



**Bredbury Green Primary School: Rationale Behind The PE Curriculum**

	<b>What we teach? (Minimum Requirement From NC)</b>	<b>Why we teach it now? (Rationale)</b>	<b>Key Vocabulary</b>
<b>Early Years</b>	<p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>Demonstrate strength, balance and coordination when playing</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul> <p><b>Being Imaginative and Expressive</b></p> <ul style="list-style-type: none"> <li>Perform songs, rhymes, poems and stories with others and (when appropriate) move in time with music</li> </ul>	<p><b>Developing vocabulary in Nursery:</b> Roll, crawl, walk, run, jump, hop, skip, climb, strong, move, warm-up, safe, careful</p> <p><b>Developing vocabulary in Reception:</b> Throw, catch, kick, pass, bat, aim, rolling, crawling, running, jumping, hopping, skipping, climbing, balance, apparatus, equipment, game, sport, passing, team, dance, gymnastics</p>	
<b>Year 1</b>	<p><b>APPRECIATION &amp; POWER</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul> <p><b>Fundamental Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Children to use equipment safely and articulate how to do so</li> <li>Perform at least three balances with accuracy</li> <li>Travel safely across a space with an awareness of others</li> </ul> <p><b>Fundamental Skills: Running and Movement</b></p> <ul style="list-style-type: none"> <li>Children to move confidently and safely within a space and articulate how to do so</li> <li>Children to perform at least three jumps with accuracy</li> <li>Show an awareness of others in small spaces</li> </ul>	<p><b>Fundamental Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Children build from the basic skills of Rolling, Crawling, Walking, Jumping, Running, Hopping, Skipping, and climbing that they learnt in Reception.</li> <li>In Year 1, they further develop the control and co-ordination of movements from Reception as their body strength improves.</li> <li>This prepares them for Year 2 when the children have to copy and remember actions with control and awareness of space, show contrast through levels and stretch and curl to develop flexibility.</li> </ul>	Space Perform Demonstrate Repeat Pike Balance Travel Control Co-ordination Balance
<b>Year 1</b>	<p><b>STRUCTURES &amp; SIGNIFICANCE</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Perform dances using simple movement patterns.</li> </ul> <p><b>Fundamental Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Copy and remember dance moves and positions</li> <li>Communicate a story through dance</li> <li>Move with control and co-ordination</li> </ul> <p><b>Fundamental Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Catch different sized balls confidently in two hands</li> <li>Throw underarm and over arm with some degree of accuracy</li> <li>Apply throwing and catching skills within the setting of various games</li> </ul>	<p><b>Fundamental Movements: Dance</b></p> <ul style="list-style-type: none"> <li>In Reception, children will have learnt basic dance moves in their sessions with the Class Teacher and our Dance Teacher.</li> <li>In Year 1, they will build on this and move with more control and co-ordination.</li> <li>This will prepare them for Year 2 when they need to convey mood and feeling through dance.</li> </ul> <p><b>Fundamental Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Skills from Reception will be built on in Year 1 such as throwing, catching, kicking, passing, batting, and aiming.</li> <li>These skills will be refined and other elements added e.g. overarm throw etc.</li> </ul>	Adapt Sequence Combinations Warm up Cool down Positions  Overarm Underarm Accurate
<b>Year 1</b>	<p><b>CAUSE AND EFFECT &amp; POWER</b></p> <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul> <p><b>Fundamental Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Children can invade from left or right and switch directions with accuracy</li> <li>Children beginning to use the space effectively around them during an invasion game</li> <li>Confidently work individually and in a team</li> </ul> <p><b>Fundamental Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Throw a range of different sized/shaped objects with some degree of accuracy</li> <li>Follow instructions to run different distances and for different purposes</li> <li>Children to successfully jump over mini hurdles</li> </ul>	<p><b>Fundamental Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>In Reception, children will have played simple games. The sports coach will have played games in the school hall so children have developed an awareness of space and each other when playing.</li> <li>Also they will have focused on sharing and collaborating when involved in a game which should prepare them for Year 1.</li> <li>This will prepare them for Year 2 when they use running, jumping and catching in combination, develop the basic concepts of attack and defence in a range of games and successfully invade an area within different sports and games.</li> </ul> <p><b>Fundamental Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Children will have developed basic skills in Reception of running, jumping, skipping and walking so these can be refined and built upon in Year 1.</li> </ul>	Controlling Accuracy Rebound Shooting Left and Right Switch  Distance Hurdles Obstacles

