



**Curriculum Overview for PE 21/22**

***What we teach, when we teach it***

EYFS	Autumn 1		Spring 1		Summer 1	
Overview	Fine Motor Skills	Gymnastics- Part high and part low	Dance - Toys	Athletics 1	Stability - static and dynamic balance	Striking and fielding 1
Knowledge - What will our children learn?	<p>How to share equipment and follow instructions</p> <p>How to play tagging games safely</p> <p>How to balance on one leg</p> <p>Some effects activity has on my body</p>	<p>To bend my legs when landing to cushion the impact</p> <p>That a good sequence involves using the floor imaginatively as well as the apparatus</p> <p>How to share the space and take turns</p> <p>What a half turn and quarter turn are</p> <p>To be aware of others when I am jumping</p> <p>Some different jumping shapes</p> <p>How to jump onto and off apparatus safely</p> <p>The difference between a leap and a jump</p> <p>How to gain extra elevation</p> <p>To start my work with an interesting shape and finish it also with style</p> <p>How to carry equipment safely</p>	<p>How to turn what I see into ways of moving</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p> <p>How to turn what I see into ways of moving</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p> <p>How to be aware of people's feelings when giving and receiving simple feedback</p> <p>Control is important when performing</p>	<p>What a good position of readiness looks like</p> <p>That I need to be focused and avoid distractions</p> <p>To land with really soft knees</p> <p>To use my arms to help power me forward when jumping</p> <p>How to stand to throw overarm</p> <p>The importance of my non throwing arm</p> <p>How to stay focused on my own performance when running in a lane</p> <p>Why it is important to dip at the finish</p> <p>Which parts of my body are really important when jumping high</p> <p>How to coordinate a scissor kick</p> <p>Knowledge: I know...</p> <p>How to grip a frisbee</p> <p>That I need to throw from a side- on position</p> <p>To draw my body back by lifting my front leg to generate more power</p>	<p>To keep my arms out to help me balance</p> <p>To focus my eyes to help me balance</p> <p>How to slide</p> <p>That I need to work on developing skills with both hands</p> <p>My left from right</p> <p>How to dodge left</p> <p>How to dodge to the right off their left foot</p> <p>To travel with my head up</p> <p>What good dodging looks like</p> <p>How to evade being caught</p> <p>How to share space safely</p>	<p>That I need to run, after striking a ball, to accumulate runs</p> <p>To touch my bat over the crease line and slide it on my final run</p> <p>When to run and when not to</p> <p>How to form a long barrier to stop a ball</p> <p>That I have to bowl from on or behind the crease</p> <p>To try and bowl keeping my arms straight</p> <p>That I need to communicate with my partner to accumulate runs</p> <p>The different calls used by batsmen/women when they want to run</p> <p>That a batsman/woman should always call after each ball</p> <p>That, as a batter, I don't always have to run</p> <p>The importance of staying in my crease</p> <p>How to adopt a wicket-keeping stance</p> <p>To demonstrate The School Games value</p>
Skills - What will they be able to do?	<p>Run skillfully and negotiate spaces</p> <p>Pick up, carry and put</p>	<p>Jump in a variety of ways</p> <p>Construct a simple</p>	<p>Use my body and create simple theme related shapes, movements and</p>	<p>Share space and run with my head up</p> <p>React quickly</p>	<p>Twist, bend and reach whilst maintaining my balance</p>	<p>Use both hands whilst fielding</p> <p>Get into line with the</p>

