



# Castle View Primary School

## PE Overview

Year group	Autumn		Spring		Summer	
<b>Reception (session 1)</b>	<p><b><u>Fundamental movement skills</u></b></p> <ul style="list-style-type: none"> <li>To jump for distance.</li> <li>To land appropriately.</li> <li>To hop on both feet</li> <li>To underarm throw for distance</li> <li>To overarm throw for distance</li> <li>To catch with increasing accuracy</li> <li>To climb with confidence under, over and through climbing equipment.</li> </ul>	<p><b><u>FMS- Rosie's Walk</u></b></p> <ul style="list-style-type: none"> <li>To jump and land appropriately.</li> <li>To experiment with different ways of travelling; shuffling, running, jumping, skipping, sliding and hopping.</li> <li>To climb under over and through climbing equipment.</li> <li>To experiment with different ways of travelling on hands and feet</li> <li>To revise fundamental movement skills covered in the unit</li> </ul>	<p><b><u>FMS-Rumble in the Jungle</u></b></p> <ul style="list-style-type: none"> <li>To travel on hands and feet.</li> <li>To travel on hands and feet.</li> <li>To travel on hands and feet.</li> <li>To roll in a variety of ways.</li> <li>To use an underarm and over arm throw with increasing accuracy.</li> </ul>	<p><b><u>FMS- Elmer</u></b></p> <ul style="list-style-type: none"> <li>To make a range of shapes on small body parts.</li> <li>To travel in a range of ways and negotiate space successfully.</li> <li>To throw with increasing accuracy underarm.</li> <li>To overarm throw for distance.</li> <li>To perform a range of gymnastic rolls.</li> <li>To perform a range of gymnastic jumps.</li> <li>To balance on a range of small body parts.</li> <li>To climb with confidence under, over and through climbing equipment.</li> </ul>	<p><b><u>FMS- Minibeasts</u></b></p> <ul style="list-style-type: none"> <li>To perform the basic skill of jumping</li> <li>To travel over, under and throw climbing equipment</li> <li>To travel over, under and through balance and climbing equipment.</li> <li>To catch a large sponge ball</li> <li>To catch with increasing accuracy.</li> <li>To roll in a variety of ways.</li> </ul>	<p><b><u>FMS- Superworm</u></b></p> <ul style="list-style-type: none"> <li>To perform the basic skill of jumping</li> <li>To travel in a variety of ways low to the ground.</li> <li>To travel around the space hopping and skipping.</li> <li>To catch a large ball.</li> <li>To travel under, over and through balancing and climbing equipment.</li> <li>To pull themselves up on climbing equipment.</li> </ul>
<b>Reception (session 2)</b>	<p><b><u>Bikes and trikes</u></b></p> <ul style="list-style-type: none"> <li>To develop co-ordination</li> <li>To develop strength and balance</li> <li>To ride a bike in a straight line with confidence</li> <li>To ride a bike round corners with confidence</li> <li>To start to ride a bike with no stabilizers</li> </ul>					

<p><b>Year 1 and 2 (Cycle A)</b></p> <p><b>(session 1)</b></p>	<p><b><u>Baseline Unit- Lost and Found</u></b></p> <p>To demonstrate the FMS of underarm throwing and hopping.</p> <p>To demonstrate the FMS of an overarm throw and skipping.</p> <p>To assess the fundamental movement skills of catching and bouncing a ball.</p> <p>To develop fundamental movement skills.</p> <p>To demonstrate the FMS of running and jumping.</p> <p>To demonstrate the FMS of and kicking and rolling a ball.</p>	<p><b><u>Gymnastics</u></b></p> <p>To demonstrate a travel and pencil roll</p> <p>To show a jump 2 feet to 2 feet with a straight, tuck and wide shape</p> <p>To demonstrate travelling actions i.e. frog &amp; bunny hop.</p> <p>To show an egg roll</p> <p>To show a travel and roll with a shape</p> <p>To apply the skills of travelling, rolling, jumping into a sequence.</p> <p>To apply the skills of travelling, rolling, and jumping into a sequence with two different shapes and then using apparatus.</p>	<p><b><u>FMS- Underarm Throw</u></b></p> <p>To demonstrate an underarm throw with some accuracy.</p> <p>To demonstrate an underarm throw with some accuracy at different targets.</p> <p>To show a side gallop.</p> <p>To demonstrate a simple tactic in a game.</p> <p>To show two simple tactics in a game.</p>	<p><b><u>Dance-Three Little Pigs</u></b></p> <p>To convey a character linking two movement ideas.</p> <p>To convey a contrasting character, linking movement ideas.</p> <p>To link travelling actions with a stillness to convey events within the story</p> <p>To link sequences together to retell the story.