Year 2	<p><b>APPRECIATION &amp; SIGNIFICANCE</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul> <p><b>Fundamental Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Copy and remember actions with control and awareness of space</li> <li>Show contrast through levels</li> <li>Stretch and curl to develop flexibility</li> </ul> <p><b>Fundamental Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Send an object towards a range of targets with accuracy</li> <li>Control a ball with one or two hands</li> <li>Throw, catch, bounce, roll and kick a range of objects with increasing accuracy</li> </ul>	<p><b>Fundamental Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children will learn how to use and transport equipment safely and perform balances in preparation to develop control.</li> <li>Prepares for Year 3 where children will plan, perform and repeat movements within a sequence.</li> </ul> <p><b>Fundamental Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children have learnt to catch different size balls, overarm throw and apply catching skills.</li> <li>Prepares children for Year 3 where they will be able to track different sized balls catching a ball after single and multiple ball bounces.</li> </ul>	<p>Star Straight Straddle Tuck Curl Stretch</p> <p>Bounce Targets Accuracy</p>
Year 2	<p><b>STRUCTURES &amp; INFLUENCE</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Perform dances using simple movement patterns.</li> </ul> <p><b>Fundamental Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Copy and remember dance moves and positions with accuracy</li> <li>Communicate a mood, feeling or idea through dance</li> <li>Move with control and co-ordination in time with a musical accompaniment</li> </ul> <p><b>Fundamental Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Use at least two different types of bat to send a ball towards a target</li> <li>Develop co-ordination to successfully hit, kick and throw</li> <li>Use catching skills to successfully field in a game</li> </ul>	<p><b>Fundamental Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children have learnt to copy and remember dance moves and positions to communicate a story through dance.</li> <li>Prepares children for Year 3 where they will plan, perform and repeat sequences with fluency and expression.</li> </ul> <p><b>Fundamental Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children have learnt to move confidently and safely within a space and perform jumps with accuracy showing awareness of others.</li> <li>Prepares children for Year 3 where they learn how to send, receive and return a ball sent by an opponent using taught skills in combination.</li> </ul>	<p>Levels Tension Rhythm Pattern Stimulus Mood Feeling</p> <p>Speed Striking Fielding</p>
Year 2	<p><b>POWER &amp; CAUSE AND EFFECT</b></p> <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul> <p><b>Fundamental Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Develop balance and co-ordination through running, hopping, jumping and skipping</li> <li>Move with increasing agility</li> <li>Throw a range of objects, including a javelin, with increasing accuracy</li> </ul> <p><b>Fundamental Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Use running, jumping and catching in combination</li> <li>Develop the basic concepts of attack and defence in a range of games</li> <li>Successfully invade an area within different sports and games</li> </ul>	<p><b>Fundamental Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children have learnt to throw a range of different sized objects with accuracy and run different distances and for different purposes.</li> <li>Prepares for Year 3 where children learn how to use running and jumping skills in combination and show a range of throwing skills accurately.</li> </ul> <p><b>Fundamental Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon Year 1 where children learn how to invade from different directions and use space effectively around them both individually and in a team.</li> <li>Prepares for Year 3 where children learn how to maintain possession of the ball whilst making decision and playing accurately.</li> </ul>	<p>Participate Opposition Opponent Tactic Attack Defend Combination</p>
Year 3	<p><b>APPRECIATION &amp; SIGNIFICANCE</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p><b>Developing Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat gymnastic sequences</li> <li>Begin to move with fluency and expression</li> <li>Change speed, direction, levels and travel with increasing confidence</li> </ul> <p><b>Developing Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Be able to track different sized balls</li> <li>Catch balls after single and multiple bounces</li> <li>Confidently throw accurately with one and two hands</li> </ul>	<p><b>Developing Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Builds upon: The children will progress from Year 2 gymnastics where they have learnt to copy and repeat basic movements with control and awareness of space. Within throwing and catching, the children will have been looking at sending balls to specific targets.</li> <li>Prepares for: In Year 3 the children will be expected to use prior knowledge of movements to help them create simple sequences.</li> </ul> <p><b>Developing Skills: Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>Builds upon Y2 knowledge of learning how to send a ball towards a target</li> <li>Prepares for study of striking and fielding in Year 4</li> </ul>	<p>Stretch Refine Evaluate Improve Technique Degrees Rotation</p> <p>Multiple Confidently</p>
