

	Attack vs Defence	Ball Skills	Dance	Gymnastics	Locomotion
Foundation Stage	<p>Games for Understanding: Taking turns / keeping the score; Understanding and playing by the rules; Avoiding a defender Preventing an attacker from scoring; Applying attacking and defending into a game.</p>	<p>Ball skills – hands (1): Explore pushing; Explore rolling; Explore bouncing; Explore bouncing into space; Combine pushing and rolling; Combine rolling, pushing and bouncing.</p> <p>Ball skills – hands (2): Explore throwing overarm; Explore throwing underarm; Explore rolling; Explore stopping a ball; Explore catching.</p> <p>Ball skills – feet (1): Explore moving with a ball using our feet; Develop moving with a ball using our feet; Understand dribbling; Develop dribbling against an opponent.</p>	<p>Ourselves: Moving in sequence; Responding in movement to words and music; Moving with props and contrasting tempos Creating their own movements; Exploring opposites and creating simple movement sequences.</p> <p>Nursery Rhymes: Moving in sequence; Creating our own movements; Creating simple movement sequences; Responding in movement to words and music; Exploring contrasting tempos; Exploring character movements.</p>	<p>Moving: Explore moving and making shapes using different body parts; Explore moving in different directions; Explore big and small ways of moving and making shapes; Moving in pairs; Creating shapes in pairs.</p> <p>High, Low, Over, Under: Introduction to high, low, over and under; Introduction to the apparatus; Applying high and low on apparatus.</p>	<p>Walking: Explore / develop walking; Explore walking in different pathways; Sustain walking; Explore marching; Apply walking into a game.</p> <p>Jumping: Explore/develop jumping; Apply jumping into a game; Jumping for distance; Explore jumping high; Explore hopping.</p>

	Attack vs Defence	Ball Skills	Dance	Gymnastics	Health and Wellbeing	Locomotion	Team Building
Year 1	<p>Games for Understanding: Understanding the principles; of attack / defence; Applying attacking / defending principles into a game; Consolidate attacking/defending</p>	<p>Ball skills – hands (1): Introduce sending (bouncing) with control; Introduce aiming with accuracy; Introduce power and speed when sending a ball; Introduce / develop stopping, combining sending skills; Combine sending and receiving skills.</p> <p>Ball skills – hands (2): Introduce throwing with accuracy; Apply throwing with accuracy in a team; Introduce stopping a ball; Develop sending (rolling) skills to score a point; Consolidate sending and stopping to win a game.</p> <p>Ball skills – feet (1): Develop moving the ball using the feet; Apply dribbling into games; Consolidate dribbling; Explore kicking (passing); Apply kicking (passing) to score a point.</p>	<p>Growing: Responding to rhythm; Developing the growing plant 'dance'; Introduction to motifs; Creating motifs; Creating movement sequences; Relationships and performance.</p> <p>The Zoo: Exploring expression; Developing our movements, adding movements together; Responding to a rhythm; Introducing partner work; Creating animal sequence motifs; Exploring relationships within our motifs.</p>	<p>Wide, Narrow, Curled: Introduction to wide, narrow and curled; Exploring the difference between wide, narrow and curled; Transitioning between wide, narrow and curled movements; Linking two movements together.</p> <p>Body Parts: Introduction to big / small body parts; Combining big and small with wide, narrow and curled; Transition between wide narrow and curled using big and small body parts; Adding (linking) movements together.</p>	<p>Health and Wellbeing: Introduce and explore agility; Introduce and explore balance; Introduce and explore coordination: Bouncing, rolling and throwing.</p>	<p>Running: Explore running; Apply running into a game; Explore running at different speeds; Running for speed: Acceleration; Explore running in a team; Consolidate running, apply running into a competitive game.</p> <p>Jumping: Recap jumping; Develop jumping; Explore how jumping affects our bodies; Explore skipping; Apply skipping and jumping into a game.</p>	<p>Team Building: Introducing teamwork; Develop teamwork; Building trust and developing communication; Cooperation and communication; Explore simple strategies; Problem solving: Consolidate teamwork.</p>

