

Holme Community School – Long Term Curriculum Planning

Subject	PE	Cycle	B
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	Physical development - Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. - Holds pencil between	Physical development - Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking,	Physical development - Mounts stairs, steps or climbing equipment using alternate feet - Walks downstairs, two feet to each step while	Physical development - Can tell adults when hungry or tired or when they want to rest or play. - Observes the effects of	Physical development - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles	Physical development - Draws lines and circles using gross motor movements - Uses a pencil and holds it effectively to form

	children are KS1 ready?	thumb and two fingers, no longer using whole-hand grasp. - 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.	running, jumping, skipping, sliding and hopping - Can stand momentarily on one foot when shown - Experiments with different ways of moving.	carrying a small object - 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.	activity on their bodies. - Handles tools, objects, construction and malleable materials safely and with increasing control. - Shows a preference for a dominant hand. - Can catch a large ball - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	- Understands that equipment and tools have to be used safely. - 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.	recognisable letters, most of which are correctly formed. - Handles tools, objects, construction and malleable materials safely and with increasing control.
Year 1/2	Topic Heading	Fundamental Skills (Baseline Supertato) & Kicking Unit	Dance & 20th Century Games	Gymnastics & FMS Catching and Bouncing a Ball	Net and Wall Games & Fundamental Skills (Overarm & Underarm Throw)	Athletics & Piggy in the Middle	Outdoor & Adventurous Activities (Orienteering) & Striking and Fielding
	Link to themes/key concepts	- Acquiring and Developing Skills - Selecting and applying skills - Evaluating and improving performance	- Acquiring and Developing Skills - Selecting and applying skills and compositional ideas - Evaluating and improving performance	- Acquiring and Developing Skills - Selecting and applying skills, and compositional ideas - Evaluating and improving performance	- 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 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
	Objectives to be covered	- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination	- 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.	- 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	- 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	- 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	- Master basic movements such as running as well as developing agility and co-ordination, and begin to apply these in a range of activities
	Key Subject Specific Vocabulary to be	Balance on one foot Balancing beam Line walk Climb Side roll	Gallop Skip jump, hop bounce	Apparatus Beam Bench Bounce Climbing frame	Ready position Side gallop Throw Catch Strike	Overhand throw Underhand roll Underhand throw Bounce and catch Catch large ball	Location Orienteer Strategy Symbol Responsibility

