

EYFS	
<p><b>Communication and language</b></p> <ul style="list-style-type: none"> <li>Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.</li> </ul> <p><b>Personal, Social, Emotional Development</b></p> <ul style="list-style-type: none"> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> <li>Work and play cooperatively and take turns with others.</li> </ul>	<p><b>Physical Development</b></p> <p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design</b></p> <ul style="list-style-type: none"> <li>Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</li> </ul>

**Key Stage One**

Year 1						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><b><u>Gymnastics - Balancing &amp; Spinning On Points &amp; Patches</u></b></p> <ul style="list-style-type: none"> <li>Perform controlled spins</li> <li>Perform asymmetrical spins with balance</li> <li>Work with a partner to create different formations</li> <li>Spin and balance on different levels</li> <li>Spin out of balances</li> <li>Perform spins and balances in different formations</li> </ul>	<p><b><u>Target Games 2</u></b></p> <ul style="list-style-type: none"> <li>Coordinate the skill of punting a ball consistently</li> <li>Coordinate the action of punting with either foot</li> <li>Strike a ball at a target using equipment</li> <li>Strike a ball, at a target, with some degree of force</li> <li>Throw a ball overarm with some accuracy at a target</li> <li>Throw overarm on, 'one bounce' to a friend</li> </ul>	<p><b><u>Dance – Fire of London</u></b></p> <ul style="list-style-type: none"> <li>Use my body to create theme related shapes movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> <li>Identify what 'good' looks like and give feedback to help my partner.</li> </ul>	<p><b><u>Gymnastics – Pathways: small and long</u></b></p> <ul style="list-style-type: none"> <li>Step in controlled, elegant movements</li> <li>Push and pull myself along the ground on different parts of my body</li> <li>Step and turn gracefully</li> <li>Jump in different pathways with coordination</li> <li>Create sequences in curved pathways on the floor and on the apparatus</li> <li>Use different pathways in a sequence</li> </ul>	<p><b><u>Gymnastics – Wide, narrow &amp; curled rolling and balancing</u></b></p> <ul style="list-style-type: none"> <li>Travel and balance with my body in a wide shape</li> <li>Take my own body weight and move in tight curled spaces</li> <li>Form a sequence of long shapes whilst in balance, motion and flight</li> <li>Move from narrow shapes, to tight curled shapes and back, to form a sequence</li> <li>Form a sequence to include a curled shape, a narrow shape and a wide shape</li> <li>Perform a sequence of moves with a partner.</li> </ul>	<p><b><u>Dance – Pirates</u></b></p> <ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> <li>Identify what 'good' looks like and give feedback to help my partner.</li> </ul>

<b>Outside</b>	<b>Fundamental Movements 1</b>	<b>Fundamental Movements 2</b>	<b>Invasion Games Skills 1</b>	<b>Net and Wall Game 1</b>	<b>Athletics 2</b>	<b>Striking and Fielding Games Skills 1</b>
	<ul style="list-style-type: none"> <li>Run skilfully</li> <li>Pick up, carry and put down with care</li> <li>Show increasing control over an object</li> <li>Balance on one leg</li> <li>Be confident in my jobs and take turns</li> <li>Thread objects</li> </ul>	<ul style="list-style-type: none"> <li>Hop</li> <li>Travel backwards carefully</li> <li>Jump in a variety of ways</li> <li>Dodge</li> <li>Evade others</li> <li>Punt a ball</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive a bounce pass effectively</li> <li>Change directions and find an appropriate space.</li> <li>Push pass a hockey ball</li> <li>Receive a hockey ball</li> <li>Move and bounce/dribble a ball</li> <li>Kick/dribble a ball and stop it with a trap</li> </ul>	<ul style="list-style-type: none"> <li>Send and receive a ball with accuracy and control.</li> <li>Strike a ball with one hand while it is airborne</li> <li>Strike and volley a ball with some degree of accuracy</li> <li>Strike a ball using an open palm and move into position to receive it back</li> <li>Strike a small ball with my open palm with some accuracy</li> <li>Throw with accuracy and power</li> </ul>	<ul style="list-style-type: none"> <li>React quickly</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with a good technique</li> <li>Demonstrate a variety of athletics techniques competently</li> </ul>	<ul style="list-style-type: none"> <li>Use both hands whilst fielding</li> <li>Stop a ball, creating a barrier behind it with my feet or body</li> <li>Bowl a ball overarm at a target</li> <li>Pick up a ball with one hand and throw it underarm</li> <li>Chase and retrieve a ball</li> <li>Bowl under and overarm with some accuracy</li> </ul>