	Attack vs Defence	Ball Skills	Dance	Gymnastics	Health and Wellbeing	Locomotion	Team Building
Year 2	<p>Games for Understanding: Attacking / defending as a team; Understanding the transition between defence and attack; Create and apply attacking / defensive tactics.</p>	<p>Ball skills – hands (1): Develop dribbling / passing and receiving; Combine dribbling, passing and receiving, keeping possession; Develop dribbling / passing and receiving to score a point; Combine dribbling, passing and receiving to score a point.</p> <p>Ball skills – hands (2): Introduce throwing with accuracy; Apply throwing with accuracy in a team; Introduce stopping a ball; Develop sending (rolling) skills to score a point; Consolidate sending and stopping to win a game.</p> <p>Ball skills – feet (1): Develop dribbling / passing / receiving, keeping possession; Combine dribbling, passing and receiving, keeping possession to score a point; Apply dribbling, passing and receiving as a team to score a point.</p>	<p>Water: Responding to stimuli; Developing whole group movement; Improvisation and physical descriptions; Creating contrasting movement sequences; Sequences, relationships and performance.</p> <p>Explorers: Responding to stimuli; Developing our motif with expression and emotion; Applying choreography in our motifs; Extending our motifs; Sequences, relationships and performance.</p>	<p>Linking: Developing linking; Linking on apparatus; Jump, roll, balance sequences / on apparatus; Creation of sequences; Completion of sequences and performance.</p> <p>Pathways: Explore / develop zig-zag pathways / on apparatus; Explore / develop curved pathways / on apparatus; Creation of pathway sequences; Completion of pathways sequences and performance.</p>	<p>Health and Wellbeing: Consolidate agility; Consolidate balancing; Explore balancing on apparatus; Introduce and explore coordination: Dribbling and kicking.</p>	<p>Dodging: Explore dodging; Develop dodging; Apply dodging; Explore attacking and defending; Apply dodging in teams.</p> <p>Jumping: Consolidate jumping; Apply jumping into a game; Linking jumping; Explore jumping combinations; Develop jumping combinations.</p>	<p>Team Building: Introducing teamwork; Develop teamwork; Building trust and developing communication; Cooperation and communication; Explore simple strategies; Problem solving: Consolidate teamwork.</p>

	Athletics	Dance	Games	Gymnastics	Swimming	Outdoor Adventure Activities
Year 3	<p>Athletics: Explore running for speed; Explore acceleration; Introduce / develop relay - running for speed in a team; Throwing - accuracy vs distance; Standing long jump.</p>	<p>Wild Animals: Responding to stimuli; Developing character dance into a motif; Developing sequences with a partner in character that show relationships; Extending sequences with a partner in character</p>	<p><u>Invasion games</u></p> <p>Football: Introduce/develop dribbling and keeping control; Introduce passing and receiving; Combine dribbling and passing to create space; Develop passing, receiving and dribbling.</p> <p>Handball: Introduce passing, receiving and creating space; Develop passing and moving; Combine passing and moving; Introduce shooting; Develop passing and shooting.</p> <p>Netball: Introduce passing, receiving and creating space; Develop/combine passing and moving; Combine/develop passing and shooting</p> <p><u>Net/wall games</u></p> <p>Tennis: Introduction tennis, outwitting an opponent; Creating space to win a point; Consolidate how to win a game; Introduce rackets; introduce the forehand.</p>	<p>Symmetry & Asymmetry: Introduction to symmetry; Introduction to asymmetry; Application of learning onto apparatus; Sequence formation; Sequence completion.</p>	<p>2 terms in Year 3 (Spring and Summer).</p> <p>Differentiated swimming activities for a range of swimmers (from non-swimmers to competent swimmers) under the direction of qualified swimming coaches using their scheme of work for progression.</p> <p>Working towards meeting the national curriculum requirements for swimming and water safety.</p>	<p>Communication & Tactics: Creating and applying simple tactics; Developing leadership; Developing communication as a team / collaborate effectively as a team; Create defending and attacking tactics as a team.</p>

	Athletics	Dance	Games	Gymnastics	Swimming	Outdoor Adventure Activities
Year 4	<p>Athletics: Develop running at speed; Exploring our stride pattern; Exploring running at pace; Understand and apply tactics when running for distance; javelin; standing triple jump.</p>	<p>Cats: Responding to stimuli working together; Extending sequences with a partner in character; Exploring two contrasting relationships and interlinking dance moves.</p>	<p><u>Invasion games</u></p> <p>Football: Refine dribbling; turning; refine passing and receiving; develop passing and dribbling creating space; introduce shooting.</p> <p>Dodgeball: Introduce jumping and ducking; Develop throwing with accuracy and power over an increased distance; Develop catching; consolidate dodging, jumping and ducking into games; Combine dodging, catching and throwing.</p> <p>Netball: Refine passing and receiving; Develop passing and dribbling creating space; Develop passing, moving and shooting; Refine passing and shooting; develop footwork</p> <p>Basketball: Refine dribbling Refine passing and receiving; Refine passing and dribbling creating space; Refine passing and dribbling creating shooting opportunities; Introduce marking.</p> <p><u>Striking and fielding games</u></p> <p>Rounders: Develop fielding bowling with a backstop; Introduce batting – how; Develop batting - where and why; Introduce and apply basic fielding tactics</p> <p>Cricket: Develop an understanding of batting and fielding; introduce bowling underarm; develop stopping and returning the ball; Develop retrieving and returning the ball; Striking the ball at different angles and speeds.</p>	<p>Bridges: Introduction to bridges; Application of bridge learning onto apparatus; Develop sequences with bridges; Sequence formation; Sequence completion</p>	<p>1 term in Year 4 (Autumn.</p> <p>Differentiated swimming activities for a range of swimmers (from non-swimmers to competent swimmers) under the direction of qualified swimming coaches using their scheme of work for progression.</p> <p>Working towards meeting the national curriculum requirements for swimming and water safety.</p>	<p>Problem Solving: Benches and mats challenge; Round the clock card challenge; The pen challenge; The river rope challenge; Caving challenges.</p>

