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## Physical Education, School Sport, Physical Activity (PESSPA)

### Physical Education at Deddington Primary School

Our rich and inclusive Physical Education curriculum has been created and developed to support the promotion of leading a healthy active lifestyle which can be sustained into lifelong habits. Through engaging lessons, we enable pupils to develop competency in fundamental movement skills as they become confident in moving with agility, balance and coordination, leading to an increased ability to apply their skills in different physical activities and sports. Many units of work are planned to support the skills needed for intra and inter school events throughout the year.

Physical Education is taught for 2 hours a week in KS1 and KS2.

KS2 attend swimming lessons in termly blocks. These lessons take place at Bloxham School led by a mixture of external specialists and trained Deddington Primary School staff.

#### Intent

**Our school vision:** Through inspirational teaching, all our children have the confidence to achieve success in a safe and healthy school with Christian values at its core. At Deddington Primary School, we want our pupils to achieve the highest standards possible through a coordinated and sequenced scheme of high-quality learning experiences. We aim to foster life-long learning behaviours through: independence, resilience, choice, collaboration and personal discovery. We want our pupils to be fully prepared and equipped for the next stages of their education and for life in modern Britain.

**Our aim for PESSPA is:** to promote and engender a healthy active lifestyle amongst our school community which can be sustained into lifelong habits. To enable pupils to develop competency in fundamental movement skills as they become confident in moving with agility, balance and coordination, thus leading to an increased ability to apply their skills in different physical activities and sports.

**Our vision for PESSPA is:** that through PE, sport and physical activity we provide opportunities for all to be active, thereby creating physically literate children, through a rich, inclusive approach.

#### Implementation

**We implement our vision and curriculum intent in the following ways:**

- Deeply embedded vision, values and our 6 principles of success.
- A supportive and nurturing environment encouraging pupil achievement within all aspects of PESSPA.
- A broad and balanced curriculum covered through all aspects of PESSPA.
- Strong, supportive but ambitious and determined leadership in PESSPA.
- Clear progressive skills forming the foundation of the delivery and assessment of PE, with high aspirations.
- Pupils reflect upon their learning throughout lessons and through response tasks.
- PESSPA has a high priority throughout the school, with an 'active' thread woven into everyday learning.
- High quality teaching through passion, praise, enthusiasm and PE subject knowledge.
- CPD for PE is offered through NOSSP, outside agencies and in-house training.
- Pupil leadership and Building Learning Power approaches develop independence, resilience, pupil involvement, engagement and deeper thinking.
- Challenge and questioning within teaching approaches to PE.
- High quality and appropriate resources to support teaching and learning in PESSPA.
- Using cross curricular links/opportunities to ensure pupils can transfer and apply the skills they develop e.g. Active Maths.
- An outstanding offer provided by the school and NOSSP. In addition to visitors/CPD to enrich the PESSPA, supported by the Sports Premium funding.
- High participation rates in clubs, as well as partnership/area festivals and tournaments.
- Pupil and parent/community voice is encouraged, respected and informs the constantly improving provision. Parent/community support is constantly promoted through support for/at festivals and competitions, as well as clubs.

## Impact

- In line with national expectations children acquire the appropriate age related PE knowledge and skills, enabling good progress.
- They master fundamental movement skills in KS1 and begin to apply them by participating in team games and performing simple movement patterns.
- In KS2 they develop these skills in both isolation and competitions/festivals, comparing performances to achieve a personal best.
- All children are able to swim over 25m by the end of KS2.
- Achievement in all aspects of PE is at least good and is constantly improving.
- Pupils are happy and healthier at school, and enjoy being physically active.
- Pupils are proud of their achievements, knowing what they need to do to improve and demonstrating the 'Deddington Way' in everything they do and achieve.
- Staff are constantly improving practice and proud of our school/team achievements.
- Observations/pupil surveys indicate reflective learners and consistently demonstrate good learning attitudes.
- Achievement and success within School Sport is high with all successes celebrated.
- Pupils and staff use our deeply embedded school values and vision to reflect upon their own achievements and development within PE, confident in setting and achieving personal targets.
- Visitors and prospective parents consistently comment on the lovely atmosphere, ethos and environment the school team have created.
- Healthy active lifestyles are formed with sustainable engagement.

## The National Curriculum for PESSPA across Key Stages

The PE curriculum has been designed to support the National Curriculum through the provision of high-quality physical education which inspires all pupils to succeed and excel whilst being physically active. At Deddington, we have created a progressive, inclusive curriculum which builds on from the basic skills needed for physical literacy (ability, balance, coordination) to becoming competent in a broad range of sports whilst engendering a healthy active lifestyle.

By the time children leave Deddington, we want to ensure our pupils have become competent in the fundamental movement skills thus leading to an increased ability to apply their skills in different physical activities and sports. We want to engender a healthy active lifestyle which can be sustained into a lifelong habit.

Sporting tournaments, festivals, visitors and sporting opportunities within the wider community enhance the individual experience in PESSPA, providing inspiration as well as inclusive and competitive opportunities to effectively develop skills, realize success and progress to a higher level of learning.

### Swimming and water safety Physical education – key stages 1 and 2

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

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

#### Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. 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.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

## Key stage 2

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Subject strands

Fundamental abc skill development / Games / Dance / Gymnastics / Athletics / Long distance running/ Orienteering / Swimming / Outdoor Adventurous Activities

**Event Offered** (Further events are offered with shorter notice)

## Curriculum topics by term

|        | Term 1  | Term 2   | Term 3                        | Term 4                                      | Term 5  | Term 6<br>(National Sports Week<br>W.B 6.7.26)  |
|--------|---|--|-------------------------------|---|---|---|
| EYFS   | Games<br>Long distance running  | Dance  | Gymnastics                    | Team games                                  | Gymnastics  | Athletics/ Sports' Day Skills   |
| Year 1 | Long distance running<br>Games<br>Fundamental abc skill development             | Gymnastics<br>Dance<br>Events =<br>Cross Country/Dance   | Games<br>Gymnastics           | Orienteering<br>Dance                       | Athletics/ Sports' Day Skills<br>Games<br>Dance                             |   |
| Year 2 | Long distance running<br>Games<br>Fundamental abc skill development             | Gymnastics<br>Dance<br>Events =<br>Cross Country   | Games<br>Gymnastics           | Orienteering<br>Dance                       | Athletics/ Sports' Day Skills<br>Games<br>Dance<br>Events =<br>Multi Skills |   |
| Year 3 | Long distance running<br>Games (Football)<br>Events =<br>Cross Country/Football | Dance<br>Games (Dodgeball)<br>Sports hall Athletics<br>Events =<br>Dodgeball/Rugby<br>Megafest | Games (Trigolf)<br>Gymnastics | Games (Netball)<br>Orienteering<br>Swimming | Games (Tennis)<br>Swimming  | Athletics/ Sports' Day Skills<br>Games (Cricket)<br>Dance<br>Events =<br>Quaddkids/Tennis |
| Year 4 | Games (Football)<br>Swimming<br>Long distance running                           | Sports hall Athletics<br>Dance<br>Events =   | Gymnastics                    | Games (Netball)<br>Games (Tri Golf)         | Athletics<br>Outdoor Adventurous Activities                                 | Athletics/ Sports' Day Skills<br>Games (Cricket)  |

|        |   |   |   |   |  |   |
|--------|---|---|---|---|--|---|
|        | Events =<br>Cross Country/Football  | Dodgeball/ Rugby<br>Megafest  |   |   | Games (Tennis)   | Dance<br>Events =<br>Quadkids/Tennis  |
| Year 5 | Games (Netball)<br><br>Invasion games (tag<br>rugby)<br><br>Events =<br>Cross Country/Netball           | Sports hall Athletics<br><br>Gymnastics<br><br>Events =<br>Football/ Rugby Megafest | Invasion games (hockey)<br><br>Sports hall Athletics<br><br>Swimming<br><br>Events =<br>Athletics | Athletics (quad kids'<br>skills)<br><br>Events =<br>Athletics/Hockey  | Invasion games (football)<br><br>Games (Cricket/rounders)  | Athletics/ Sports' Day<br>Skills<br><br>Games (Tennis)<br><br>Dance<br><br>Events =<br>Quadkids/Cricket       |
| Year 6 | Games (Netball)<br><br>Invasion games (tag<br>rugby /football)<br><br>Events =<br>Cross Country/Netball | Sports hall Athletics<br><br>Swimming<br><br>Events =<br>Football/ Rugby Megafest   | Gymnastics<br><br>Events =<br>Athletics   | Games (Dodgeball)<br><br>Invasion games (hockey)<br><br>Athletics (quad kids)<br>Events =<br>Athletics/Hockey | Games (Rounders)<br><br>Games (Tennis)<br><br>Outdoor Adventurous<br>Activities<br><br>'Top up' swimming | Athletics/ Sports' Day<br>Skills<br><br>Games (Cricket)<br><br>Dance<br><br>Events =<br>Quadkids/Cricket/Golf |