	<p>down with care Use the strength in my hand to manipulate objects</p>	<p>jumping sequence with a partner Jump showing good technique throughout take-off and landing Control a star jump and pencil jump Jump through turns with control Jump as part of a sequence of other movements Jump and show a tucked body shape in the air Jump as part of a sequence of other movements Change leg positions whilst I am in the air Jump as part of a sequence of other movements Execute a variety of jumps and leaps with control Include jumps and leaps in sequence work on the floor and apparatus</p>	<p>actions Use my body to express simple theme related shapes, movements and feelings Show good listening skills Travel safely and creatively in space. Show different levels when I travel Work with a partner Look at pictures and create shapes, movements and actions</p>	<p>Jump, 1 foot to 2 feet and 2 feet to 2 feet Coordinate a run with a jump Throw accurately Work cooperatively with a partner and within a group Share equipment and take turns Run efficiently and within a lane Sustain my form during a race Dip for the finish Jump for height Time my take -off to clear an obstacle Throw a variety of pieces of equipment well Throw for distance Throw with good technique</p>	<p>Follow instructions and play games Maintain balance whilst twisting and bending and reaching Slide Dodge left, off their right foot. Travel safely considering others Dodge to the right off your left foot Travel around with control and awareness of others Dodge off either foot Travel confidently Evade others Travel with awareness of others</p>	<p>ball and field it Stop a ball with 2 hands, creating a barrier behind it with my feet or body Hit a ball to the leg side Bowl a ball overarm at a target Strike a ball off a tee through the off side Pick up a ball with one hand and throw it underarm Call for runs sensibly and decisively when batting Chase and retrieve a ball Make good decisions when batting about when to run and when not to Bowl either under or overarm with some accuracy Wicket keep effectively Apply a range of skills</p>
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Year 1	Autumn 1		Spring 1	Summer 1		
Overview	Invasion games 2	Gymnastics (small and long)	Dance (Animals)	Athletics 2	Net and wall games 1	Striking and fielding 1
Knowledge - What will our children learn?	<p>How far to bounce a pass between me and a friend How to receive a bounce pass How to move around and be aware of others That being able to dodge off both feet makes me twice as hard to catch</p>	<p>How to form interesting starting positions. How to form symmetrical and asymmetrical arm positions. Some different pathways to travel in. To start my sequences in clearly defined shapes. How to turn to my right</p>	<p>How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and actions How to contribute key words to a theme related mind map</p>	<p>To retain my focus The importance of a good start To cushion my knees when landing The technique for different types of jump How to improve my technique to increase the height and distance</p>	<p>What a 'ready position' looks like To call my name when playing doubles if the ball is between me and my partner To leave a ball which is going to land out That a good high dig gives more time for</p>	<p>That I need to run, after striking a ball, to accumulate runs To touch my bat over the crease line and slide it on my final run When to run and when not to How to form a long barrier to stop a ball</p>

	<p>That my hands need to 'give' and be 'soft' when receiving a hockey pass To move into space after passing a ball That a bounce in a push down with 2 hands and dribbling is with one hand To use my fingers to push the ball down That my hands need to 'give' and be 'soft' when receiving a hockey pass To move into space after passing a ball To use 'big toe, little toe' to dribble keeping the ball close to me How to trap a ball by moving in line with it and putting my foot on it</p>	<p>and left elegantly Different ways of changing direction. How to share space considerately. How to link skills to perform actions. To use a variety of work at different levels that changes of direction make my work more aesthetically pleasing. How to mount and dismount apparatus imaginatively and safely That my sequence work needs to flow from one move to the next.</p>	<p>How to translate words/ideas into theme related shapes, movements and action. That we need to look forwards to safely move around in space That we need to control our speed to ensure safety. How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts. How to turn what I read/hear into ways of moving How to link ideas and movements together so that they start to flow. How to use simple technical language to give constructive and useful feedback.</p>	<p>of my jumps The difference between a leap and a jump How to increase the distance of my jumps Why is it important to warm up How to increase the distance of my throws How to keep other safe when I am throwing To demonstrate the school games values How to share equipment and take turns</p>	<p>teammates to set up our own attack What a T position is and how it can help me To move to the line of the ball and to get into a T position That the ball needs to be struck over the net Not to turn my back on the ball How to throw for accuracy and power</p>	<p>That I have to bowl from on or behind the crease To try and bowl keeping my arms straight That I need to communicate with my partner to accumulate runs The different calls used by batsmen/women when they want to run That a batsman/woman should always call after each ball That, as a batter, I don't always have to run The importance of staying in my crease How to adopt a wicket-keeping stance To demonstrate The School Games values</p>
<p>Skills - What will they be able to do?</p>	<p>Get into a good ready position to receive bounce passes consistently well Pass the ball from my chest using a bounce pass Change direction confidently and competently Move around safely in a limited space Push pass a hockey ball Receive a hockey ball Bounce/ dribble a ball with my hands with good control Move around safely whilst bouncing/dribbling Push pass a hockey ball</p>	<p>Step in controlled elegant movements and create a sequence involving stepping and turning. Push and pull myself along the ground on different parts of my body. Form a sequence by travelling in specified pathways. Step and turn gracefully Travel at high levels to trace a pattern on the floor. Jump in different pathways with coordination. Perform a sequence in</p>	<p>Use my body and create theme related shapes, movements and actions. Use my body to express simple theme related shapes, movements and feelings Show good listening skills. Travel safely and creatively in space Show different levels when I travel. Communicate effectively with a partner Use pictures to create shapes, movements and actions. Communicate effectively with a partner Use poems to create</p>	<p>Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and coordination Discover and develop different styles of jumping Leap, jump and hop Jump in a variety of ways Coordinate a run with a jump Jump in a variety of ways competently Add a short run up to my jump Throw with good technique Throw with a run up Help a peer improve their performance with good feedback Demonstrate a</p>	<p>Send a ball with some degree of accuracy Receive a ball by moving swiftly into the right position Strike a ball, with one hand, whilst it is airborne I can play passive and then active rallies by striking over a net with my hand Strike and volley a ball with some degree of accuracy Dig a ball by getting underneath it Strike a ball using an open palm and move into position to receive it back.</p>	<p>Use both hands whilst fielding Get into line with the ball and field it Stop a ball with 2 hands, creating a barrier behind it with my feet or body Hit a ball to the leg side Bowl a ball overarm at a target Strike a ball off a tee through the off side Pick up a ball with one hand and throw it underarm Call for runs sensibly and decisively when batting Chase and retrieve a</p>