</p>	<p><b><u>Athletics</u></b></p> <p>To show a hopping skill with rhythm.</p> <p>To demonstrate throwing underarm with some accuracy.</p> <p>To demonstrate jumping as far as possible and landing safely with control.</p> <p>To show good posture when running fast.</p> <p>To demonstrate rolling a ball with some accuracy and control.</p> <p>To complete a running and jumping course.</p> <p>To demonstrate the skills of running and changing direction.</p>	<p><b><u>Dance- Fire, Fire</u></b></p> <p>To experiment with travelling dances, creating our own movements.</p> <p>To learn a dance as a class, performing the movements correctly and in the right order</p> <p>To learn and create ways of moving around obstacles.</p> <p>To develop stillness and balance skills.</p> <p>To demonstrate a range of movement qualities with the body</p> <p>To work well with a team to make shapes with your bodies</p> <p>To use action words to create interesting movement ideas</p>
<p><b>Year 1 and 2 (Cycle A)</b></p> <p><b>(session 2)</b></p>	<p><b><u>FMS- Rolling a ball</u></b></p> <p>To demonstrate rolling a ball with some accuracy.</p> <p>To demonstrate rolling different equipment with some accuracy.</p> <p>To demonstrate rolling different equipment with some accuracy.</p> <p>To show the skill of rolling equipment in different ways.</p> <p>To demonstrate a simple tactic in a rolling game.</p> <p>To show two simple tactics in a game.</p>	<p><b><u>FMS- Zog</u></b></p> <p>To perform the skill of running and changing direction quickly.</p> <p>To demonstrate how to jump as far as possible, landing safely with control.</p> <p>To demonstrate travelling on feet and hands and feet on apparatus.</p> <p>To demonstrate an overarm throw and hopping.</p>	<p><b><u>FMS- Overarm Throw</u></b></p> <p>To demonstrate an overarm throw with some accuracy.</p> <p>To show a fast running technique.</p> <p>To demonstrate an overarm throw with some accuracy in a game.</p> <p>To show a fast running technique.</p> <p>To demonstrate a simple tactic in a game.</p> <p>To demonstrate a simple tactic in a game</p>	<p><b><u>Gym</u></b></p> <p>To demonstrate different shapes in a sequence.</p> <p>To demonstrate a sequence using travelling, and 2 balances on large body parts.</p> <p>To show a sequence using the skills of travelling, balance and 3 jumps on the floor and apparatus.</p>	<p><b><u>FMS- Catching and Bouncing a Ball</u></b></p> <p>To demonstrate catching a ball with some accuracy.</p> <p>To demonstrate catching and bouncing a ball with some accuracy.</p> <p>To show a simple tactic in a game.</p> <p>To apply a simple tactic in a game.</p>	<p><b><u>FMS- Supertato</u></b></p> <p>To show an egg roll with some co-ordination</p> <p>To show a pencil roll with some co-ordination</p> <p>To demonstrate jumping off a bench and land on two feet.</p> <p>To demonstrate bouncing a ball with some control.</p> <p>To demonstrate rolling a ball through a target with some accuracy and control.</p>
<p><b>Year 1 and 2 (Cycle B)</b></p>	<p><b><u>Dance- Explorers</u></b></p> <p>To learn about and replicate animals from the rainforest through movement</p>	<p><b><u>FMS- Rolling a Ball</u></b></p> <p>To demonstrate rolling a ball with some accuracy.</p> <p>To demonstrate rolling</p>	<p><b><u>FMS -Zog</u></b></p> <p>To perform the skill of running and changing direction quickly.</p> <p>To demonstrate how to</p>	<p><b><u>FMS- Overarm Throw</u></b></p> <p>To demonstrate an overarm throw with some accuracy.</p> <p>To show a fast running</p>	<p><b><u>Games- Piggy in the Middle</u></b></p> <p>To demonstrate an underarm throw with some accuracy.</p>	<p><b><u>Dance- Seaside</u></b></p> <p>To explore a range of actions related to activities at the seaside.</p>

<p><b>(session 1)</b></p>	<p>To create a short dance in a group using ideas from their chosen animal To experiment with movement ideas and create a duet using contact To work in pairs to create interesting shapes with your bodies To share ideas, create and learn a new unison dance performed travelling along your own pathway</p>	<p>different equipment with some accuracy. To demonstrate rolling different equipment with some accuracy. To show the skill of rolling equipment in different ways. To demonstrate a simple tactic in a rolling game. To show two simple tactics in a game.</p>	<p>jump as far as possible, landing safely with control. To demonstrate travelling on feet and hands and feet on apparatus. To demonstrate an overarm throw and hopping.