Deddington Church of England Primary School Physical Education, School Sport, Physical Activity (PESSPA) Curriculum overview

|    |  | TERM 1  | TERM 2  | TERM 3   | TERM 4  | TERM 5   | TERM 6   |
|----|--|---|---|--|---|--|--|
| F1 | Topic                                  | <b>Games</b><br>Long distance running   | <b>Dance</b>  | <b>Gymnastics</b>  | <b>Team games</b>   | <b>Gymnastics</b>  | <b>Athletics/ Sports' Day Skills</b>   |
|    | 'I Know'<br>The knowledge to be learnt | <b>Games</b> <ul style="list-style-type: none"> <li>I know how to kick and catch a ball with increasing control.</li> </ul> <b>Long distance running</b> <ul style="list-style-type: none"> <li>I know varying speeds can support stamina when running.</li> <li>I know how to effectively change direction when running.</li> </ul>  | <b>Dance</b> <ul style="list-style-type: none"> <li>I know a range of ways I can move my body</li> <li>I know that the way I move can represent emotions.</li> </ul>  | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know how to squat with control.</li> <li>I know how to support my balancing skills.</li> </ul>  | <b>Team games</b> <ul style="list-style-type: none"> <li>I know the importance of being aware of people and spaces around me.</li> <li>I know how to use change of speed or direction to avoid obstacles.</li> </ul>  | <b>Gymnastics (Apparatus)</b> <ul style="list-style-type: none"> <li>I know how to use apparatus safely.</li> <li>I know how different types of apparatus can be used.</li> </ul>  | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I know how to run safely.</li> <li>I know some types of jump.</li> <li>I know how to aim for a target.</li> </ul>  |
|    | Key Vocabulary                         | <b>Games</b><br>Kick / Catch / control / pushing/patting/throwing/catching/kicking<br><br><b>Long distance running</b><br>Speed/ direction/ stamina   | <b>Dance</b><br>Slithering / shuffling/ rolling/ crawling / walking/ running/ jumping/ sliding / hopping / emotion/ expression  | <b>Gymnastics</b><br>squat / steady  | <b>Team games</b><br>spatial awareness/ speed / direction   | <b>Gymnastics (Apparatus)</b><br>climb /jump / landing/ balance  | <b>Athletics/ Sports' Day Skills</b><br>run / pace / distance / jump / hop / throw/ aim/ target  |
|    | 'I can'<br>The skills to be developed  | <b>Games</b> <ul style="list-style-type: none"> <li>I can kick a large ball.</li> <li>I can catch a large ball.</li> <li>I can show increasing control of an object when pushing, patting, throwing, catching or kicking.</li> </ul> <b>Long distance running</b> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can begin to show stamina</li> </ul> | <b>Dance</b> <ul style="list-style-type: none"> <li>I can move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping.</li> <li>I can experiment with different ways of moving.</li> <li>I can begin to add some emotions or expressions</li> </ul> | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I can squat with steadiness to rest or play with an object on the ground.</li> <li>I can rise to feet without using hands.</li> <li>I can stand on one foot.</li> </ul> | <b>Team games</b> <ul style="list-style-type: none"> <li>I can negotiate space successfully in racing and chasing games with others.</li> <li>I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</li> </ul> | <b>Gymnastics (Apparatus)</b> <ul style="list-style-type: none"> <li>I can climb confidently and begin to pull up on equipment.</li> <li>I can mount stairs, steps or climbing equipment using alternate feet.</li> <li>I can jump off an object and land appropriately.</li> <li>I can travel with confidence and skill around, under and over balancing and climbing equipment.</li> </ul> | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I can safely run on whole feet.</li> <li>I can vary pace depending on distance.</li> <li>I can do a basic jump and hop</li> <li>I can throw a bean bag towards a target</li> </ul> |

# Year 1

|        |  | TERM 1  | TERM 2   | TERM 3   | TERM 4   | TERM 5  | TERM 6 |  |
|--------|--|---|--|--|--|---|--------|--|
| Year 1 | Topic                                  | <b>Long distance running</b><br><b>Games</b><br><b>Fundamental abc skill development</b> - Fundamental ABC skill development as appropriate to individual or cohort needs.  | <b>Gymnastics</b><br><b>Dance</b>  | <b>Games</b><br><b>Gymnastics</b>  | <b>Orienteering</b><br><b>Dance</b>  | <b>Athletics/ Sports' Day Skills</b><br><b>Games</b><br><b>Dance</b> - Elements incorporated linked to school production  |        |  |
|        | 'I Know'<br>The knowledge to be learnt | <b>Long distance running</b> <ul style="list-style-type: none"> <li>I know how to control my body when running.</li> <li>I know what stamina is.</li> </ul> <b>Games- Tri Golf and Football Skills</b> <ul style="list-style-type: none"> <li>I know how to hit and kick in different ways</li> <li>I know how to play games safely.</li> <li>I know I need to keep my focus on the ball.</li> <li></li> </ul>                          | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know different ways to move my body with control.</li> </ul> <b>Dance- Learn a Routine</b> <ul style="list-style-type: none"> <li>I know different ways to move to music safely.</li> <li>I know what a routine is and how to create one.</li> </ul>  | <b>Games- Frisbee Golf</b> <ul style="list-style-type: none"> <li>I know what underarm and underarm is.</li> <li>I know the importance of safely controlling equipment</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know how to roll, curl, travel and balance in different ways</li> <li>I know how to control my body when making movements.</li> <li>I know what a sequence is.</li> </ul>   | <b>Orienteering</b> <ul style="list-style-type: none"> <li>I know how to use orienteering equipment and follow instructions.</li> <li>I know how to work as a team.</li> </ul> <b>Dance- Creative/Use imagination</b> <ul style="list-style-type: none"> <li>I know how to use learnt movements to create a dance.</li> </ul>  | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I know how to use equipment safely</li> <li>I know what pace means</li> <li>I know what to expect on Sports Day</li> </ul> <b>Games- Tennis and Hockey</b> <ul style="list-style-type: none"> <li>I know how to effectively throw and catch.</li> <li>I know how to hit a ball with a bat or racket.</li> <li>I know how to demonstrate teamwork.</li> <li>I know the importance to reflect on performance.</li> </ul>  |        |  |
|        | Key Vocabulary                         | <b>Games- Tri Golf and Football Skills</b><br>Hit/ kick / control / copy / focus / teamwork/ reciprocity<br><b>Long distance running</b><br>Speed/ direction/ stamina   | <b>Gymnastics</b><br>Curled/ tense/ stretched/ relaxed/ control / balance/ copy<br><b>Dance- Learn a Routine</b><br>Movement / copy  | <b>Games- Frisbee Golf</b><br>Underarm/ direction/ control<br><b>Gymnastics</b><br>Roll/ curl/ travel/ balance/ control/ sequence  | <b>Orienteering</b><br>Instructions/ Map/ Key/ Compass/ direction<br><b>Dance- Creative/Use imagination</b><br>Perform/ routine  | <b>Athletics/ Sports' Day Skills</b><br>Copy/ pace/ distance/ height/ obstacles/ hurdles / resilience/ reciprocity<br><b>Games- Tennis and Hockey</b><br>Bat/ racket/ possession/ reflect/ teamwork/ reciprocity  |        |  |
|        | 'I can'<br>The skills to be developed  | <b>Games- Tri Golf and Football Skills</b> <ul style="list-style-type: none"> <li>I can hit and kick in different ways</li> <li>I can move and stop safely</li> <li>I can copy, repeat actions and skills.</li> <li>I can keep my eye on the ball.</li> </ul> <b>Long distance running</b> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can show stamina</li> </ul> | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I can make my body curled, tense, stretched and relaxed</li> <li>I can control my body when travelling and balancing</li> <li>I can copy sequences and repeat them</li> <li>I can move with control and care</li> </ul> <b>Dance- Learn a Routine</b> <ul style="list-style-type: none"> <li>I can move to music</li> <li>I can copy dance moves</li> </ul> | <b>Games- Frisbee Golf</b> <ul style="list-style-type: none"> <li>I can throw underarm</li> <li>I can throw in different directions</li> <li>I can show awareness of safety.</li> <li>I can show some control when using equipment.</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I can roll, curl, travel and balance in different ways</li> <li>I can control my body when travelling and balancing</li> <li>I can move with control and care</li> </ul> | <b>Orienteering</b> <ul style="list-style-type: none"> <li>I can follow simple instructions</li> <li>I can work as a team</li> <li>I can run in different directions</li> <li>I can begin to follow a map</li> </ul> <b>Dance- Creative/Use imagination</b> <ul style="list-style-type: none"> <li>I can move to different stimuli</li> <li>I can perform my own dance moves</li> <li>I can make up a short dance</li> </ul> | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I can use equipment safely</li> <li>I can copy actions</li> <li>I am beginning to understand the word pace</li> <li>I can throw a ball (distance/height)</li> <li>I can jump over obstacles/ hurdles</li> </ul> <b>Games- Tennis and Hockey</b> <ul style="list-style-type: none"> <li>I can throw and catch with both hands</li> <li>I can hit a ball with a bat</li> <li>I can gain possession by working as a team</li> <li>I can talk about what I have done</li> </ul> |        |  |

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|--|--|--|--|---|---|--|
|  |  | <ul style="list-style-type: none"> <li></li> </ul> | <ul style="list-style-type: none"> <li>I can move safely in a space</li> </ul> | <ul style="list-style-type: none"> <li>I can begin to make my own sequence of moves.</li> </ul> | <ul style="list-style-type: none"> <li>I can move safely in a space.</li> </ul> |  |
|--|--|--|--|---|---|--|