	Receive a hockey ball Dribble a ball with my feet with good control Stop a ball on the run by trapping it	zig zag pathway and create sequences in curved pathways on the floor and on the apparatus. Travel across the floor like a spider. Use different pathways within a sequence. Mount and dismount apparatus using different pathways.	shapes, movements and actions. Remember and perform a simple sequence of movement Identify what good looks like and give feedback to help my partner improve.	variety of athletic techniques competently	Strike a small ball with my open palm with some accuracy Keep a rally going with a partner.. Throw with accuracy and power Keep my eye on the ball at all times	ball Make good decisions when batting about when to run and when not to Bowl either under or overarm with some accuracy Wicket keep effectively Apply a range of skills
Enrichment						
Year 2	Autumn 1		Spring 1		Summer 1	
Overview	Invasion games 3	Gymnastics - straight, zigzag and curving	Dance - pirates	Athletics 2	Net and wall games 2	Striking and fielding 2
Knowledge - what will our children learn?	How far to throw the ball in relation to where I am standing and my partner is To stand in a position of readiness to receive the ball on the 1st bounce To track the flight of the ball right into my hands. To stay light on my feet and be prepared to move quickly To turn my body so I can see my opponent and the ball when defending To close the space down quickly when defending To attack at speed To keep my body between the ball and my opponent to shield it How to deceive defenders by using dummy passes or 'giving the eyes' To think ahead when not	What a 90, 180 and 270 degree turn looks like How to take off one foot and then spring from 2 feet into a jump What a zig zag pathway is That feedback is essential to help me improve Ways that I can adapt work to make it even better The importance of changes of level and direction What a curved pathway is Different gymnastic moves that fit nicely into performing in a curved pathway What mirroring is How to perform in synchrony with a partner Good ways of	How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and actions How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and action That we need to look forwards to safely move around in space That we need to control our speed to ensure safety How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	To retain my focus The importance of a good start To cushion my knees when landing The technique for different types of jump How to improve my technique to increase the height and distance of my jumps The difference between a leap and a jump How to increase the distance of my jumps Why it is important to warm up How to increase the distance of my throws How to keep other safe when I am throwing To demonstrate the school games values How to share equipment and take turns	What a position of readiness looks like To track the flight of the ball with my eyes Which is the best technique to return a ball That I have to get under the ball sufficiently to strike it upwards and over a net How to form a ready position What a T shape is That the ball has to go over the net, and land in the court on the other side That I need to move quickly, to get into good positions to return the ball How to play a game of short tennis against an opponent To try and get back to the centre of the court	To run between the wickets after striking a ball into space To touch or slide my bat over the crease line To bowl from the crease line The stance to adopt when keeping wicket What a no-ball and wide are Why it is important to be adept at picking the ball up with both hands At which point from the crease I need to slide my bat Make along barrier The importance of a high backlift when playing short bowling How to form a long barrier What the correct technique for throwing overarm is