</p>	<p>technique. To demonstrate an overarm throw with some accuracy in a game. To show a fast running technique. To demonstrate a simple tactic in a game. To demonstrate a simple tactic in a game</p>	<p>To throw underarm with accuracy then move into a space. To catch a ball with control. To demonstrate passing a ball with some accuracy then moving into a space. To show a simple tactic in a game To pass a ball with some accuracy then move into a space. To use a simple tactic in a game.</p>	<p>To compose and perform a dance phrase showing the movements of the ocean. To select appropriate movements and body shapes to communicate ideas in relation to the texture, shapes of a variety of shells. To explore body shapes and movements which communicate the different creatures the can find at the seaside and life in a seaside village.</p>
<p><b>Year 1 and 2 (Cycle B)</b></p> <p><b>(session 2)</b></p>	<p><b><u>Baseline Unit- Lost and Found</u></b> To demonstrate the FMS of underarm throwing and hopping. To demonstrate the FMS of an overarm throw and skipping. To assess the fundamental movement skills of catching and bouncing a ball. To develop fundamental movement skills. To demonstrate the FMS of running and jumping. To demonstrate the FMS of and kicking and rolling a ball.</p>	<p><b><u>Gymnastics</u></b> To demonstrate jumping actions with different shapes in the air. To show travelling actions using hands and feet. To demonstrate balancing on large body parts. To show an egg roll, pencil and teddy bear roll. To perform jumping and rolling actions. To create a sequence using travelling, balancing rolling, and jumping.</p>	<p><b><u>FMS- underarm Throw</u></b> To demonstrate an underarm throw with some accuracy. To demonstrate an underarm throw with some accuracy at different targets. To show a side gallop. To demonstrate a simple tactic in a game. To show two simple tactics in a game.</p>	<p><b><u>FMS- Catching and Bouncing a ball</u></b> To demonstrate catching a ball with some accuracy. To demonstrate catching and bouncing a ball with some accuracy. To show a simple tactic in a game. To apply a simple tactic in a game.</p>	<p><b><u>Athletics</u></b> To throw underarm accurately into a target. To throw as far as possible. To throw using a push and two-handed throw for distance. To throw using an underarm and overarm throw for distance and accuracy. To complete an obstacle course with speed and agility.</p>	<p><b><u>FMS- Supertato</u></b> To show an egg roll with some co-ordination To show a pencil roll with some co-ordination To demonstrate jumping off a bench and land on two feet. To demonstrate bouncing a ball with some control. To demonstrate rolling a ball through a target with some accuracy and control.</p>
<p><b>Year 3 and 4 (Cycle A)</b></p>	<p><b><u>FMS- Playground Games</u></b> To develop the skill of dodging/changing</p>	<p><b><u>Dance- Super Heroes</u></b> To explore movement, communicating character.</p>	<p><b><u>Invasion Games- Netball</u></b> To demonstrate passing a ball using a</p>	<p><b><u>Gymnastics 2</u></b> To adapt and demonstrate a gymnastic sequence of</p>	<p><b><u>Games-Net and Wall</u></b> To explore different throwing actions. To consolidate</p>	<p><b><u>Striking and Fielding- Rounders</u></b> To demonstrate how to throw a ball underarm</p>

<p><b>(session 1)</b></p>	<p>direction when playing a tig game.          To develop the skill of hopping when playing a game.          To throw a ball underarm to a partner with some accuracy.          To show the ready position          To catch a ball          To perform a side gallop.          To catch a ball from the ready position.          To strike a ball to a partner          To strike a ball with some accuracy.          To apply a simple tactic in a net/wall</p>	<p>To use simple choreographic principles and perform a more complex dance phrases to communicate narrative with a partner.          To describe interpret and evaluate their own and others dance.          To use simple choreographic principles and perform a more complex dance phrases to communicate narrative with a partner          To create a sequence conveying more than one character.          To combine sequences to create a final performance</p>	<p>bounce pass.          To move into space after passing in a game.          To apply a feint when passing to outwit a defender.          To perform a pass in an invasion game using a chest pass or bounce pass.          