## Year 2

|        |  | TERM 1  | TERM 2  | TERM 3  | TERM 4  | TERM 5  | TERM 6 |
|--------|--|---|---|---|---|---|--------|
| Year 2 | Topic                                  | <p><b>Long distance running</b></p> <p><b>Games</b></p> <p><b>Fundamental abc skill development</b> - Fundamental ABC skill development as appropriate to individual or cohort needs.</p>   | <p><b>Gymnastics</b></p> <p><b>Dance</b></p>  | <p><b>Games</b></p> <p><b>Gymnastics</b></p>  | <p><b>Orienteering</b></p> <p><b>Dance</b></p>  | <p><b>Athletics/ Sports' Day Skills</b></p> <p><b>Games</b></p> <p><b>Dance:</b> Elements incorporated linked to school production</p> <p>Introduce Orienteering if not covered previously</p>  |        |
|        | 'I Know'<br>The knowledge to be learnt | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I know how and why to use different speeds and direction when running</li> <li>I know what stamina is</li> </ul> <p><b>Games- Netball and Football</b></p> <ul style="list-style-type: none"> <li>I know how to throw and catch with both hands.</li> <li>I know the key skills needed to send and receive a ball</li> <li>I know what tactics are and how to use them</li> <li>I know the importance of reflecting on performance.</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I know how to plan and perform a sequence of movements.</li> <li>I know the importance of controlling my body and movements.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I know how to improve movements using changes of rhythm, speed, level and direction.</li> <li>I know the importance of controlling my body.</li> </ul> | <p><b>Games- Frisbee Golf and Tri Golf</b></p> <ul style="list-style-type: none"> <li>I know to keep my eye on the ball/frisbee/target.</li> <li>I know how to hold the club and position my feet in an effective way.</li> <li>I know how to use a club or frisbee safely.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I know how to work independently and with a partner.</li> <li>I know the importance of controlling my body movements.</li> </ul> | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I know how to use orienteering equipment and follow instructions.</li> <li>I know how to work as a team.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I know how to use learnt movements to create a dance.</li> </ul> | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I know how to use equipment safely</li> <li>I know what pace means</li> <li>I know what to expect on Sports Day</li> <li>I know how to coach younger children</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>I know how to effectively throw and catch.</li> <li>I know how to demonstrate teamwork.</li> <li>I know how to use tactics</li> <li>I know game rules</li> <li>I know how to play safely.</li> </ul> |        |
|        | Key Vocabulary                         | <p><b>Long distance running</b><br/>Speed/ direction/ stamina</p> <p><b>Games- Netball and Football</b><br/>Throw/ Catch/ communication/ visual, control/ positioning/ tactics/</p>   | <p><b>Gymnastics</b><br/>Sequence/ balance/ control</p> <p><b>Dance</b><br/>Rhythm/ speed/ level/ direction/ control/ coordination</p>  | <p><b>Games- Frisbee Golf and Tri Golf</b><br/>Target/ Club/ Position/ Frisbee</p> <p><b>Gymnastics</b><br/>Sequence/ Feedback/ control</p>   | <p><b>Orienteering</b><br/>Instructions/ Map/ Key/ Compass/ Direction/ Teamwork</p> <p><b>Dance</b><br/>Sequence/ section/ control/ coordination</p>  | <p><b>Athletics/ Sports' Day Skills</b><br/>Distance/ Pace/ Control/ Accuracy/ hurdles/ Coach/</p> <p><b>Games</b><br/>Tactics/ Rules</p>   |        |
|        | 'I can'<br>The skills to be developed  | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can show stamina</li> </ul>  | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can change rhythm, speed, level and direction in my dance.</li> </ul>  | <p><b>Games- Frisbee Golf and Tri Golf</b></p> <ul style="list-style-type: none"> <li>I can keep my eye on the ball/frisbee/target.</li> </ul>  | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can work as a team</li> <li>I can run in different directions</li> </ul>   | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can use equipment safely</li> <li>I can run a set distance/course and understand the word pace</li> <li>I can throw with increasing control and accuracy</li> </ul>  |        |

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|  |  | <p><b>Games- Netball and Football</b></p> <ul style="list-style-type: none"> <li>• I can throw and catch with both hands.</li> <li>• I understand the key skills needed to send and receive a ball (communication, visual, control, positioning etc)</li> <li>• I can decide the best space to be in during a game (introducing tactics; speed, direction, level)</li> <li>• I can talk about what is different from what I did and what someone else did (compare performance with others)</li> </ul> | <p>I can dance with some control and coordination. <b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Recap Y1</li> <li>• I can plan and perform a sequence of movements.</li> <li>• I can travel increasing confidence. I can balance with some control using different parts of my body. I can think of more than one way to create a sequence which follows some 'rules'.</li> <li>• I can copy and remember actions.</li> </ul> | <ul style="list-style-type: none"> <li>• I can hold the club and position my feet in an effective way.</li> <li>• I can successfully hit the ball or throw the frisbee.</li> <li>• I can begin to control my actions and show awareness of safety when using a 'club' / frisbee.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can improve my sequence based on feedback.</li> <li>• I can work on my own and with a partner.</li> <li>• I can show increasing control of my body.</li> </ul> | <ul style="list-style-type: none"> <li>• I can use a map</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can move effectively to different stimuli to show mood or feeling</li> <li>• I can make a sequence by linking sections together.</li> <li>• I can dance with control and coordination.</li> </ul> | <ul style="list-style-type: none"> <li>• I can jump (high -hurdles/long)</li> <li>• I can coach younger children to help them develop their ABC skills.</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can use hitting in a game.</li> <li>• I can throw and catch with control.</li> <li>• I am developing my understanding of tactics in a game and can use at least one tactic.</li> <li>• I can follow the game rules.</li> <li>• I understand how to play safely</li> </ul> |
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# Year 3

|        |  | TERM 1  | TERM 2   | TERM 3   | TERM 4  | TERM 5  | TERM 6   |
|--------|--|---|--|--|---|---|--|
| Year 3 | Topic                                  | Long distance running<br>Games (Football)   | Dance<br>Games (Dodgeball)<br>Sports hall Athletics  | Games (Trigolf)<br>Gymnastics  | Swimming<br>Games (Netball)<br>Orienteering   | Swimming<br>Games (Tennis)  | Athletics/ Sports' Day Skills<br>Games (Cricket)<br>Dance  |
|        | 'I Know'<br>The knowledge to be learnt | Long distance running <ul style="list-style-type: none"> <li>I know that changing speed and direction can alter my performance.</li> </ul> Games (Football) <ul style="list-style-type: none"> <li>I know how to pass and kick a ball with control.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> | Dance <ul style="list-style-type: none"> <li>I know how to translate ideas from a stimulus into movement.</li> <li>I know how to work with a partner/group.</li> <li>I know how to choreograph my own dance</li> </ul> Games (Dodgeball) <ul style="list-style-type: none"> <li>I know how to throw and catch with control.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> Sports hall Athletics <ul style="list-style-type: none"> <li>I know how to change speed and direction with control.</li> <li>I know how to take part in a relay</li> <li>I know how to throw with control and accuracy.</li> </ul> | Games (Trigolf) <ul style="list-style-type: none"> <li>I know what a controlled putting technique look like.</li> <li>I know what a controlled chipping technique looks like.</li> <li>I know the importance of using the 'club' safely.</li> </ul> Gymnastics <ul style="list-style-type: none"> <li>I know that my balance will continue to improve with practice.</li> <li>I know which sequences suit different types of apparatus and criteria.</li> <li>I know how strength and suppleness affect performance.</li> <li>I know how to compare and contrast gymnastic sequences.</li> </ul> | Swimming (Introduction) <ul style="list-style-type: none"> <li>I know how to enter the water safely and move in all directions.</li> <li>I know how to maintain a floating position.</li> <li>I know basic water safety.</li> </ul> Games (Netball) <p>Netball skills - Defence<br/>Marking and interception<br/>Attack_Chest, bounce and overhead passes</p> <ul style="list-style-type: none"> <li>I know what appropriate passes to use at different times.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly</li> <li>I know to vary responses to tactics, strategies and sequences.</li> </ul> Orienteering <ul style="list-style-type: none"> <li>I know how to read and follow a map</li> <li>I know how to work effectively as part of a team</li> <li>I know that planning the most efficient route will increase my pace</li> </ul> | Swimming <ul style="list-style-type: none"> <li>I know how to push and glide on my front.</li> <li>I know how to safely blow bubbles under water</li> <li>I know how to use a range of strokes</li> </ul> Games (Tennis) <ul style="list-style-type: none"> <li>I know how to send and receive the ball.</li> <li>I know what the ready position looks like.</li> </ul> | Athletics (introducing Quad kids skills) / Sports' Day Skills <ul style="list-style-type: none"> <li>I know how to change speed and direction.</li> <li>I know how to take part in a relay</li> </ul> Games (Cricket) <p>(Bowling at a target, batting and fielding skills)</p> <ul style="list-style-type: none"> <li>I know how to throw and catch with control.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> Dance (Production) <ul style="list-style-type: none"> <li>I know that repeating, remembering and performing phrases improves my performance.</li> </ul> |

