

**Autumn 1 – Invasion**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Enjoy starting to kick, throw and catch balls.</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p><b>Fundamentals</b></p> <p>Describe how the body feels before, during and after exercise.</p> <p>Follows instructions.</p> <p>Moves in different ways – running, jumping, skipping, galloping</p> <p>Practise basic striking, sending and receiving.</p> <p>Throw underarm.</p> <p>Kick a ball.</p> <p>Catch and bounce a ball.</p> <p>Roll a ball.</p> <p>Receive a ball.</p> <p>Practise accurate throwing and consistent catching.</p> <p>Travel with a ball in different ways.</p>	<p><b>Fundamentals</b></p> <p>Explain what they need to stay healthy.</p> <p>Strike or hit a ball with increasing control.</p> <p>Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Understand the importance of rules in games.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warmup and cool-down.</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Throw different types of equipment overhead.</p> <p>Use kicking and dribbling skills in a game.</p> <p>Turn, pass and receive with both hands and feet.</p> <p>Shoot with both foot and hands at goal.</p> <p>Know how to pass the ball in different ways.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Dribble with a stick.</p> <p>Dribble (bounce) with hands.</p> <p>Chest pass and bounce pass.</p> <p>Use a bat, racquet or stick (hockey) to hit with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Shoot with a stick at a goal and shoot at a net.</p> <p>Defend during a game.</p> <p>Pass the ball with increasing speed, accuracy and success in a game situation.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p> <p>Set a pass.</p> <p>Use a javelin pass.</p> <p>Create space and exploit use of space.</p> <p>Explore when different shots are best used.</p> <p>Have netball game knowledge.</p> <p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Shoot in a game.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Use spin pass (rugby)</p> <p>Use pop pass (rugby)</p> <p>Throw and catch accurately and successfully under pressure in a game.</p> <p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p>

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Autumn 2 – Gymnastics						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport. Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Make a shape – star, tuck, stretch.</p> <p>Balance in different ways</p> <p>Roll – log and egg.</p> <p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Travel in different ways, changing direction and speed.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Make a shape – pike and straddle.</p> <p>Roll – rock and roll &amp; side roll.</p> <p>Jump landing correctly.</p> <p>Jump into different shapes and off apparatus safely.</p> <p>Link two actions to make a sequence.</p> <p>Travel in a variety of ways.</p> <p>Hold a still shape whilst balancing on different points of the body.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Make a shape – front support and back support.</p> <p>Able to balance – bridge.</p> <p>Roll (teddy bear)</p> <p>Jump on to a vault and jump along a bench.</p> <p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Partner balance (matching)</p> <p>Partner balance (mirroring)</p> <p>Move with increasing control and care.</p>	<p>Know the importance of strength and flexibility for physical activity.</p> <p>Make a shape – dish and arch.</p> <p>Able to balance – arabesque and shoulder stand.</p> <p>Half term and full turn jump.</p> <p>Able to step when travelling.</p> <p>Partner balance (contrasting)</p> <p>Partner balance (with/against)</p> <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Move with coordination, control and care.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Make a shape – happy cat and angry cat.</p> <p>Able to balance – headstand.</p> <p>Able to do a forward roll.</p> <p>Jump with partner (over a roll) Jump with partner (matching jump)</p> <p>Partner balance (supporting partial weight)</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Able to balance (handstand, v-sit, t balance)</p> <p>Roll backwards.</p> <p>Travel doing cartwheel</p> <p>Partner balance (support full weight)</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility through group balance and group work.</p>

**Spring 1 – Dance**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Combine different movements with ease and fluency.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Travel in different ways.</p> <p>Carry and place equipment safely.</p> <p>Copy and repeat actions</p> <p>Put a sequence of actions together to create a motif.</p> <p>Vary the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short movement phrase which demonstrates their own ideas.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p> <p>Copy, remember and repeat actions,</p> <p>Create a short motif inspired by a stimulus</p> <p>Change the speed and level of their actions</p> <p>Begin to improvise independently to create a simple dance.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p> <p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Knows ways they can become healthier.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Identify and repeat movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p>

