



		Y3/4			Y5/6								
		Autumn	Spring	Summer	Autumn	Spring	Summer						
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best 													
Athletic Activity		<p>Y4 Athletics Aut2 To improve quality of standing jump Can use technique to set personal bests Show competitive spirit and desire to improve Perform consistently well in competition situations</p>			<p>Y3 Summer 1 To refine jumping for height Are aware of basic techniques in running, jumping and throwing Consistently apply good technique when running, jumping and throwing Show high levels of power when perform actions, using the correct technique most of the time</p>	<p>Y4 Summer 2 To link forward movements together Combine movements with fluency, use correct technique when sprinting and throwing Evaluate and adapt their own performance and can adapt technique in different situations Show competitive edge and raise level of performance to win, can show leadership when supporting others</p>			<p>Y5 Autumn 2 To improve quality of technique Execute a jump and throw showing good technique. Know the difference between a sprint and endurance race Perform a jump/throw using power and control and adapt their pace for different races Perform consistently well in competition situations</p>			<p>Y6 Summer 1 To improve jumping techniques Know and use correct technique for running, jumping and throwing Consistently perform using good technique and use aggression and power when competing Consistently demonstrate good technique and can suggest ways to improve performance of others and themselves</p>	<p>Y5 Summer 2 To consolidate jumping techniques Can perform basic skills consistently Perform skills consistently and improve on performance after evaluation Give constructive feedback and perform all skills with power and speed</p>
	Games	<p>Y4 Invasion Aut To send & control a ball Know the difference between attack/ defence, can control a ball from a stationary position Use principles of attack and defence in a game situation. Throw/catch effectively Apply tactics to games. Show leadership and flair when playing in a game situation</p>			<p>Y3 Invasiion Spring 2 To send & control a ball Know the difference between attack/ defence, can control a ball from a stationary position Use principles of attack and defence in a game situation. Throw/catch effectively Apply tactics to games. Show leadership and flair when playing in a game situation</p>	<p>Y4 NetWall Summer 1 To consolidate forehand Can play using a variety of shots Can regularly select the correct shot and perform skills with control Can consistently perform a variety of shots with control and precision</p>	<p>Y3 Strike & Field Sum 2 To throw accurately Can throw and catch consistently and accurately Can apply throwing and catching skills in a game situation Show awareness of principles of attack and defence and can show elements of leadership to support team</p>	<p>Y6 Invasion Aut1 To refine basic skills Can participate fully in a variety of games Work as part of a team and be active role in a group discussion. Adapt skills to variety of games Consistently show high levels of skill in a variety of invasion games. Can demo leadership skills working within a group. Consistently apply defensive and offensive strategies to games</p>			<p>Y6 OAA Spring 2 To work together to solve problems Work as part of a team to solve a problem Use map reading skills to locate points on a map quickly Use leadership, orienteering and problem solving skills when under pressure</p>	<p>Y5 NetWall Summer 1 To consolidate the forehand shot Can perform a variety of shots with accuracy and control Can perform a variety of shots using correct technique consistently Show awareness of tactics in order to play competitively</p>	<p>Y6 Strike & Field Sum2 To consolidate fielding skills Can apply basic skills to games Contribute to group discussions and can perform well for the good of their team Show leadership within a group, can perform skills consistently</p>
	Gymnastics	<p>Y3 Body Management To demonstrate a range of balances using different body parts Use tension in balances and sequences Demonstrate refined movement and balances consistently with control Create and evaluate a sequence within given parameters (apparatus/ body parts)</p>		<p>Y4 Floor Spring 1 To roll in a variety of ways Can perform complex sequences with a partner Can give accurate feedback and can perform with variety Can respond to and give appropriate feedback and create an imaginative sequence</p>	<p>Y3 Flight Spring 2 To apply principles of landing and take-off Can perform gymnastic movements such as jumps, turns and balances in isolation Combine gymnastic movements in a sequence, perform with control Consistently perform a range of movements with control</p>			<p>Y5 Body Management To perform a variety of balances with a partner (mirror and control) Create and perform a sequence of balances with consistency Show control and fluidity in a sequence of balances Snow creativity in sequencing and can demonstrate a high level of performance</p>		<p>Y6 Floor Spring 1 To perform gymnastics movements Perform a sequence with control and poise, combining key aspects of gym with control and poise. Give accurate feedback and act on the feedback by others Adapt sequences and perform with high levels of performance</p>	<p>Y5 Flight Spring 2 To perform jumps and landing safely Can perform spins and a variety leaps in isolation Can perform leaps and spins in a simple sequence Can adapt and perform sequence using a variety of leaps and linking movements with control</p>		

	Dance		<u>Y3 Interpretive Aut2</u> To explore and respond to a stimuli Can work cooperatively to perform a dance sequence Can perform with control and precision Can evaluate and improve performance	<u>Y4 Performance Spr1</u> To learn/copy dance routines Can work cooperatively to perform a dance sequence Can adapt and perform a dance sequence Can perform with precision and flair					<u>Y5 Interpretive Aut 2</u> To respond to music Can perform a narrative dance sequence as part of a group Can evaluate performance and show originality Can produce a consistently high level of performance in individual and group work	<u>Y6 Performance Spr1</u> To create part of a dance sequence Can perform a dance routine in time with music Show creativity and actively participate in group work Consistently perform with energy and enthusiasm, can lead groups with good leadership skills			
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