To apply a simple tactic to outwit a defender.</p>	<p>at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed.          To show different travelling and balancing actions using the apparatus.          To use the apparatus to perform jumping actions.          To evaluate successful transitions between actions.          To use the apparatus to perform rolling actions.          To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling.</p>	<p>throwing actions and practise catching.          To explore different ways of throwing.          To consolidate catching skills.          To suggest ideas and practices to improve their play.          To strike the ball using their hand or small bat.          To improve movement skills and body positions.          To familiarise them with a racquet and practise striking skills using a racquet.          To devise their own game.          To consolidate striking and ball control skills.</p>	<p>with some accuracy          To catch a ball in striking and fielding game          To strike a ball from a tee or a drop feed.          To demonstrate bowling a ball underarm with accuracy.          To apply simple tactics in a modified striking and fielding game</p>
<p><b>Year 3 and 4 (Cycle A)</b>  <b>(session 2)</b></p>	<p><b><u>Gymnastics 1</u></b>          To show balances with stillness on 1,2,3 and 4 points of the body.          To combine actions of travelling and balance.          To demonstrate basic rolls with accuracy and control.          To move from one action to another smoothly.          To create and demonstrate a sequence to a partner.          To adapt and demonstrate a gymnastic sequence of at least six actions using travelling, rolling,</p>	<p><b><u>Invasion Games- Handball</u></b>          To demonstrate passing a ball using a handball pass.          To move into space after using a handball pass in a game.          To demonstrate passing a ball using a bounce pass.          To move into space after passing in a game.          To apply a feint when passing to outwit a defender.          To perform a pass in an invasion game using a one-handed</p>	<p><b><u>Dance Sparks Might Fly</u></b>          To think creatively and create their own movement using words as inspiration.          To create and perform their own dance movements from the inspiration given, being as imaginative as possible.          To demonstrate CANON and UNISON.          To demonstrate developing performance skills.          To create a duet using increased choreographic skills.</p>	<p><b><u>Invasion Games- Basketball</u></b>          To pass a ball accurately to a teammate using a chest and bounce pass.          To demonstrate dribbling a basketball with some control.          To find space to receive a chest or bounce pass.          To demonstrate dribbling a basketball with some control.          To use tactics to outwit an opponent.          To evaluate what worked well in a team.</p>	<p><b><u>OAA- Trust and Trails</u></b>          To demonstrate with a partner how to solve trust challenges.          To work with others to complete a journey within the school grounds.          To know how to use a control card.          To navigate safely to each control site.          To show how to keep a map "set" or "orientated".          To know some of the symbols on a orienteering map.</p>	<p><b><u>Athletics</u></b>          To explore different running techniques.          To develop jumping actions (two feet to two feet for distance).          To throw for distance using a pull, push and sling throw.          To pass a quoit/baton to a teammate in a relay.          To perform a hop, step and jump.          To perform pull, push and sling throw.          To perform a combination of 5 jumps.</p>

	<p>jumping and balancing on small body parts with a change of direction and speed. To show different travelling and balancing actions using the apparatus</p>	<p>pass or one-handed bounce pass. To apply a simple tactic to outwit a defender.</p>				