Year 3	<p><b>STRUCTURES &amp; INFLUENCE</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Perform dances using a range of movement patterns</li> </ul>	<p><b>Developing Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Builds upon: The children will progress from Year 2 dance where they have learnt to copy and repeat basic dance moves and positions.</li> <li>Prepares for: In Year 4 children will develop how to change speed, levels and direction accurately, using the fundamental skills taught in Year 3</li> </ul>	<p>Improvisation Repetition Adapt Motif Rhythm Timing Control</p>

	<p><b>Developing Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat dance sequences</li> <li>Begin to dance with fluency and expression</li> <li>Change speed, direction, levels and travel with increasing confidence when dancing</li> </ul> <p><b>Developing Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Send, receive and return a ball sent by an opponent</li> <li>Use all taught skills in combination</li> <li>Throw and hit with a range of equipment, with a degree of accuracy</li> </ul>	<p><b>Developing Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within striking and field skills the children have learnt to bat a ball and send it towards given targets as well as develop their co-ordination skills.</li> <li>Prepares for: Within striking and field skills the Year 4 children will use prior skills to develop tactics within teamwork, whilst playing games.</li> </ul>	<p>Scoring Fielding Send Receive Accuracy</p>
Year 3	<p><b>POWER &amp; CAUSE AND EFFECT</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p><b>Developing Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Use running and jumping skills in combination</li> <li>Show a range of throwing skills during athletic games</li> <li>Display a variety of jumps with balance and control</li> </ul> <p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Maintain possession of the ball when being invaded</li> <li>Compete with others and begin making team decisions when in possession of the ball</li> <li>Play with accuracy in games such as football and tag rugby</li> </ul>	<p><b>Developing Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within Year 2 athletics, the children will have developed a sense of balance and co-ordination to support them in a variety of activities linked to athletics.</li> <li>Prepares for: Within Year 4 athletics, the children will be expected to build on prior skills for increasing stamina and speed. The children will be expected to compete with each other in a variety of athletic events.</li> </ul> <p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within invasion games for Year 2 the children will have developed their attacking and defending skills within games. Within invasion games the children will be expected to build on their knowledge of attacking and defending to work as a team effectively within a variety of games.</li> <li>Prepares for: Within Year 4 invasion games, they will progress to develop tactics with teammates to cause problems for their opponents.</li> </ul>	<p>Agility Coordination Cooperation</p> <p>Possession Invasion Attacking Defending Combination Try</p>
Year 4	<p><b>APPRECIATION &amp; CAUSE AND EFFECT</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p><b>Developing Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat gymnastic sequences with fluency, expression and control</li> <li>Travel in a variety of ways with accuracy and control</li> <li>Change speed, direction, levels and travel successfully, using equipment where appropriate</li> </ul> <p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Develop tactics with team mates</li> <li>Lead others with confidence</li> <li>Cause problems for the opposition and use skills to maintain possession</li> </ul>	<p><b>Developing Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 3 the children will have been expected to use prior knowledge of movements to help them create simple sequences.</li> <li>Prepares for: In Year 5, within gymnastics the children will progress onto analysing and evaluating their performances with confidence.</li> </ul> <p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within year 3 throwing and catching, develop the skills of being able to track different sized balls whilst using the accuracy of throwing and catching.</li> <li>Prepares for: In Year 5 the children continue to develop their throwing and catching skills within invasion games through the use of independent work as well as working with teammates to ensure their team wins points.</li> </ul>	<p>Symmetrical Asymmetrical Combination Sequence Constricted Fluency Expression Control</p>