	<p>in possession To work hard in attack and defence for the good of the team</p>	<p>transitioning from one move to the next How to make my performances aesthetically pleasing</p>	<p>How to turn what I read/hear into ways of moving How to link ideas and movements together so that they start to flow How to use simple technical language to give constructive and useful feedback</p>		<p>after each shot</p>	<p>Why it is important to back throws up in the field Why we might chase down the pitch as a batsman Why outfielders walk in with the bowler whilst close fielders stand still The importance of good communication between batters and fielders</p>
<p>Skills - what will they be able to do?</p>	<p>I can throw overarm for my partner to catch after one bounce Catch a ball consistently after one bounce Catch a ball consistently on the full To move my opponent around court when playing against them Track an opponent Intercept a pass Dodge to beat an opponent Close the space down that attackers have to work in Pass the ball consistently with control Retain possession of the ball Compete with some spatial awareness in team games Pass and move decisively</p>	<p>Jump with a 90 degree turn Turn through 180 degrees Jump through 180 and 270 degrees from a standing start Create a sequence in zig zag pathways Demonstrate variety in my movements Perform with clear starting and finishing positions Demonstrate zig zag and straight pathways in my sequence work Perform with control and adaptations to my original work Perform a sequence of moves in a curved pathway Improve my work by acting upon feedback Travel backwards and sideways as part of a sequence Link my movements together well Perform a variety of moves on floor and apparatus using different</p>	<p>Use my body and create theme related shapes, movements and actions Use my body to express simple theme related shapes, movements and feelings Show good listening skills Travel safely and creatively in space Show different levels when I travel Communicate effectively with a partner Use pictures to create shapes, movements and actions Communicate effectively with a partner Use poems to create shapes, movements and actions Remember and perform a simple sequence of movement Identify what good looks like and give feedback to help my partner improve</p>	<p>Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and coordination Jump in a variety of ways Coordinate a run with a jump Discover and develop different styles of jumping Leap, jump and hop Jump in a variety of ways competently Add a short run up to my jump Throw with good technique Throw with a run up Help a peer improve their performance with good feedback Demonstrate a variety of athletic techniques competently</p>	<p>Send and receive a ball with some degree of accuracy Move quickly into good positions to catch Strike a ball with some degree of accuracy Volley a ball by getting in line and underneath it Send a ball with increasing accuracy Keep a rally going with a partner Develop a good grip and stance Begin to strike with more consistency and accuracy on the forehand Return a ball, after one bounce, that has been thrown to me by a partner Begin to rally a few shots with more success Strike a backhand from my own feed Play a game against an opponent using a variety of shots Move fluently around the court</p>	<p>Catch a ball after one bounce Strike a ball off a tee Bowl overarm with a straight arm Stop the ball consistently as wicket keeper Pick up a ball one handed and return it underarm I can return the ball quickly from my bootlaces Strike a ball to leg from a short delivery I can back my friends up in the field Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move Play a game applying the skills I have learned Demonstrate the school games values</p>

		pathways Make my sequences flow				
Enrichment						

Year 3	Autumn 1		Spring 1		Summer 1	
Overview	Invasion games 3	Gymnastics - symmetry and asymmetry	Dance - Space	Athletics	Badminton	Cricket
Knowledge - what will our children learn?	<p>To travel with my head up</p> <p>To signal for the ball with my hands so as not to alert defenders</p> <p>To get my body between my opponent and the ball</p> <p>How to dummy pass</p> <p>How to trick opponents by looking one way and then passing another</p> <p>To close the space down quickly when defending</p> <p>The importance of keeping my eye on the ball and not player's feet when defending</p>	<p>How to use feedback to improve my sequencing work</p> <p>The importance of working with control and good transitions between movements</p> <p>What symmetrical and asymmetrical shapes look like</p> <p>The importance of clear starting and finishing positions</p> <p>How to work constructively with a partner</p> <p>Different ways of performing with a partner</p> <p>How to work in time with a partner</p> <p>How to listen to peer assessment and use the comments to uplevel my work</p>	<p>How to contribute key words to a theme related mind map</p> <p>How to translate words/ideas into actions and combine together</p> <p>How to translate theme related actions into travelling movements</p> <p>How to translate images into actions to communicate meaning</p> <p>How to listen to others and share my own ideas</p> <p>How to translate words from a poem into movements</p> <p>How to use canon, formation changes, direction and level to improve our ideas</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p> <p>How to recognise good timing, execution and performance skills</p>	<p>How to start a sprint race</p> <p>The importance of keeping my first few metres low and powerful</p> <p>Which my take-off foot is</p> <p>The technique associated with hurdling</p> <p>That my furthest landing point backwards, in long jump and triple jump, is the point measured in competition</p> <p>To run in an arc and to approach the bar sideways on when high jumping</p> <p>That triple jump can be remembered by, 'Same, different, both.'</p> <p>To position my body sideways-on when throwing</p> <p>The 'pull' technique in throwing</p> <p>How to receive and transfer a baton safely</p> <p>How to remember the technique for triple jump</p> <p>I can improve on personal bests</p>	<p>That badminton is a game played sideways - on</p> <p>The rules associated with serving</p> <p>How to position myself to serve</p> <p>What a rally is</p> <p>What the difference is between an active rally and a passive one</p> <p>What different footwork patterns I need to learn in badminton and when I might use them</p> <p>That I need to move my opponent around the court</p> <p>Which shot to play in certain circumstances</p> <p>How to keep score</p> <p>The rules of the game</p>	<p>How to grip the bat</p> <p>How to move back and across, to play the pull shot</p> <p>What the crease is for</p> <p>How to grip a ball when bowling</p> <p>The process of bowling from the coil to release of the ball</p> <p>How to position myself when wicket keeping so there are no obstructions to my vision</p> <p>When to slide my bat to make my ground when running between the wickets</p> <p>What 'backing up' means to fielders</p> <p>The different calls I can make as batsman</p> <p>Which batsman/woman calls and the circumstances when each should call</p> <p>How to form a long barrier to field a hard shot</p>

