



Curriculum Content Grid

Nursery			
Term	Topic	By the end of the unit, children will learn to:	3 and 4 year olds will be learning to:
Autumn 1	Introduction to PE: Unit 1	• Begin to demonstrate balance. • Begin to negotiate space. • Begin to take turns with others. • Explore movement skills. • Make guided choices. • Follow instructions with support.	- Skip, hop, stand on one leg and hold a pose for a game like musical statues - Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
Autumn 2	Introduction to PE: Unit 2	• Begin to negotiate space safely. • Begin to take turns with others. • Explore movement skills. • Make guided choices. • Follow instructions with support. • Understand the rules of the game.	- Start taking part in some group activities which they make up for themselves, or in teams. - Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
Spring 1 & 2	Fundamentals: Unit 1	• Begin to negotiate space safely. • Begin to take turns with others. • Building their confidence to try new challenges. • Explore movement skills, beginning to demonstrate balance and co-ordination when playing games. • Follow instructions with support. • Play games honestly guided by rules with support.	- Skip, hop, stand on one leg and hold a pose for a game like musical statues - Start taking part in some group activities which they make up for themselves, or in teams.
Summer 1	Dance: Unit 1	• Begin to negotiate space safely. • Begin to use and remember sequences and patterns of movements which are related to music and rhythm. • Building their confidence to try new challenges and perform in front of others. • Explore movement skills. • Follow instructions with support. • Show respect towards others.	- Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Use large-muscle movements to wave flags and streamers, paint and make marks.
Summer 2	Dance: Unit 2	• Begin to negotiate space safely. • Begin to use and remember sequences and patterns of movement which are related to music and rhythm. • Building their confidence to try new challenges and perform in front of others. • Explore movement skills. • Follow instructions with support.	- Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Use large-muscle movements to wave flags and streamers, paint and make marks.

- Show respect towards others.

Reception

Early Learning Goal: Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Term	Topic	By the end of the unit, children will learn to:	Children in reception will be learning to:
Autumn 1&2	Fundamentals: Unit 2	• Be confident to try new challenges, deciding on the skills they use to complete the task. • Negotiate space safely with consideration for myself and others. • Instructions involving several ideas or actions. • Play co-operatively, take-turns and congratulate others. • Play games honestly with consideration of the rules. • Show an understanding of their feelings and can regulate their behaviour. • Use movement skills with developing balance and co-ordination.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Progress towards a more fluent style of moving, with developing control and grace
Spring 1	Dance: Unit 1	• Confident to try new challenges and perform in front of others. • Combine movements, selecting actions in response to the task. • Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Show respect towards others when providing feedback. • Use movement skills with developing strength, balance and co-ordination showing increasing control and grace.	- Progress towards a more fluent style of moving, with developing control and grace. - Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics - Develop overall body-strength, balance, co-ordination and agility.
	Ball Skills: Unit 1	• Make independent choices • Negotiate space safely with consideration for myself and others. • Persevere when trying new challenges. • Play ball games with consideration of the rules. • Play co-operatively and take turns with others. • Use ball skills with developing competence and accuracy.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. - Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
Spring 2	Dance: Unit 2	• Confident to try new challenges and perform in front of others. • Combine movements, selecting actions in response to the task. • Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions.	- Progress towards a more fluent style of moving, with developing control and grace. - Develop overall body-strength, balance, co-ordination and agility.

