="text-align: center;">Rolls</p> <p>Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle</p> <p style="text-align: center;">Jumps</p>	<p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p> <p style="text-align: center;">Compete/Perform</p> <p>Perform own longer, more complex sequences in time to music.</p>	<p>Consolidate different ways of throwing and catching and know when each is appropriate in a game.</p> <p style="text-align: center;">Travelling with a Ball</p> <p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways and begin to link together.</p> <p style="text-align: center;">Passing a Ball</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p style="text-align: center;">Possession</p> <p>Keep and win back possession of the ball effectively in a team game.</p> <p style="text-align: center;">Using Space</p> <p>Demonstrate an increasing awareness of space.</p> <p style="text-align: center;">Attacking and Defending</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p style="text-align: center;">Tactics and Rules</p>	<p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</p> <p>Identify and demonstrate stamina, explaining its importance for runners.</p> <p style="text-align: center;">Jumping</p> <p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Land safely and with control.</p> <p>Measure the distance and height jumped with accuracy.</p>	<p style="text-align: center;">Problem-Solving</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering courses both independently and as part of a team.</p> <p>Identify a key on a map and begin to use the information in orienteering activities.</p> <p style="text-align: center;">Preparation and Organisation</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity that challenges others.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p>
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	<p>Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap</p> <p>Vault</p> <p>Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault</p> <p>Handstands, Cartwheels and Round-offs</p> <p>Lunge into handstand Lunge into cartwheel Lunge into round-off</p> <p>Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping</p>	<p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Evaluate</p> <p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>Compete/Perform</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate</p> <p>Choose and use criteria to evaluate own and others' performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Investigate different jumping techniques.</p> <p>Throwing</p> <p>Perform a fling throw.</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p> <p>Compete/Perform</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Evaluate</p> <p>Choose and use criteria to evaluate</p>	<p>Communication</p> <p>Communicate clearly and effectively with others.</p> <p>Work effectively as part of a team.</p> <p>Successfully use a map to complete an orienteering course.</p> <p>Begin to use a compass for navigation.</p> <p>Compete/Perform</p> <p>Complete an orienteering course on multiple occasions in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p> <p>Improve a trail to increase the challenge of a course.</p> <p>Evaluate</p>
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	<p>Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot</p> <p>Shapes and Balances</p> <p>1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Compete/Perform</p> <p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p>			<p>own and others' performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Choose and use criteria to evaluate own and others' performance.</p> <p>Explain why they have use particular skills and techniques and the effect they have had on their performance.</p>
<p>Y4</p>	<p>Health and Fitness</p>				
<p>Knowledge</p>	<p>Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.</p>				

(to be revised and added to with each unit)					
Key Vocab					
Y4 Skills	<p>Gymnastics Skills (General)</p> <p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p>	<p>Dance Skills</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p>	<p>Striking and Hitting a Ball</p> <p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Throwing and Catching a Ball</p> <p>Develop different ways of throwing and catching.</p> <p>Travelling with a Ball</p> <p>Move with the ball using a range of techniques showing control and fluency.</p> <p>Passing a Ball</p> <p>Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>Possession</p>	<p>Running</p> <p>Confidently demonstrate an improved technique for sprinting.</p> <p>Carry out an effective sprint finish.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Speed up and slow down smoothly.</p> <p>Jumping</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Land safely and with control.</p> <p>Begin to measure the distance jumped.</p> <p>Throwing</p> <p>Perform a pull throw.</p>	<p>Trails</p> <p>Orientate themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Start to recognise features of an orienteering course.</p> <p>Problem-Solving</p> <p>Communicate clearly with other people in a team and with other teams.</p> <p>Have experience of a range of roles within a team and begin to identify the key skills to be able to succeed at each.</p> <p>Associate the meaning of a key in the context of the environment.</p>

	<p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Rolls</p> <p>Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn</p>	<p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p> <p>Compete/Perform</p> <p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Using Space</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Attacking and Defending</p> <p>Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</p> <p>Tactics and Rules</p> <p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p> <p>Compete/Perform</p> <p>Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Measure the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p> <p>Compete/Perform</p> <p>Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Preparation and Organisation</p> <p>Try and range of equipment for creating and completing an activity.</p> <p>Make an informed decision for the best equipment to use for an activity.</p> <p>Plan and organise a trail that others can follow.</p> <p>Communication</p> <p>Communicate clearly with others.</p> <p>Work as part of a team.</p> <p>Begin to use a map to complete an orienteering course.</p> <p>Compete/Perform</p> <p>Complete an orienteering course more than once and begin to identify ways of improving completion time.</p>
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	<p style="text-align: center;">Vault</p> <p>Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off</p> <p style="text-align: center;">Handstands, Cartwheels and Round-offs</p> <p>Lunge into handstand Lunge into cartwheel</p> <p style="text-align: center;">Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot</p> <p style="text-align: center;">Shapes and Balances</p> <p>1, 2, 3 and 4- point balances Balances on apparatus</p>				<p>Offer an evaluation of both personal performances and activities.</p> <p>Start to improve trails to increase the challenge of the course.</p> <p style="text-align: center;">Evaluate</p> <p>Watch, describe and evaluate the effectiveness of performances giving ideas for improvements.</p> <p>Modify their use of skills and techniques to achieve a better result.</p>
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	<p>Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Compete/Perform</p> <p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p>				
Y3	Health and Fitness				
<p>Knowledge</p> <p>(to be revised and added to with each unit)</p>	<p>Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>				
Key Vocab					<p>Orienteering Problem-solving Cooperation Verbal/Non verbal Directional language Navigate Key Symbols Features</p>