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| <p>Key Vocabulary</p>                         | <p><b>Long distance running</b><br/>Stamina/ pace/Speed/ gears/ team running<br/><b>Games (Football)</b><br/>Control/ Passing/ Tackling/ Stamina</p>  | <p><b>Dance</b><br/>Improvise/ Phrases/ Choreography/ Perform<br/><b>Games (Dodgeball)</b><br/>Control/ Tactics/ Opposition/ Rules<br/><b>Sports hall Athletics</b><br/>Target/ Sprint/ Relay/ speed/ Direction/ Control/ Accuracy</p>  | <p><b>Games (Trigolf)</b><br/>Technique/ Chipping/ Putting/ 'Club' safety <b>Gymnastics</b><br/>Balance/ Control/ sequencing/ apparatus/ strength/ suppleness/ reflect</p>   | <p><b>Games (Trigolf)</b><br/>Control/ Balance/ Striking/ Power<br/><b>Orienteering</b><br/>Teamwork/ Route/ Pace<br/><b>Swimming (Introduction)</b><br/>Water Safety/ Floating</p>   | <p><b>Swimming</b><br/>Push/ Glide/ Blow/ Strokes<br/><b>Games (Tennis)</b><br/>Send and Receive/ Control/ accuracy/ Ready position<br/><b>Games (Netball)</b><br/>Passes/ Defence/ Marking/ Interception/ Attack/ Bounce pass/ Overhead pass/ Tactics/ Strategies/ Sequences</p>  | <p><b>Athletics</b><br/>Quaddkids/ Speed/ Direction/ Relay<br/><b>Games (Cricket)</b><br/>(Bowling at a target, batting and fielding skills)<br/>Bowling/ Target/ Batting/ Fielding/ control/ opposition/ Rules/ Tactics<br/><b>Dance (Production)</b><br/>Repeat, remember, perform</p>  |
| <p>'I can'<br/>The skills to be developed</p> | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> </ul> <p><b>Games (Football)</b></p> <ul style="list-style-type: none"> <li>I can move the ball with control, passing and kicking in a game.</li> <li>I can vary skills, actions and ideas linked to different situations.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I can use the rules fairly.</li> </ul> | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can improvise freely and translate ideas from a stimulus into movement.</li> <li>I can share and create phrases with a partner and small group.</li> <li>I can choreograph my own dance</li> <li>I can repeat, remember and perform phrases.</li> </ul> <p><b>Games (Dodgeball)</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I can use the rules fairly.</li> </ul> <p><b>Sports hall Athletics</b><br/>(Target throwing, standing long jump, sprint, long distance, relay running)</p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> <li>I can throw with control and accuracy.</li> </ul> | <p><b>Games (Trigolf)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate a controlled putting technique.</li> <li>I can demonstrate a controlled chipping technique.</li> <li>I understand the importance of using the 'club' safely.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can balance with increasing control.</li> <li>I can adapt sequences to suit different types of apparatus and criteria.</li> <li>I can explain how strength and suppleness affect performance.</li> <li>I can compare and contrast gymnastic sequences.</li> </ul> | <p><b>Swimming (Introduction)</b></p> <ul style="list-style-type: none"> <li>I can enter the water safely and move in all directions.</li> <li>I can maintain a floating position.</li> <li>I understand basic water safety.</li> </ul> <p><b>Games (Trigolf)</b></p> <ul style="list-style-type: none"> <li>I can show increasing control and balance when striking.</li> <li>I can vary the amount of power when striking the ball.</li> </ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can read and follow a map</li> <li>I can work effectively as part of a team</li> <li>I can plan the most efficient route.</li> <li>I increase my pace</li> </ul> | <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>I can push and glide on my front.</li> <li>I can blow bubbles under water</li> <li>I can swim 25metres using any strokes</li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can send and receive the ball with increasing control and accuracy.</li> <li>I can use the ready position</li> </ul> <p><b>Games (Netball)</b><br/>Netball skills –Defence<br/>Marking and interception<br/>Attack Chest, bounce and overhead passes</p> <ul style="list-style-type: none"> <li>I can throw and catch with control using appropriate passes.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> <li>I can vary responses to tactics, strategies and sequences used.</li> </ul> | <p><b>Athletics (introducing Quad kids skills) / Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> </ul> <p><b>Games (Cricket)</b><br/>(Bowling at a target, batting and fielding skills)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can repeat, remember and perform phrases.</li> <li>I can copy and practise dance steps.</li> </ul> |

# Year 4

|        |  | TERM 1   | TERM 2   | TERM 3   | TERM 4   | TERM 5  | TERM 6  |
|--------|--|--|--|--|--|---|---|
| Year 4 | Topic                                  | <b>Games (Football)</b><br>Swimming<br>Long distance running   | Sports hall Athletics<br>Dance   | Gymnastics   | <b>Games (Netball)</b><br>Games (Tri Golf)   | Athletics<br>Outdoor Adventurous Activities<br>Games (Tennis)   | Athletics/ Sports' Day Skills<br>Games (Cricket)<br>Dance   |
|        | 'I Know'<br>The knowledge to be learnt | <b>Games (Football)</b> <ul style="list-style-type: none"> <li>I know when to kick or roll the ball in a game.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use rules fairly.</li> <li>I know a range of tactics and skills</li> </ul> <b>Swimming</b> <ul style="list-style-type: none"> <li>I know how to push and glide on my front and back.</li> <li>I know how to jump into the water safely.</li> <li>I know what is not safe in the water.</li> <li>I know a range of strokes.</li> <li>I know how to submerge to pick up an object.</li> <li>I know how to float on my front and back.</li> <li>I know how to stay safe near water.</li> <li>I know how to breaststroke, backstroke and front crawl.</li> <li>I know how to perform safe self-rescue in different water based situations</li> </ul> | <b>Sports hall Athletics</b> <ul style="list-style-type: none"> <li>I know that changing speed and direction can alter my performance.</li> <li>I know how to throw in different ways.</li> <li>I know how to aim at a target.</li> <li>I know a range of ways to jump.</li> </ul> <b>Dance</b> <ul style="list-style-type: none"> <li>I know how to improvise</li> <li>I know how to work with a partner or group effectively</li> <li>I know how to lead.</li> <li>I know that dance can communicate an idea.</li> <li>I know how to choreograph my own dance</li> </ul> | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know the importance of working in a controlled way.</li> <li>I know ways to change speed and direction.</li> <li>I know a range of shapes that can be performed.</li> <li>I know how to work with a partner effectively.</li> </ul> | <b>Games (Netball)</b> <ul style="list-style-type: none"> <li>I know how to chest pass, bounce pass and overhead pass.</li> <li>I know how to keep possession of the ball.</li> <li>I know to consider use of tactics in a game.</li> </ul> <b>Games (Tri Golf)</b> <ul style="list-style-type: none"> <li>I know how to use the 'club' safely.</li> <li>I know how to strike a ball with control and accuracy.</li> <li>I know how much power to apply to improve my accuracy with the club.</li> </ul> | <b>Athletics</b><br>(Developing Quad kids skills) <ul style="list-style-type: none"> <li>I know that changing speed and direction effects outcomes.</li> <li>I know how to take part in a relay.</li> </ul> <b>Outdoor Adventurous Activities</b><br>–residential where possible <ul style="list-style-type: none"> <li>I know how to read and follow a map in an unknown location</li> <li>I know how to use clues/compass to navigate a route</li> <li>I know to change my route to overcome a problem or when new information is given</li> <li>See also knowledge specific to centre</li> </ul> <b>Games (Tennis)</b> <ul style="list-style-type: none"> <li>I know how to send and receive the ball accurately with control.</li> <li>I know how to change the direction of the ball.</li> <li>I know the importance of body position</li> <li>I know and use the rules fairly.</li> </ul> | <b>Games (Cricket)</b> <ul style="list-style-type: none"> <li>I know how to throw and catch with control.</li> <li>I know how to hit a ball accurately with control.</li> <li>I know how to field.</li> <li>I know how to bowl.</li> <li>I know how to use space to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <b>Dance</b><br>(Production) <ul style="list-style-type: none"> <li>I know that repeating, remembering and performing phrases improves my performance.</li> </ul> |

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|                                       | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I know that changing speed and direction can alter my performance.</li> </ul>   |  |  |  |  |   |
| Key Vocabulary                        | <p><b>Games (Football)</b><br/>Pass/ Tackle/ Stamina/ kicking/ rolling/ tactics/ rules/<br/><b>Swimming</b><br/>Push/ Glide/ Jump/ Stroke/ Submerge/ Float Breaststroke/ backstroke/ front crawl/strokes/ self-rescue</p> <p><b>Long distance running</b><br/>Stamina/ Resilience</p>  | <p><b>Sports hall Athletics</b><br/>Target/ Throw/ Jump/ Sprint/ Distance/ Relay/ Target<br/><b>Dance</b><br/>Improvise/ phrases/ group work/ lead/ choreograph</p>  | <p><b>Gymnastics</b><br/>Control/ Speed/ Direction/ Shapes/ Partner work/ Sequence/ Phase</p>  | <p><b>Games (Netball)</b><br/>Defence/ Marking/ Interception/ Attack/ Chest Pass/ Bounce Pass/ Overhead Pass/ Possession/ tactics<br/><b>Games (Tri Golf)</b><br/>Club/ Accuracy/ Strike</p>   | <p><b>Athletics</b><br/><i>(Developing Quad kids skills)</i><br/>Quad Kids/ Speed/ Direction/ Relay<br/><b>Outdoor Adventurous Activities</b><br/><i>-residential where possible</i><br/>Map/ Compass/ Navigate/ Route/ <i>See also Key Vocab specific to centre</i><br/><b>Games (Tennis)</b><br/>Racket/ Direction/ Position</p>   | <p><b>Games (Cricket)</b><br/>Bowling/ Target/ Batting/ Fielding/ Control<br/><b>Dance</b><br/><i>(Production)</i><br/>Repeat, remember, perform/ Lead</p>  |
| 'I can'<br>The skills to be developed | <p><b>Games (Football)</b><br/><i>(Consolidate skills -using all of foot, passing, tackling, stamina)</i></p> <ul style="list-style-type: none"> <li>I can use kicking and/or rolling in a game.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use rules fairly.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>I can push and glide on my front and back.</li> <li>I can jump into the water safely.</li> <li>I can swim 25metres using a recognised stroke.</li> <li>I can submerge to pick up an object.</li> <li>I can float on my front and back.</li> </ul> | <p><b>Sports hall Athletics</b><br/><i>(Target throwing, standing long jump, sprint, long distance, relay running)</i></p> <ul style="list-style-type: none"> <li>I can run over a long distance.</li> <li>I can sprint over a short distance.</li> <li>I can throw in different ways.</li> <li>I can hit a target.</li> <li>I can jump in different ways.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can improvise freely and translate ideas from a stimulus into movement.</li> <li>I can share and create phrases with a partner and small group.</li> <li>I can repeat, remember and perform phrases.</li> <li>I can take the lead when working with a partner or group.</li> <li>I can use dance to communicate an idea.</li> <li>I can choreograph my own dance</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can work in a controlled way.</li> <li>I can include change of speed and direction.</li> <li>I can include a range of shapes.</li> <li>I can work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul> | <p><b>Games (Netball)</b><br/><i>(Defence, Marking and Interception, Attack Chest, bounce and overhead passes)</i></p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Games (Tri Golf)</b></p> <ul style="list-style-type: none"> <li>I can use the 'club' safely.</li> <li>I can show control and accuracy when striking the ball.</li> <li>I understand how much power to apply to improve my accuracy with the club.</li> <li>I can follow a set of instructions/course effectively.</li> </ul> | <p><b>Athletics</b><br/><i>(Developing Quad kids skills)</i></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> </ul> <p><b>Outdoor Adventurous Activities</b><br/><i>-residential where possible</i></p> <ul style="list-style-type: none"> <li>I can read and follow a map in an unknown location</li> <li>I can use clues/compass to navigate a route</li> <li>I can change my route to overcome a problem or when new information is given</li> <li><i>See also course skills specific to centre</i></li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can send and receive the ball accurately with control.</li> </ul> | <p><b>Games (Cricket)</b><br/><i>(Bowling at a target, batting and fielding skills)</i></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Dance</b><br/><i>(Production)</i></p> <ul style="list-style-type: none"> <li>I can repeat, remember and perform phrases.</li> <li>I can take the lead when working with a partner or group.</li> <li>I can copy and practise dance steps.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>I understand how to stay safe near water.<br/><i>(consolidate breaststroke, backstroke and front crawl)</i></li> <li>I swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>I can use a range of strokes effectively</li> <li>I can perform safe self-rescue in different water based situations</li> <li></li> <li><b>Long distance running</b></li> <li>I can develop long distance running skills.</li> </ul> |  |  |  | <ul style="list-style-type: none"> <li>I can change the direction of the ball.</li> <li>I understand the importance of body position</li> <li>I know and use the rules fairly.</li> </ul> |  |
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# Year 5

