

Holme Community School – Long Term Curriculum Planning

Subject	PE	Cycle	A
What themes/ golden threads weave through the curriculum?		<ul style="list-style-type: none"> ➤ Acquiring and Developing Skills ➤ Selecting and applying skills, tactics and compositional ideas ➤ Evaluating and improving performance ➤ Knowledge and understanding of fitness and health 	
Why were these themes chosen?		To provide continuous progression throughout the curriculum.	
What are the overall aims of this curriculum?		<ul style="list-style-type: none"> ➤ Develop competence to excel in a broad range of physical activities ➤ Are physically active for sustained periods of time ➤ Engage in competitive sports and activities ➤ Lead healthy, active lives. 	

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	What are the building blocks for this subject to ensure	<u>Physical development</u> - Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. - Holds pencil between thumb and two fingers, no	<u>Physical development</u> - Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and	<u>Physical development</u> - Mounts stairs, steps or climbing equipment using alternate feet - Walks downstairs, two feet to each step while carrying a small object	<u>Physical development</u> - Can tell adults when hungry or tired or when they want to rest or play. - Observes the effects of activity on their bodies. - Handles tools, objects,	<u>Physical development</u> - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles - Understands that equipment and tools have to be used	<u>Physical development</u> - Can catch a large ball - Draws lines and circles using gross motor movements - Shows increasing control over an object in pushing,

	children are KS1 ready?	<p>longer using whole-hand grasp.</p> <ul style="list-style-type: none"> - Holds pencil near point between first two fingers and thumb and uses it with good control. - Can copy some letters, e.g. letters from their name. - Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. 	<p>hopping</p> <ul style="list-style-type: none"> - Can stand momentarily on one foot when shown - Experiments with different ways of moving. 	<ul style="list-style-type: none"> - Experiments with different ways of moving. - Jumps off an object and lands appropriately. - Travels with confidence and skill around, under, over and through balancing and climbing equipment. - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks - Shows understanding of how to transport and store equipment safely. 	<p>construction and malleable materials safely and with increasing control.</p> <ul style="list-style-type: none"> - Shows a preference for a dominant hand. 	<p>safely.</p> <ul style="list-style-type: none"> - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Practices some appropriate safety measures without direct supervision. 	<p>patting, throwing, catching or kicking it.</p> <ul style="list-style-type: none"> - Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
Year 1/2	Topic Heading	Fundamental Skills (Baseline) & Bounce Ball	Dance & Fundamental Skills (Rolling a Ball)	Gymnastics & Tri Throff	Fundamental Skills (Overarm & Underarm Throw) & Zog	Athletics & Net and Wall Games	Fundamental Skills (Rolling a Ball & Catching and Bouncing a Ball) & Striking and Fielding
	Link to themes/key concepts	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills - Evaluating and improving performance 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills and compositional ideas - Evaluating and improving performance 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills, and compositional ideas - Evaluating and improving performance 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health
	Objectives to be covered	<ul style="list-style-type: none"> - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. 	<ul style="list-style-type: none"> - Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> - Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> - Master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities - Participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> - 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 - Participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> - Master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities - Participate in team games, developing simple tactics for attacking and defending
	Key Subject Specific Vocabulary to be taught	<ul style="list-style-type: none"> Balance on one foot Balancing beam Line walk Climb Side roll Sprint run Jump for distance 	<ul style="list-style-type: none"> Gallop Skip Jump Hop Bounce Spring Turn 	<ul style="list-style-type: none"> Apparatus Beam Bench Bounce Climbing frame Curled sideways/egg roll Teddy bear roll 	<ul style="list-style-type: none"> Sprint run Vertical jump Overhand throw Underhand roll Underhand throw Bounce and catch Bounce and catch Catch large ball 	<ul style="list-style-type: none"> Sprint Jog Jump Hop Run Balance Catch large ball Overarm throw 	<ul style="list-style-type: none"> Overhand throw Underhand roll Underhand throw Bounce and catch Catch large ball Striking Distance