Year 4	<p><b>STRUCTURES &amp; INFLUENCE</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Perform dances using a range of movement patterns</li> </ul> <p><b>Developing Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat dances with fluency, expression and control</li> <li>Travel in a variety of ways with accuracy and control</li> <li>Change speed, direction, levels and travel successfully, displaying movements that convey ideas</li> </ul> <p><b>Developing Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Consistently aim for, and hit, targets</li> <li>Work as a team to gain points and develop tactics for striking and fielding</li> <li>Identify space in a field and choose the appropriate skill</li> </ul>	<p><b>Developing Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 3 the children will have been expected to use prior knowledge of dance movements and positions to help them create and perform simple sequences.</li> <li>Prepares for: Year 5, within dance the children will progress to create their own performances from scratch linking to the medium of music given.</li> </ul> <p><b>Developing Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within striking and field skills the children will be expected to use prior knowledge to pass to opponents and combine these skills with increased accuracy.</li> <li>Prepares for: Within striking and fielding, Year 5 will continue developing tactic skills as well as looking at these skills within specific games.</li> </ul>	<p>Innings Goal Backstop Net Pitch Overarm Underarm Tactics</p>
Year 4	<p><b>CAUSE AND EFFECT &amp; POWER</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> </ul>	<p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: Within invasion games the children will be expected to build on their knowledge of attacking and defending to work as a team effectively within a variety of games.</li> </ul>	<p>Bounce pass Chest pass Pass Net Court</p>



	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p><b>Developing Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Develop tactics with teammates and lead others to cause problems for the opposition</li> <li>Use a variety of taught skills to maintain possession</li> <li>Play with accuracy in games such as football, tag rugby and netball</li> </ul> <p><b>Developing Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Run for stamina and speed</li> <li>Successfully display a combination of running, jumping and throwing techniques</li> <li>Compete with others in athletics events</li> </ul>	<ul style="list-style-type: none"> <li>Prepares for: progression to develop tactics with teammates to cause problems for their opponents.</li> </ul> <p><b>Developing Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 3 athletics, they will be expected to combine these skills within a range of games to display skills taught.</li> <li>Prepares for: in Year 5, in athletics the children will develop running skills for different purposes and then looking at how jumping can be applied to different athletic events.</li> </ul>	<p>Events Sprint Long distance Stamina Speed</p>
Year 5	<p><b>APPRECIATION &amp; CAUSE AND EFFECT</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Refining Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Refine movements into sequences, moving in a clear and expressive manner</li> <li>Begin to transfer weight and power in movements, including flight</li> <li>Analyse performances, including self-analysis, with confidence</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Work alone and in a team to win points</li> <li>Combine with teammates to successfully invade</li> <li>Gain possession individually and as a group, using planned tactics</li> </ul>	<p><b>Refining Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 5, within gymnastics the children will progressed onto analysing and evaluating their performances with confidence.</li> <li>Prepares for: In Year 6, children will be expected to accurately perform the full range of taught techniques within a sequence, including flight</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds on: In Year 4, children progressed to develop tactics with teammates to cause problems for their opponents.</li> <li>Prepares for: In Year 6, children will be expected to play competitive games, displaying skills developed throughout school</li> </ul>	<p><b>Rugby</b> Handling Carrying Passing Tackling Playing the ball in contact Opponents Try Scoring</p> <p><b>Netball</b> Footwork Chest pass Bounce pass Pass Catch Shoot Marking Positions</p>
Year 5	<p><b>STRUCTURES &amp; INFLUENCE</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform dances using a range of movement patterns</li> </ul> <p><b>Refining Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Fluently refine movements in sequences</li> <li>Display strength and suppleness through moves and stretching</li> <li>Perform their own creative ideas through the medium of dance</li> </ul> <p><b>Refining Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Strike a bowled or volleyed ball with increasing accuracy</li> <li>Choose the appropriate tactics in a game</li> <li>Display a range of fielding techniques with accuracy and confidence</li> </ul>	<p><b>Refining Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 4, children were taught to change speed, direction, levels and travel successfully, displaying movements that convey ideas</li> <li>Prepares for: children beginning to incorporate gymnastics movements into dance sequences</li> </ul> <p><b>Refining Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 4, children developed how to consistently aim for, and hit, targets</li> <li>Prepares for: in Year 6, children will be expected to strike and hit a target with accuracy and consistency</li> </ul>	<p><b>Rounders</b> Stopping Throwing Catching Forehand batting Backhand batting Bowling actions Bowling types</p>