<p>Y3 Skills</p>	<p>Gymnastics Skills (General)</p> <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p>	<p>Dance Skills</p> <p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p> <p>Compete/Perform</p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate</p>	<p>Striking and Hitting a Ball</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throwing and Catching a Ball</p> <p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p> <p>Travelling with a Ball</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Passing a Ball</p>	<p>Running</p> <p>Identify and demonstrate how different techniques can affect their performance.</p> <p>Focus on their arm and leg action to improve their sprinting technique.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Focus on trail leg and lead leg action when running over hurdles.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p> <p>Jumping</p> <p>Use one and two feet to take off and to land with.</p> <p>Develop an effective take-off for the standing long jump.</p>	<p>Trails</p> <p>Orientate themselves with increasing confidence and accuracy around a short trail.</p> <p>Problem-Solving</p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used on a key.</p> <p>Preparation and Organisation</p> <p>Begin to choose equipment that is appropriate for an activity.</p> <p>Communication</p> <p>Communicate with others.</p> <p>Compete/Perform</p> <p>Begin to complete activities in a set time period.</p>
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	<p>Begin to show flexibility in movements.</p> <p>Rolls</p> <p>Crouched forward roll Forward roll from standing Tucked backward roll</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap</p> <p>Vault</p> <p>Hurdle step onto springboard Squat on vault Star jump off Tuck jump off Straddle jump off Pike jump off</p> <p>Handstands, Cartwheels and Round-offs</p> <p>Handstand Lunge into handstand Cartwheel</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Pass the ball in two different ways in a game situation with some success.</p> <p>Possession</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Using Space</p> <p>Find a useful space and get into it to support teammates.</p> <p>Attacking and Defending</p> <p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Tactics and Rules</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly.</p> <p>Compete/Perform</p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p>	<p>Develop an effective flight phase for the standing long jump.</p> <p>Land safely and with control.</p> <p>Throwing</p> <p>Throw with greater control and accuracy.</p> <p>Show increasing control in their overarm throw.</p> <p>Perform a push throw.</p> <p>Continue to develop techniques to throw for increased distance.</p> <p>Compete/Perform</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p>	<p>Begin to offer an evaluation of personal performances and activities.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>
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	<p>Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap</p> <p>Shapes and Balances</p> <p>Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Compete/Perform</p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p>		<p>Compete against self and others in a controlled manner.</p> <p>Evaluate</p> <p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Describe how their performance has improved over time.</p>	
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	Compete against self and others in a controlled manner.				
Y2	Health and Fitness				
Knowledge (to be revised and added to with each unit)	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.				
Key Vocab					
Y2 Skills	Gymnastics Skills (General)	Dance skills	Striking and Hitting a Ball	Running	
	<p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p>	<p>Copy, remember and repeat actions. Create a short motif inspired by a stimulus.</p> <p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music. Improve the timing of their actions.</p> <p>Compete/Perform</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Throwing and Catching a Ball</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used.</p>	<p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Complete an obstacle course.</p> <p>Vary the speed and direction in which they are travelling.</p>	

