



EYFS and KS1 Aims:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- Understand the importance of active, healthy living.

Reception

Reception							
Teacher-led		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		<p>Multi-Skills/Ball-skills</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching. • Develop balance, agility and coordination. • Apply these into a range of activities. • Handles tools, objects, construction, and malleable materials safely and with increasing control • Understands that equipment and tools have to be used safely 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Develop core strength, stability, balance, special awareness, co-ordination and agility. • Explore gymnastics actions and shapes. • Jumps off an object and lands appropriately. 	<p>Dance & Movement</p> <ul style="list-style-type: none"> • Explore movement ideas and respond imaginatively to a range of stimuli. • Move confidently and safely in their own space, changing speed, direction and level. • Perform a simple dance routine to music. • Emphasise that the children need to listen to the music. • Perform different impressions to the music. 	<p>Games & Movement</p> <ul style="list-style-type: none"> • To recognise and describe what their bodies feel like during different types of activity. • To perfect running/jumping/throwing and catching skills. • Improve the way they coordinate their bodies and a range of equipment. • Show awareness of opponents and teammates when playing games. <p>Tennis CPD</p> <ul style="list-style-type: none"> • Develop hand-eye coordination. • Use a tennis racket safely. • Control a ball on your racket. • Complete different challenges. 	<p>Sports Day/Running skills</p> <ul style="list-style-type: none"> • Develop core strength, stability, balance, special awareness, coordination and agility. • Negotiates space and obstacles and travels with confidence and skill around, under, over and through equipment. • Develop running/jumping/skipping technique. • Compete in Sport's Day/races. • Take part in a running/obstacle event. 	<p>Athletics/Running-skills</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching. • Run with a good technique/posture • Throw with accuracy and catch with confidence. • Perform these movements in different activities, including Sports Day. • Run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
		Roll, crawl, space, jump, land, bend, pencil, grip, strength, strong.		Dress, undress, racket, bat.		Throw, catch, pass, aim, sports day, races, track, obstacle, lane, competition.	

Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Multi-skills & Circuits</p> <ul style="list-style-type: none"> • Be confident and safe in space. • Learn that exercise is good for us and describe how our bodies change/feel. • Explore and use skills effectively. • Participate in team games, developing simple tactics for attacking and defending 	<p>Dance & Movement</p> <ul style="list-style-type: none"> • Explore movement ideas and respond imaginatively to a range of stimuli. • Move confidently and safely in their own space, changing speed, direction and level. • Perform a simple dance routine to music. • Perform dances using simple movement patterns. 	<p>Jump, shape, create</p> <ul style="list-style-type: none"> • Perfect gymnastics actions and shapes. • Build sequences, changing speed, level and direction. • Perform movement phrases using a range of body actions/parts. • Developing balance, agility and coordination 	<p>Hands, Feet, Equipment</p> <ul style="list-style-type: none"> • Explore different ways to move the ball. • Use simple tactics to achieve success in game situations. • Dribble a football with control and in a variety of ways. • Kick a ball in a variety of ways. • Choose a range of skills that suit the needs of the game and outwit opponents. 	<p>Run, Jump, Throw (sports day)</p> <ul style="list-style-type: none"> • Develop core strength, stability, balance, special awareness, coordination and agility. • Negotiates space and obstacles and travels with confidence and skill around, under, over and through equipment. • Develops running/jumping /skipping technique. • Compete in Sports Day/races. Take part in a running/obstacle event. 	<p>Strike, React, Rally</p> <ul style="list-style-type: none"> • Develop hand-eye coordination. • Use a tennis racket safely. • Hit a ball with control.
Class teacher	<p>Fundamental Movements</p> <ul style="list-style-type: none"> • Perfects running/jumping/ skipping and climbing technique. • Begins to learn hopping/galloping and sequence together. <p>Tennis CPD (Y1H)</p> <ul style="list-style-type: none"> • Develop hand-eye coordination. • Use a tennis racket safely. • Hit a ball with control. 	<p>Hands, Feet, Equipment</p> <ul style="list-style-type: none"> • Develop core strength, stability, balance, special awareness, co-ordination and agility. • Negotiates space and obstacles and travels with confidence and skill around, under, over and through balancing/climbing equipment. • Develops running/jumping/ skipping/climbing technique. 	<p>React, Roll, Retrieve</p> <ul style="list-style-type: none"> • Use basic underarm rolling/hitting skills. • -Intercept, retrieve and stop a range of equipment with consistency. • -Catch a range of equipment with increasing competency. • -participate in team games, developing simple tactics for attacking and defending 	<p>Shape, Travel, Balance</p> <ul style="list-style-type: none"> • Explore gymnastics actions and shapes. • -Change speed, level and direction when travelling (animals). • -Balance, roll and jump/land safely in different ways. • -developing balance, agility and co-ordination <p>Tennis CPD (Y1S)</p> <ul style="list-style-type: none"> • Develop hand-eye coordination. • Use a tennis racket safely. • Hit a ball with control. 	<p>Inspire, Create, Perform</p> <ul style="list-style-type: none"> • Compose and link movement phrases using a range of body actions and body parts. • -Copy, watch and describe dance movements. • -Perform simple dance routines to build into a performance. • -perform dances using simple movement patterns. <p>Tennis CPD (Y1H)</p> <ul style="list-style-type: none"> • Develop hand-eye coordination. • Use a tennis racket safely. • Hit a ball with control. 	<p>Run, Obstacles, Direction</p> <ul style="list-style-type: none"> • Begin to apply basic movements in a range of activities and in combination. • Begin to explore different running events (sprint, hurdles, bean bag) • Understand the best techniques in different situations.
NC Link	<p>‘Master basic movements’.</p> <p>‘Team games developing simple tactics for attacking and defending’.</p>	<p>‘Perform dance using simple movement patterns’.</p> <p>‘Object control developing coordination and control’.</p>	<p>‘Master basic movements, including agility, balance, coordination’.</p> <p>‘Modified games to develop fielding skills’.</p>	<p>‘Object control developing coordination and control’.</p> <p>‘Master basic movements’.</p>	<p>‘Use running, jumping and throwing in isolation and combination’.</p> <p>‘Perform dance using simple movement patterns’.</p>	<p>‘Master basic movements including striking and coordination’.</p> <p>‘Master basic movements including agility, balance and coordination’.</p>

Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Games & Movement</p> <ul style="list-style-type: none"> To recognise and describe what their bodies feel like during different types of activity. To perfect running/jumping/throwing and catching skills. Improve the way they coordinate their bodies and a range of equipment. Show awareness of opponents and teammates when playing games. 	<p>Dance & Movement</p> <ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination and control. Demonstrate an awareness of the expressive qualities of the dance. Perform a dance to an audience (Christmas play). Perform dances using simple movement patterns. 	<p>Jump, Shape, Create</p> <ul style="list-style-type: none"> Remember, repeat and link combinations of gymnastics actions, body shapes and balances with control and precision. Improve their work using information they have gained by watching, listening and investigating. Developing balance, agility and co-ordination 	<p>Kick, Feet, Equipment</p> <ul style="list-style-type: none"> Kicking skills Explore different ways to move the ball. Use simple tactics to achieve success in game situations. Dribble a football with control and in a variety of ways. Kick a ball in a variety of ways. Choose a range of skills that suit the needs of the game and outwit opponents. 	<p>Agility, Balance, Coordination</p> <ul style="list-style-type: none"> Develop core strength, stability, balance, special awareness, coordination and agility. Negotiates space and obstacles and travels with confidence and skill around, under, over and through equipment. Develops running/jumping/skipping technique. Compete in Sports Day/races. Take part in a running/obstacle event. Master basic movements including running, jumping, throwing and catching 	<p>Duel, Win, Lose</p> <ul style="list-style-type: none"> Complete individual and team challenges. Develop tactics. Attack and defend.
Class teacher	<p>Multi-Skills & Circuits</p> <ul style="list-style-type: none"> Improve the way they coordinate their bodies and a range of equipment. Throw and catch with confidence. To repeat and link combinations of skills. Participate in team games, developing simple tactics for attacking and defending 	<p>Tennis CPD (Y2B)</p> <p>Games & Movement</p> <ul style="list-style-type: none"> To perform basic skills of rolling, striking and kicking with more confidence. To repeat and link combinations of skills. To apply these skills in a variety of simple games. Participate in team games, developing simple tactics for attacking and defending. 	<p>Tennis CPD (Y2H)</p> <p>Games & Movement</p> <ul style="list-style-type: none"> To perform basic skills of rolling, striking and kicking with more confidence. To repeat and link combinations of skills. To apply these skills in a variety of simple games. Participate in team games, developing simple tactics for attacking and defending. 	<p>Throw, Prepare, Catch</p> <ul style="list-style-type: none"> Shows increasing control over an object, pushing, patting, throwing, catching. Understands that equipment and tools must be used safely. 	<p>Tennis CPD</p> <ul style="list-style-type: none"> Develop hand-eye coordination. Use a tennis racket safely. Hit a ball with control. 	<p>Fair, Share, Dare</p> <ul style="list-style-type: none"> Complete games that involve working as an individual and as a team. Negotiates space and obstacles and travels with confidence and skill around, under, over and through equipment. Understand the values of respect and fairness.
NC Link			<p>‘Master basic movements including agility, balance, coordination.</p> <p>‘Master basic movements’.</p>	<p>‘Object control developing coordination and control’.</p> <p>‘Master basic movements including throwing and catching’.</p>	<p>‘Master basic movements including agility, balance, coordination’.</p> <p>‘Master basic movements including striking and coordination’.</p>	<p>‘Team games developing simple tactics for attacking and defending’.</p> <p>‘Embed values such as respect and fairness’.</p>