		• Show respect towards others when providing feedback. • Use movement skills with developing, strength, balance and co-ordination showing increasing control and grace.	- Combine different movements with ease and fluency
	Ball Skills: Unit 2	• Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Persevere when trying new challenges. • Play ball games with consideration of the rules. • Play co-operatively and take turns with others. • Use ball skills with developing competence and accuracy.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. - Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
Summer 1	Gymnastics: Unit 1	• Be confident to try new challenges. • Combine movements, selecting actions in response to the task and apparatus. • Confidently and safely use a range of large and small apparatus. • Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Use movements skills with developing strength, balance and co-ordination showing increasing control and grace. • Work co-operatively with others and take turns.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Progress towards a more fluent style of moving, with developing control and grace. - Combine different movements with ease and fluency
	Games: Unit 1	• Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Play co-operatively, take turns and encourage others. • Play games honestly with consideration of the rules. • Show an understanding of my feelings and can regulate their behaviour. • Use movement skills with developing balance and co-ordination.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
Summer 2	Gymnastics: Unit 2	• Be confident to try new challenges. • Combine movements, selecting actions in response to the task and apparatus. • Confidently and safely use a range of large and small apparatus. • Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Use movements skills with developing strength, balance and co-ordination showing increasing control and grace. • Work co-operatively with others and take turns.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Progress towards a more fluent style of moving, with developing control and grace. - Combine different movements with ease and fluency
	Games: Unit 2	• Negotiate space safely with consideration for myself and others. • Follow instructions involving several ideas or actions. • Play co-operatively, take turns and encourage others. • Play games honestly with consideration of the rules. • Show an understanding of my feelings and can regulate their behaviour. • Use ball skills with developing competence and accuracy. • Use movement skills with developing balance and co-ordination.	- Revise and refine the fundamental movement skills they have already acquired e.g. rolling, crawling, running, jumping etc. - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

YEAR 1

Term	Topic	By the end of the unit, children will learn to:	National Curriculum Links
Autumn 1	Fundamentals	• Change direction when moving at speed. • Recognise changes in their body when they do exercise. • Run at different speeds. • Select their own actions in response to a task. • Show hopping and jumping movements • Work co-operatively with others to complete a tasks. • Show balance and co-ordination when static and moving at slow speed.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
	Sending & Receiving	• Begin to send and receive a ball with their feet. • Catch a ball with some success • Recognise changes in my body when they do exercise. • Roll a ball towards a target • Throw a ball to a partner • Track a ball that is coming towards them • Work co-operatively with a partner	KS1: master basic movements including throwing and catching.
Autumn 2	Dance	• Begin to use counts • Copy, remember and repeat actions. • Move confidently and safely. • Use different parts of the body in isolation and together. • Work with others to share ideas and select actions. • Choose appropriate movements for different dance ideas. • Say what they liked about someone else's performance. • Show some sense of dynamic and expressive qualities in their dance.	KS1: perform dances using simple movement patterns.
	Ball Skills	• Begin to catch with two hands. • Begin to dribble a ball with their hands and feet. • Begin to understand simple tactics. • Roll and throw with some accuracy towards a target. • Say when someone was successful. • Track a ball that is coming towards them. • Work co-operatively with a partner.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics.
Spring 1	Yoga	• Recognise how yoga makes them feel both physically and mentally. • Remember and repeat actions, linking poses together. • Say what they liked about someone else's flow. • Show an awareness of space when travelling.	KS1: master basic movements as well as developing balance, agility and co-ordination.

		Work with others to create poses.	
	Invasion	- Begin to dribble a ball with their hands and feet. - Change direction to move away from a defender. - Recognise space when playing games. - Send and receive a ball with hands and feet. - Use simple rules to play fairly. - Move to stay with another player when defending. - Recognise changes in their body when doing exercise. - Understand when they are a defender and when they are an attacker.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending
Spring 2	Gymnastics	- Be confident to perform in front of others. - Link simple actions together to create a sequence. - Make my body tense, relaxed, stretched and curled. - Recognise change in their body when they do exercise. - Remember and repeat actions and shapes. - Say what they liked about someone else's performance. - Use apparatus safely and wait for my turn.	KS1: master basic movements as well as developing balance, agility and co-ordination.
	Striking and Fielding	- Catch a beanbag and a medium-sized ball. - Roll a ball towards a target. - Strike a ball that is coming towards them. - Know how to score points. - Understand the rules and they are beginning to use these to play honestly and fairly. - Understand when they are successful.	KS1: master basic movements including throwing and catching. Participate in team games
Summer 1	Fitness	- Recognise changes in their body when they do exercise. - Share their ideas with other people in the class. - Talk about what exercise does to their body. - Recognise how exercise makes them feel. - Try their best in the challenges set. - Understand why it is important to warm up.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
	Target Games	- Recognise changes in their body when they do exercise - Use an overarm throw aiming towards a target - Roll a ball towards a target. - Use an underarm throw aiming towards a target. - Work co-operatively with a partner. - Understand what good technique looks like.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
Summer 2	Team Building	- Communicate simple instructions. - Follow instructions. - Follow path and lead others. - Listen to others' ideas. - Suggest ideas to solve tasks.	KS1: They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