	<p>Skip Gallop Hop Vertical jump Overhand throw Underhand roll Underhand throw Bounce and catch Catch large ball Two handed strike Bounce Control</p>	<p>Spin Freeze Statue Forwards Backwards Sideways Near Far In and out On the spot Beginning Middle End Jolly Stormy Fast Strong Gentle Rolling</p>	<p>Tiptoe Tuck jump Jump Jumping jacks Ladder Log roll Skip Straight jump Gallop half turn jump Hopscotch Horse Egg roll Travel Side Gallop Throw Underarm Throw</p>	<p>Two handed strike Backstop Bases Batter Bowler Fielders Umpire Match No-ball Changing Direction Jump Courage</p>	<p>Underarm throw Leap Competition Lanes Finish line Start line Skip Rhythm Gallop</p>	<p>Throw Accuracy Tactics</p>
Core Activities	<p>Baseline fundamental skills</p> <p>To assess skills of:</p> <ul style="list-style-type: none"> - hopping - skipping - underhand throwing - overhand throwing - running fast - catching and bouncing a ball - rolling and kicking a ball <p>Bounce Ball</p> <ul style="list-style-type: none"> - To demonstrate bouncing a ball with some control. - To demonstrate bouncing a ball with some control while moving. - To demonstrate bouncing a ball and passing in a simple game. - To demonstrate throwing a ball at a target with some accuracy. - To demonstrate passing a ball with accuracy then move into a space. - To use a simple tactic in a game <p>Fundamental Skills</p> <ul style="list-style-type: none"> - To demonstrate rolling a ball with some accuracy. - To demonstrate rolling 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. 	<p>Dance</p> <ul style="list-style-type: none"> - To link 4 contrasting travelling movements in the style of transport. - To develop teamwork skills by working in a group, share appropriate movement ideas and create a short unison dance. - To develop teamwork skills by working in groups, share appropriate movement ideas and create a short dance. - To plan and follow a pathway. - To create a sequence with a partner containing four dance elements. - To link two sequences to create a dance. <p>Fundamental Skills</p> <ul style="list-style-type: none"> - To demonstrate rolling a ball with some accuracy. - To demonstrate rolling 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. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - To demonstrate different shapes in a sequence. - To demonstrate a sequence using travelling, and 3 balances. - To demonstrate a sequence using travelling, and 2 balances on large body parts. - To demonstrate a sequence using travelling, balance and 2 rolling actions. - To show a sequence using the skills of travelling, balance and 3 jumps on the floor and apparatus. - To show the skills of combining travelling, rolling, balancing and jumping into a sequence using apparatus. <p>Tri-Throlf</p> <ul style="list-style-type: none"> - To demonstrate an underarm throw with some accuracy. - To demonstrate rolling an object with some accuracy. - To demonstrate a side gallop. - To demonstrate rolling an object and underarm throw with some accuracy. - To show a simple tactic in a game. 	<p>Fundamental skills (overarm & underarm throw)</p> <ul style="list-style-type: none"> - To throw an object overarm for distance - To develop fast running techniques - To perform an overarm throw with accuracy - To perform an overarm throw with accuracy in a game - To apply simple tactics in a game - To explore throwing an object underarm - To apply throwing an object underarm in different ways - To develop the skill of dodging <p>Zog</p> <ul style="list-style-type: none"> - To perform the skill of running and changing direction quickly. - To demonstrate how to jump as far as possible, landing safely with control. - To Demonstrate an overarm throw and hopping. - To demonstrate travelling on feet and hands and feet <p>Net and Wall Games</p> <ul style="list-style-type: none"> - To demonstrate how to catch a ball. - To show a side gallop with some rhythm. - To demonstrate travelling on feet and hands and feet 	<p>Athletics</p> <ul style="list-style-type: none"> - To throw underarm accurately into a target. - To throw as far as possible. - To throw overarm accurately. - To throw overarm for distance. - To throw using a push and two handed throw for distance. - To jump for distance with control. - To throw using an underarm and overarm throw for distance and accuracy. - To throw underarm for accuracy. - To throw overarm for distance. - To complete an obstacle course with speed and agility. - To throw underarm for accuracy. - To throw overarm for distance. <p>Striking and Fielding</p> <ul style="list-style-type: none"> - To demonstrate and overarm throw for distance. - To demonstrate striking a ball. - To strike a ball for distance. - To play a simple striking and fielding game. - To strike a ball with accuracy for distance. - To demonstrate a simple striking and fielding game and use a simple tactic. - To play a simple striking and fielding game using a simple tactic. - To play a simple striking 	