	taught	<p>Sprint run Jump for distance Skip Gallop Hop Vertical jump Overhand throw Underhand roll Underhand throw Bounce and catch Catch large ball Two handed strike Kicking Objects Control</p>	<p>spring turn spin freeze statue forwards backwards sideways near far in and out on the spot beginning middle end jolly stormy fast strong gentle</p>	<p>Curled sideways/egg roll Teddy bear roll Tiptoe Tuck jump Jump Jumping jacks Ladder Log roll Skip Straight jump Gallop half turn jump Hopscotch Horse Egg roll Travel</p>	<p>Accuracy Tactics Outwit Opponent Swing Compete</p>	<p>Catching Passing Tactics Accurate Running Jumping Distance Sprint</p>	<p>Respect Map Course Journey Control card Control point Batting Bases Control Swing Underarm throw</p>
Core Activities	<p>Baseline Supertato</p> <ul style="list-style-type: none"> - To demonstrate the FMS of underarm throwing and hopping. - To demonstrate the FMS of jumping and skipping. - To demonstrate the FMS of an catching and bouncing a ball - To demonstrate the FMS of rolling a ball and kicking. - To demonstrate the FMS of running and overarm throw. <p>Kicking</p> <ul style="list-style-type: none"> - To explore different ways of kicking objects - To explore different ways of kicking objects with increasing accuracy and control. That being active is good for them and fun. - To kick objects with increased accuracy. To receive a kick with control. - To kick objects with increased accuracy. - To receive a kick with control. - To intercept a ball. - To explore kicking with a 	<p>Dance</p> <ul style="list-style-type: none"> - To be able to create travelling patterns using a stimulus - To be able to select effective movements - To develop their work - To remember work and recreate it - To contribute to a whole class performance - To be able to work effectively within a group - To demonstrate spatial awareness, confidence and expression <p>20th Century Games</p> <ul style="list-style-type: none"> - To develop the skill of dodging/changing direction when playing a tag game. - To develop the skill of hopping when playing a game. - To demonstrate catching a ball with some control. To throw underarm with some accuracy. - To throw a ball 	<p>Gymnastics</p> <ul style="list-style-type: none"> - To perform travelling actions - To perform jumping actions with different shapes in the air - To perform travelling actions using hands and feet - To balance on large body parts with stillness - To perform an egg roll, pencil and teddy bear roll - To create a sequence using rolling, jumping and travelling - To create a sequence using travelling, balancing, rolling and jumping on apparatus <p>Catching and Bouncing a Ball</p> <ul style="list-style-type: none"> - To demonstrate catching a ball with some accuracy. - To demonstrate catching and bouncing a ball with some accuracy. - To demonstrate catching and bouncing a ball with some accuracy. - To show a simple tactic in 	<p>Fundamental skills</p> <ul style="list-style-type: none"> (overarm & underarm throw) - 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>Net and wall games Yr2</p> <ul style="list-style-type: none"> - To throw a ball underarm to a partner with accuracy - To demonstrate catching and bouncing a ball with some accuracy. - To demonstrate catching and bouncing a ball with some accuracy. - To know the ready position - To know how to hold 	<p>Athletics</p> <ul style="list-style-type: none"> - To show a hopping skill with rhythm. - To demonstrate rolling a ball with some accuracy. - To show running and changing direction quickly. - To demonstrate throwing underarm with some accuracy. - To demonstrate jumping as far as possible and landing safely with control. - To show good posture when running fast. - To demonstrate rolling a ball with some accuracy and control. - To complete a running and jumping course. - To demonstrate the skills of running and changing direction. <p>Piggy in the Middle</p> <ul style="list-style-type: none"> - To demonstrate an underarm throw with some accuracy. - To catch a ball - To perform a side gallop - To know the ready position - To throw underarm with accuracy then move into a 	<p>Orienteering</p> <ul style="list-style-type: none"> - To be able to take responsibility for self and others - To respect others - Can remember objects on a trail - To cooperate and work together as a team - Can work with others to complete a journey around the school - Can mark a control card correctly. <p>Striking and Fielding</p> <ul style="list-style-type: none"> - To demonstrate and overarm throw for distance. - To strike a ball for distance. - To play a simple striking and fielding game. - To strike a ball for distance. - To play a simple striking and fielding game. - To strike a ball with accuracy for distance. - To play a simple striking and fielding game and use a simple tactic. 	

		<p>variety of equipment.</p> <ul style="list-style-type: none"> - To choose skills effectively for a game. - To explore kicking with a variety of equipment. - To choose skills effectively for a game. 	<p>underarm to a partner with some accuracy.</p> <ul style="list-style-type: none"> - To catch a ball. - To demonstrate a side gallop. - To show the ready position - 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>a game.</p>	<p>the bat</p> <ul style="list-style-type: none"> - To catch a ball from the ready positon - to strike a ball to a partner - To apply tactics to a net/wall game 	<p>space.</p> <ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - To play a simple striking and fielding game using a simple tactic - To play a simple striking and fielding game applying a simple tactic.
Year 3/4	Topic Heading	Invasion Games (Basketball & Handball)	Dance & OAA Problem Solving	Gymnastics & Swimming	Net and Wall Games & Swimming	Striking and Fielding (Cricket) & Dodgeball	Athletics & Rounders
	Link to themes/ key concepts	<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. 	<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>Net and wall games</p> <ul style="list-style-type: none"> - Acquiring and Developing Skills - Selecting and applying skills - 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, tactics and compositional ideas - Evaluating and improving performance - Knowledge and understanding of fitness and health.
	Objectives to be covered	<ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination 	<ul style="list-style-type: none"> - use running and jumping in isolation and in combination - develop flexibility, 	<p>Gymnastics</p> <ul style="list-style-type: none"> - use running and jumping in isolation and in combination 	<p>Net and wall games</p> <ul style="list-style-type: none"> - Use running, throwing and catching in isolation and in combination 	<ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination 	<ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination

	<ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>strength, technique, control and balance</p> <ul style="list-style-type: none"> - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best. <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 - perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - Develop flexibility, strength, technique, and control - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <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 - perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> - play competitive games, modified where appropriate - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Key Subject Specific Vocabulary to be taught	<ul style="list-style-type: none"> Pivot/Pivoting Possession Two-touch passing Man-man marking Mark/marketing Overhead pass Attack/attacking/attacker Block tackle Bounce pass Chest pass Defend/defender/defending Dodge/dodging Dribble/dribbling Intercept Invasion game Feint 	<ul style="list-style-type: none"> Air steps Big band Breakaway Canon Dynamics Improvise Climax Dance Develop Dynamics Perform Shape Structure Strut Style Swing Tea dance Technique Tempo Theme Unison Improvise Interpretive dance Levels Mood Motif 	<p>Gymnastics</p> <ul style="list-style-type: none"> Court Canon Dynamics Improvise Levels Mirror Rhythm Unison <p>Swimming</p> <ul style="list-style-type: none"> 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>Net and wall games</p> <ul style="list-style-type: none"> Court Target Net Striking Hitting Defending Making it difficult for the opponent Tactics Scoring points <p>Swimming</p> <ul style="list-style-type: none"> Backstroke Breaststroke Butterfly Dolphin kick Flutter kick Freestyle/front crawl Frog kick Lap (also "length") Medley Open water Relay Starting block Stroke 	<ul style="list-style-type: none"> Pivot/Pivoting Possession Two-touch passing Man-man marking Mark/marketing Overhead pass Attack/attacking/attacker Block tackle Bounce pass Chest pass Defend/defender/defending Dodge/dodging Dribble/dribbling Intercept Invasion game Feint 	<ul style="list-style-type: none"> 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 Backstop Bases Batter Bowler Field Fielders Game plan Tactics Technique

				Touch pad		Underarm throw Judgement Match No-ball Outwit Overarm throw Pitch
Core Activities	<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>Handball</p> <ul style="list-style-type: none"> - To demonstrate passing a ball using a one handed pass accurately. - To move into space after using a one handed pass in a game. - To pass a ball accurately to a teammate using a one handed bounce pass. - To demonstrate a simple tactic in a game. - To demonstrate passing a handball with some accuracy. - To find space to receive a pass. - To demonstrate one handed passing with some control - To use simple tactics to outwit an opponent. - To shoot a ball with accuracy. - To use tactics to outwit an opponent. - To use tactics to outwit an opponent. - To evaluate what worked well in a team. 	<p>Dance (Sparks might fly)</p> <ul style="list-style-type: none"> - To create a movement using a word as inspiration - To use imagination to come up with unique dance moves - To demonstrate canon and unison - To create a duet using some choreographic skills <p>Problem Solving</p> <ul style="list-style-type: none"> - To demonstrate working as part of a team to solve challenges. - To demonstrate cooperating and working together as a team to complete challenges. - To cooperate and work together as a team to complete challenges. - 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>Gymnastics</p> <ul style="list-style-type: none"> - To travel on hands and feet - to demonstrate the dish and arch shape - to combine travelling, jumping and balancing actions - To demonstrate basic rolls - To perform a sequence of at least 6 moves to meet level 1 criteria <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>Net and Wall Games</p> <ul style="list-style-type: none"> - To demonstrate different throwing actions - To explore different ways of throwing - To consolidate catching skills - To strike a ball using their hand or small bat - To improve body positions - To consolidate striking, and ball control skills <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>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 throw with accuracy in a game situation. - To demonstrate throwing a ball at a target using a one handed throw with accuracy in a game situation. - To demonstrate throwing a ball at a target using a one handed throw with accuracy in a game situation. <p>Cricket</p> <ul style="list-style-type: none"> - To demonstrate an underarm throw with accuracy. - To catch a ball. - To demonstrate how to throw a ball underarm with some accuracy. - To catch a ball in a striking and fielding game. - 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 how to strike a ball from a batting tee or drop feed. - To demonstrate bowling a ball underarm. - To demonstrate striking a ball from a batting tee or drop feed. - To apply simple tactics in a modified competitive 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 <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