		• Work with a partner and a small group. • Understand the rules of the game.	
	Athletics	• Throw towards a target. • Begin to show balance and co-ordination when changing direction. • Develop overarm throwing. • Recognise changes in their body when they do exercise. • Run at different speeds. • Work with others and make safe choices. • Try their best. • Understand the difference between a jump, a leap, a hop and can choose which allows them to jump the furthest.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

YEAR 2

Term	Topic	By the end of the unit, children will learn to:	National Curriculum Links
Autumn 1	Fundamentals	- Begin to provide feedback using key words. - Begin to turn and jump in an individual skipping rope. - Describe how their body feels during exercise. - Show balance when changing direction. - Show hopping, skipping and jumping movements with some balance and control. - Work co-operatively with a partner and a small group. - Show balance and co-ordination when running at different speeds.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
	Target Games	- Follow instructions carefully. - Say when they were successful at solving challenges. - Share ideas and help to solve tasks. - Work co-operatively with a partner and a small group. - Show honesty and can play fairly. - Understand how to use, follow and create a simple diagram/map.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
Autumn 2	Fitness	- Describe how their body feels during exercise. - Show hopping and jumping movements with some balance and control. - Persevere with new challenges. - Show determination to continue working over a longer period of time. - Understand that running at a slower speed will allow them to run for a longer period of time. - Work with others to turn a rope and encourage others to jump at the right time.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
	Ball Skills	- Begin to provide feedback using key words. - Begin to understand and use simple tactics. - Dribble a ball with their hands and feet with some control. - Roll and throw a ball to hit a target. - Send and receive a ball using both kicking and throwing and catching skills. - Track a ball and collect it. - Work co-operatively with a partner and a small group.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending
Spring 1	Dance	- Begin to provide feedback using key words. - Copy, remember, repeat and create dance phrases. - Describe how their body feels during exercise. - Show a character and idea through the actions and dynamics they choose. - Use counts to stay in time with the music. - Work with a partner using mirroring and unison in their actions.	KS1: perform dances using simple movement patterns.

		Show confidence to perform.	
	Invasion	- Describe how their body feels during exercise. - Dodge and find space away from the other team. - Move with a ball towards goal. - Sometimes dribble a ball with their hands and feet. - Stay with another player to try and win the ball. - Know how to score points and can remember the score. - Know who is on my team and I can attempt to send the ball to them.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending
Spring 2	Yoga	- Begin to provide feedback using key words - Copy, remember and repeat yoga flows. - Describe how their body feels during exercise. - Move from one pose to another thinking about my breath. - Use clear shapes when performing poses. - Work with others to create simple flows showing some control.	KS1: master basic movements as well as developing balance, agility and co-ordination.
	Net and Wall	- Defend space on my court using the ready position, - Describe how their body feels during exercise. - Hit a ball over the net and into the court area. - Throw accurately to a partner. - Use simple tactics to make it difficult for an opponent. - Know how to score points and can remember the score. - Show good sportsmanship when playing against an opponent.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending
Summer 1	Gymnastics	- Begin to provide feedback using key words. - Be proud of their work and confident to perform in front of others. - Perform the basic gymnastic actions with some control and balance. - Plan and repeat simple sequences of actions. - Use directions and levels to make their work look interesting. - Use shapes when performing other skills. - Work safely with others and apparatus.	KS1: master basic movements as well as developing balance, agility and co-ordination.
	Athletics	- Show balance and co-ordination when running at different speeds. - Jump and land with control. - Use an overarm throw to help them to throw for distance. - Work with others, taking turns and sharing ideas. - Identify good technique. - Describe how their body feels during exercise.	KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer 2	Team Building	- Follow instructions carefully. - Say when they were successful at solving challenges. - Share their ideas and help to solve tasks. - Work co-operatively with a partner and a small group. - Show honesty and can play fairly. - Understand how to use, follow and create a simple diagram/map.	KS1: They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