				How to measure my own and others' performances		When to stand still in the field, and when to walk in as the bowler runs in Why I need to call my name if going for a high catch
Skills - what will they be able to do?	<p>Dodge</p> <p>Get into good positions to receive a ball</p> <p>Pass and move into space</p> <p>Be aware of my environment and others</p> <p>Shield a ball from an opponent</p> <p>Turn in different ways whilst in possession</p> <p>Dribble with control and using both hands/ feet</p> <p>Deceive my opponents by feinting/dummying/ giving the eyes</p> <p>Close the space and then jockey awaiting for my opponent to lose control</p> <p>Force my opponent onto their weaker side</p>	<p>Create a sequence using different spins on patches</p> <p>Create a sequence of spins on points at different levels and with smooth transitions</p> <p>Walk like a giraffe</p> <p>Perform with smooth transitions</p> <p>Spin symmetrically and asymmetrically on points and patches</p> <p>Work at different levels</p> <p>Forward roll</p> <p>Perform a series of symmetrical and asymmetrical rolls with a partner</p> <p>Work in different formations</p> <p>Perform in unison with others</p> <p>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</p> <p>Alternate between performing symmetrically and asymmetrically</p>	<p>Develop a motif demonstrating some agility, balance, coordination and precision</p> <p>Creatively change static actions into travelling movements</p> <p>Show different levels and pathways when I travel</p> <p>Communicate effectively with a partner</p> <p>Communicate effectively within a group</p> <p>Communicate effectively within a group</p> <p>Improve our ideas</p> <p>Evaluate the work of others using accurate technical language</p>	<p>Use the correct technique to start a sprint race</p> <p>Develop my coordination to improve my speed</p> <p>Hurdle efficiently and consistently</p> <p>Sprint between hurdles</p> <p>Develop the technique and consistency of my jumps</p> <p>Jump consistently off the same foot</p> <p>I can scissor kick</p> <p>Throw overarm accurately</p> <p>Throw overarm with power, for distance</p> <p>Accurately replicate the technique for running, jumping and throwing events</p> <p>Run a relay efficiently as part of a team</p> <p>Replicate the techniques for running, jumping and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>	<p>Assume the 'ready position'</p> <p>Serve on the backhand over a net</p> <p>Serve accurately</p> <p>Move quickly to be in a position to return the shuttle</p> <p>Hit shots overhead and on forehand and backhand in rallies</p> <p>Play a variety of powerful and deft shots</p> <p>Move around court using different footwork patterns</p> <p>Play a variety of different shots well</p> <p>Make the right decision usually about which shot to play</p> <p>Demonstrate the school games values</p> <p>Umpire and keep score in a game</p>	<p>Stand sideways-on, with a high back lift, ready to receive a ball</p> <p>Step back and across to pull a short ball</p> <p>Bowl a ball overarm with a straight arm</p> <p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket</p> <p>Throw accurately and powerfully</p> <p>Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary</p> <p>Bat successfully with a partner, communicating effectively</p> <p>Bowl with increasing accuracy</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p> <p>Communicate effectively with a partner when batting</p> <p>Back up my fellow fielders in the field</p> <p>Play purposefully in a competitive game, taking on multiple roles effectively</p>
Enrichment						