KS2 Aims:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

Pupils should be taught to:

- 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 competitive and festival activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Indoor Athletics</p> <ul style="list-style-type: none"> • Be able to run, jump and throw with good technique. • Recognise how to improve their performance and their peers. 	<p>Netball</p> <ul style="list-style-type: none"> • To be able to perform basic netball skills such as passing and catching using recognised throws • To use space efficiently to build attacking play • To implement the basic rules of High 5 Netball. 	<p>Duel, Win, Lose</p> <ul style="list-style-type: none"> • To develop tactics and apply them in competitive situations. • To increase speed and endurance during game play. • Develop attacking and defending skills. • Link these skills to hockey. 	<p>Invade, Evade, Capture</p> <ul style="list-style-type: none"> • Handle and control a rugby ball with confidence. • Evade attackers using footwork and body control. • Link skills to perform as a team in attack. • Use basic game principles of tag rugby and play within simpler rules. 	<p>Run, Sports Day, Town Sports</p> <ul style="list-style-type: none"> • Beginning to run at speeds appropriate for the distance. e.g. sprinting and cross country. • Can perform a running jump with some accuracy. • Performs a variety of throws using a selection of equipment. • Can use equipment safely and with good control. • Use running, jumping, throwing and catching in isolation and in combination 	<p>Aim, Strike, Retrieve</p> <ul style="list-style-type: none"> • Practice feeding/bowling skills. • Hit and run to score points in games. • Work on a variety of ways to score runs in the different hit, catch, run games. • Work in teams to field. • Begin to play the role of wicket keeper or backstop. • To be able to adhere to some of the basic rules of cricket.
Class teacher	<p>Tennis (CPD)</p> <ul style="list-style-type: none"> • Develop, practice and develop the ready position. • To develop ball control using a tennis racket. • Develop hitting the ball using a forehand along the ground & in the air. • Develop control and accuracy when returning the ball using a forehand. • To introduce & develop the backhand and understand when to use it. 	<p>Circuits</p> <ul style="list-style-type: none"> • To develop their knowledge and understanding of the different types of fitness. • To develop their understanding and knowledge of the benefits of Circuit Training, and the types of fitness used in a Circuit. • To learn the muscles that are used at each station. • To know and understand the strengths and weaknesses of circuit training. • To develop their physical strength, stamina, speed and flexibility. 	<p>Throw, Prepare, Catch</p> <ul style="list-style-type: none"> • To be able to perform basic basketball skills such as passing and catching using recognised throws. • To use space efficiently to build attacking play. • To implement the basic rules of basketball. • Throwing and catching in isolation and in combination 	<p>Shape, Travel, Perform</p> <ul style="list-style-type: none"> • Describes their own work using simple gym vocabulary. • Travel in a variety of ways. • Beginning to develop good technique when travelling, balancing, using equipment etc. • Beginning to show flexibility in jumps, and rolls. 	<p>Throw, Prepare, Catch</p> <ul style="list-style-type: none"> • Acquire and apply basic shooting techniques • Demonstrate and implement some basic rules of high five Netball • Develop netball skill such as marking and footwork • throwing and catching in isolation and in combination 	<p>Invade, Evade, Capture</p> <ul style="list-style-type: none"> • To consistently perform basic tag rugby skills. • Implement rules and develop tactics in competitive situations. • To increase speed and build endurance during gameplay. • Handle a rugby ball with confidence and control
NC Link			<p>‘Team games developing simple tactics for attacking and defending’.</p> <p>‘Master basic movements including throwing and catching’.</p>	<p>‘Competitive games; principles of attacking and defending’.</p> <p>‘Master basic movements including balance and control’.</p>	<p>‘Use running, jumping and throwing in isolation and combination’.</p> <p>‘Master basic movements including throwing and catching’.</p>	<p>‘Play competitive games, modified where appropriate’.</p> <p>‘Competitive games; including principles of attacking and defending’.</p>

Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Indoor Athletics</p> <ul style="list-style-type: none"> • Be able to run, jump and throw with good technique. • Recognise how to improve their performance and their peers. • Use running, jumping, throwing in isolation. 	<p>Netball</p> <ul style="list-style-type: none"> • Introduce high five netball positions • Acquire and apply basic shooting techniques • Demonstrate and implement some basic rules of high five • Develop netball skill such as marking and footwork, throwing and catching in isolation and in combination 	<p>Winter Olympics</p> <ul style="list-style-type: none"> • Gain an understanding of the Winter Olympics (curling, boccia, team sports). • Learn the rules of different sports. • Work and develop as a team. 	<p>Hands, Feet, Equipment</p> <ul style="list-style-type: none"> • Can send a ball using feet and can receive a ball using feet. • Refine ways to control bodies and a range of equipment. • Recall and link combinations of skills, e.g. dribbling and passing. • To select and apply a small range of simple tactics. 	<p>Run, Jump, Throw</p> <ul style="list-style-type: none"> • Beginning to build a variety of running techniques and use with confidence. • Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) • Demonstrates accuracy in throwing and catching activities. • Describes good athletic performance using correct vocabulary. • Can use equipment safely and with good control. • Use running, jumping, throwing in isolation. 	<p>Aim, Strike, Retrieve</p> <ul style="list-style-type: none"> • To be able to adhere to some of the basic rules of cricket. • To develop a range of skills to use in isolation and a competitive context. • To use basic skills with more consistency including striking a bowled ball. • To develop the range of Cricket skills they can apply in a competitive context. • Choose and use a range of simple tactics in isolation and in a game context.
Class teacher	<p>Hockey</p> <ul style="list-style-type: none"> • To be able to consistently perform basic hockey skills such as dribbling and push pass. • To implement the basic rules of hockey. • To develop tactics and apply them in competitive situations. • To increase speed and endurance during gameplay. 	<p>Circuits</p> <ul style="list-style-type: none"> • To develop their knowledge and understanding of the different types of fitness. • To develop their understanding and knowledge of the benefits of Circuit Training, and the types of fitness used in a Circuit. • To learn the muscles that are used at each station. • To know and understand the strengths and weaknesses of circuit training. • To develop their physical strength, stamina, speed and flexibility. 	<p>Tennis (CPD)</p> <ul style="list-style-type: none"> • Develop, practice and develop the ready position. • To develop ball control using a tennis racket. • Develop hitting the ball using a forehand along the ground & in the air. • Develop control and accuracy when returning the ball using a forehand. • To introduce & develop the backhand and understand when to use it. 	<p>Balance, Create, Perform</p> <ul style="list-style-type: none"> • Beginning to use gym vocabulary to describe how to improve and refine performances. • Develops strength, technique and flexibility throughout performances. • Creates sequences using various body shapes and equipment. • Combines equipment with movement to create sequences. 	<p>Throw, Prepare, Catch</p> <ul style="list-style-type: none"> • Introducing basketball positions. • Acquire and apply basic shooting techniques. • Demonstrate and implement some basic rules of basketball e.g. travelling. • Develop basketball skills such as marking and footwork, dribbling. • Throwing and catching in isolation and in combination 	<p>Outdoor Adventures</p> <ul style="list-style-type: none"> • Take part in challenges as an individual and as a team. • Understand how to use a map and how to orientate the map. • Understand the importance of 'teamwork'.
NC Link			<p>'Team games developing simple tactics for attacking and defending'. 'Master basic movements including throwing and catching'.</p>	<p>'Competitive games; principles of attacking and defending'. 'Master basic movements including balance and control'.</p>	<p>'Use running, jumping and throwing in isolation and combination'. 'Master basic movements including throwing and catching'.</p>	<p>'Play competitive games, modified where appropriate'. 'Competitive games; including principles of attacking and defending'.</p>