	Striking and Fielding	• Begin to provide feedback using key words. • Develop underarm and overarm throwing skills. • Hit a ball using equipment with some consistency. • Track a ball and collect it. • Use simple tactics. • How to score points and can remember the score. • Understand the rules of the game and can use these to play fairly in a small group.	KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
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YEAR 3			
Term	Topic	By the end of the unit, children will learn to:	NC Links
Autumn 1	Dance	• Be respectful of others when watching them perform. • Provide feedback using key words. • Repeat, remember and perform a dance phrase. • Use counts to keep in time with a partner and group. • Use dynamic and expressive qualities in relation to an idea. • Work with a partner and in a small group, sharing ideas. • Create short dance phrases that communicate the idea.	KS2: perform dances using a range of movement patterns.
	Ball Skills	• Catch different sized objects with increasing consistency with two hands. • Dribble a ball with control. • Persevere when learning a new skill. • Provide feedback using key words. • Show a variety of throwing techniques. • Throw with accuracy and increasing consistency to a target. • Track the path of a ball that is not sent directly to them.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Autumn 2	Fundamentals Y3/4	• Jump and turn a skipping rope. • Change direction quickly. • Identify when I was successful. • Link hopping and jumping actions. • Demonstrate balance when performing other fundamental skills. • Understand how the body moves differently at different speeds. • Understand why it is important to warm up.	KS2: use running, jumping and throwing in isolation and in combination.
	Tag Rugby	• Learn the rules of the game and begin to use them to play honestly. • Communicate with their team and move into space to help them. • Defend an opponent and attempt to tag them. • Move with a ball towards goal with increasing control. • Pass and receive the ball with some control. • Provide feedback using key words. • Understand their role as an attacker and as a defender. • Work co-operatively with their group to self-manage games.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Spring 1	Gymnastics	- Adapt sequences to suit different types of apparatus. - Choose actions that flow well into one another. - Choose and plan sequences of contrasting actions. - Complete actions with increasing balance and control. - Move in unison with a partner. - Provide feedback using key words. - Use a greater number of their own ideas for movements in response to a task. - With help, recognise how performances could be improved.	KS2: develop flexibility, strength, technique, control and balance.
	Basketball	- Begin to use simple tactics. - Learn the rules of the game and begin to use them honestly. - Dribble, pass, receive and shoot the ball with some control. - Find some space away from others and near to their goal. - Provide feedback using keywords. - Track an opponent to slow them down. - Understand their role as an attacker and as a defender. - Work co-operatively with their group to self-manage games.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Spring 2	Fitness	- Collect and record their scores, recognising their strengths. - Complete exercises with control. - Persevere when they find challenge hard. - Provide feedback using key words. - Use key points to help them improve their sprinting technique. - Work safely with others. - Show balance when changing direction. - Understand that there are different areas of fitness.	KS2: use running, jumping and throwing in isolation and in combination.
	Tennis	- Learn the rules of the game and begin to use them to play fairly. - Provide feedback using key words. - Return a ball to a partner. - Use basic racket skills. - Understand the aim of the game. - Understand the benefits of exercise. - Work co-operatively with their group to self-manage games.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Summer 1	Yoga	- Copy and link yoga poses together to create a short flow. - Describe how yoga makes them feel. - Move from one pose to another in time with their breath. - Provide feedback using key words. - Work with others to create a flow including a number of poses. - Show some stability when holding yoga poses.	KS2: develop flexibility, strength, technique, control and balance.
	Athletics	- Demonstrate the difference in sprinting and jogging technique. - Explain what happens to their body when they warm up. - Identify when they were successful and what they need to do to improve. - Jump for distance with balance and control. - Throw with some accuracy and power to a target area.	KS2: use running, jumping and throwing in isolation and in combination.