		<ul style="list-style-type: none"> - To show two simple tactics in a game. - To show two simple tactics in a game. 	<ul style="list-style-type: none"> - To demonstrate overarm throw with some accuracy. - To demonstrate sending an object three different ways with some accuracy. - To demonstrate sending an object three different ways with some accuracy. 	<ul style="list-style-type: none"> - To Demonstrate an overarm throw and hopping. - To Demonstrate an overarm throw and hopping. 	<ul style="list-style-type: none"> on apparatus. - To Demonstrate an overarm throw and hopping. - To Demonstrate an overarm throw and hopping. 	<ul style="list-style-type: none"> ball - To show how to hold a bat - To demonstrating catching a ball from the ready position. - To strike a ball to a partner - To strike a ball with some accuracy. - To show a simple tactic in competitive fours. - To strike a ball with accuracy. - To apply a simple tactic in a net/wall game. - To demonstrate a simple tactic in a net/wall game to outwit an opponent. 	<ul style="list-style-type: none"> and fielding game applying a simple tactic.
Year 3/4	Topic Heading	Invasion Games (Rugby & Netball)	Creative Games & Dance	Gymnastics & Swimming	Outdoor and Adventurous Activities & Swimming	Dodgeball & Basketball	Striking and Fielding (Rounders) & Athletics
	Link to themes/ key concepts	<ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health. 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health. <p>Swimming</p> <ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health. 	<p>Outdoor</p> <ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health. <p>Swimming</p> <ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health. 	<ul style="list-style-type: none"> - Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health. 	<ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health.
	Objectives to be covered	<ul style="list-style-type: none"> - use running, throwing and catching in isolation and in combination - play competitive games, modified where appropriate and apply basic principles suitable for attacking and 	<ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for 	<p>Gymnastics</p> <ul style="list-style-type: none"> - use running and jumping in isolation and in combination - develop flexibility, strength, technique, control and balance - compare their performances 	<p>Outdoor</p> <ul style="list-style-type: none"> - use running and jumping in isolation and in combination - play competitive games, modified where appropriate - take part in outdoor and adventurous activity 	<ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate and apply basic principles suitable for attacking and 	<ul style="list-style-type: none"> - use running, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for

	<p>defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>attacking and defending - develop technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Swimming - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively - perform safe self-rescue in different water-based situations</p>	<p>challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Swimming - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively - perform safe self-rescue in different water-based situations</p>	<p>defending challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Key Subject Specific Vocabulary to be taught	<p>Spin pass Back pass Team mate Defence Defensive line Creating space Tap and go Try Lineout Tag Tag belt attacker back line bully centre line centre pass dangerous play defender defenders goalkeeper hit midfielder obstruction pass penalty corner penalty stroke pitch push scoop shoot shooting circle time wasting</p>	<p>Awareness of space Travel Run Skip Hop Jump look up scan change speed change direction breathing heart dodge swerve Air steps Big band Breakaway Canon Climax Dance Develop Dynamics Perform Shape Structure Strut Style Swing Tea dance Technique Tempo Theme Unison Improvise</p>	<p>Gymnastics Canon Dynamics Improvise Levels Mirror Rhythm Unison</p> <p>Swimming Backstroke Breaststroke Butterfly Dolphin kick Flutter kick Freestyle/front crawl Frog kick Lap (also "length") Medley Open water Relay Starting block Stroke Touch pad</p>	<p>Outdoor Boundary Checkpoint card Compass Control Course Linear Location Orienteer Orienteate Scale Strategy Symbol</p> <p>Swimming Backstroke Breaststroke Butterfly Dolphin kick Flutter kick Freestyle/front crawl Frog kick Lap (also "length") Medley Open water Relay Starting block Stroke Touch pad</p>	<p>Pivot/Pivoting Possession Two-touch passing Man-man marking Mark/marking Overhead pass Attack/attacking/attacker Block tackle Bounce pass Chest pass Defend/defender/defending Dodge/dodging Dribble/dribbling Intercept Invasion game Feint</p>	<p>Backstop Bases Batter Bowler Field Fielders Game plan Tactics Technique Underarm throw Judgement Match No-ball Outwit Overarm throw Pitch Sportsmanship Field event Flight Fling throw Hurdling Landing Lead leg Long jump Take off Track event Trail leg Underarm throw Overarm throw Pull throw Push throw Shot put Sprint Standing long jump</p>

