|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EYFS Physical Development**  **Gross Motor Skills** | | | **Autumn Term** | | | | | | **Spring Term** | | | **Summer Term** | | |
| Body Management –  Balance | | | | Gymnastics – Jumping and Balancing | | | Body Management – Stretching Shapes | | Net Games – Bats and Balls at the Circus | Outdoor Adventure – Fun Games with Friends | |
| Pupils will be introduced to some specialist Gymnastics equipment – understanding safety and basic use of equipment. Pupils will explore how to balance and move around / on the equipment with control. | | | | Development of balance, agility and co-ordination as well as exploring jumping. | | | Pupils will be taught to develop balance, agility and co-ordination, begin to sequence as well as start to apply these skills in a range of activities | | Pupils will be encouraged to explore different striking apparatus and attempt to hit a ball towards a given direction. | Pupils will further develop fundamental movement skills and will be given the opportunity to be creative whilst working in pairs and in small groups in order to develop problem solving & thinking skills. | |
| Invasion Games – Beanbag Skills | | | | Dance – Fictional Characters (Julia Donaldson) | | | Invasion Games – Ball Skills at the Zoo | | Strike and Field – Turn Taking on Holidays | Athletics – Fun with Quoits and Cones | |
| Develop of fundamental movement skills (agility, balance and co-ordination) through co-operative and competitive games. | | | | Pupils should be taught to perform dances using simple movement patterns- pupils will begin to develop a sense of character and emotion through simple movements and sequences | | | Pupils will become increasingly competent and confident in fundamental movement skills. | | Mastery of basic movement skills through fun games. | Pupils will be introduced to fundamental movement skills associated with athletics. | |
| **Year 1** | | | **Autumn Term** | | | | | | **Spring Term** | | | **Summer Term** | | |
| Invasion Games – Throwing and Catching | | | | Gymnastics – Balance, Agility, Position and Direction | | | Invasion Games –Ball Control | | Athletics Fundamentals / Running and Jumping | | Net Games – Striking |
| 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 have the opportunity to cover foundation and fundamental skills linked to running, throwing, and jumping disciplines- through fun and creative activities. | | Pupils will develop comfort striking a range of objects with different equipment developing control |
| OAA – Creative Play | | | | Dance – Jungle Animals | | | Striking and Fielding - Partner Games | | Swimming | | |
| Pupils, when appropriate, will have the opportunity to explore learning in an outdoor environment- learning how to use nature and natural resources to make games and develop appreciation. | | | | Pupils will be taught to perform dances using simple movement patterns- introducing key techniques such as canon and relationships into their dances. | | | 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. | | **Learning Outcomes**   * To talk about water safety. * To begin to use a float to aid buoyancy. * 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 – Hockey and Football | | | Gymnastics – 2D and 3D Shapes | | | | | Dance – Traditional Dances | | Invasion Games – Sending and Receiving | Net Games – Striking for Accuracy | | Kinetics – Tag Rugby Modified Game for KS1 |
| 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. | | | | | Pupils will be taught to perform dances using simple movement patterns- linking into the theme of traditional dances from different areas/ backgrounds. | | 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 activities | Pupils will be shown how to strike a ball or object using a racket, using techniques encouraged to develop balance, control & accuracy. | | Pupils will be introduced to Tag Rugby, and early positional understanding in invasion based games. |
| Swimming | | | | | | | | Gymnastics – Balance and Co-ordination | | OAA – Rule Making | Athletics | | Striking and Fielding |
| Learning Outcomes:   * 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. | | | | | | | | Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities- building on a range of balances, transitions and understanding to create sequences. | | 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. | 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 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. |
| **Year 3** | **Autumn Term** | | | | | | | | **Spring Term** | | | **Summer Term** | | |
| Basketball / Football – Passing for Possession | | | Dance | | | | | Hockey and Football – Dribbling to Invade | | Tennis and Volleyball | Athletics | | Rounders |
| 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 will be taught the concept behind team invasion and how dribbling correctly can aid a team's success. | | 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. | 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 develop consistency and accuracy when striking a ball, understanding the importance of attacking space, and reducing space in the field. |
| Tag Rugby | | | Gymnastics – Symmetrical Shapes | | | | | Gymnastics – Travelling | | OAA – Thinking Aloud | Swimming | | |
| Pupils will continue to explore invasion based sports- continuing to develop knowledge, understanding and basic attacking/ defending principles into a range of increasingly competitive scenarios. | | | 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. | | 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. | **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 | | |
| **Year 4** | | **Autumn Term** | | | | | | | **Spring Term** | | | **Summer Term** | | |
| Netball and Basketball – Passing and Moving | | | Gymnastics – Perfecting Sequencing | | | | Gymnastics - Symmetry | | Hockey and Football – Dribbling, Movement and Teamwork | Tennis and Volleyball – Returning | | Rounders |
| Pupils will continue to develop awareness of rules and regulations in games and continue to develop knowledge and understanding of basic attacking and defending principles. | | | 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 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 will review the skill of dribbling as well as the concept of movement and teamwork in order to achieve an overall goal. | 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. | | Pupils will begin to consolidate basic strokes (when attacking) and fielders will be able to use spatial awareness and simple fielding techniques with greater control and consistency. |
| Tag Rugby / Rugby League | | | Dance | | | | Swimming | | | Athletics | | OAA - Decisions |
| Pupils will develop confidence in performing in game scenarios, in particular working in uneven teams to promote attacking 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** | | |
| Football and Netball – Rules and Concepts | | | | Tag Rugby / Rugby League | | | Gymnastics – Balance | | | Gymnastics – Travelling and Turning | Athletics | | Rounders |
| 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 awareness of rules and regulations in games and continue to adhere. | | | 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 will establish greater understanding and practical application of spatial awareness when striking and fielding in game-scenarios. |
| Swimming | | | | | | | Dance | | | Tennis and Volleyball - Accuracy and Rallies | Hockey and Football - Invasion | | OAA - Leadership |
| * **Learning Outcomes** * 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 should be given the opportunity to explore a variety of different strokes and techniques in tennis, badminton & volleyball as well as develop acceleration & speed- transferring skills from other activities where applicable. | Pupils should be taught the ideas behind tactical invasion and how these concepts help towards a common team goal. Pupils will also experience what it is like to win and lose, whilst demonstrating respect and sportsmanship. | | 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. |
| **Year 6** | **Autumn Term** | | | | | | | | **Spring Term** | | | **Summer Term** | | |
| OAA – Finding Success | | | | | Gymnastics – Complex Sequences | | | Gymnastics - Perfecting | | Dance | Tennis and Volleyball | | Rounders |
| 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. | | | | | 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 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 apply consolidated skills into practice in competitive scenarios and game play. | | 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. |
| Netball and Basketball – Invasion (competitive) | | | | | Tag Rugby / Rugby League | | | Swimming | | | Athletics – Going for Gold | | Hockey and Football |
| 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 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. | | | **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 fundamental Athletics skills across all disciplines- refining techniques and beginning to achieve and challenge personal bests. | | Pupils will be given the opportunities to demonstrate their understanding of invasion with the end product being to succeed through scoring goals or gaining points. |