<p><b>Year 3 and 4 (Cycle B)  (session 1)</b></p>	<p><b><u>Invasion Games- Netball</u></b> To demonstrate passing a ball using a bounce pass. To move into space after passing in a game. To apply a feint when passing to outwit a defender. To perform a pass in an invasion game using a chest pass or bounce pass. To apply a simple tactic to outwit a defender.</p>	<p><b><u>Gymnastics</u></b> To demonstrate travelling actions on feet and hands and feet. To show balances in front and back support positions. To demonstrate the dish and arch shape. To combine travelling, jumping and balancing actions. To demonstrate basic rolling actions. To demonstrate balance on one foot and arabesque. Plan and perform a simple sequence to include travel, rolling, balance and jumping. To create and demonstrate a gymnastics sequence of 6 actions.</p>	<p><b><u>Dance- Rock and Roll</u></b> To demonstrate shapes as a team using their bodies in interesting ways. To be able to demonstrate unique movement ideas. To sequence movement together into a structure. To create a travelling solo, following a defined pathway. To effectively use stillness in their performance. To create a rhythmic circle dance performed in unison. To demonstrate increased movement ideas and perform with increased confidence and timing in the class circle.</p>	<p><b><u>Target Games- Dodgeball</u></b> To demonstrate throwing a ball at a target using a one-handed pass. To demonstrate throwing a ball at a target using a one-handed throw with accuracy in a game situation.</p>	<p><b><u>Dance- Ironman</u></b> To copy movements accurately and can work as a team to create a still, connected shape with their bodies. To suggest verbs (actions) to taking from the chapter and can be perform their own interpretation of these. To demonstrate unusual movement and can keep in time with others and the music. To perform a well-structured duet which expresses character and explores patterning and timing. To perform all dances created in the scheme, in a well-organised structure using teamwork skills and character.</p>	<p><b><u>Striking and Fielding- Cricket</u></b> To demonstrate how to throw a ball underarm with some accuracy. To demonstrate how to strike a ball from a batting tee or drop feed. To catch a ball in a striking and fielding game. To demonstrate bowling a ball underarm. To strike a ball from a bowler, tee or drop feed. To apply simple tactics in a modified competitive game</p>
<p><b>Year 3 and 4 (Cycle B)  (session 2)</b></p>	<p><b><u>Invasion Games - Rugby</u></b> To demonstrate passing a ball using a swing pass accurately. To demonstrate how run with a rugby ball. To move into a space to receive a swing</p>	<p><b><u>Invasion Games- Handball</u></b> To demonstrate passing a ball using a one-handed pass accurately. To move into space after using a one-handed pass in a game.</p>	<p><b><u>OAA- team building and Problem Solving</u></b> To demonstrate cooperating and working together as a team to complete challenges. To cooperate and work together as a team to complete challenges.</p>	<p><b><u>Gymnastics</u></b> To show a mirrored shape with a partner. To create a sequence of gymnastic actions with a partner. To show a matched balance with a partner. To create a sequence of gymnastic actions</p>	<p><b><u>Games- Net and Wall</u></b> To know why warming up is important. To consolidate throwing actions To suggest ideas and practices to improve their play To strike the ball using</p>	<p><b><u>Athletics</u></b> To explore different running techniques. To develop jumping actions (two feet to two feet for distance). To throw for distance using a pull, push and sling throw. To pass a quoit/baton</p>

	<p>pass in a game. To demonstrate running and passing a rugby ball. To use a simple tactic in a game. To use tactics to outwit an opponent. To evaluate what worked well in a game.</p>	<p>To pass a ball accurately to a teammate using a one-handed bounce pass. To find space to receive a pass. To demonstrate one handed passing with some control To shoot a ball with accuracy. To use tactics to outwit an opponent. To evaluate what worked well in a team.</p>	<p>To show encouragement and support to team members. To demonstrate concise instructions To explain how they worked as a team to solve challenges. To demonstrate how to work as a team using individual strengths. To explain how they chose their team roles.</p>	<p>with a partner. To create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner using apparatus.</p>	<p>their hand or small bat. To choose a range of simple tactics to use in a simple game. To develop range of striking skills suitable for net/wall type activities.</p>	<p>to a teammate in a relay. To perform a hop, step and jump. To perform pull, push and sling throw. To perform a combination of 5 jumps.</p>