Year 2						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<b><u>Gymnastics – Pathways: Straight, zigzag &amp; curving</u></b>	<b><u>Dance Animals</u></b>	<b><u>Dance – Under the sea</u></b>	<b><u>Gymnastics – Spinning, turnings &amp; twisting</u></b>	<b><u>Gymnastics – Stretching, curling &amp; arching</u></b>	<b><u>Dance – Mini Beasts</u></b>
	<ul style="list-style-type: none"> <li>Jump with a 90-degree turn</li> <li>Create a sequence of zig zag pathways</li> <li>Demonstrate zig zag and straight pathways in a sequence</li> <li>Perform a sequence of moves in a curved pathway</li> <li>Travel backwards and sideways as part of a sequence</li> <li>Perform a variety of moves on the floors and apparatus using different pathways</li> </ul>	<ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings.</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movements</li> </ul>	<ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme related shapes, movements and feelings.</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movements</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate agility, balance and coordination</li> <li>Perform a twist and then roll</li> <li>Change the point of contact in balances by leading into the next balance by twisting</li> <li>Twist while in inversion</li> <li>Work in synchronisation with a partner to perform different balances and twists</li> <li>Mirror the moves of my partner</li> </ul>	<ul style="list-style-type: none"> <li>Travel in curled positions</li> <li>Stretch whilst in balance</li> <li>Create a sequence with seamless transitions between stretches and curls</li> <li>Stretch and curl whilst performing a variety of gymnastic movements</li> <li>Form front and back supports</li> <li>Perform a sequence with clear starting and finishing positions</li> </ul>	<ul style="list-style-type: none"> <li>Use my body and create theme related shapes, movements and actions</li> <li>Use my body to express simple theme relates shapes, movements and feelings</li> <li>Travel safely and creatively in space</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively with a partner</li> <li>Remember and perform a simple sequence of movement</li> </ul>

Outside	<p><b>Fundamental Movement 3</b></p> <ul style="list-style-type: none"> <li>Skip using a rope</li> <li>Dribble a ball with either hand</li> <li>Receive a ball and trap it</li> <li>Pass in different ways</li> <li>Jump for height</li> <li>Catch consistently well</li> </ul>	<p><b>Target Games 3</b></p> <ul style="list-style-type: none"> <li>To throw a ball underarm with either hand and with some accuracy at a target</li> <li>To kick a ball with some accuracy with both feet</li> <li>To roll with good technique with either hand</li> <li>To punt a ball with some accuracy with both feet</li> <li>To strike a ball, with a racket or bat at a target with some degree of force</li> <li>To aim with accuracy at a target so it hits on the second bounce</li> </ul>	<p><b>Invasion Game Skills 2</b></p> <ul style="list-style-type: none"> <li>I can throw overarm for my partner to catch after one bounce</li> <li>To catch a ball consistently on the full</li> <li>To track an opponent</li> <li>To dodge to beat an opponent</li> <li>To pass the ball consistently with control</li> <li>To compete with some spatial awareness in team games</li> </ul>	<p><b>Net and Wall Game Skills 2</b></p> <ul style="list-style-type: none"> <li>Send a ball with some degree of accuracy</li> <li>Strike a ball with some accuracy</li> <li>Send a ball with increasing accuracy</li> <li>Develop a good grip and stance</li> <li>Return a ball, after one bounce, that has been thrown to me by my partner</li> <li>Strike a backhand from my own feed</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>Show a sense of anticipation to begin work</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with good technique</li> <li>Help a peer improve their performance with good feedback</li> </ul>	<p><b>Striking and Fielding Games Skills 2</b></p> <ul style="list-style-type: none"> <li>Catch a ball after one bounce</li> <li>Bowl overarm with a straight arm</li> <li>Pick up a ball one-handed and return it underarm</li> <li>Strike a ball to leg from a short delivery</li> <li>Chase a ball and throw it back accurately</li> <li>Play a game using the skills I have learned.</li> </ul>
	<p><b>Fundamental Movement 3</b></p> <ul style="list-style-type: none"> <li>Skip using a rope</li> <li>Dribble a ball with either hand</li> <li>Receive a ball and trap it</li> <li>Pass in different ways</li> <li>Jump for height</li> <li>Catch consistently well</li> </ul>	<p><b>Target Games 3</b></p> <ul style="list-style-type: none"> <li>To throw a ball underarm with either hand and with some accuracy at a target</li> <li>To kick a ball with some accuracy with both feet</li> <li>To roll with good technique with either hand</li> <li>To punt a ball with some accuracy with both feet</li> <li>To strike a ball, with a racket or bat at a target with some degree of force</li> <li>To aim with accuracy at a target so it hits on the second bounce</li> </ul>	<p><b>Invasion Game Skills 2</b></p> <ul style="list-style-type: none"> <li>I can throw overarm for my partner to catch after one bounce</li> <li>To catch a ball consistently on the full</li> <li>To track an opponent</li> <li>To dodge to beat an opponent</li> <li>To pass the ball consistently with control</li> <li>To compete with some spatial awareness in team games</li> </ul>	<p><b>Net and Wall Game Skills 2</b></p> <ul style="list-style-type: none"> <li>Send a ball with some degree of accuracy</li> <li>Strike a ball with some accuracy</li> <li>Send a ball with increasing accuracy</li> <li>Develop a good grip and stance</li> <li>Return a ball, after one bounce, that has been thrown to me by my partner</li> <li>Strike a backhand from my own feed</li> </ul>	<p><b>Athletics 2</b></p> <ul style="list-style-type: none"> <li>Show a sense of anticipation to begin work</li> <li>Jump in a variety of ways</li> <li>Discover and develop different styles of jumping</li> <li>Jump in a variety of ways competently</li> <li>Throw with good technique</li> <li>Help a peer improve their performance with good feedback</li> </ul>	<p><b>Striking and Fielding Games Skills 2</b></p> <ul style="list-style-type: none"> <li>Catch a ball after one bounce</li> <li>Bowl overarm with a straight arm</li> <li>Pick up a ball one-handed and return it underarm</li> <li>Strike a ball to leg from a short delivery</li> <li>Chase a ball and throw it back accurately</li> <li>Play a game using the skills I have learned.</li> </ul>

