



Invasion Games	Swimming	Net and Wall	Striking and Fielding	Dance	Gymnastics	OAA	Athletics
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	Autumn Term	Spring Term		Summer Term
	Fundamental Movement Skill (locomotion) Physical –Explore the Fundamental Movement Skills of locomotion in isolation. Cognitive – Develop understanding of body awareness & movement concepts. Social/Emotional – Share Equipment & resources with others.	Fundamental Movement Skill (stability) Physical – Explore the Fundamental Movement Skills Stability in isolation. Cognitive – Foster problem-solving and decision-making through movement-based activities. Social/Emotional – Build confidence through mastery of physical skills.		Fundamental Movement Skill (manipulative) Physical –Explore the Fundamental Movement Skills Object Manipulation in isolation. Cognitive – Work independently when given the opportunity. Social/Emotional – manage emotions during both successes and challenges.
EYFS Reception				
Year 1	Autumn Term	Spring Term		Summer Term
	Invasion Games – Throwing and Catching	Gymnastics – Balance, Agility, Position and Direction	Invasion Games –Ball Control	Striking and Fielding - Partner Games
	Pupils will be taught to: master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils will develop balance, agility and co-ordination, and begin to apply these when using a range of Gymnastics apparatus. They will be taught to develop balance whilst moving between positions as well as attempt to balance on small body parts (hands & feet) on different levels.	Pupils will continue to develop control over movements and objects, whilst being provided with the opportunity to the early introduction of invasion games enhancing their understanding of a range of skills associated to different sports.	Pupils will be taught to: master basic movements including running, jumping, throwing and catching, as well as develop balance, agility and co-ordination. Pupils will begin to understand the importance of working well within a pair and a small group in order to achieve targets.
	OAA – Creative Play	Dance	Athletics Fundamentals / Running and Jumping	Swimming
	Pupils, when appropriate, will have the opportunity to explore learning in an outdoor environment- learning how to use	Pupils will be taught to perform dances using simple movement patterns- introducing key techniques such as canon and relationships into their dances.	Pupils will have the opportunity to cover foundation and fundamental skills linked to running, throwing, and jumping disciplines- through fun and creative activities.	Learning Outcomes <ul style="list-style-type: none"> ▪ To talk about water safety. ▪ To begin to use a float to aid buoyancy.



	nature and natural resources to make games and develop appreciation.			<ul style="list-style-type: none"> ▪ To blow bubbles in the water. ▪ To travel through the water with confidence. ▪ To develop overall water confidence.
Year 2	Autumn Term	Spring Term		Summer Term
	Invasion Games – Kicking and Dribbling	Gymnastics – 2D and 3D Shapes		Swimming
	Pupils will be taught to: master basic movements including kicking and dribbling, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils will develop balance, agility and co-ordination- continuing to work with a partner/ small group to develop small sequences, building on knowledge of balances and transitions.		<p>Learning Outcomes:</p> <ul style="list-style-type: none"> ▪ Travel forwards & backwards for a distance of 5 metres. ▪ To float on back (with float). ▪ To float on front (with float). ▪ To fully submerge the body in water. ▪ Perform a mushroom or star float.
	Invasion Games – Sending and Receiving	Dance	Athletics	OAA – Rule Making
	Pupils will be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination,	Pupils will be taught to perform dances using simple movement patterns- linking into the theme of traditional dances from different areas/ backgrounds.	Pupils will continue to develop basic Athletics-based skills and techniques- developed through previous years, in order to explore distance/ weight/ height in different disciplines.	Pupils will start to recognise how different rules work within a game. Pupils will have the opportunity to understand teamwork and some of the roles within a team.
				Striking and Fielding
				Pupils will be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination, and begin to apply these in a range of group based activities.



	and begin to apply these in a range of activities.				
Year 3	Autumn Term		Spring Term		Summer Term
	Passing for Possession (Basketball)	Dance		Athletics	Net and Wall – Tennis
	Pupils will be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils should be taught to perform dances using simple movement patterns-continuing to introduce developed ideas and techniques into sequences. Pupils will have greater understanding of tempo and rhythm after developing understanding from the previous year.		Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils should be given the opportunity to explore a variety of different strokes as well as begin to identify specific rules that govern games- developing independence, communication skills and decision making skills.
	Dribbling to Invade (Football)	Gymnastics – Symmetrical Shapes / Travelling		Swimming	OAA – Thinking Aloud
	Pupils will be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils will be taught to develop flexibility, strength, technique, control and balance through gymnastics with a focus on creating and copying shapes and body positions-introducing greater amount of body awareness.	Pupils will be taught to develop flexibility, strength, technique, control and balance through gymnastics-continuing to develop strength in order to maintain counterbalances with a partner.	Learning Outcomes -To perform correct front crawl arm action. -To perform correct front crawl leg action. -To breath correctly with face in and out of water. -To demonstrate 'Push & Glide'. -Discuss safe self-rescue	Pupils should be given the opportunity to develop some basic map reading skills as well as problem solve and work cooperatively during paired and team challenges.