<p><b>Year 5 (Cycle A)</b>  <b>(session 1)</b></p>	<p><b><u>Invasion Games- Hockey</u></b> To show passing a ball to a teammate using a hockey stick. To demonstrate dribbling and passing a ball using a hockey stick. To demonstrate shooting a ball at a goal. To demonstrate dribbling and shooting a ball using a hockey stick. To apply simple attacking and defending tactics when playing a hockey type game. To play a role in a competitive modified game To select attacking tactics when playing a game</p>	<p><b><u>Gymnastics</u></b> To perform partner balances. To create a simple sequence of matched and mirrored partner balances. To know the difference between counter balance and counter tension. To create a gymnastic sequence with counter balances and counter tension with a partner. To create a gymnastic sequence with counter balances and counter tension with a partner. To evaluate and recognise their own success.</p>	<p><b><u>Swimming</u></b> To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To perform safe self-rescue in different water-based situations.</p>	<p><b><u>Swimming</u></b> To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To perform safe self-rescue in different water-based situations.</p>	<p><b><u>Swimming</u></b> To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To perform safe self-rescue in different water-based situations.</p>	<p><b><u>Swimming</u></b> To swim competently, confidently and proficiently over a distance of at least 25 metres To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] To perform safe self-rescue in different water-based situations.</p>
<p><b>Year 5 (Cycle A)</b>  <b>(session 2)</b></p>	<p><b><u>Dance- Robin Hood</u></b> To explore the qualities of different characters.</p>	<p><b><u>Invasion Games- Netball</u></b> To demonstrate passing and catching a</p>	<p><b><u>Dance -Earthlings</u></b> To create a solo and demonstrate decision-making skills in the</p>	<p><b><u>Net and Wall- Tennis</u></b> To demonstrate a forehand and backhand shot with</p>	<p><b><u>Striking and Fielding- Cricket</u></b> To demonstrate bowling underarm with</p>	<p><b><u>Athletics</u></b> To perform running techniques for short and long distances.</p>

	<p>To convey the emotions, mood and feelings of the characters in the story.</p> <p>To explore movements showing a conflict using props.</p> <p>To use own ideas from written work to create an ending to the story sequence.</p> <p>To link all sequences to produce a complete story dance.</p>	<p>netball with consistency, accuracy and control.</p> <p>To demonstrate a shoulder pass.</p> <p>To shoot a netball with some accuracy.</p> <p>To apply simple attacking and defending tactics when playing a netball-type game.</p>	<p>creation of a new dance with a partner.</p> <p>To display increased teamwork skills, spatial awareness and timing.</p> <p>To create dances using different formations and performed in unison.</p> <p>To demonstrate creative skills and decision making in the creation of a new duet.</p> <p>To have selected, structured, rehearsed and performed their dances, demonstrating a broad range of skills acquired throughout the scheme</p>	<p>some consistency.</p> <p>To direct the ball reasonably well to their partner to continue a rally.</p> <p>To demonstrate a simple tactic in a net type game (i.e. To be able to hit the ball to targets away from their partner.)</p> <p>To play the game for the core task and incorporate tactics to score points.</p>	<p>accuracy.</p> <p>To catch a ball when fielding.</p> <p>To strike a ball with a cricket bat off a tee with consistency.</p> <p>To strike a ball with a cricket bat in a game.</p> <p>To demonstrate bowling overarm with accuracy and consistency in a game.</p> <p>To apply tactics in a modified competitive cricket game.</p>	<p>To perform a pull and push throw.</p> <p>To take off and land one foot to one foot (same and other).</p> <p>To develop running for a distance.</p> <p>To take off and land using a combination of jumps.</p> <p>To perform a sling and heave throw.</p> <p>To develop running techniques at different speeds.</p> <p>To take off and land using a hop, step and jump.</p> <p>To take off part in an athletics event and recording times and distances.</p>