**Key Stage Two**

Year 3						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><b>Gymnastics – Linking movements together</b></p> <ul style="list-style-type: none"> <li>Step gracefully and with control</li> <li>Hold balances with good control</li> <li>Show different graceful ways of getting from floor to ground and vice versa</li> <li>Explore a variety of rolls</li> <li>Travel on patches close to the ground</li> <li>Perform a range of gymnastic movements at my own level</li> </ul>	<p><b>Health and related fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> <li>Start and finish a sprint race with good technique</li> <li>Refine my techniques</li> </ul>	<p><b>Gymnastics – Receiving body weight</b></p> <ul style="list-style-type: none"> <li>Take weight on patches</li> <li>Take body weight on my back and shoulders, both in balance and in motion</li> <li>Take weight on my hands as part of a sequence of moves</li> <li>Take my weight on my back, bottom and shoulders both in balance and in motion</li> <li>Perform shoulder and teddy bear rolls</li> <li>Perform with control and a range of dynamics</li> </ul>	<p><b>Dance – Romans</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Improve our ideas</li> <li>Evaluate the work of other's using accurate technical language</li> </ul>	<p><b>Gymnastics – Symmetry &amp; asymmetry</b></p> <ul style="list-style-type: none"> <li>Create a sequence using different spins on patches</li> <li>Create a sequence of spins on points at different levels and with smooth transitions</li> <li>Spin symmetrically and asymmetrically on points and patches</li> <li>Forward roll</li> <li>Work in different formations</li> <li>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</li> </ul>	<p><b>*NEW* Gymnastic equipment</b></p> <ul style="list-style-type: none"> <li>Navigate around the equipment safely</li> <li>Hold their body weight by mainly using their feet and legs.</li> <li>Step on one step at a time up the ladder with someone holding the ladder securely.</li> <li>Climb up part secured climbing frame</li> <li>Hold a pose that leads to a smooth transition to the equipment.</li> <li>Create a sequence including at least 1 balance and 1 piece of equipment to be performed in unison.</li> </ul>
	<p><b>Gymnastics – Linking movements together</b></p> <ul style="list-style-type: none"> <li>Step gracefully and with control</li> <li>Hold balances with good control</li> <li>Show different graceful ways of getting from floor to ground and vice versa</li> <li>Explore a variety of rolls</li> <li>Travel on patches close to the ground</li> <li>Perform a range of gymnastic movements at my own level</li> </ul>	<p><b>Health and related fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> <li>Start and finish a sprint race with good technique</li> <li>Refine my techniques</li> </ul>	<p><b>Gymnastics – Receiving body weight</b></p> <ul style="list-style-type: none"> <li>Take weight on patches</li> <li>Take body weight on my back and shoulders, both in balance and in motion</li> <li>Take weight on my hands as part of a sequence of moves</li> <li>Take my weight on my back, bottom and shoulders both in balance and in motion</li> <li>Perform shoulder and teddy bear rolls</li> <li>Perform with control and a range of dynamics</li> </ul>	<p><b>Dance – Romans</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Improve our ideas</li> <li>Evaluate the work of other's using accurate technical language</li> </ul>	<p><b>Gymnastics – Symmetry &amp; asymmetry</b></p> <ul style="list-style-type: none"> <li>Create a sequence using different spins on patches</li> <li>Create a sequence of spins on points at different levels and with smooth transitions</li> <li>Spin symmetrically and asymmetrically on points and patches</li> <li>Forward roll</li> <li>Work in different formations</li> <li>Create a sequence using a range of symmetrical and asymmetrical gymnastic moves</li> </ul>	<p><b>*NEW* Gymnastic equipment</b></p> <ul style="list-style-type: none"> <li>Navigate around the equipment safely</li> <li>Hold their body weight by mainly using their feet and legs.</li> <li>Step on one step at a time up the ladder with someone holding the ladder securely.</li> <li>Climb up part secured climbing frame</li> <li>Hold a pose that leads to a smooth transition to the equipment.</li> <li>Create a sequence including at least 1 balance and 1 piece of equipment to be performed in unison.</li> </ul>