	<p>Climb onto and jump off the equipment safely.</p> <p>Move with increasing control and care.</p> <p>Rolls</p> <p>Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle</p> <p>Vault</p> <p>Hurdle step onto springboard Straight jump off springboard Tuck jump off springboard</p> <p>Handstands, Cartwheels and Round-offs</p>	<p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p> <p>Evaluate</p> <p>Watch and describe performances and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>Travelling with a Ball</p> <p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>Passing a Ball</p> <p>Know how to pass the ball in different ways.</p> <p>Using Space</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p>Attacking and Defending</p> <p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Tactics and Rules</p> <p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Compete/Perform</p>	<p>Run with basic techniques following a curved line.</p> <p>Be able to maintain and control a run over different distances.</p> <p>Jumping</p> <p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Combine different jumps together with some fluency and control.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate the best jumps to cover different distances.</p> <p>Choose the most appropriate jumps to cover different distances.</p> <p>Know that the leg muscles are used</p>	
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	<p>Bunny hop Front support wheelbarrow with partner T-lever Scissor kick</p> <p>Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Gallop Straight jump half-turn</p> <p>Shapes and Balances</p> <p>Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Compete/Perform</p> <p>Perform sequences of their own composition with coordination.</p>		<p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p> <p>Evaluate</p> <p>Watch and describe performances and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>when performing a jumping action.</p> <p>Throwing</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance.</p> <p>Compete/Perform</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p> <p>Evaluate</p> <p>Watch and describe performances and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	
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	Perform learnt skills with increasing control.				
Y1	Health and Fitness				
Knowledge (to be revised and added to with each unit)	Describe how the body feels before, during and after exercise. Carry and place equipment safely.				
Key Vocab					
Y1 Skills	<p>Gymnastics Skills (General)</p> <p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed. Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p>	<p>Dance Skills</p> <p>Copy and repeat actions.</p> <p>Put a sequence of actions together to create a motif.</p> <p>Vary the speed of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Begin to improvise independently to create a simple dance.</p> <p>Compete/Perform</p> <p>Perform using a range of actions and body parts with some coordination.</p>	<p>Striking and Hitting a Ball</p> <p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Throwing and Catching a Ball</p> <p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p> <p>Travelling with a Ball</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Passing a Ball</p>	<p>Running</p> <p>Vary their pace and speed when running.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Jog in a straight line.</p> <p>Change direction when jogging.</p> <p>Sprint in a straight line.</p> <p>Change direction when sprinting.</p> <p>Maintain control as they change direction when jogging or sprinting.</p>	

	<p>Carry out a range of simple jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Begin to move with control and care.</p> <p>Rolls</p> <p>Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping jack Half turn jump Cat spring</p> <p>Vault</p> <p>Straight jump off springboard</p> <p>Handstands, Cartwheels and Round-offs</p> <p>Bunny hop</p>	<p>Begin to perform learnt skills with some control.</p> <p>Evaluate</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p> <p>Using Space</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Attacking and Defending</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Tactics and Rules</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Compete/Perform</p> <p>Perform using a range of actions and body parts with some coordination.</p>	<p>Jumping</p> <p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p> <p>Throwing</p> <p>Throw underarm and overarm.</p> <p>Throw a ball towards a target with increasing accuracy.</p> <p>Improve the distance they can throw by using more power.</p>	
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	<p>Front support wheelbarrow with partner</p> <p>Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Gallop</p> <p>Shapes and Balances</p> <p>Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p> <p>Compete/Perform</p> <p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p>		<p>Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Evaluate</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Compete/Perform</p> <p>Begin to perform learnt skills with some control.</p> <p>Engage in competitive activities and team games.</p> <p>Evaluate</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	
<p>EYFS Knowledge</p>	<p>Health and Fitness</p> <p>Describe how the body feels when still and when exercising.</p>				
<p>Key Vocab</p>					

<p>EYFS Skills</p>	<p>Gymnastics Skills (General)</p> <p>Create a short sequence of movements.</p> <p>Roll in different ways with control. Travel in different ways.</p> <p>Stretch in different ways.</p> <p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Rolls</p> <p>Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll</p> <p>Jumps</p> <p>Straight jump Tuck jump Jumping Jack</p>	<p>Dance Skills</p> <p>Join a range of different movements together.</p> <p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short movement phrase which demonstrates their own ideas.</p> <p>Compete/Perform</p> <p>Control my body when performing a sequence of movements.</p> <p>Evaluate</p> <p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Striking and Hitting a Ball</p> <p>Hit a ball with a bat or racquet.</p> <p>Throwing and Catching a Ball</p> <p>Move a ball in different ways, including bouncing and kicking.</p> <p>Use equipment to control a ball.</p> <p>Passing a Ball</p> <p>Kick an object at a target.</p> <p>Using Space</p> <p>Move safely around the space and equipment.</p> <p>Travel in different ways, including sideways and backwards.</p> <p>Attacking and Defending</p> <p>Play a range of chasing games.</p> <p>Tactics and Rules</p> <p>Follow simple rules.</p> <p>Compete/Perform</p> <p>Control my body when performing a sequence of movements.</p> <p>Participate in simple games.</p> <p>Evaluate</p>	<p>Running</p> <p>Run in different ways for a variety of purposes.</p> <p>Jumping</p> <p>Jump in a range of ways, landing safely.</p> <p>Throwing</p> <p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p> <p>Compete/Perform</p> <p>Control my body when performing a sequence of movements.</p> <p>Participate in simple games.</p> <p>Evaluate</p> <p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	
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	<p>Half turn jump</p> <p>Handstands, Cartwheels and Round-offs</p> <p>Bunny hop</p> <p>Travelling and Linking Actions</p> <p>Tiptoe, step, jump and hop</p> <p>Shapes and Balances</p> <p>Standing balances</p> <p>Compete/Perform</p> <p>Control my body when performing a sequence of movements.</p> <p>Participate in simple games.</p>		<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>		
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