		• Show determination to improve their personal best. • Support and encourage others to work to their best.	
Summer 2	Rounders	• Bowl a ball towards a target. • Begin to strike a bowled ball. • Develop an understanding of tactics and begin to use them in game situations. • Learn the rules of the game to begin to use them. • Provide feedback using key words. • Use overarm and underarm throwing and catching skills. • Work co-operatively with their group to self-manage games.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Football	• Begin to use simple tactics. • Learn the rules of the game and begin to use them to play honestly and fairly. • Dribble, pass, receive and shoot the ball with some control. • Find space away from others and near to the goal. • Provide feedback using key words. • Track an opponent to slow them down. • Understand their role as an attacker and as a defender. • Work co-operatively with their group to self-manage games.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

YEAR 4

Term	Topic	By the end of the unit, children will learn to:	NC Links
Autumn 1	Fitness	• Collect and record their scores and identify areas they need to improve. • Use key points to help them improve their sprinting technique. • Share ideas and work with others to manage activities. • Show balance when changing direction at speed. • Show control when completing activities to improve balance. • Show determination to continue working over a period of time. • Understand there are different areas of fitness and that each area challenges their body differently.	KS2: use running, jumping and throwing in isolation and in combination.
	Ball Skills Y3/4	• Accurately use a range of throwing techniques to throw to a target. • Catch different sized objects with increasing consistency with one and two hands. • Consistently track the path of a ball that is not sent directly to them. • Dribble a ball with increasing control and co-ordination. • Persevere when learning a new skill. • Provide feedback using key terminology and understand what they need to do to improve.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Autumn 2	Gymnastics	• Explain what happens to their body when they exercise and how this helps them to be healthy. • Identify some muscle groups used in gymnastic activities. • Plan and perform sequences with a partner that include a change of level and shape. • Provide feedback using appropriate language relating to the lesson. • Safely perform balances individually and with a partner. • Watch, describe and suggest possible improvements to others' performances and their own. • Understand how body tension can improve the control and quality of their movements.	KS2: develop flexibility, strength, technique, control and balance.
	Netball	• Use simple tactics to help their team score or gain possession. • Understand the rules of the game and they can use them often and honestly. • Defend one on one and know when to win the ball. • Explain what happens to my body when they exercise and how this helps to make them healthy.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

		• Move to space to help their team to keep possession and score goals. • Pass, receive and shoot the ball with increasing control. • Provide feedback using key terminology and understand what they need to do to improve. • Share ideas and work with other to manage their game.	
Spring 1	Dance	• Choose actions and dynamics to convey a character or idea. • Copy and remember set choreography. • Provide feedback using appropriate language relating to the lesson. • Respond imaginatively to a range of stimuli relating to character and narrative. • Use changes in timing and spacing to develop a dance. • Use counts to keep in time with others and the music. • Use simple movement patterns to structure dance phrases of their own, with a partner and in a group. • Show respect for others when working as a group and watching others perform.	KS2: perform dances using a range of movement patterns
	OAA	• Accurately follow and give instructions. • Confidently communicate ideas and listen to others. • Identify key symbols on a map and use a key to help navigate around a grid. • Plan and apply strategies to solve problems. • Reflect on when and why they were successful at solving challenges. • Work collaboratively and effectively with a partner and a small group.	KS2: take part in outdoor and adventurous activity challenges both individually and within a team.
Spring 2	Yoga	• Describe how yoga makes them feel and can talk about the benefits of yoga. • Link poses together to create a yoga flow. • Provide feedback using key terminology and understand what they need to do to improve. • Transition from pose to pose in time with their breath. • Work collaboratively and effectively with others. • Demonstrate yoga poses which show clear shapes. • Show increasing control and balance when moving from one pose to another.	KS2: develop flexibility, strength, technique, control and balance
	Tennis	• Understand the rules of the game and they can use them often and honestly. • Communicate with my teammates to apply simple tactics. • Explain what happens to their body when they exercise and how this helps them be healthy. • Provide feedback using key terminology and understand what they need to do to improve. • Return to the ready position to defend their own court. • Sometimes play a continuous game. • Use a range of basic racket skills. • Share ideas and work with others to manage their game.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Summer 1	Athletics	• Demonstrate the difference in sprinting and jogging techniques. • Explain what happens in their body when they warm up. • Identify when they were successful and what they need to do to improve.	KS2: use running, jumping and throwing in isolation and in combination.