<b>Outside</b>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Trap a ball and cushion it when receiving</li> <li>Dribble a ball using both feet and manipulate it using different parts of the foot</li> <li>Turn confidently with a football</li> <li>Make good decisions when in possession</li> <li>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</li> <li>Show the skills and knowledge you have developed in a competitive environment</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>Work as part of a team</li> <li>Work together in a small group to solve problems</li> <li>Negotiate with my group</li> <li>Work with others to solve problems</li> <li>Identify areas of the school grounds using a map</li> <li>Identify where a number of controls are situated around the school grounds via photographic clues</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Scoop a ball up from the floor</li> <li>Pocket pass with accuracy from my right and left</li> <li>Pass a rugby ball backwards accurately</li> <li>Pass backwards consistently</li> <li>Pass, missing out players in a line</li> <li>Apply a range of skills effectively in a game of rugby</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Throw overarm powerfully and accurately</li> <li>Keep my eye on the opposition at all times</li> <li>Catch to bring teammates back into the game</li> <li>Show good peripheral awareness</li> <li>Attack decisively</li> <li>Make good decisions at crucial times of games</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> <li>Develop the technique and consistency of my jumps</li> <li>Throw overarm accurately</li> <li>Accurately replicate the technique for running, jumping and throwing events</li> <li>Replicate the techniques for running, jumping and throwing events in competitive situations</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Stand sideways-on, with a high back lift, ready to receive a ball</li> <li>Bowl a ball overarm with a straight arm</li> <li>Throw accurately and powerfully</li> <li>Bat successfully with a partner, communicating effectively</li> <li>Bowl with a run up</li> <li>Back up my fellow fielders in the field</li> </ul>