						<ul style="list-style-type: none"> - 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. - 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. 	
Year 5/6	Topic Heading	Invasion Games (Badminton & Netball)	Dance & OAA Teambuilding	Gymnastics & Orienteering	Invasion Games (Rugby) & Creative Games	Athletics & Tennis	Striking and Fielding (Rounders & Cricket)
	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 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 - 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 defending - Develop strength, technique, control and balance - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> - Use running and jumping in isolation and in combination - Develop flexibility, strength, technique, control and balance - Perform dances using a range of movement patterns - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<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 with previous ones and demonstrate improvement to achieve their personal best. 	<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 defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> - 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. 	<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 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 goalkeeper hit midfielder obstruction pass penalty corner penalty stroke pitch push scoop shoot shooting circle time wasting shuttlecock racket tactics	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 Teamwork Communication Empathy	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 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	Spin pass Back pass Team mate Defence Defensive line Creating space Tap and go Try Lineout Tag Tag belt	Crouch start Field event Flight Fling throw Landing Pull throw Push throw Standing start Standing vertical jump Take-off Track event Racket Tennis Ball Swing Fault Double Fault	Backstop Bases Batter Batting stance Bowler Deep fielder Field Fielders Game plan Strategy Tactics Technique Umpire Underarm throw Judgement Match No-ball Outwit Overarm throw Pitch Sportsmanship
Core Activities	Netball - 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)	Dance (Highwayman) - To convey a character through movement - To combine travel, turn, gesture and stillness to convey emotion and events - To create a sequence using travel, jumping, turning, gesturing and stillness. - To retell the poem	Gymnastics - To demonstrate a part weight bearing balance - To create a sequence of gymnastics actions, paired and group balances using apparatus - To perform a group sequence using apparatus	Rugby - 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	Athletics - To perform running techniques for short and long distances - To perform a pull and push throw - To take off and land one foot to one foot - To develop running for distance - To develop running at speed	Rounders - 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	

	<ul style="list-style-type: none"> - To apply simple attacking and defending tactics <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 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 play the game for the core task and incorporate tactics to score points. 	<p>through dance</p> <p>OAA Teambuilding</p> <ul style="list-style-type: none"> - Can communicate effectively - Can trust and work with others to solve problems - Can take responsibility for others - Can listen attentively, record information accurately and apply strategies for remembering important information - Can follow instructions and work with others to complete a complex task - Can work effectively as part of a team to solve problems - Can generate and share ideas - Can review performance and apply learning - Can share ideas confidently, when working as part of a team - Can review a performance and apply the learning to complete a task successfully. - Can work effectively as part of a team. - Can recognise the important role played by all team members - Can organise time and resources within a team - Can encourage others to improve performance 	<p>keep a map set when moving.</p> <ul style="list-style-type: none"> - Can demonstrate how to "set or "orientate" a map when moving around a simple course. - Can plan an efficient route around a simple course. - Can demonstrate how to get around a simple course using the 8 points of a compass. - Can plan a route to a control. - Can find the correct control marker using a map. - Can find the correct control marker using a map during a score event. - Can plan a route on which control markers to visit and how to get there. - Can record answers accurately. - Can navigate to a control markers during a score event. - Can make decisions about which control markers to visit in the time allowed. 	<p>Creative 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 	<ul style="list-style-type: none"> - To take off and land one foot to two - 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 an athletics 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 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 use tactics in a rounders like game <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 - To bowl overarm with accuracy and consistency in a game.
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