Year 4	Autumn Term		Spring Term		Summer Term
	Passing and Moving (Basketball)	Gymnastics – Perfecting Sequencing Gymnastics - Symmetry		Tennis– Returning	
	Pupils will be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils will continue to build on previous years themes surrounding symmetry and link previous knowledge and skills to advanced sequences and balances in this topic. Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics. Pupils will be able to link thoughts and feelings surrounding the theme into creating fluid and flowing sequences.		Pupils should be given the opportunity to explore a variety of different strokes and techniques as well as develop reaction time and agility- demonstrating control over power, flight, distance, and accuracy when returning a ball as part of a rally.	
	Dribbling, Movement and Teamwork (Football)	Dance	Swimming	Athletics	OAA - Decisions
	Pupils will be taught the concept behind team invasion and how dribbling correctly can aid a team's success.	Pupils will be taught to perform dances using a range of movement patterns, continuing to follow a theme, applying previous knowledge to developed techniques covered throughout this module.	Learning Outcomes -To perform correct back crawl arm action. -To perform correct back crawl leg action. -To regulate breathing. -To evaluate their own performance. -Discuss safe self-rescue.	Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils will continue to develop understanding and application surrounding map reading, orientation and understanding directions.



Year 5	Autumn Term		Spring Term		Summer Term
	Netball – Skills, Rules and Concepts	Gymnastics – Balance, Travelling and Turning	Athletics		OAA - Leadership
	Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils will be shown what it means to 'invade' from an individual and team-based context.	Pupils will continue to develop techniques, linking movements and balances through turns, levels and dynamics movements associated to the theme.	Pupils will focus on developing individual fitness levels in order to achieve personal bests in all disciplines.		Pupils should be given the opportunity to learn about the countryside code in terms of respect for people & the environment as well as problem solve, record information and further develop their knowledge of orienteering.
	Tag Rugby – Skills, Rules and Concepts	Swimming	Dance		Rounders
	Pupils will continue to develop awareness of rules and regulations in games and continue to adhere.	Learning Outcomes <ul style="list-style-type: none"> -To perform correct breast stroke arm action. -To perform correct breast stroke leg action. -To perform correct breathing technique to breaststroke. -To evaluate & compare techniques. -Discuss safe self-rescue. 	Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best- developing early appreciation and analysis skills.		Pupils will develop and consolidate basic strokes and fielders will be able to use spatial awareness and simple fielding techniques with increasing control and consistency. Pupils will establish greater understanding and practical application of spatial awareness when striking and fielding in game-scenarios.



Year 6	Autumn Term		Spring Term	Summer Term
	Swimming	Gymnastics – Complex Sequences and Perfecting	Athletics – Going for Gold	OAA – Finding Success
	Learning Outcomes -To consolidate front/back crawl. -To consolidate breast stroke technique. -To tread water for a sustained period of time. -To swim a distance of 25 metres. -Discuss safe self-rescue.	Pupils will continue to develop partner/group based routines, developing confidence in balances and counterbalances and how to continue to link movements/ balances with a range of transitional skills.	Pupils will continue to develop fundamental Athletics skills across all disciplines- refining techniques and beginning to achieve and challenge personal bests.	Pupils will continue to develop communication skills when working in a group, take part in competitive orienteering as well as learn some basic safety skills.
	Tag Rugby	Dance	Netball Invasion (Competitive)	Rounders
	Pupils will have the opportunity to lead small groups in a range of activities, developing leadership skills, and taking on different rolls within a small team.	Pupils will be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best- developing early appreciation and analysis skills.	First pupils will revisit skills and rules from previous year. Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils should be shown what it means to 'invade' from a competitive perspective.	Pupils should be taught and consolidate the fundamental skills of striking and fielding during mini-games with an emphasis on working as a team in order to achieve success.