Year 5	<p><b>POWER &amp; CAUSE AND EFFECT</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Work alone and in a team to win points</li> <li>Combine with teammates to successfully invade</li> <li>Gain possession individually and as a group, using planned tactics</li> </ul> <p><b>Refining Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Develop running technique for different purposes</li> <li>Jump for distance, height and hurdles</li> <li>Compete with others in athletics events</li> </ul>	<p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 4, children developed tactics within games</li> <li>Prepares for: in Year 6, children will be expected to implement these tactics within a range of games with accuracy and purpose</li> </ul> <p><b>Refining Skills: Athletics</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 4, children were taught to Successfully display a combination of running, jumping and throwing techniques</li> <li>Prepares for: In Year 6, children will use their athletics skills to begin learning the fundamentals of fitness</li> </ul>	<p><b>Dance</b> Leaps Balance Turn Twist Step patterns Aesthetics Expression Balance Control</p>
Year 6	<p><b>CAUSE AND EFFECT &amp; APPRECIATION</b></p>	<p><b>Refining Movements: Gymnastics</b></p>	

	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Refining Movements: Gymnastics</b></p> <ul style="list-style-type: none"> <li>Successfully travel, balance, rotate, spring and twist within a gymnastics routine</li> <li>Accurately perform the full range of taught techniques within a sequence, including flight</li> <li>Individually create and perform more complex gymnastic sequences</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Combine all taught techniques in game situations</li> <li>Anticipate play and lead others within a team, throughout a range of sports and games</li> <li>Successfully defend and attack throughout a range of sports and games</li> </ul>	<ul style="list-style-type: none"> <li>Builds upon: In Year 5, children were taught to analyse performances, including self-analysis, with confidence</li> <li>Prepares for the KS3 objective: develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 5, children were taught to gain possession individually and as a group, using planned tactics</li> <li>Prepares for the KS3 objective: use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> </ul>	Sequences Strength Stamina Routine Flight Rotate Spring Technique Control Flexibility Self analysis
Year 6	<p><b>STRUCTURES &amp; INFLUENCE</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Refining Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Begin to incorporate gymnastics movements within dances</li> <li>Create and perform sequences individually and in a group, displaying strength and stamina</li> <li>Consistently perform with extension and tension whilst dancing with expression</li> </ul> <p><b>Refining Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Consistently and accurately strike a ball</li> <li>Strike accurately into space using a variety of equipment or body parts</li> <li>Plan and execute tactics within a game</li> </ul>	<p><b>Refining Movements: Dance</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 5, children were taught to fluently refine movements and perform their own creative ideas</li> <li>Prepares for the KS3 objective: perform dances using advanced dance techniques within a range of dance styles and forms</li> </ul> <p><b>Refining Skills: Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Builds upon: In Year 5, children worked on the consistency and accuracy of striking or volleying a ball</li> <li>Prepares for KS3 objective: develop their technique and improve their performance in other competitive sports</li> </ul>	
Year 6	<p><b>CAUSE AND EFFECT &amp; POWER</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Fundamentals of Fitness</b></p> <ul style="list-style-type: none"> <li>Understand the components of fitness and how to improve fitness</li> <li>Discuss how fitness can affect lifestyle</li> <li>Improve performance over time and articulate how this has been done</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Combine all taught techniques in game situations</li> <li>Anticipate play and lead others within a team, throughout a range of sports and games</li> <li>Successfully defend and attack throughout a range of sports and games</li> </ul>	<p><b>Fundamentals of Fitness</b></p> <ul style="list-style-type: none"> <li>Builds upon: knowledge of the human body developed through learning in science and DT</li> <li>Prepares for KS3 objective: They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</li> </ul> <p><b>Refining Skills: Invasion Games</b></p> <ul style="list-style-type: none"> <li>Builds upon: combining all techniques in a game situation taught in Year 6</li> <li>Prepares for KS3 objective: use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> </ul>	Lifestyle Components Healthy Physical  <b>Football</b> Passing Tackling Dribbling Playing the ball Defending Attacking Goal scoring Goal keeping