<p><b>Year 6 (Cycle A)</b></p> <p><b>(session 1)</b></p>	<p><b><u>Swimming</u></b></p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>To perform safe self-rescue in different water-based situations.</p>	<p><b><u>Swimming</u></b></p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>To perform safe self-rescue in different water-based situations.</p>	<p><b><u>Invasion Games- Netball</u></b></p> <p>To demonstrate passing and catching a netball with consistency, accuracy and control.</p> <p>To demonstrate a shoulder pass.</p> <p>To shoot a netball with some accuracy.</p> <p>To make decisions on when to pass the ball in a game situation.</p> <p>To apply simple attacking and defending tactics when playing a netball-type game.</p>	<p><b><u>Invasion Games- Hockey</u></b></p> <p>To show passing a ball to a teammate using a hockey stick.</p> <p>To demonstrate dribbling and shooting a ball using a hockey stick.</p> <p>To apply simple attacking and defending tactics when playing a hockey type game.</p> <p>To play a role in a competitive modified game</p>	<p><b><u>Orienteering</u></b></p> <p>To demonstrate how to “set or “orientate” a map when moving around a simple course.</p> <p>To demonstrate how to get around a simple course using the 8 points of a compass.</p> <p>To find the correct control marker using a map during a score event.</p> <p>To record answers accurately.</p> <p>To navigate to a control markers during a score event.</p> <p>To make decisions about which control markers to visit in the time allowed.</p>	<p><b><u>Striking and Fielding- Rounders</u></b></p> <p>To catch a ball when fielding.</p> <p>To strike a ball with a bat off a tee.</p> <p>To demonstrate an overarm throw when fielding a ball.</p> <p>To explain where to strike a ball in a game.</p> <p>To make a definite choice of where to strike the ball.</p> <p>To demonstrate bowling underarm with accuracy in a game.</p> <p>To strike a ball with a bat.</p> <p>To use tactics in a rounders game.</p>
<p><b>Year 6 (Cycle A)</b></p>	<p><b><u>Dance- Heroes and</u></b></p>	<p><b><u>Invasion Games-</u></b></p>	<p><b><u>Dance- Food</u></b></p>	<p><b><u>Gymnastics</u></b></p>	<p><b><u>Badminton</u></b></p>	<p><b><u>Athletics</u></b></p>

<p><b>(session 2)</b></p>	<p><b><u>Villains</u></b></p> <p>To create a group dance using a range of dynamics, accurately timed.</p> <p>To develop a well-rehearsed duet that demonstrates a range of choreographic techniques.</p> <p>To create and perform two different dances from different stimulus (a duet and a group dance).</p> <p>To perform all their creations in a sequence decided by them.</p> <p>To have new performance skills and increased confidence.</p>	<p><b><u>Rugby</u></b></p> <p>To pass and catch rugby ball with consistency, accuracy and control.</p> <p>To make decisions on when to pass the ball in a game situation.</p> <p>To apply simple attacking and defending tactics when playing a rugby-type game.</p>	<p><b><u>Glorious Food</u></b></p> <p>To create short dance sequences based on action words.</p> <p>To work well with others, make group decisions and create (and perform) a group dance using their solo dances.</p> <p>To learn and demonstrate a range of counter balances and/or lifts with a partner.</p> <p>To develop their duets with the options suggested, and take and use constructive feedback.</p>	<p>To demonstrate counter balance and counter tension paired balances using apparatus.</p> <p>To create a gymnastic sequence with counter balances and counter tension in a group.</p> <p>To create a gymnastic sequence with counter balances and counter tension with a partner.</p> <p>To demonstrate paired and group counter balances in unison.</p> <p>To create a sequence of gymnastic actions, paired and group balances</p>	<p>To demonstrate a forehand and backhand shot with some consistency.</p> <p>To direct the shuttlecock reasonably well to their partner to continue a rally.</p> <p>To demonstrate a simple tactic in a net type game (i.e. To be able to hit a shuttlecock away from their partner.)</p> <p>To play the game for the core task and incorporate tactics to score points.</p>	<p>To perform running techniques for short and long distances.</p> <p>To perform a pull and push throw.</p> <p>To take off and land one foot to one foot (same and other).</p> <p>To develop running for a distance.</p> <p>To take off and land using a combination of jumps.</p> <p>To perform a sling and heave throw.</p> <p>To develop running techniques at different speeds.</p> <p>To take off and land using a hop, step and jump.</p> <p>To take off part in an athletics event and recording times and distances.</p>
<p><b><u>Swimming</u></b></p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>To perform safe self-rescue in different water-based situations.</p>						