		Interpretive dance Levels Mood Motif				
Core Activities	<p>Rugby</p> <ul style="list-style-type: none"> - Passing and catching a rugby ball with consistency, accuracy and control. - To apply simple tactics when playing a simple rugby type game. - To apply defensive tactics in a rugby type game <p>Netball</p> <ul style="list-style-type: none"> - To demonstrate passing a ball using a swing pass. - To move into space after using a swing pass in a game. - To demonstrate passing a ball using a swing pass. - To perform a feint when passing to outwit a defender. - To perform a swing pass and bounce pass in a game. - To apply a feint when passing to outwit a defender. - To perform a pass in an invasion game using a swing pass - To apply a simple tactic to outwit a defender. - To perform a pass in an invasion game using a swing pass. - To apply a simple tactic to outwit a defender. 	<p>Tag and Target</p> <ul style="list-style-type: none"> - To perform the fundamental skill of dodging - To be able to dodge in a tag game - to demonstrate aiming skills using the FMS of throwing and rolling a ball - to demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game - to send an object in a target game with accuracy <p>Dance</p> <ul style="list-style-type: none"> - Pupils will be able to name different forms of rock and where they may be found in real-life. - Pupils will demonstrate shapes as a team using their bodies in interesting ways. - Pupils will be able to name the layers of the earth and describe their qualities through words and movements. - Pupils will be able to demonstrate unique movement ideas. - Pupils can sequence movement together into a structure. - Pupils can create effective travelling movements. - Pupils have created a travelling solo, following a defined pathway. Pupils can effectively use stillness in their performance. - Pupils have created a rhythmic circle dance performed in unison. - Pupils demonstrate increased movement ideas in the Don't Wake the Volcano game and perform with 	<p>Gymnastics</p> <ul style="list-style-type: none"> - To demonstrate travelling with control on 4 points - To show balances on 2 and 3 points of the body - To show balances with stillness on all 4 points - To combine actions of travelling and balance - To demonstrate basic rolls with accuracy and control - To move from one action to another smoothly - To demonstrate jumping and landing safely - To create a sequence of moves using at least six actions including jumping, travelling, rolling and balancing - To evaluate and adapt a gymnastics routine <p>Character focus</p> <ul style="list-style-type: none"> Trust Accepting feedback Evaluation Courage <p>Swimming</p> <ul style="list-style-type: none"> - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively including backstroke, front crawl and breaststroke - perform safe self-rescue in different water-based situations 	<p>Orienteering</p> <ul style="list-style-type: none"> - To demonstrate how to solve trust challenges - To complete a journey within the school grounds - to know how to use a control card - To navigate to each control site - to be able to set and orientate a map <p>Swimming</p> <ul style="list-style-type: none"> - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively including backstroke, front crawl and breaststroke - perform safe self-rescue in different water-based situations 	<p>Basketball</p> <ul style="list-style-type: none"> - To pass using a chest pass - To find space in a game - To accurately perform a bounce pass in a game - To demonstrate dribbling with some control - To use tactics to outwit the opposition - To evaluate what worked in a game <p>Dodgeball</p> <ul style="list-style-type: none"> - 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 pass. - 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 pass. - 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 pass. 	<p>Rounders</p> <ul style="list-style-type: none"> - Demonstrate an underarm throw with accuracy - To catch a ball in a striking and fielding game - To strike a ball from a tee - To apply simple tactics within a game <p>Athletics</p> <ul style="list-style-type: none"> - To throw using a pull action - to explore different running techniques - To perform a sling throw action - To throw using a push action - To pass a baton in team-relay - To perform a hop, step and jump - To perform a combination of 5 jumps