	Athletics	Dance	Games	Gymnastics	Health Related Exercise	Outdoor Adventure Activities
Year 5	<p>Athletics: Finishing a race - evaluating our performance; Sprinting - My personal best; Relay changeovers; Shot Put; Introducing the hurdles</p>	<p>Greeks: Exploring the Greeks using compositional principles; Extending sequences with a partner using compositional principles; Creating movement using improvisation where movement is reactive.</p>	<p><u>Invasion games</u></p> <p>Football: Refine dribbling and passing to maintain possession; Introduce and develop defending; Develop shooting; Refine attacking skills, passing, dribbling and shooting; Introduce officiating.</p> <p>Handball: Consolidate passing and receiving; Explore the function of other passes; Develop defending; Develop passing and creating space; Introduce officiating; Refine shooting.</p> <p>Netball: Refine passing and receiving; Apply passing, footwork and shooting into mini games; Introduce officiating; Introduce defending; Explore the function of other passing styles.</p> <p>Basketball: Recap and refine dribbling and passing to create attacking opportunities; Develop marking; Refine shooting; Refine attacking skills, passing, dribbling and shooting; Introduce officiating.</p> <p><u>Net/wall games</u></p> <p>Tennis: Introduce/develop the volley; Controlling the game from the serve; Doubles, understanding and applying tactics to win a point.</p> <p><u>Striking and fielding games</u></p> <p>Rounders: Develop fielding tactics; Maximising players understand what happens if the batter misses the ball; Refine fielding tactics - what players where?; Applying tactics in mini games.</p>	<p>Counter Balance and counter tension: Introduction to counter balance; Application of counter balance learning onto apparatus; Sequence formation; Counter Tension; Sequence completion</p>	<p>Health Related Exercise:</p> <ul style="list-style-type: none"> - Cardio Fitness 1 - Flexibility - Strength - Cardio Fitness 2 	<p>Communication & Tactics: Creating simple attacking and defending tactics; Developing leadership; developing different ways of communicating; solve problems by collaborating and communicating within a team.</p> <p>Orienteering: Face orienteering; Cone orienteering; Point and return; Point to point; Timed course; Orienteering competition.</p>

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Year 6	<p>Athletics: Running for speed competition; Running for distance competition; Throwing competition; Jumping competition</p>	<p>Carnival: Performing with technical control and rhythm in a group; Creating rhythmic patterns using the body; Experiencing dance from a different culture; Chorographical elements including still imagery.</p>	<p><u>Invasion games</u></p> <p>Football: Consolidate keeping possession, develop officiating; Consolidate defending; Organise formations and manage teams; Organise formations decide tactics, manage teams and officiate games.</p> <p>Dodgeball: Consolidate / understanding attacking and defending tactics; Transition between attack and defence; Applying the rules: Officiating games; Managing tactics and officiate games.</p> <p>Netball: Consolidate keeping possession, develop officiating; Consolidate defending; Create, understand and apply attacking / defending tactics in game situations.</p> <p>Basketball: Consolidate keeping possession, develop officiating; Consolidate defending; Create, understand and apply attacking tactics in game situations; Create, understand and apply defending tactics in game situations.</p> <p><u>Striking and fielding games</u></p> <p>Rounders: Introduction to full rounders; Consolidate fielding tactics; Refine our understanding of what happens if the batter misses or hits the ball backwards; Batting considerations.</p> <p>Cricket: Consolidate batting / fielding / bowling; Create, understand and apply attacking / defensive tactics in game.</p>	<p>Matching & Mirroring: Introduction to matching / mirroring; Application of matching / mirroring learning onto apparatus; Sequence development</p>	<p>Health Related Exercise:</p> <ul style="list-style-type: none"> - Cardio Fitness 1 - Flexibility - Strength - Cardio Fitness 2. 	<p>Problem Solving: Understanding what makes an effective team with the focus on cooperation and responsibility; Benches challenge; Cross the river challenge; Around the clock challenge; The river rope challenge; Place the pen challenge; Caving challenges.</p> <p>Orienteering: Face orienteering; Cone orienteering; Point and return; Point to point; Timed course; Orienteering competition.</p>