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Indoor Athletics</p> <ul style="list-style-type: none"> • Be able to run, jump and throw with good technique. • Recognise how to improve their performance and their peers. • Use running, jumping, throwing in isolation. 	<p>Handball</p> <ul style="list-style-type: none"> • Throw and catch in a variety of different ways. • Shoot at goal with a jumping technique. • Understand basic tactics of Handball. • Follow basic rules of Handball • throwing and catching in isolation and in combination 	<p>Hockey</p> <ul style="list-style-type: none"> • Combine basic hockey skills such as dribbling and push pass. • Select and apply skills in a game situation confidently. • Play effectively in different positions on the pitch including in defence. • To increase power and strength of passes, moving the ball over longer distances. • To choose and implement a range of strategies and tactics to attack and defend. 	<p>Football</p> <ul style="list-style-type: none"> • Dribbling in different directions using different parts of their feet. • Passing for distance. • Evaluating skills to aid improvement. • To play effectively in a variety of positions and formations on the pitch. • Relate a greater number of attacking and defensive tactics to gameplay. • Become more skilful when performing movements at speed. 	<p>Athletics/Sports Day/Town Sports</p> <ul style="list-style-type: none"> • Beginning to build a variety of running techniques and use them with confidence. • Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) • Beginning to record peer performances, and evaluate these. • Demonstrates accuracy and confidence in throwing and catching activities. • Describes good athletic performance using correct vocabulary. • Can use equipment safely and with good control. 	<p>Cricket</p> <ul style="list-style-type: none"> • To develop the range of Cricket skills they can apply in a competitive context. • Choose and use a range of simple tactics in isolation and in a game context. • Consolidate existing skills and apply with consistency. • Link together a range of skills and use them in combination. • Collaborate with a team to choose, use and adapt rules in games. • Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance. • Have confidence and the knowledge of the rules in Kwik Cricket and be able to umpire & score in matches in both upper and lower Key Stage 2.
Class teacher	<p>Circuits</p> <ul style="list-style-type: none"> • To develop their knowledge and understanding of the different types of fitness. • To develop their understanding and knowledge of the benefits of Circuit Training, and the types of fitness used in a Circuit. • To learn the muscles that are used at each station. <i>Link to science How we grow & how our bodies change.</i> 	<p>Tennis (CPD)</p> <ul style="list-style-type: none"> • To work cooperatively with a partner to keep a continuous rally going. • To use simple tactics in a game to outwit an opponent. • To demonstrate honesty and fair play when competing against others. • Have confidence and the knowledge of the rules in mini tennis and be able to umpire in matches. 	<p>Swimming</p> <ul style="list-style-type: none"> • Swim between 50 and 100 metres and keep • swimming for 45 to 90 seconds • Use three different strokes, swimming on their front and back with controlled breathing • Swim confidently and fluently on the surface and under water • Work well in groups to solve specific problems and challenges, water safety practice. 	<p>Swimming</p> <ul style="list-style-type: none"> • Swim between 50 and 100 metres and keep • swimming for 45 to 90 seconds • Use three different strokes, swimming on their front and back with controlled breathing • Swim confidently and fluently on the surface and under water • Work well in groups to solve specific problems and challenges, water safety practice. 	<p>Symmetry, Balance, Travel</p> <ul style="list-style-type: none"> • Beginning to use gym vocabulary to describe how to improve and refine performances. • Develops strength, technique and flexibility throughout performances. • Creates sequences using various body shapes and equipment. • Combines equipment with movement to create sequences. 	<p>Aim, Strike, Retrieve</p> <ul style="list-style-type: none"> • Be able to throw and catch in isolation and in a game situation. • Strike a moving ball with good technique. • Understand different roles when playing rounders (batter, fielder, bowler and back stop).
NC Link			<p>‘Swim competently, confidently and proficiently over a distance of at least 25 metres’.</p> <p>‘Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]’.</p> <p>‘Perform safe self-rescue in different water-based situations’.</p>	<p>‘Swim competently, confidently and proficiently over a distance of at least 25 metres’.</p> <p>‘Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]’.</p> <p>‘Perform safe self-rescue in different water-based situations’.</p>	<p>‘Use running, jumping and throwing in isolation and combination’.</p> <p>‘Develop flexibility, technique, control and balance’.</p>	<p>‘Play competitive games, modified where appropriate’.</p>

Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Coach	<p>Indoor Athletics</p> <ul style="list-style-type: none"> • Be able to run, jump and throw with good technique. • Turn on board. • Recognise how to improve their performance and their peers. • Use running, jumping, throwing in isolation. 	<p>American Football</p> <ul style="list-style-type: none"> • Understand the basic throwing and catching skills in American Football. • Follow rules of Flag Football. • Learn and introduce tactics into a game situation. • Understand the roles and responsibilities of a receiver, quarterback and centre. • Throwing and catching in isolation and in combination. 	<p>Boxing</p> <ul style="list-style-type: none"> • Boxers will be introduced to footwork, stance and straight arm shots. • Introduced to bent arm shots. • How to block. • How to be a complete boxer and the importance of being disciplined. 	<p>Cricket</p> <ul style="list-style-type: none"> • To develop the range of Cricket skills they can apply in a competitive context. • Choose and use a range of simple tactics in isolation and in a game context. • Consolidate existing skills and apply with consistency. • Link together a range of skills and use in combination. • Collaborate with a team to choose, use and adapt rules in games. • Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance. • Have confidence and the knowledge of the rules in Kwik Cricket and be able to umpire & score in matches in both upper and lower Key Stage 2. 	<p>Athletics/Sports Day/Town Sports</p> <ul style="list-style-type: none"> • Beginning to build a variety of running techniques and use them with confidence. • Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) • Beginning to record peer performances, and evaluate these. • Demonstrates accuracy and confidence in throwing and catching activities. • Describes good athletic performance using correct vocabulary. • Can use equipment safely and with good control. 	<p>Rounders</p> <ul style="list-style-type: none"> • Be able to throw and catch in isolation and in a game situation. • Strike a moving ball with good technique. • Understand different roles when playing rounders (batter, fielder, bowler and back stop). • Understand and implement tactics into a game.
Class teacher	<p>Dance (WW2)</p> <ul style="list-style-type: none"> • Can cooperate and collaborate with their group to create a warm-up using a variety of movement patterns • Can respond imaginatively to a stimulus and explore movements • Can show a variety of levels when performing • Can show a variety of pathways across the stage when performing • Can dance in unison with a partner/group performing a range of movement patterns • Can dance in canon when performing with a group and show a range of movement patterns 	<p>Explore, Solve, Challenge</p> <ul style="list-style-type: none"> • Develop a broad range of skills, learning how to link them to make actions and link sequences of movement. • Take part in outdoor and adventurous activity • challenges both individually and within a team. • Take part in outdoor and adventurous activities, which present mental and physical challenges and be encouraged to • work in a team, building on trust and developing skills to solve problems, either individually or as a group. 	<p>Netball</p> <ul style="list-style-type: none"> • Work as a team to improve group tactics and gameplay • Play within the rules using blocking skills for shots and passes • Develop defensive skills • To be able to use specific netball skills in games for example confidently: • pivoting, dodging, bounce pass and previously learnt skills • To begin to play efficiently in different positions on the court in both attack and defence. • Throwing and catching in isolation and in combination. 	<p>Pass, Move, Score</p> <ul style="list-style-type: none"> • Work as a team to improve group tactics and game play. • Play within the rules using blocking skills for shots and passes. • Develop defensive skills. • To be able to use specific basketball skills in games for example confidently: dribbling, dodging, bounce pass and previously learnt skills. • To increase power and strength of passes, moving the ball over longer distances. • To learn and use basketball rules in game of play and be able to referee small-sided games. • Throwing and catching in isolation and in combination. 	<p>Circuits</p> <ul style="list-style-type: none"> • To learn the muscles that are used at each station. Link to science: How we grow & how our bodies change. • To know and understand the strengths and weaknesses of circuit training. • To develop their physical strength, stamina, speed and flexibility. 	<p>Tennis (CPD)</p> <ul style="list-style-type: none"> • To work cooperatively with a partner to keep a continuous rally going. • To use simple tactics in a game to outwit an opponent. • To demonstrate honesty and fair play when competing against others. • Have confidence and the knowledge of the rules in mini tennis and be able to umpire in matches in both upper and lower Key Stage 2.
NC Link		<p>‘Embed the values of respect and fairness’.</p> <p>‘Outdoor and adventurous activity challenges’.</p>	<p>‘Play competitive games, modified where appropriate’.</p> <p>‘Principles of attacking and defending’.</p>	<p>‘Play competitive games, modified where appropriate’.</p> <p>‘Principles of attacking and defending’.</p>	<p>‘Run, jump and throw in isolation and in combination’.</p>	<p>‘Play competitive games modified where appropriate’.</p>

Sports Coaching Group After-School Clubs

	Autumn Term	Spring Term	Summer Term
Tuesday	KS2 Football	KS1 Multi-Sports	KS2 Football
Wednesday	KS1 Football	Non-Contact Boxing	KS1 Football
Thursday	OAA	KS1 Football	FREE Town Sports Practice
Friday	No club (low numbers)	KS2 Football	Cricket/Rounders