Year 4	Autumn 1		Spring 1	Summer 1		
Overview	Swimming		Swimming	Athletics	Badminton	Cricket
Knowledge				<p>How to start a sprint race</p> <p>The importance of keeping my first few metres low and powerful</p> <p>Which my take-off foot is</p> <p>The technique associated with hurdling</p> <p>That my furthest landing point backwards, in long jump and triple jump, is the point measured in competition</p> <p>To run in an arc and to approach the bar sideways on when high jumping</p> <p>That triple jump can be remembered by, 'Same, different, both.'</p> <p>To position my body sideways-on when throwing</p> <p>The 'pull' technique in throwing</p> <p>How to receive and transfer a baton safely</p> <p>How to remember the technique for triple jump</p> <p>I can improve on personal bests</p> <p>How to measure my own and others' performances</p>	<p>That badminton is a game played sideways - on</p> <p>The rules associated with serving</p> <p>How to position myself to serve</p> <p>What a rally is</p> <p>What the difference is between an active rally and a passive one</p> <p>What different footwork patterns I need to learn in badminton and when I might use them</p> <p>That I need to move my opponent around the court</p> <p>Which shot to play in certain circumstances</p> <p>How to keep score</p> <p>The rules of the game</p>	<p>How to grip the bat</p> <p>How to move back and across, to play the pull shot</p> <p>What the crease is for</p> <p>How to grip a ball when bowling</p> <p>The process of bowling from the coil to release of the ball</p> <p>How to position myself when wicket keeping so there are no obstructions to my vision</p> <p>When to slide my bat to make my ground when running between the wickets</p> <p>What 'backing up' means to fielders</p> <p>The different calls I can make as batsman</p> <p>Which batsman/woman calls and the circumstances when each should call</p> <p>How to form a long barrier to field a hard shot</p> <p>When to stand still in the field, and when to walk in as the bowler runs in</p> <p>Why I need to call my name if going for a high catch</p>
Skills				Use the correct technique to start a	Assume the 'ready position'	Stand sideways-on, with a high back lift, ready to



				<p>sprint race  Develop my coordination to improve my speed  Hurdle efficiently and consistently  Sprint between hurdles  Develop the technique and consistency of my jumps  Jump consistently off the same foot  I can scissor kick  Throw overarm accurately  Throw overarm with power, for distance  Accurately replicate the technique for running, jumping and throwing events  Run a relay efficiently as part of a team  Replicate the techniques for running, jumping and throwing events in competitive situations  Challenge myself to beat previous performances</p>	<p>Serve on the backhand over a net  Serve accurately  Move quickly to be in a position to return the shuttle  Hit shots overhead and on forehand and backhand in rallies  Play a variety of powerful and deft shots  Move around court using different footwork patterns  Play a variety of different shots well  Make the right decision usually about which shot to play  Demonstrate the school games values  Umpire and keep score in a game</p>	<p>receive a ball  Step back and across to pull a short ball  Bowl a ball overarm with a straight arm  Take up a wicket  Keeping stance and take balls bowled on both sides of the wicket  Throw accurately and powerfully  Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary  Bat successfully with a partner, communicating effectively  Bowl with increasing accuracy  Bowl with a run up  Stop hard balls struck at me by forming a long barrier  Communicate effectively with a partner when batting  Back up my fellow fielders in the field  Play purposefully in a competitive game, taking on multiple roles effectively</p>
Enrichment						

