



		Y3/4				Y5/6					
		Autumn	Spring	Summer	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"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>											
Athletic Activity		<p><b>Y3 Athletics Autumn 2</b>  <b>To improve leg power and balance</b>  <b>To link 2 or more movements together</b>                      Be aware of effective technique in jumping, throwing and running. Use and develop effective techniques in jumping, throwing and running. Develop jumping styles and show good technique consistently</p>			<p><b>Y4 Athletics Sum 1</b>  <b>To explore running and jumping</b>                      Combine movements with fluency and can use correct technique when sprinting and throwing. Evaluate and adapt their own performance and can adapt technique in different situations. Run and jump fluently, can throw in a variety of ways using increasing amounts of power</p>	<p><b>Y3 Athletics Sum2</b>  <b>To refine jumping for distance</b>                      Jump for distance and use correct technique when throwing in a variety of ways. Know the difference in running for distance and sprinting and adapt pace accordingly. Can throw/ jump using correct technique consistently. Give accurate feedback and can evaluate and adapt own performance</p>		<p><b>Y6 Athletics, Aut2</b>  <b>To select appropriate skill for events</b>                      Show improvement in athletic tasks. Consistently show correct technique in a variety of events. Evaluate and improve performance using consistently good technique</p>		<p><b>Y5 Athletics Sum 1</b>  <b>To explore running and jumping</b>                      Combine movements with fluency, use correct technique for sprinting, throwing and jumping. Evaluate their own performance and can explain the effects of exercise on their body. Run and jump fluently, throw in variety of ways using increasing amounts of power and accelerate from a starting position</p>	<p><b>Y6 Athletics Sum2</b>  <b>To improve jumping technique</b>                      Know and use correct technique when running, jumping throwing. Consistently perform using good technique and use aggression and power when competing. Consistently show desire to compete and can apply good technique consistently</p>
	Games	<p><b>Y3 Games Invasion Aut</b>  <b>Send and control a ball</b>                      Know the difference between attack and defence, Control a ball from a stationary position. Use principles of attack/ defence in a game. Throw/catch effectively. Apply tactics to games. Show leadership/ flair when playing in a game</p>		<p><b>Y4 Invasion Spr2</b>  <b>To send and control a ball</b>                      Participate effectively in game situations. Throw and catch effectively and consistently. Use knowledge of tactics in game situations, demonstrate effective leadership skills to support team</p>	<p><b>Y3 NetWall Sum1</b>  <b>To develop hand/eye coordination</b>                      Perform volley and forehand shots. Perform volley and forehand with control and accuracy. Perform shots consistently with accuracy and show awareness of principles of game</p>	<p><b>Y4 Strike &amp; Field Sum2</b>  <b>To throw accurately using different techniques</b>                      Perform main skills (strike/stop a moving ball and throw in 2 ways) consistently. Apply skills to game situation. spot potential advantages and can adapt skills to take the advantage</p>	<p><b>Y5 Games Invasion Aut</b>  <b>To send and control a ball</b>                      Use principles of attack &amp; defence &amp; participate fully in game situations. Consistently perform basic skills accurately, use space effectively. Demonstrate leadership &amp; show a high level of awareness of principles in attack and defence</p>		<p><b>Y5 Invasion Spr2</b>  <b>To send and control a ball</b>                      Use principles of attack &amp; defence &amp; participate fully in game situations. Consistently perform basic skills accurately, use space effectively. Demonstrate leadership &amp; show a high level of awareness of principles in attack and defence</p>	<p><b>Y6 NetWall Sum1</b>  <b>To consolidate the forehand shot</b>                      Perform a variety of shots with accuracy and control. Perform a variety of shots using correct technique consistently. Show awareness of tactics in order to play competitively</p>	<p><b>Y5 Strike &amp; Field Sum2</b>  <b>To throw accurately in different ways</b>                      Use correct technique when batting, bowling and fielding. Apply skills to game situations. Apply skills to game situations and show elements of leadership within a team</p>
	Gymnastics	<p><b>Y4 Body Management</b>  <b>To perform a variety of balances with a partner (mirroring)</b>                      Create a sequence using a range of body shapes &amp; actions with a partner AS above within a set of parameters. Show consistency and fluidity when performing a sequence with a partner</p>		<p><b>Y3 Floor Spr1</b>  <b>To move with control and fluency</b>                      Adapt and perform a sequence. Perform sequence with control and can work effectively with a partner. Perform effectively with a partner showing control and creativity</p>	<p><b>Y4 Flight Spring 2</b>  <b>To perform jumps and landing safely</b>                      Perform spins and a variety leaps in isolation. Perform leaps and spins in a simple sequence. Adapt and perform sequence using a variety of leaps and linking movements with control</p>		<p><b>Y6 Body Management Aut</b>  <b>To perform key gymnastic positions</b>                      Show elements of tension &amp; control when performing balances. Consistently show tension and control when performing balances. Complete a variety of gymnastic positions with accuracy &amp; control</p>		<p><b>Y5 Floor Spring 1</b>  <b>To use a variety of rolls</b>                      Work collaboratively and can evaluate a performance. Communicate ideas effectively and can evaluate their own performance. Direct and lead a group</p>	<p><b>Y6 Flight Spring 2</b>  <b>To know a variety of leaps, turns, spins</b>                      As part of a group, show awareness of gym principles. Perform leaps, spins, turns, rolls, balances consistently &amp; accurately as part of a complex sequence. Show elements of leadership in group work, perform gym sequence consistently</p>	
Dance		<p><b>Y4 Interpretive Aut 2</b>  <b>To explore characters in a narrative</b>                      Perform a dance sequence. Perform a dance narrative and be active in group work. Perform narrative with expression and evaluate own and others' performance</p>	<p><b>Y3 Performance Dance Spr1</b>  <b>To perform rhythmic movements</b>                      Work cooperatively to perform a dance sequence. Adapt and perform a dance sequence. Perform with precision and flair</p>				<p><b>Y6 Interpretive Autumn 2</b>  <b>To respond to music</b>                      Perform a narrative dance sequence as part of a group. Evaluate performance and show originality. Produce a consistently high level of performance in individual and group work</p>	<p><b>Y5 Performance Spr1</b>  <b>To create part of a dance sequence</b>                      Perform dance sequence as part of a group. Evaluate performance and show originality. Produce a consistently high level of performance in individual and group work</p>			