		• Jump for distance with balance and control. • Throw with some accuracy and power to a target area. • Show determination to improve their personal best. • Support and encourage others to work to their best.	
	Cricket	• Bowl a ball with some accuracy and consistency. • Learn the rules of the game and begin to use them to play honestly and fairly. • Communicate with their teammates to apply simple tactics. • Persevere when learning a new skill. • Provide feedback using key terminology and understand what I need to do to improve. • Strike a bowled ball after a bounce. • Use overarm and underarm throwing, and catching skills with increasing accuracy. • Share ideas and work with others to manage a game.	: KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Summer 2	Dodgeball	• Understand the rules of the game and can use them often and honestly. • Catch with increasing consistency. • Communicate with teammates to apply simple tactics. • Provide feedback using key terminology and understand what they need to do to improve. • Return to the ready position to defend themselves. • Throw with some accuracy at a target. • Share ideas and work with others to manage the game.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Football	• Understand the rules of the game and use them often and honestly. • Delay an opponent and help to prevent the other team from scoring. • Dribble, pass, receive and shoot the ball with increasing control. • Move to space to help my team to keep possession and score goals. • Provide feedback using key terminology and understand what they need to do to improve. • Use simple tactics to help their team score or gain possession. • Share ideas and work with others to manage their game.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

YEAR 5

Term	Topic	By the end of the unit, children will learn to:	NC Links
Autumn 1	Fitness	- Analyse their fitness scores to identify areas for improvement. - Choose the best pace for a running event and maintain speed. - Encourage and motivate others to work to their personal best. - Identify how different activities can benefit their physical health. - Work with others to manage activities. - Understand the different components of fitness and how to test them. - Understand what their maximum effort looks and feels like and be determined to achieve it.	KS2: Use running, jumping and throwing in isolation and in combination.
	Football	- Communicate with their team and move into space to keep possession and score. - Dribble, pass, receive and shoot the ball with some control under pressure. - Identify when they are successful and what they need to do to improve. - Often make the correct decision of who to pass to and when. - Use tracking and intercepting when playing in defence. - Understand the need to tactics and can identify when to use them in different situations. - Understand the rules of the game and use them most of the time to play honestly and fairly. - Understand there are different skills for different situations and begin to apply this.	KS2: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Autumn 2	Dance	- Accurately copy and repeat set choreography. - Choreography phrases individually and with others considering actions and dynamics. - Confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. - Lead a group through short warm-up routines. - Refine the way they use actions, dynamics, relationships and space in their dance in response to a stimulus. - Suggest ways to improve their own and other people's work using key terminology. - Use counts when choreographing to stay in time with others and the music. - Use feedback provided to improve their work.	KS2: Perform dances using a range of movement patterns.

	Tag Rugby	• Communicate with their team and move into space to keep possession and score. • Identify when they were successful and what they need to do to improve. • Pass and receive the ball with some control under pressure. • Tag opponents and close down space. • Know what position they are playing in and how to contribute when attacking and defending. • Understand the need for tactics and can identify when to use them in different situations. • Understand the rules of the game and can apply them honestly most of the time. • Understand there are different skills for different situations and are beginning to apply this.	KS2: Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Spring 1	Gymnastics	• Create and perform sequences using apparatus, individually and with a partner. • Lead a partner through short warm-up routines. • Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. • Use feedback provided to improve their work. • Use set criteria to make simple judgements about performances and suggest ways they could be improved. • Use strength and flexibility to improve the quality of a performance. • Work safely when learning a new skill to keep myself and others safe.	KS2: develop flexibility, strength, technique, control and balance.
	Tennis	• Develop a wider range of skills and begin to use them under some pressure. • Identify how different activities can benefit their physical health. • Identify when they were successful and what they need to do to improve. • Use feedback provided to improve their work. • Work co-operatively with others to manage a game. • Understand the need for tactics and can identify when to use them in different situations. • Understand the rules of the game and can apply them honestly most of the time. • Understand there are different skills for different situations and begin to apply this.	KS2: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Spring 2	Yoga	• Confident to lead others through poses and flows. • Create a yoga flow working safely with a partner. • Identify how different activities can benefit their physical health. • Move with control from one pose to another demonstrating good balance. • Provide feedback to others using key terminology. • Use feedback provided to improve their work. • Use their breath to move from pose to pose. • Show strength and flexibility whilst holding yoga poses.	KS2: develop flexibility, strength, technique, control and balance.
	Basketball	• Communicate with their team and move into space to keep possession and score. • Dribble, pass, receive and shoot the ball with some control under pressure. • Identify when they were successful and what they need to do to improve. • Use tracking and intercepting when playing in defence.	KS2: Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