			increased confidence and timing in the class circle.				
Year 5/6	Topic Heading	Invasion Games (Hockey & Rugby)	Creative Games (Creating Invasion Games) & Dance	Gymnastics & Invasion Games (Netball)	Outdoor and Adventurous Activities (Orienteering) & Tennis	Athletics & Badminton	Striking and Fielding (Cricket & Rounders)
	Link to themes/ key concepts	- Acquiring and Developing Skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health	- Acquiring and Developing Skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health - Develop flexibility, strength, technique, control and balance - Perform dances using a range of movement patterns	- Acquiring and developing skills - Selecting and applying skills, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health.	- Acquiring and developing skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health.	- Acquiring and developing skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health.	- Acquiring and developing skills - Selecting and applying skills and tactics - Evaluating and improving performance - Knowledge and understanding of fitness and health.
	Objectives to be covered	- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending - develop strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending - develop technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- use running and jumping in isolation and in combination - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Key Subject Specific Vocabulary to be taught	attacker back line bully centre line centre pass dangerous play defender defenders dribble flick goalkeeper hit midfielder obstruction pass penalty corner penalty stroke	Awareness of space Travel Run Skip Hop Jump look up scan change speed change direction breathing heart dodge swerve dribble invasion attacking	Agility ladder Canon Cartwheel Cat leap full turn Chassis step Choreograph/choreography Control Dive forward roll Straddle over vault Style Take-off Theme Unison Vault Vaulting box Sequence Springboard	Boundary Checkpoint card Compass Control Course Linear Location Orienteer Oriентate Scale Strategy Symbol Racket Tennis Ball Swing Fault Double Fault	Crouch start Field event Flight Fling throw Landing Pull throw Push throw Standing start Standing vertical jump Take-off Track event	Stumps Bails Wickets Crease Batter Batting stance Bowler Deep fielder Field Fielders Game plan Strategy Tactics Technique Umpire Underarm throw Judgement