|        |  | TERM 1   | TERM 2  | TERM 3   | TERM 4  | TERM 5   | TERM 6   |
|--------|--|--|---|--|---|--|--|
| Year 5 | Topic                                  | <b>Games (Netball)</b><br><b>Invasion games (tag rugby)</b>  | <b>Sports hall Athletics</b><br><b>Gymnastics</b>   | <b>Invasion games (hockey)</b><br><b>Swimming</b>  | <b>Athletics (quad kids' skills)</b>  | <b>Invasion games (Football)</b><br><b>Games (Cricket/rounders)</b>  | <b>Athletics/ Sports' Day Skills</b><br><b>Games (Tennis)</b><br><b>Dance (Production)</b>   |
|        | 'I Know'<br>The knowledge to be learnt | <b>Games (Netball)</b> <ul style="list-style-type: none"> <li>I know how to throw and catch accurately.</li> <li>I know how to defend and attack.</li> <li>I know how to mark and intercept.</li> <li>I know how to keep possession of the ball.</li> <li>I know to vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <b>Invasion games (tag rugby)</b> <ul style="list-style-type: none"> <li>I know gaining possession is more effective when working as a team.</li> <li>I know how to pass in different ways.</li> <li>I know a range of tactics for defending and attacking.</li> <li>I know how to use a number of techniques to pass, move and score.</li> </ul> | <b>Sports hall Athletics</b> <ul style="list-style-type: none"> <li>I know how to control taking off and landing; jump an increasing distance.</li> <li>I know how to throw for distance and accuracy.</li> <li>I know tactics to help me sprint a set distance.</li> <li>I know ways to maintain pace and stamina over a longer distance.</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know how to compose my own sequences effectively, with increasing complexity</li> <li>My know to demonstrate show clarity, fluency, accuracy and consistency.</li> <li>I know how to combine action, balance and shape.</li> <li>I know how to reflect upon what makes an effective performance</li> </ul> | <b>Invasion games (hockey)</b> <ul style="list-style-type: none"> <li>I know gaining possession is more effective when working as a team.</li> <li>I know how to pass in different ways.</li> <li>I know a range of tactics for defending and attacking.</li> <li>I know how to use a number of techniques to pass, dribble and shoot.</li> <li>I know and use the rules fairly</li> </ul> <b>Swimming</b> <ul style="list-style-type: none"> <li>I know a range of strokes [for example, front crawl, backstroke and breaststroke]</li> <li>I know how to perform safe self-rescue in different water-based situations</li> </ul> | <b>Athletics (quad kids' skills)</b> <ul style="list-style-type: none"> <li>I know how to control taking off and landing.</li> <li>I know how to throw with accuracy over a distance.</li> <li>I know to maintain pace and stamina over a longer distance.</li> <li>I know how to field.</li> </ul> | <b>Invasion games (Football)</b> <ul style="list-style-type: none"> <li>I know how to gain possession by working a team.</li> <li>I know how to pass in different ways.</li> <li>I know to a range of tactics for defending and attacking.</li> <li>I know how to use a number of techniques to pass, dribble and shoot.</li> </ul> <b>Games (Cricket/rounders)</b> <ul style="list-style-type: none"> <li>I know how to bowl with accuracy</li> <li>I know how to throw, catch and hit a ball with control.</li> <li>I know how to consider space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know how to field as part of a team.</li> <li>I know and use the rules fairly.</li> </ul> | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I know how to coach younger pupils.</li> </ul> <b>Sports Leaders-</b> <ul style="list-style-type: none"> <li>I know how to plan and deliver Level 1 competitions for Sports Week</li> </ul> <b>Games (Tennis)</b> <ul style="list-style-type: none"> <li>I know how to use forehand and backhand with a racket with increased control and accuracy</li> </ul> <b>Dance (Production)</b> <ul style="list-style-type: none"> <li>I know how to perform to an accompaniment.</li> <li>I know how to perform consistently to different audiences.</li> </ul> |
|        | Key Vocabulary                         | <b>Games (Netball)</b><br>Defence/ Marking/ Interception/ Attack/ Possession/ Tactics<br><b>Invasion games (tag rugby)</b><br>Possession/ Passing/ Tactics/ Defend/ Attack/ Score  | <b>Sports hall Athletics</b><br>Taking off/ Landing/ Distance/ Accuracy/ Sprint/ Pace/<br><b>Gymnastics</b><br>Compose/ clarity/ fluency/ accuracy/ consistency/ balance/   | <b>Invasion games (hockey)</b><br>Possession/ Team Work/ Tactic/ Defend/ Attack/ Pass/ Dribble/ Shoot<br><b>Swimming</b><br>(Water safety and swimming assessment sessions)  | <b>Athletics (quad kids' skills)</b><br>Stamina/ Take off/Landing/ Sprint/ Pace/ Stamina/ Field   | <b>Invasion games (Football)</b><br>Possession/ Teamwork/ Pass/ Tactic/ Defend/ Attack/ Dribble/ Shoot<br><b>Games (Cricket/rounders)</b><br>Bowling/ Batting/ Fielding/Accuracy/ Teamwork   | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I can coach younger pupils.</li> </ul> <b>Sports Leaders-</b> <ul style="list-style-type: none"> <li>I can plan and deliver Level 1 competitions for Sports Week</li> </ul>  |

|                                       |   |  |  |  |   |   |   |
|---------------------------------------|---|--|--|--|---|---|---|
|                                       |   |  | shape/ Audience/ Reflect/ Feedback/ Constructive criticism.  | Competency/ Confidence/Proficiency/ 25 meters/ Strokes/ front crawl, backstroke/ breaststroke/ Self-rescue   |   |   | <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can use forehand and backhand with a racket with increased control and accuracy</li> </ul> <p><b>Dance (Production)</b><br/>Perform/ Accompaniment/ Clarity/ Fluency/ Accuracy/ Consistency/ Audience</p> |
| ‘I can’<br>The skills to be developed | <p><b>Games (Netball)</b><br/>(Defence, marking and interception, attack, range of passes)</p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Invasion games (tag rugby)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, move and score.</li> </ul> | <p><b>Sports hall Athletics</b></p> <ul style="list-style-type: none"> <li>I can control taking off and landing; jump an increasing distance.</li> <li>I can throw for distance and accuracy.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can compose my own sequences effectively, with increasing complexity</li> <li>My moves show clarity, fluency, accuracy and consistency.</li> <li>I can combine action, balance and shape.</li> <li>I can perform consistently to different audiences.</li> </ul> <p>I can talk about what makes an effective performance</p> | <p><b>Invasion games (hockey)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot.</li> <li>I know and use the rules fairly</li> </ul> <p><b>Swimming</b><br/>(Water safety and swimming assessment sessions)</p> <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of at least 25 meters</li> <li>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>I can perform safe self-rescue in different water-based situations</li> <li>(Y3/4 targets not yet met)</li> </ul> | <p><b>Athletics (quad kids’ skills)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> <li>I can control taking off and landing.</li> <li>I can throw with accuracy over a distance.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> <li>I can field.</li> </ul> | <p><b>Invasion games (Football)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot.</li> </ul> <p><b>Games (Cricket/rounders)</b><br/>(Accuracy in bowling, develop batting and fielding skills)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support teammates and to cause problems for the opposition.</li> <li>I can field as part of a team.</li> <li>I know and use the rules fairly.</li> </ul> | <p><b>Athletics/ Sports’ Day Skills</b></p> <ul style="list-style-type: none"> <li>I can coach younger pupils.</li> </ul> <p>Sports Leaders-</p> <ul style="list-style-type: none"> <li>I can plan and deliver Level 1 competitions for Sports Week</li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can use forehand and backhand with a racket with increased control and accuracy</li> </ul> <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can perform to an accompaniment.</li> <li>My dance shows clarity, fluency, accuracy and consistency.</li> <li>I can perform consistently to different audiences.</li> </ul> |   |