		• Understand the need for tactics and can identify when to use them in different situations. • Understand the rules of the game and can apply them honestly most of the time. • Understand there are different skills for different situations and are beginning to apply this.	
Summer 1	Athletics	• Choose the best pace for a running event. • Identify good athletic performance and explain why it is good. • Perform a range of jumps showing some technique. • Show control at take-off and landing in jumping activities. • Take on the role of coach, official and timer when working in a group. • Use feedback to improve my sprinting technique. • Persevere to achieve their personal best. • Show accuracy and power when throwing for distance.	KS2: Use running, jumping and throwing in isolation and in combination.
	Rounders	• Begin to strike a ball with a rounders bat. • Develop a wider range of fielding skills and are beginning to use these under some pressure. • Identify when they were successful and what they need to do to improve. • Work co-operatively with others to manage a game. • Understand the need to tactics and can identify when to use them in different situations. • Understand the rules of the game and can apply them honestly most of the time. • Understand there are different skills for different situations and am beginning to use this.	KS2: Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Summer 2	OAA	• Be inclusive and share job roles. • Navigate around a course using a map. • Orientate a map confidently. • Reflect on when they were successful at solving challenges and alter their methods in order to improve. • Use critical thinking to approach a task. • Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.	KS2: take part in outdoor and adventurous activity challenges both individually and within a team.
	Hockey	• Communicate with their team and move into space to keep possession and score. • Dribble, pass, receive and shoot the ball with some control under pressure. • Identify when they were successful and what they need to do to improve. • Use tracking, tackling and intercepting when playing in defence. • Know what position they are playing in and how to contribute when attacking and defending. • Understand the need for tactics and can identify when to use them in different situations. • Understand the rules of the game and can use them most of the time to play fairly and honestly. • Understand there are different skills for different situations and are beginning to apply this.	KS2: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

YEAR 6

Term	Topic	By the end of the unit, children will learn to:	NC Links
Autumn 1	Fitness	• Change their running technique to adapt to different distances. • Collect, record and analyse scores to identify areas where they have made the most improvement. • Work with others to organise, manage and record information at a station. • Encourage and motivate others to work to their personal best. • Identify how different activities can benefit their physical health. • Work with others to manage activities. • Understand the different components of fitness and how to test them. • Understand what their maximum effort looks and feels like and are determined to achieve it.	KS2: use running, jumping and throwing in isolation and in combination.
	Netball	• Create and use space to help their team. • Pass, receive and shoot the ball with increasing control under pressure. • Select the appropriate action for the situation and make this decision quickly. • Use marking, and/or interception to improve their defence. • Use the rules of the game consistently to play honestly and fairly. • Work collaboratively to create tactics with their team and evaluate the effectiveness of these. • Work in collaboration with others so that games run smoothly. • Recognise their own and others strengths and areas for development and can suggest ways to improve.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Autumn 2	Yoga	• Be confident to lead others, demonstrating poses and teaching them their flow. • Use feedback provided to improve the quality of their work. • Use their breath to transition from one pose to another with control. • Use yoga poses to improve their flexibility, strength and balance. • Choose poses which link easily from one to the other to help their sequence flow. • Recognise their own and others strengths and areas for development and can suggest ways to improve. • Understand that there are different areas of fitness and how this helps them in different activities.	KS2: develop flexibility, strength, technique, control and balance.