Year 5	Autumn 1		Spring 1	Summer 1		
Overview	Invasion games 4	Gymnastics - matching, mirroring and contrast	Dance - Dance through the ages	Swimming	Swimming	Swimming
Knowledge - what will our children learn?	<p>To travel with my head up</p> <p>That I get a better view of the whole pitch when I get wide and sideways on</p> <p>That sometimes it is better to go backwards with the ball if nobody is free forwards</p> <p>When to attack and when not to</p> <p>How to create space for my teammates</p> <p>The importance of defending as a team</p> <p>That I need to be alert in defence and always have one eye on the ball and one on my opponent.</p> <p>That there are different ways to defend</p> <p>Some strategies to cope with having fewer players than my opponents by having good shape and discipline</p> <p>That a goalkeeper can play as an additional defender if they are alert and prepared to come off their line</p> <p>How to make use of extra players</p> <p>To communicate with my fellow attackers to confuse defenders</p>	<p>Some interesting ways of transition from one move to another</p> <p>How to perform an Arabesque</p> <p>To use gymnastic terminology in my feedback</p> <p>How to mirror in unison with my partner</p> <p>The importance of timing and how to ensure I work in synchrony with my partner</p> <p>How to communicate and negotiate to agree a sequence as a group</p> <p>How to perform effectively in canon</p>	<p>How to contribute key words to a theme related mind map</p> <p>How to translate words/ideas into actions and combine together</p> <p>How to translate theme related actions into creative travelling movements</p> <p>How to translate images into actions to communicate meaning</p> <p>How to use chance choreography to create a sequence</p> <p>How to use canon, formation changes, direction and level to improve our ideas</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p> <p>How to recognise good timing, execution and performance skills</p>			

Skills - what will they be able to do?	<p>Dodge</p> <p>Be aware of my environment and others</p> <p>I can adopt sideways on positions to receive the ball</p> <p>User the full width of the pitch</p> <p>Overlap and underlap</p> <p>Make runs which overload the other team's defence</p> <p>Defend one on one</p> <p>Track an opponent playing man to man</p> <p>Adopt a low press and defend a zone</p> <p>Pass attackers on to other defenders when they run across the pitch</p> <p>Come off my line, if I am in goal, to narrow the angle</p> <p>Make diagonal runs to confuse defenders</p> <p>I can be mobile and fluid in my attacking and not stick rigidly to one position</p>	<p>Perform matching moves with a partner within a sequence</p> <p>Hold balances on different numbers of points of contact</p> <p>Control an Arabesque</p> <p>Contrast my partner's moves so that we work at different levels and in different pathways</p> <p>Perform a sequence, mirroring a partner's symmetrical and asymmetrical shapes</p> <p>Perform a sequence with a partner, which moves from matching moves to contrasting</p> <p>Work as a group to demonstrate fluent routines involving mirroring and contrasts</p> <p>Perform elements of unison and canon in a group routine</p>	<p>Develop a motif demonstrating some agility, balance, coordination and precision</p> <p>Creatively change static actions into travelling movements</p> <p>Show different levels, pathways and directions when I travel</p> <p>Communicate effectively with a partner</p> <p>Communicate effectively within a group</p> <p>Communicate effectively within a group</p> <p>Improve our ideas</p> <p>Evaluate the work of others using simple technical language</p>	<p>Use the correct technique to start a sprint race</p> <p>Develop my coordination to improve my speed</p> <p>Hurdle efficiently and consistently</p> <p>Sprint between hurdles</p> <p>Develop the technique and consistency of my jumps</p> <p>Jump consistently off the same foot</p> <p>I can scissor kick</p> <p>Throw overarm accurately</p> <p>Throw overarm with power, for distance</p> <p>Accurately replicate the technique for running, jumping and throwing events</p> <p>Run a relay efficiently as part of a team</p> <p>Replicate the techniques for running, jumping and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>		
Enrichment						

Year 6	Autumn 1		Spring 1		Summer 1	
Overview	Invasion games 4	Gymnastics - counter balance and counter tension	Dance - WW2	Athletics	Danish Longball	Rounders
Knowledge - what will our children learn?		How to links skills to perform actions and sequences of movement Technical language associated with	How to contribute key words to a theme related mind map How to translate words/ideas into actions	How to start a sprint race The importance of keeping my first few metres low and powerful Which my take-off foot is	What position I need to get into to throw well The importance of anticipation in sport and reading others' body	To try and catch the ball in line with my nose What ground fielding techniques to use and can choose the right