	<p>pitch push scoop shoot stick shooting circle time wasting</p>	<p>defending personal game invent outwit Air steps Big band Breakaway Canon Climax Dance Develop Dynamics Perform Shape Structure Strut Style Swing Tea dance Technique Tempo Theme Unison Improvise Interpretive dance Levels Mood Motif</p>	<p>Stag leap Split leap Squat (position) Squat through vault Standing pike Straddle Flexibility Fluency Hurdle step Hurdle step (onto springboard) Landing Linking actions Lunge Perform Pike Pike forward roll Pike backwards roll Pivot Press-up Press-up positon/plank Round-off Routine</p>			<p>Match No-ball Outwit Overarm throw Pitch Sportsmanship Bases Backstop</p>
Core Activities	<p>Hockey</p> <ul style="list-style-type: none"> - To accurately pass a ball to a teammate using a hockey stick - To demonstrate dribbling using a hockey stick - To shoot a ball at a goal - To select attacking tactics when playing a hockey type game - To apply defending tactics during a hockey type game - To play a role in a competitive modified hockey type game <p>Rugby</p> <ul style="list-style-type: none"> - Passing and catching a rugby ball with consistency, accuracy and control. - To apply simple tactics when playing a simple rugby type game. - To apply defensive tactics 	<p>Creative Invasion Games</p> <ul style="list-style-type: none"> - To dribble a ball - To pass and receive a pass using a variety of skills - To select and apply appropriate skills when playing different invasion games - To create a rugby type game and select and apply tactics to outwit an opponent - To work as a team to solve a tactical problem through designing a unique invasion game - To adapt an invasion game to include positions and attacking/defending options - To apply simple attacking and defending tactics when playing an invasion type game <p>Dance</p> <ul style="list-style-type: none"> - Pupils are aware of their own 	<p>Gymnastics</p> <ul style="list-style-type: none"> - To perform partner balances - To create mirrored partner balances - To perform a range of counter balance actions - To create a gymnastic sequence with counter balances and counter tension - To evaluate and recognise their own success. - To perform shapes and balances with partner - To demonstrate counter balance and counter tension using apparatus - To demonstrate a group counter balance. - To create a gymnastic sequence - To demonstrate counter balances in unison 	<p>Orienteering</p> <ul style="list-style-type: none"> - Can demonstrate how to keep a map set when moving - Can demonstrate how to orientate a map when moving through a course - Can demonstrate how to complete a course using a compass - Can plan a route - Can find control points using a map - Can record answers accurately - Can make a decision on which markers to visit during a timed event <p>Tennis</p> <ul style="list-style-type: none"> - To demonstrate a forehand shot with some consistency. - To demonstrate a forehand and backhand shot with some consistency. - To demonstrate a <p>Netball</p>	<p>Athletics</p> <ul style="list-style-type: none"> - To perform running techniques for both short and long distances - To take off and land one foot to one foot - To perform a pull throw - To perform a push throw - To develop running for speed - To take off and land using a combination of jumps - To perform a sling throw - To take off and land using a hop, skip and jump - To perform a heave throw - To take part in sports day <p>Badminton</p> <ul style="list-style-type: none"> - To demonstrate a forehand shot with some consistency. - To demonstrate a forehand and backhand shot with some consistency. - To demonstrate a 	<p>Cricket</p> <ul style="list-style-type: none"> - To demonstrate bowling underarm with accuracy - To strike a ball with a cricket bat off a tee - To bowl overarm with accuracy - To apply tactics in a cricket type game <p>To bowl overarm with accuracy and consistency in a game.</p> <p>Rounders</p> <ul style="list-style-type: none"> - To demonstrate bowling underarm with accuracy - To strike a ball with a bat - To throw overarm when fielding - To strike a ball with a bat off a tee - To explain where to strike a ball in a game - To use tactics in a rounders

		<p>in a rugby type game</p> <p>timing and can accurately copy and replicate one/series of dance movements.</p> <ul style="list-style-type: none"> - Pupils can make decisions about their dances to make them interesting and unique. - Pupils add character to their actions to portray the story. - Pupils learn and perform a range of counter balances and/or lifts within their existing group dance. Some pupils will suggest their own lifts and teach others how to execute them. - Pupils create and perform a travelling sequence on their own pathway, exploring the space, remaining in unison with their group. - Pupils can perform the entire dance with strong characterisation and timing without any teacher guidance. - Pupils can perform the entire dance with strong characterisation and timing without any teacher guidance. 	<ul style="list-style-type: none"> - To demonstrate passing and catching a netball with consistency, accuracy and control - To demonstrate a shoulder pass - To shoot a netball with some accuracy - To apply simple tactics when playing a netball type game (on and off the ball) - To apply simple attacking and defending tactics 	<ul style="list-style-type: none"> forehand and backhand shot with some consistency. - To direct the ball reasonably well to their partner to continue a rally. - 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.) - 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.) - To play the game for the core task and incorporate tactics to score points. 	<ul style="list-style-type: none"> - To direct the shuttlecock reasonably well to their partner to continue a rally. - To demonstrate a simple tactic in a net type game (i.e. - To be able to hit a shuttlecock away from their partner.) - To demonstrate a simple tactic in a net type game (i.e. - To be able to hit a shuttlecock away from their partner.) - To play the game for the core task and incorporate tactics to score points. 	like game
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