Year 4						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<p><b>Gymnastics – Arching and bridges</b></p> <ul style="list-style-type: none"> <li>Support my body weight on my hands and feet only</li> <li>Spin and take my weight in my hands</li> <li>Create sequences involving different controlled rolls and front and back supports</li> <li>Create sequences, moving seamlessly from front and back supports to other balances</li> <li>Work in different formations within a sequence</li> <li>Work in a pair</li> </ul>	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>Warm up and cool down after exercise</li> <li>Perform a variety of yoga poses</li> <li>Demonstrate good core strength</li> <li>Jump dynamically</li> <li>Start and finish a sprint race with good technique</li> <li>Refine my techniques</li> </ul>	<p><b>Gymnastics – Partner work – pushing and pulling</b></p> <ul style="list-style-type: none"> <li>Balance on different points and patches</li> <li>Compose a sequence with a partner</li> <li>Match my partner’s asymmetrical balances</li> <li>Work alongside a partner to produce our best work</li> <li>Work in a group</li> <li>Work at contrasting levels</li> </ul>	<p><b>Dance - Egyptians</b></p> <ul style="list-style-type: none"> <li>Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>Creatively change static actions into travelling movements</li> <li>Communicate effectively with a partner</li> <li>Communicate effectively within a group</li> <li>Communicate effectively within a group</li> <li>Evaluate the work of other’s using accurate technical language</li> </ul>	<p><b>Gymnastics – Rolling and travelling low</b></p> <ul style="list-style-type: none"> <li>Forward roll with good technique and control</li> <li>Link forward rolls into a rolling sequence seamlessly</li> <li>Roll backwards and come to standing without knees touching the mat</li> <li>Create a sequence involving a variety of rolls</li> <li>Mirror a partner’s rolls with good timing</li> <li>Produce a sequence of rolls which show elements of unison, canon and mirroring</li> </ul>	<p><b>*NEW* Gymnastic equipment</b></p> <ul style="list-style-type: none"> <li>Navigate around the equipment safely</li> <li>Climb 2 pulls up the rope.</li> <li>Stepping on one step at a time up the ladder with good technique.</li> <li>Support somebody to safely climb up a secured frame</li> <li>Perform a spin, turn or roll to transition onto the equipment</li> <li>Create a sequence including at least 1 balance, 1 spin/turn/roll and 1 piece of equipment to be performed in unison.</li> </ul>
	<b>Outside</b>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Trap a ball and cushion it when receiving</li> <li>Dribble a ball using both feet and manipulate it using different parts of the foot</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>Work as part of a team</li> <li>Work together in a small group to solve problems</li> <li>Negotiate with my group</li> <li>Work with others to solve problems</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>Scoop a ball up from the floor</li> <li>Pocket pass with accuracy from my right and left</li> <li>Pass a rugby ball backwards accurately</li> <li>Pass backwards consistently</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Throw overarm powerfully and accurately</li> <li>Keep my eye on the opposition at all times</li> <li>Catch to bring teammates back into the game</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Use the correct technique to start a sprint race</li> <li>Hurdle efficiently and consistently</li> </ul>



<ul style="list-style-type: none"> <li>• Turn confidently with a football</li> <li>• Make good decisions when in possession</li> <li>• Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</li> <li>• Show the skills and knowledge you have developed in a competitive environment</li> </ul>	<ul style="list-style-type: none"> <li>• Identify areas of the school grounds using a map</li> <li>• Identify where a number of controls are situated around the school grounds via photographic clues</li> </ul>	<ul style="list-style-type: none"> <li>• Pass, missing out players in a line</li> <li>• Apply a range of skills effectively in a game of rugby</li> </ul>	<ul style="list-style-type: none"> <li>• Show good peripheral awareness</li> <li>• Attack decisively</li> <li>• Make good decisions at crucial times of games</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the technique and consistency of my jumps</li> <li>• Throw overarm accurately</li> <li>• Accurately replicate the technique for running, jumping and throwing events</li> <li>• Replicate the techniques for running, jumping and throwing events in competitive situations</li> </ul>	<ul style="list-style-type: none"> <li>• Throw accurately and powerfully</li> <li>• Bat successfully with a partner, communicating effectively</li> <li>• Bowl with a run up</li> <li>• Back up my fellow fielders in the field</li> </ul>
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Year 5						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><b><u>Gymnastics – Matching, mirroring &amp; contrast</u></b></p> <ul style="list-style-type: none"> <li>• Perform matching moves with a partner within a sequence</li> <li>• Control an arabesque</li> <li>• Perform a sequence, mirroring a partner’s symmetrical and asymmetrical shapes</li> <li>• Perform a sequence with a partner, which moves from matching moves to contrasting</li> <li>• Work as a group to demonstrate fluent routines involving mirroring and contrasts</li> <li>• Perform elements of unison and canon in a group routine</li> </ul>	<p><b><u>Health Related Fitness</u></b></p> <ul style="list-style-type: none"> <li>• Sustain my pace when running</li> <li>• Show determination and perseverance</li> <li>• Perform a variety of exercises demonstrating good technique</li> <li>• Perform exercises with control and good technique</li> <li>• Improve on previous performances</li> <li>• Communicate and negotiate with others to agree what we are going to do as a group</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Roll over my partner who is in a long pencil shape</li> <li>• Form strong arches and bridges</li> <li>• Leapfrog others safely</li> <li>• Work with a partner, to travel over and under, on both floor and benches</li> <li>• Travel over a partner by taking my weight on my hands</li> <li>• Work over and under on the floor and apparatus</li> </ul>	<p><b><u>Dance – Through the ages</u></b></p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>• Creatively change static actions into travelling movements</li> <li>• Communicate effectively with a partner</li> <li>• Communicate effectively within a group</li> <li>• Communicate effectively within a group</li> <li>• Evaluate the work of other’s using simple technical language</li> </ul>	<p><b><u>Gymnastics – Synchronisation and canon</u></b></p> <ul style="list-style-type: none"> <li>• Slide, scramble, push and spin</li> <li>• Perform in canon to a consistent tempo, so that my sequence flows</li> <li>• Create a sequence working at different levels and with different dynamics</li> <li>• Perform balances on patches and in unison, and rolls in canon</li> <li>• Perform in a group demonstrating different dynamics- changes of level, speed and direction</li> <li>• Perform a routine as a group, displaying canon and unison</li> </ul>	<p><b><u>*NEW* Gymnastic equipment</u></b></p> <ul style="list-style-type: none"> <li>• Navigate around the equipment safely</li> <li>• Climb at least 2 pulls up the rope and hold it using their feet for support.</li> <li>• Climbing up the ladder, with feet on alternating rungs, with someone holding the ladder securely</li> <li>• Climb up a secured frame and hold a balance (3 points of contact with either an arm or leg out)</li> <li>• Perform a spin, turn or roll to transition from the equipment</li> <li>• Create a sequence including at least 2 balance, 2 spin/turn/roll and 1 piece of equipment to be performed in unison.</li> </ul>