	Hockey	• Create and use space to help the team. • Dribble, pass, receive and shoot the ball with increasing control under pressure. • Select the appropriate action for the situation and make this decision quickly. • Use marking, tackling and/or interception to improve their defence. • Use the rules of the game consistently to play honestly and fairly. • Work collaboratively to create tactics with their team and evaluate the effectiveness of these • Work in collaboration with others so that games run smoothly. • Recognise their own and others strengths and area for development and can suggest ways to improve.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Spring 1	Dance	• Choreograph a dance and work safely using a prop. • Lead a small group through a short warm-up routine. • Perform dances confidently and fluently with accuracy and good timing. • Refine the way they use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. • Use appropriate language to evaluate and refine their own and others' work. • Use feedback provided to improve the quality of their own work. • Work creatively and imaginatively on their own, with a partner and in a group to choreograph and structure dances.	KS2: perform dances using a range of movement patterns.
	OAA	• Be inclusive of others, can share job roles and lead when necessary. • Orientate a map efficiently to navigate around a course. • Pool ideas within a group, selecting and applying the best method to solve a problem. • Use critical thinking skills to form ideas and strategies to solve challenges. • Work effectively with a partner and a group to solve challenges. • With increasing accuracy, reflect on when and how they can be successful at solving challenges and alter their methods in order to improve.	KS2: take part in outdoor and adventurous activity challenges both individually and within a team.
Spring 2	Gymnastics	• Combine and perform gymnastic actions, shapes and balances with control and fluency. • Create and perform sequences using compositional devices to improve the quality. • Lead a small group through a short warm-up routine. • Use appropriate language with others to create a sequence. • Understand how to work safely when learning a new skill. • Understand what counter balance and counter tension is and can show examples with a partner.	KS2: develop flexibility, strength, technique, control and balance.
	Cricket	• Select the appropriate action for the situation. • Strike a bowled ball with increasing consistency and accuracy. • Use a wider range of fielding skills with increasing control under pressure. • Use the rules of the game consistently to play fairly. • Work in collaboration with others so that games run smoothly. • Recognise their own and others' strengths and areas for development and can suggest ways to improve. • Understand and can apply some tactics in the game as a batter, bowler and fielder.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Summer 1	Athletics	• Compete within the rules showing fair play and honesty. • Help others to improve their technique using key teaching points. • Identify my own and others strengths and areas for development and can suggest ways to improve. • Perform jumps for distance using good technique. • Select and apply the best pace for a running event. • Show accuracy and good technique when throwing for distance. • Understand that there are different areas of fitness and how this helps them in different activities. • Use different strategies to persevere to achieve their personal best.	KS2: use running, jumping and throwing in isolation and in combination.
	Tennis	• Select the appropriate action for the situation and make this decision quickly. • Use a wider range of skills with increasing control under pressure. • Use feedback provided to improve the quality of my work. • Use the rules of the game consistently to play honestly and fairly. • Work collaboratively to create tactics with their team and evaluate the effectiveness of these. • Work in collaboration with others so that games run smoothly. • Recognise their own and others strengths and areas for development and can suggest ways to improve. • Understand that there are different areas of fitness and how this helps them in different activities.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Summer 2	Dodgeball	• Officiate and help to manage a game by refereeing. • Select the appropriate action for the situation and make this decision quickly. • Use wider range of skills with increasing control under pressure. • Use the rules of the game consistently to play honestly and fairly. • Work collaboratively to create tactics with their team and evaluate the effectiveness of these. • Work in collaboration with others so that games run smoothly. • Recognise their own and others' strengths and area for development and can suggest ways to improve.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Football	• Create and use space to help their team. • Dribble, pass, receive and shoot the ball with increasing control under pressure. • Select the appropriate action for the situation and make this decision quickly. • Use marking, tackling and/or interception to improve my defence. • Use the rules of the game consistently to play honestly and fairly. • Work collaboratively to create tactics with their team and evaluate the effectiveness of these. • Recognise my own and others strengths and areas for development and can suggest ways to improve.	KS2: use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.