# Year 6

|        |                                     | TERM 1  | TERM 2  | TERM 3   | TERM 4  | TERM 5   | TERM 6   |
|--------|-------------------------------------|---|---|--|---|--|--|
| Year 6 | Topic                               | <b>Games (Netball)</b><br>Invasion games (tag rugby /football)  | Sports hall Athletics<br>Swimming   | Gymnastics   | Games (Dodgeball)<br>Invasion games (hockey)<br>Athletics (quad kids)   | Games (Rounders)<br>Games (Tennis)<br>Outdoor Adventurous Activities<br>'Top up' swimming  | Athletics/ Sports' Day Skills<br>Games (Cricket)<br>Dance  |
|        | 'I Know' The knowledge to be learnt | <b>Games (Netball)</b> <ul style="list-style-type: none"> <li>I know how to throw and catch accurately.</li> <li>I know how to keep possession of the ball.</li> <li>I know a variety of tactics and adapt skills depending on what is happening in a game.</li> <li>I know the importance of playing to agreed rules.</li> <li>I know how to be an umpire.</li> </ul> <b>Invasion games (tag rugby /football)</b> <ul style="list-style-type: none"> <li>I know how to gain possession by working a team.</li> <li>I know how to pass in different ways.</li> <li>I know a variety of tactics for defending and attacking.</li> <li>I know the importance of playing to agreed rules.</li> <li>I know how to umpire.</li> <li>I know how to make a team and communicate plan.</li> <li>I know how to lead others in a game situation.</li> </ul> | <b>Sports hall Athletics</b> <ul style="list-style-type: none"> <li>I know how to control taking off and landing (triple jump).</li> <li>I know how to jump an increasing distance.</li> <li>I know how to throw for distance.</li> <li>I know how to sprint a set distance.</li> <li>I know how to maintain pace and stamina over a longer distance.</li> </ul> <b>Swimming</b><br>(Water safety and swimming assessment sessions) <ul style="list-style-type: none"> <li>I know a range of strokes [for example, front crawl, backstroke and breaststroke]</li> <li>I know how to perform safe self-rescue in different water-based situations</li> </ul> | <b>Gymnastics</b> <ul style="list-style-type: none"> <li>I know how to combine my own work with that of others.</li> <li>I know how to link sequences to specific timings and moves.</li> <li>I know how to develop sequences in a specific style.</li> <li>I know how to give feedback and develop my own work based on feedback</li> </ul> | <b>Games (Dodgeball)</b><br>(When wet outside) <ul style="list-style-type: none"> <li>I know how to throw and catch with control and accuracy.</li> <li>I know how to be aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <b>Invasion games (hockey)</b> <ul style="list-style-type: none"> <li>I know how to gain possession by working a team.</li> <li>I know how to pass in different ways.</li> <li>I know how to choose a tactic for defending and attacking.</li> <li>I know how to use a number of techniques to pass, dribble and shoot</li> </ul> <b>Athletics (Quad kids)</b> <ul style="list-style-type: none"> <li>I know how to support my stamina.</li> <li>I know how to control taking off and landing.</li> <li>I know how to throw with accuracy over a distance.</li> <li>I know how to sprint a set distance.</li> </ul> | <b>Games (Rounders)</b> <ul style="list-style-type: none"> <li>I know how to throw and catch with control.</li> <li>I know how to hit a ball accurately with control.</li> <li>I know to be aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know how to field effectively as part of a team</li> </ul> <b>Games (Tennis)</b> <ul style="list-style-type: none"> <li>I know how to use forehand and backhand with a racket confidently.</li> <li>I know how to serve.</li> <li>I know how to attack and defend.</li> </ul> <b>Outdoor Adventurous Activities</b><br>-Yenworthy <ul style="list-style-type: none"> <li>I know how to follow a map in an unknown location.</li> <li>I know how to use clues and a compass to navigate a route.</li> <li>I know how to change my route to overcome a problem or new information.</li> </ul> | <b>Athletics/ Sports' Day Skills</b> <ul style="list-style-type: none"> <li>I know how to coach younger pupils.</li> </ul> Sports Leaders- <ul style="list-style-type: none"> <li>I know how to plan and deliver Level 1 competitions for Sports Week</li> </ul> <b>Games (Cricket)</b><br>(Accuracy in bowling, consolidate batting and fielding skills) <ul style="list-style-type: none"> <li>I know how to throw and catch with control and accuracy.</li> <li>I know how to hit a ball accurately with control and direction.</li> <li>I know to be aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know how to field effectively.</li> <li>I know how to use Kwik Cricket scoring</li> </ul> <b>Dance (Production)</b> <ul style="list-style-type: none"> <li>I know how to perform to an accompaniment.</li> <li>I know how to combine action, balance and shape.</li> </ul> |

|                                    |   |  |   |   |   |  |
|------------------------------------|---|--|---|---|---|--|
|                                    |   |  |   | <ul style="list-style-type: none"> <li>I know how to maintain pace and stamina over a longer distance.</li> </ul>   | <ul style="list-style-type: none"> <li>I know how to plan a safe route and clues for someone else</li> </ul> <p><b>Swimming</b><br/>'Top up' swimming where necessary for those unable to meet KS2 expectations</p> <ul style="list-style-type: none"> <li></li> </ul>  | <ul style="list-style-type: none"> <li>I know how to perform consistently to different audiences.</li> <li>I know how to develop my own performance based on feedback.</li> </ul>  |
| Key Vocabulary                     | <p><b>Games (Netball)</b><br/>Throw/ catch/ possession/ tactics/ adapt/ rules/ umpire.</p> <p><b>Invasion games (tag rugby /football)</b><br/>Teamwork/ possession/ pass/ tactics/ defending/ attacking/ rules/ umpire/ communicate/ lead</p>   | <p><b>Sports hall Athletics</b><br/>Control/ taking off/ landing/ distance/ throw/ sprint/ pace/ stamina</p> <p><b>Swimming</b><br/>Strokes/ front crawl/ backstroke / breaststroke/self-rescue</p>  | <p><b>Gymnastics</b><br/>Combine/ Sequences/ style/ feedback/ develop</p>   | <p><b>Games (Dodgeball)</b><br/>Throw/ catch/ control/ accuracy/ tactics/ opposition/ rules/ fair</p> <p><b>Invasion games (hockey)</b><br/>Possession/ Team work/pass/tactic/ defending/ attacking/ dribble/ shoot</p> <p><b>Athletics (Quad kids)</b><br/>control/ taking off/ landing/ throw/ accuracy/ sprint/ pace/ stamina/ distance</p>  | <p><b>Games (Rounders)</b><br/>Throw/ catch/ control/ accuracy/ space/ opposition/ field/ teamwork</p> <p><b>Games (Tennis)</b><br/>Forehand/ Backhand/ racket/ serve/ attack/ defend.</p> <p><b>Outdoor Adventurous Activities</b><br/>-Yenworthy<br/>map/ compass/ navigate/ plan/ route/ clues</p>   | <p><b>Athletics/ Sports' Day Skills</b><br/>Coach/ Lead/ Plan/ Deliver</p> <p><b>Games (Cricket)</b><br/>Throw/ catch/ hit/ accuracy/ control/ direction/ Team work/ opposition/ field/ Kwik Cricket scoring</p> <p><b>Dance (Production)</b><br/>accompaniment/ combine/ action/ balance/ shape/ audience/ develop/ performance/ feedback.</p>  |
| 'I can' The skills to be developed | <p><b>Games (Netball)</b><br/>(Defence, marking and interception, attack, range of passes, body position, communication)</p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> <li>I can play to agreed rules.</li> <li>I can explain the rules.</li> <li>I can umpire.</li> </ul> <p><b>Invasion games (tag rugby /football)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can play to agreed rules.</li> <li>I can explain the rules.</li> <li>I can umpire.</li> <li>I can make a team and communicate plan.</li> </ul> | <p><b>Sports hall Athletics</b></p> <ul style="list-style-type: none"> <li>I can control taking off and landing (triple jump).</li> <li>I can jump an increasing distance.</li> <li>I can throw for distance.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Swimming</b><br/>(Water safety and swimming assessment sessions)<br/>I can achieve National Expectations of 25m and self-rescue.</p> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can combine my own work with that of others.</li> <li>I can link sequences to specific timings and moves.</li> <li>I can develop sequences in a specific style.</li> <li>I can choose my own music and style.</li> <li>I can give feedback and develop my own work based on feedback</li> </ul> | <p><b>Games (Dodgeball)</b><br/>(When wet outside)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control and accuracy.</li> <li>I am aware of space and use it to support teammates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Invasion games (hockey)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot</li> </ul> <p><b>Athletics (Quad kids)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> <li>I can control taking off and landing.</li> </ul> | <p><b>Games (Rounders)</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support teammates and to cause problems for the opposition.</li> <li>I can field effectively as part of a team</li> </ul> <p><b>Games (Tennis)</b><br/>(Develop confidence and consolidate skills learnt previously in a game situation.)</p> <ul style="list-style-type: none"> <li>I can use forehand and backhand with a racket confidently.</li> <li>I can serve.</li> <li>I understand attacking and defending play.</li> </ul> <p><b>Outdoor Adventurous Activities</b><br/>-Yenworthy</p> <ul style="list-style-type: none"> <li>I can follow a map in an unknown location.</li> </ul> | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can coach younger pupils.</li> </ul> <p>Sports Leaders-</p> <ul style="list-style-type: none"> <li>I can plan and deliver Level 1 competitions for Sports Week</li> </ul> <p><b>Games (Cricket)</b><br/>(Accuracy in bowling, consolidate batting and fielding skills)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control and accuracy.</li> <li>I can hit a ball accurately with control and direction.</li> <li>I am aware of space and use it to support teammates and to cause problems for the opposition.</li> <li>I can field effectively.</li> <li>I can use Kwik Cricket scoring</li> </ul> <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can perform to an accompaniment.</li> </ul> |