<b>Outside</b>	<b>Football</b>	<b>OAA</b>	<b>Tag rugby</b>	<b>Dodgeball</b>	<b>Athletics</b>	<b>Cricket</b>
	<ul style="list-style-type: none"> <li>• Demonstrate skill and close control</li> <li>• Combine skills to allow my team to retain possession</li> <li>• Identify which shooting technique to use to be successful</li> <li>• Communicate well with my teammates</li> <li>• Combine skills to create a goal scoring opportunity</li> <li>• Cooperate, communicate and collaborate with others to achieve shared goals</li> </ul>	<ul style="list-style-type: none"> <li>• Use non-verbal communication to solve problems</li> <li>• Work with a partner to navigate successfully across and through obstacles whilst blindfolded</li> <li>• Think creatively to find solutions to challenges</li> <li>• Navigate my way round using a map</li> <li>• Work quickly and effectively against the clock</li> <li>• Identify the location of a number of controls which relate to specific letters of the alphabet</li> </ul>	<ul style="list-style-type: none"> <li>• Pop pass and pocket pass</li> <li>• Send and receive a ball on the run and under pressure</li> <li>• Pass a rugby ball backwards consistently</li> <li>• Pass missing out players in a line</li> <li>• Attack in staggered lines</li> <li>• Apply skills effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Throw hard and low at my opponents</li> <li>• Dodge balls well that are thrown at me</li> <li>• Catch balls low down and thrown at pace at me</li> <li>• Use a ball to block incoming fire</li> <li>• Play, abiding by the rules</li> <li>• Choose the right moment to attack and defend</li> </ul>	<ul style="list-style-type: none"> <li>• Change pace and run at different tempos</li> <li>• Throw with accuracy and power using the pull technique</li> <li>• Throw with greater force and over longer distances</li> <li>• Perform the correct techniques for triple jump, high jump and standing vertical jump</li> <li>• Combine sprinting with hurdling</li> <li>• Transfer a relay baton efficiently as part of a team</li> </ul>	<ul style="list-style-type: none"> <li>• Catch consistently well under pressure</li> <li>• Pull a ball from a short delivery to the leg side</li> <li>• Perform a range of fielding techniques</li> <li>• Bowl with consistent accuracy and length</li> <li>• Show tactical awareness as a fielder</li> <li>• Link my skills and perform in a competitive game</li> </ul>