		<p>gymnastics</p> <p>What counterbalancing is</p> <p>How to perform in unison</p> <p>How to links skills to perform actions and sequences of movement</p> <p>Technical language associated with gymnastics</p> <p>What counterbalancing is</p> <p>What push and pull forces are.</p> <p>How to use a range of dynamics to make my sequence aesthetically pleasing</p> <p>How to peer assess</p> <p>A range of pathways</p> <p>What counter tension is</p> <p>How to use a range of dynamics to make my sequence aesthetically pleasing</p> <p>What the difference between counter tension and counterbalance is</p> <p>How to perform effectively in canon</p> <p>Work in a group</p> <p>What the difference between counter tension and counterbalance is</p> <p>How to links skills to perform actions and sequences of movement</p> <p>How to use a combination of canon and unison in a group sequence</p>	<p>and combine together</p> <p>How to translate theme related actions into creative travelling movements</p> <p>How to translate images into actions to communicate meaning</p> <p>How to use chance choreography to create a sequence</p> <p>How to use canon, formation changes, direction and level to improve our ideas</p> <p>How to listen to other people's ideas and vocalise my own thoughts</p> <p>How to recognise good timing, execution and performance skills</p>	<p>The technique associated with hurdling</p> <p>That my furthest landing point backwards, in long jump and triple jump, is the point measured in competition</p> <p>To run in an arc and to approach the bar sideways on when high jumping</p> <p>That triple jump can be remembered by, 'Same, different, both.'</p> <p>To position my body sideways-on when throwing</p> <p>The 'pull' technique in throwing</p> <p>How to receive and transfer a baton safely</p> <p>How to remember the technique for triple jump</p> <p>I can improve on personal bests</p> <p>How to measure my own and others' performances</p>	<p>language</p> <p>To call my name, if taking responsibility for a high catch</p> <p>To play with composure under pressure</p> <p>The importance of reading a game and anticipating</p> <p>How to find space and be aware of others</p> <p>That having too many people shouting instructions can confuse people</p> <p>To demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork</p> <p>The importance of great communication</p>	<p>one for the circumstance</p> <p>To have a high back lift when batting</p> <p>How to motivate and support my teammate in the field</p> <p>The rules of rounders</p> <p>Rules when batting and running between bases</p> <p>That fielders on 2nd, 3rd and 4th base can start deep and then come onto their bases as necessary</p> <p>The importance of great communication when playing rounders</p> <p>That I should adjust my position in the field for certain batsmen/women</p>
Skills - what will they be able to do?		Hold controlled balances on a variety of points and patches on a given	Develop a motif demonstrating some agility, balance,	Use the correct technique to start a sprint race	Throw with accuracy at a still target	Catch with soft hands Throw accurately into space

		<p>number of body parts  Create a sequence of moves in unison with a partner  Evaluate the work of others  Hold a range of symmetrical and asymmetrical counter balances  I can work at different levels with weight on a variety of points and patches  Create a sequence of moves in unison with a partner  Hold a range of symmetrical and asymmetrical counter balances  Roll as part of a balancing and rolling sequence  Challenge myself to improve  Hold a range of symmetrical and asymmetrical counterbalances with a partner  Use my own body weight in opposition to the apparatus  Link skills to perform actions and sequences  Perform a sequence in canon at different levels  Link asymmetrical counter tension balances and counter balances using transitional moves  Evaluate the work of others using correct technical language  Perform asymmetrical counter balances in a</p>	<p>coordination and precision  Creatively change static actions into travelling movements  Show different levels, pathways and directions when I travel  Communicate effectively with a partner  Communicate effectively within a group  Communicate effectively within a group  Improve our ideas  Evaluate the work of others using simple technical language</p>	<p>Develop my coordination to improve my speed  Hurdle efficiently and consistently  Sprint between hurdles  Develop the technique and consistency of my jumps  Jump consistently off the same foot  I can scissor kick  Throw overarm accurately  Throw overarm with power, for distance  Accurately replicate the technique for running, jumping and throwing events  Run a relay efficiently as part of a team  Replicate the techniques for running, jumping and throwing events in competitive situations  Challenge myself to beat previous performances</p>	<p>Work with and against others cooperatively  Pick up a ball on the run using one hand, or two hands as appropriate  Act decisively under pressure  Send and receive, whilst on the move  Make good decisions in the heat of a game  Disguise my throws  Intercept a ball  Track an opponent's run  Make increasingly good decisions when working under pressure  Make good decisions under pressure  Work effectively, as part of as team, in a competitive situation</p>	<p>Bowl accurately at a consistent height  Ground field consistently well  Catch and throw quickly from backstop  Strike with some accuracy into a given area  Back up fellow fielders in the outfield  Communicate with my fellow batsmen/women when between bases  Throw with real accuracy and under pressure  Play a full game in a small group taking on different roles within the team  Adapt my game according to the direct opponent/situation</p>
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		sequence, using canon or unison Use the apparatus and/or pupils when balancing Enjoy competing and challenging yourself to improve				
Enrichment						