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|--|--|--|--|--|---|---|---|
|  |  | <ul style="list-style-type: none"> <li>I can lead others in a game situation.</li> </ul> |  |  | <ul style="list-style-type: none"> <li>I can throw with accuracy over a distance.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> | <ul style="list-style-type: none"> <li>I can use clues and a compass to navigate a route.</li> <li>I can change my route to overcome a problem.</li> <li>or new information</li> <li>I can plan a safe route and clues for someone else</li> </ul> <p><b>Swimming</b><br/> <small>'Top up' swimming where necessary for those unable to meet KS2 expectations</small></p> | <ul style="list-style-type: none"> <li>My dance shows clarity, fluency, accuracy and consistency.</li> <li>I can combine action, balance and shape.</li> <li>I can perform consistently to different audiences.</li> <li>I can develop my own performance based on feedback.</li> </ul> |
|--|--|--|--|--|---|---|---|

Progressive knowledge overview by strand.

| Strand                                   | EYFS   | Year 1  | Year 2   | Year 3  | Year 4   | Year 5   | Year 6   |
|--|--|---|--|---|--|--|--|
| <b>Fundamental abc skill development</b> |  | Fundamental ABC skill development as appropriate to individual or cohort needs.   | Fundamental ABC skill development as appropriate to individual or cohort needs.  |   |  |  |  |
| <b>Games</b>                             | <p><b>Games (General)</b></p> <ul style="list-style-type: none"> <li>I can kick a large ball.</li> <li>I can catch a large ball.</li> <li>I can show increasing control of an object when pushing, patting, throwing, catching or kicking.</li> </ul> <p><b>Team games</b></p> <ul style="list-style-type: none"> <li>I can negotiate space successfully in racing and chasing games with others.</li> <li>I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</li> </ul> | <p><b>Games- Tri Golf and Football Skills</b></p> <ul style="list-style-type: none"> <li>I can hit and kick in different ways</li> <li>I can move and stop safely</li> <li>I can copy, repeat actions and skills.</li> <li>I can keep my eye on the ball.</li> </ul> <p><b>Games- Frisbee Golf</b></p> <ul style="list-style-type: none"> <li>I can throw underarm</li> <li>I can throw in different directions</li> <li>I can show awareness of safety.</li> <li>I can show some control when using equipment.</li> </ul> <p><b>Games- Tennis and Hockey</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with both hands</li> <li>I can hit a ball with a bat</li> <li>I can gain possession by working as a team</li> <li>I can talk about what I have done</li> </ul> | <p><b>Games- Netball and Football</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with both hands.</li> <li>I understand the key skills needed to send and receive a ball (communication, visual, control, positioning etc)</li> <li>I can decide the best space to be in during a game (introducing tactics; speed, direction, level)</li> <li>I can talk about what is different from what I did and what someone else did (compare performance with others)</li> </ul> <p><b>Games- Frisbee Golf and Tri Golf</b></p> <ul style="list-style-type: none"> <li>I can keep my eye on the ball/frisbee/target.</li> <li>I can hold the club and position my feet in an effective way.</li> <li>I can successfully hit the ball or throw the frisbee.</li> <li>I can begin to control my actions and show awareness of safety when using a 'club' / frisbee.</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>I can use hitting in a game.</li> <li>I can throw and catch with control.</li> </ul> | <p><b>Games (Football)</b></p> <ul style="list-style-type: none"> <li>I can move the ball with control, passing and kicking in a game.</li> <li>I can vary skills, actions and ideas linked to different situations.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Games (Dodgeball)</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Games (Trigolf)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate a controlled putting technique.</li> <li>I can demonstrate a controlled chipping technique.</li> <li>I understand the importance of using the 'club' safely.</li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can send and receive the ball with increasing control and accuracy.</li> </ul> | <p><b>Games (Football)</b><br/>(Consolidate skills -using all of foot, passing, tackling, stamina)</p> <ul style="list-style-type: none"> <li>I can use kicking and/or rolling in a game.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use rules fairly.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Games (Netball)</b><br/>(Defence, Marking and Interception, Attack Chest, bounce and overhead passes)</p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Games (Cricket)</b><br/>(Bowling at a target, batting and fielding skills)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> </ul> | <p><b>Games (Netball)</b><br/>(Defence, marking and interception, attack, range of passes)</p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Invasion games (tag rugby)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> </ul> <p><b>Invasion games (hockey)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, move and score.</li> </ul> <p><b>Invasion games (Football/Tag rugby)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> </ul> | <p><b>Games (Netball)</b><br/>(Defence, marking and interception, attack, range of passes, body position, communication)</p> <ul style="list-style-type: none"> <li>I can throw and catch accurately.</li> <li>I can keep possession of the ball.</li> <li>I can vary tactics and adapt skills depending on what is happening in a game.</li> <li>I can play to agreed rules.</li> <li>I can explain the rules.</li> <li>I can umpire.</li> </ul> <p><b>Invasion games (tag rugby /football)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can play to agreed rules.</li> <li>I can explain the rules.</li> <li>I can umpire.</li> <li>I can make a team and communicate plan.</li> <li>I can lead others in a game situation.</li> </ul> <p><b>Games (Dodgeball)</b><br/>(When wet outside)</p> <ul style="list-style-type: none"> <li>I can throw and catch with control and accuracy.</li> <li>I am aware of space and use it to support team-mates and to cause</li> </ul> |

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|  |  |  | <ul style="list-style-type: none"> <li>I am developing my understanding of tactics in a game and can use at least one tactic.</li> <li>I can follow the game rules.</li> <li>I understand how to play safely</li> </ul> | <ul style="list-style-type: none"> <li>I can use the ready position</li> </ul> <p><b>Games (Netball)</b><br/> <i>Netball skills –Defence Marking and interception Attack_Chest, bounce and overhead passes</i></p> <ul style="list-style-type: none"> <li>I can throw and catch with control using appropriate passes.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly. I can vary responses to tactics, strategies and sequences used.</li> </ul> <p><b>Games (Cricket)</b><br/> <i>(Bowling at a target, batting and fielding skills)</i></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I know and use the rules fairly.</li> </ul> | <ul style="list-style-type: none"> <li>I know and use the rules fairly.</li> </ul> <p><b>Games (Tri Golf)</b></p> <ul style="list-style-type: none"> <li>I can use the ‘club’ safely.</li> <li>I can show control and accuracy when striking the ball.</li> <li>I understand how much power to apply to improve my accuracy with the club.</li> <li>I can follow a set of instructions/course effectively.</li> </ul> <p><b>Games (Hockey)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot</li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can send and receive the ball accurately with control.</li> <li>I can change the direction of the ball.</li> <li>I understand the importance of body position</li> <li>I know and use the rules fairly.</li> </ul> | <ul style="list-style-type: none"> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot.</li> </ul> <p><b>Games (Cricket/rounders)</b><br/> <i>(Accuracy in bowling, develop batting and fielding skills)</i></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I can field as part of a team.</li> <li>I know and use the rules fairly.</li> </ul> <p><b>Games (Tennis)</b></p> <ul style="list-style-type: none"> <li>I can use forehand and backhand with a racket with increased control and accuracy</li> </ul> | <p>problems for the opposition.</p> <ul style="list-style-type: none"> <li>I know and use the rules fairly.</li> </ul> <p><b>Invasion games (hockey)</b></p> <ul style="list-style-type: none"> <li>I can gain possession by working a team.</li> <li>I can pass in different ways.</li> <li>I can choose a tactic for defending and attacking.</li> <li>I can use a number of techniques to pass, dribble and shoot</li> </ul> <p><b>Games (Rounders)</b></p> <ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I can hit a ball accurately with control.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I can field effectively as part of a team</li> </ul> <p><b>Games (Tennis)</b><br/> <i>(Develop confidence and consolidate skills learnt previously in a game situation.)</i></p> <ul style="list-style-type: none"> <li>I can use forehand and backhand with a racket confidently.</li> <li>I can serve.</li> </ul> <p>I understand attacking</p> <p><b>Games (Cricket)</b><br/> <i>(Accuracy in bowling, consolidate batting and fielding skills)</i></p> <ul style="list-style-type: none"> <li>I can throw and catch with control and accuracy.</li> <li>I can hit a ball accurately with control and direction.</li> <li>I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>I can field effectively.</li> <li>I can use Kwik Cricket scoring</li> </ul> |
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| <p><b>Dance</b></p>      | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping.</li> <li>I can experiment with different ways of moving.</li> <li>I can begin to add some emotions or expressions</li> </ul>   | <p><b>Dance- Learn a Routine</b></p> <ul style="list-style-type: none"> <li>I can move to music</li> <li>I can copy dance moves</li> <li>I can move safely in a space</li> </ul> <p><b>Dance- Creative/Use imagination</b></p> <ul style="list-style-type: none"> <li>I can move to different stimuli</li> <li>I can perform my own dance moves</li> <li>I can make up a short dance</li> <li>I can move safely in a space.</li> </ul>  | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can change rhythm, speed, level and direction in my dance.</li> <li>I can dance with some control and coordination.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can move effectively to different stimuli to show mood or feeling</li> <li>I can make a sequence by linking sections together.</li> <li>I can dance with control and coordination.</li> </ul>  | <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I can improvise freely and translate ideas from a stimulus into movement.</li> <li>I can share and create phrases with a partner and small group.</li> <li>I can choreograph my own dance</li> <li>I can repeat, remember and perform phrases.</li> </ul> <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can repeat, remember and perform phrases.</li> <li>I can copy and practise dance steps</li> </ul> | <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can repeat, remember and perform phrases.</li> <li>I can take the lead when working with a partner or group.</li> <li>I can copy and practise dance steps</li> </ul>   | <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can perform to an accompaniment.</li> <li>My dance shows clarity, fluency, accuracy and consistency.</li> <li>I can perform consistently to different audiences.</li> </ul>  | <p><b>Dance (Production)</b></p> <ul style="list-style-type: none"> <li>I can perform to an accompaniment.</li> <li>My dance shows clarity, fluency, accuracy and consistency.</li> <li>I can combine action, balance and shape.</li> <li>I can perform consistently to different audiences.</li> <li>I can develop my own performance based on feedback.</li> </ul> |
| <p><b>Gymnastics</b></p> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can squat with steadiness to rest or play with an object on the ground.</li> <li>I can rise to feet without using hands.</li> <li>I can stand on one foot.</li> </ul> <p><b>Gymnastics (Apparatus)</b></p> <ul style="list-style-type: none"> <li>I can climb confidently and begin to pull up on equipment.</li> <li>I can mount stairs, steps or climbing equipment using alternate feet.</li> <li>I can jump off an object and land appropriately.</li> <li>I can travel with confidence and skill around, under and</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can make my body curled, tense, stretched and relaxed</li> <li>I can control my body when travelling and balancing</li> <li>I can copy sequences and repeat them</li> <li>I can move with control and care</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can roll, curl, travel and balance in different ways</li> <li>I can control my body when travelling and balancing</li> <li>I can move with control and care</li> <li>I can begin to make my own sequence of moves.</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Recap Y1 foci</li> <li>I can plan and perform a sequence of movements.</li> <li>I can travel increasing confidence. I can balance with some control using different parts of my body. I can think of more than one way to create a sequence which follows some 'rules'.</li> <li>I can copy and remember actions.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can improve my sequence based on feedback.</li> <li>I can work on my own and with a partner.</li> <li>I can show increasing control of my body.</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can balance with increasing control.</li> <li>I can adapt sequences to suit different types of apparatus and criteria.</li> <li>I can explain how strength and suppleness affect performance.</li> <li>I can compare and contrast gymnastic sequences.</li> </ul>  | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can work in a controlled way.</li> <li>I can include change of speed and direction.</li> <li>I can include a range of shapes.</li> <li>I can work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can compose my own sequences effectively, with increasing complexity</li> <li>My moves show clarity, fluency, accuracy and consistency.</li> <li>I can combine action, balance and shape.</li> <li>I can perform consistently to different audiences.</li> <li>I can talk about what makes an effective performance</li> </ul> | <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>I can combine my own work with that of others.</li> <li>I can link sequences to specific timings and moves.</li> <li>I can develop sequences in a specific style.</li> <li>I can choose my own music and style.</li> <li>I can give feedback and develop my own work based on feedback</li> </ul>    |