Year 6						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Inside</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Hold controlled balances on a variety of points and patches on a given number of body parts</li> <li>• Hold a range of symmetrical and asymmetrical counter balances</li> <li>• Roll as part of a balancing and rolling sequence</li> <li>• Link my skills to perform actions and sequences</li> <li>• Link asymmetrical counter tension balances and counter balances using transitional moves</li> <li>• Perform asymmetrical counter balances in a sequence, using canon or unison</li> </ul>	<p><b>Health Related Fitness</b></p> <ul style="list-style-type: none"> <li>• Motivate myself to do my best in a range of exercises</li> <li>• Run for a period of time, maintaining a good pace</li> <li>• Perform a variety of exercise demonstrating good technique</li> <li>• Perform exercises with control and good technique</li> <li>• Improve on previous performances</li> <li>• Work as part of a group to set up a circuit of exercises</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Gain elevation from a powerful run and dynamic take off</li> <li>• Create shapes whilst in flight</li> <li>• Share space and apparatus safely with others</li> <li>• Mount and dismount the apparatus safely in imaginative ways</li> <li>• Perform a range of interesting jumps gracefully</li> <li>• Work to create a sequence as a group</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Develop a motif demonstrating some agility, balance, coordination and precision</li> <li>• Show different levels, pathways and directions when I travel</li> <li>• Communicate effectively with a partner</li> <li>• Communicate effectively within a group</li> <li>• Improve our ideas</li> <li>• Evaluate the work of other's using simple technical language</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Work in a group of 4 to create a sequence of rolls</li> <li>• Work as part of a team to create a sequence involving flight</li> <li>• Create a sequence working at different levels and with different dynamics</li> <li>• Take weight on my hands in different ways</li> <li>• Create sequences with pathways that cross</li> <li>• Time my moves within a group sequence</li> </ul>	<p><b>*NEW* Gymnastic equipment</b></p> <ul style="list-style-type: none"> <li>• Navigate around the equipment safely</li> <li>• Climb up the rope using the correct technique with their feet.</li> <li>• Climb up the ladder, with feet on alternating rungs, with good technique.</li> <li>• Move along once up the secured frame onto the next frame.</li> <li>• Perform a spin, turn or roll to transition to and from the equipment in a pair</li> <li>• Create a sequence including at least 2 balance, 2 spin/turn/roll and 1 piece of equipment to be performed mirrored.</li> </ul>

<b>Outside</b>	<b>Football</b>	<b>OAA</b>	<b>Tag rugby</b>	<b>Dodgeball</b>	<b>Athletics</b>	<b>Cricket</b>
	<ul style="list-style-type: none"> <li>• Pass the ball and move into space</li> <li>• Dribble at different tempos</li> <li>• Keep the ball moving when running at an opponent</li> <li>• Defend thoughtfully, slowing attackers down and not overcommitting too soon</li> <li>• Make the most of having extra player/s on my team</li> <li>• Officiate if given the chance</li> </ul>	<ul style="list-style-type: none"> <li>• Work as part of a team</li> <li>• Give clear instructions</li> <li>• Work together in a small group to solve problems</li> <li>• Demonstrate teamwork and a good level of communications to complete a group task</li> <li>• Work quickly and effectively against the clock</li> <li>• Communicate positively with the other members of my team</li> </ul>	<ul style="list-style-type: none"> <li>• Tag someone safely</li> <li>• Send and receive a ball on the run and under pressure</li> <li>• Dummy a pass</li> <li>• Take a tap penalty with a dummy half</li> <li>• Organise my position so that I receive passes on the run</li> <li>• Develop game understanding and compete in a game of tag rugby</li> </ul>	<ul style="list-style-type: none"> <li>• Dodge to evade the ball</li> <li>• Throw with increasing power and at a low trajectory</li> <li>• Catch balls thrown at me low down and at pace</li> <li>• Play adapted games with special rules</li> <li>• Work as a group to come up with some tactics</li> <li>• Compete against others effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Sustain my pace over longer distances</li> <li>• Throw after a run up</li> <li>• Throw with greater control, accuracy and efficiency</li> <li>• Measure accurately my performance at standing vertical jumping</li> <li>• Combine sprinting with hurdling</li> <li>• Transfer a relay baton efficiently as part of a team</li> </ul>	<ul style="list-style-type: none"> <li>• Throw accurately overarm</li> <li>• Pull a ball from a short delivery to the leg side</li> <li>• Bowl with a run up</li> <li>• Use my feet to get to the pitch of the ball when batting</li> <li>• Play a square cut shot</li> <li>• Bowl by running in close to the wickets</li> </ul>