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|                         | <p>over balancing and climbing equipment.</p>   |  |  |  |  |   |   |
| <p><b>Athletics</b></p> | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can safely run on whole feet.</li> <li>I can vary pace depending on distance.</li> <li>I can do a basic jump and hop</li> <li>I can throw a bean bag towards a target</li> </ul> | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can use equipment safely</li> <li>I can copy actions</li> <li>I am beginning to understand the word pace</li> <li>I can throw a ball (distance/height)</li> <li>I can jump over obstacles/ hurdles</li> </ul> | <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can use equipment safely</li> <li>I can run a set distance/course and understand the word pace</li> <li>I can throw with increasing control and accuracy</li> <li>I can jump (high - hurdles/long)</li> </ul> | <p><b>Sports hall Athletics</b><br/>(Target throwing, standing long jump, sprint, long distance, relay running)</p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> <li>I can throw with control and accuracy.</li> </ul> <p><b>Athletics</b> (introducing Quad kids skills) / <b>Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> </ul> | <p><b>Sports hall Athletics</b><br/>(Target throwing, standing long jump, sprint, long distance, relay running)</p> <ul style="list-style-type: none"> <li>I can run over a long distance.</li> <li>I can sprint over a short distance.</li> <li>I can throw in different ways.</li> <li>I can hit a target.</li> <li>I can jump in different ways.</li> </ul> <p><b>Athletics</b><br/>(Developing Quad kids skills)</p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> </ul> | <p><b>Sports hall Athletics</b></p> <ul style="list-style-type: none"> <li>I can control taking off and landing; jump an increasing distance.</li> <li>I can throw for distance and accuracy.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Sports hall Athletics</b></p> <ul style="list-style-type: none"> <li>I can control taking off and landing; jump an increasing distance.</li> <li>I can throw for distance and accuracy.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Athletics (quad kids' skills)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> <li>I can control taking off and landing.</li> <li>I can throw with accuracy over a distance.</li> </ul> | <p><b>Sports hall Athletics</b></p> <ul style="list-style-type: none"> <li>I can control taking off and landing (triple jump).</li> <li>I can jump an increasing distance.</li> <li>I can throw for distance.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Sports hall Athletics</b><br/>(Continued)</p> <ul style="list-style-type: none"> <li>I can control taking off and landing (triple jump).</li> <li>I can jump an increasing distance.</li> <li>I can throw for distance.</li> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Athletics (Quad kids)</b></p> <ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> <li>I can control taking off and landing.</li> <li>I can throw with accuracy over a distance.</li> </ul> |

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|                              |   |   |  |   |   | <ul style="list-style-type: none"> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> <li>I can field.</li> </ul> <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can coach younger pupils.</li> </ul> <p>Sports Leaders-</p> <ul style="list-style-type: none"> <li>I can plan and deliver Level 1 competitions for Sports Week</li> </ul> | <ul style="list-style-type: none"> <li>I can sprint a set distance.</li> <li>I can maintain pace and stamina over a longer distance.</li> </ul> <p><b>Athletics/ Sports' Day Skills</b></p> <ul style="list-style-type: none"> <li>I can coach younger pupils.</li> </ul> <p>Sports Leaders-</p> <ul style="list-style-type: none"> <li>I can plan and deliver Level 1 competitions for Sports Week</li> </ul> |
| <b>Long distance running</b> | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can begin to show stamina</li> </ul> | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can show stamina</li> </ul>  | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can begin to use different speeds and direction when running</li> <li>I can show stamina</li> </ul>                         | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> </ul>  | <p><b>Long distance running</b></p> <ul style="list-style-type: none"> <li>I can develop long distance running skills.</li> </ul>   |  |  |
| <b>Orienteering</b>          |   | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can follow simple instructions</li> <li>I can work as a team</li> <li>I can run in different directions</li> <li>I can begin to follow a map</li> </ul> | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can follow instructions</li> <li>I can work as a team</li> <li>I can run in different directions</li> <li>I can use a map</li> </ul> | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can read and follow a map</li> <li>I can work effectively as part of a team</li> <li>I can plan the most efficient route.</li> <li>I increase my pace</li> </ul>  |   | <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>I can follow a map (in a more demanding) familiar context.</li> <li>I can follow a map and route within a time limit.</li> <li>I can work cooperatively and effectively as part of a team.</li> </ul>  |  |
| <b>Swimming</b>              |   |   |  | <p><b>Swimming (Introduction)</b></p> <ul style="list-style-type: none"> <li>I can enter the water safely and move in all directions.</li> <li>I can maintain a floating position.</li> <li>I understand basic water safety.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>I can push and glide on my front.</li> <li>I can blow bubbles under water</li> <li>I can swim 25metres using any strokes</li> </ul> | <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>I can push and glide on my front and back.</li> <li>I can jump into the water safely.</li> <li>I can swim 25metres using a recognised stroke.</li> <li>I can submerge to pick up an object.</li> <li>I can float on my front and back.</li> <li>I understand how to stay safe near water.</li> </ul> <p><b>Swimming</b></p> | <p><b>Swimming</b><br/>(Water safety and swimming assessment sessions)</p> <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of atleast 25 meters</li> <li>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>   | <p><b>Swimming</b><br/>(Water safety and swimming assessment sessions)</p> <p>I can achieve National Expectations of 25m and self-rescue.</p> <p><b>Swimming</b><br/>*Top up* swimming where necessary for those unable to meet KS2 expectations</p>   |

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|--------------------------------|--|--|--|--|---|--|---|
|                                |  |  |  |  | <p>(consolidate breaststroke, backstroke and front crawl)</p> <ul style="list-style-type: none"> <li>I swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>I can use a range of strokes effectively</li> <li>I can perform safe self-rescue in different water based situations</li> </ul>   | <ul style="list-style-type: none"> <li>I can perform safe self-rescue in different water-based situations<br/><i>(Y3/4 targets not yet met)</i></li> </ul> <p><b>Swimming</b><br/><i>'Top up' swimming where necessary for those unable to meet KS2 expectations</i></p> |   |
| Outdoor Adventurous Activities |  |  |  |  | <p><b>Outdoor Adventurous Activities</b><br/><i>-residential where possible</i></p> <ul style="list-style-type: none"> <li>I can read and follow a map in an unknown location</li> <li>I can use clues/compass to navigate a route</li> <li>I can change my route to overcome a problem or when new information is given</li> <li><i>See also course skills specific to centre</i></li> </ul> |  | <p><b>Outdoor Adventurous Activities</b><br/><i>-Yenworthy</i></p> <ul style="list-style-type: none"> <li>I can follow a map in an unknown location.</li> <li>I can use clues and a compass to navigate a route.</li> <li>I can change my route to overcome a problem.</li> <li>or new information</li> <li>I can plan a safe route and clues for someone else</li> </ul> |