**Spring 2 – Net & Wall**

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Enjoy starting to kick, throw and catch balls.</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p>	<p>Describe how the body feels before, during and after exercise.</p> <p>Travel with a ball in different ways.</p> <p>Send the ball with hands.</p> <p>Return the ball with hands.</p> <p>Pass the ball to another player in a game.</p> <p>Begin to use the terms of attaching and defending.</p> <p>Use simple attaching skills such as dodging to get past a defender.</p>	<p>Explain what they need to stay healthy.</p> <p>Use one handed throw with accuracy.</p> <p>Send and receive over a barrier.</p> <p>Have dodgeball game knowledge.</p> <p>Use hand eye coordination to control equipment.</p> <p>Know how to pass the ball in different ways.</p> <p>Begin to use the terms of attaching and defending.</p> <p>Understand the importance of rules in games.</p> <p>Compete against self and others.</p>	<p>Know and describe the effects of different exercise on the body and how to improve stamina.</p> <p>Throw and catch with control to keep possession and score goals.</p> <p>Send the ball (volleyball)</p> <p>Return the ball (volleyball)</p> <p>Setting and digging technique (volleyball)</p> <p>Choose and use a range of simple tactics for defending and challenging their opponent.</p> <p>Have volleyball game knowledge.</p> <p>Use simple rules fairly and extend them to devise their own games.</p>	<p>Changes pace, length and direction to outwit their opponent.</p> <p>Choose and use a range of ball skills with a good degree of accuracy,</p> <p>Control the ball with a racket</p> <p>Sending the ball (using a racket)</p> <p>Returning the ball (using a racket)</p> <p>Hitting the ball with accuracy</p> <p>Uses a variety of techniques and tactics to attack, keep possession and score.</p> <p>Understand that rules need to be consistent and fair, using this knowledge to create rules and teach others.</p> <p>Understand how strength, stamina and speed can be improved by playing games.</p> <p>Identify good performances and suggest ideas that will improve their play.</p>	<p>Understand why exercise is good for fitness, health and wellbeing.</p> <p>Use a range of sending, receiving and travelling techniques in games with control.</p> <p>Hitting the ball (forearm drive)</p> <p>Hitting the ball (backhand drive)</p> <p>Hitting for success</p> <p>Have tennis game knowledge</p> <p>Develop a broad range of techniques and skills for attacking and defending. Using them with consistent accuracy, confidence and control.</p> <p>Know and apply the basis strategic and tactical principles of a game and adapt them to different situations.</p>	<p>Perform skills with greater speed, fluency and accuracy in net and wall games.</p> <p>Understand, choose and apply a range of tactics and strategies for defence and attack.</p> <p>Serve the ball accurately</p> <p>Rallying</p> <p>Know the importance and types of fitness and how playing these games contributes to a healthy lifestyle.</p> <p>Develop their ability and evaluate their own and others' work, and suggest ways to improve it.</p>

**Summer 1 - Athletics**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Revise and refine the fundamental movement skills they have already acquired: - rolling - walking - running - skipping - crawling - jumping - hopping – climbing.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Describe how the body feels before during and after exercise.</p> <p>Run with speed.</p> <p>Jog in a straight line and change direction when jogging.</p> <p>Maintain control as they change direction when jogging or sprinting.</p> <p>Throw for distance.</p> <p>Perform different types of jumps.</p> <p>Land safely when jumping with control.</p> <p>Work with a partner to develop the control of jumps.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Run over distance at different paces.</p> <p>Jump for distance.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Run with basic techniques following a curved line.</p> <p>Perform and compare different types of jumps.</p> <p>Combine different jumps together with some fluency and control.</p> <p>Investigate the best jumps to cover different distances.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Running over obstacles</p> <p>Throwing (push &amp; pull technique)</p> <p>Jumping for height</p> <p>Focus on their arm and leg action to improve their sprinting technique.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p> <p>Develop an effective take-off for the standing long jump.</p> <p>Land safely and with control.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Throwing (javelin &amp; shotput)</p> <p>Use a combinations of jumps</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Identify and demonstrate how different techniques can affect their performance.</p> <p>Focus on their arm and leg action to</p> <p>Speed up and slow down smoothly.</p>	<p>Throwing (sling/hammer)</p> <p>Score and officiate during play.</p> <p>Identify their reaction times when performing a spring start.</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</p> <p>Identify and demonstrate stamina, explaining its importance for runners.</p> <p>Improve techniques for jumping for distance.</p> <p>Compete in events.</p> <p>Measure with distance and height with accuracy.</p>	<p>Throwing (discus)</p> <p>Perform the triple jump.</p> <p>Recap, practise and refine an effective sprinting technique, including reaction time.</p> <p>Work as a team to compete.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of the run.</p> <p>Demonstrate endurance and stamina over longer distances.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performances.</p>

**Summer 2 – Striking & Fielding**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Revise and refine the fundamental movement skills they have already acquired: - rolling - walking - running - skipping - crawling - jumping - hopping – climbing.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Uses underarm, rolling and hitting skills accurately.</p> <p>Hit and kick a ball in a variety of ways.</p> <p>Run for points in a game.</p> <p>Track, intercept, stop and catch balls and small equipment.</p> <p>Show good awareness of space and the actions of others.</p> <p>Watch, describe and comment on what they have seen.</p>	<p>Perform basic techniques of catching and throwing when moving and standing still.</p> <p>Throw (overarm)</p> <p>Catching (bird)</p> <p>Perform basic skills of rolling, striking and kicking with control.</p> <p>Use a variety of simple tactics in a small sided game.</p> <p>Show an awareness of opponents and team mates during games.</p>	<p>Know and describe the effects of exercise on the body and how to improve stamina.</p> <p>Bowl underarm</p> <p>Able to catch one handed.</p> <p>Strike a ball with a cricket bat.</p> <p>Throw and catch with control when keeping possession.</p> <p>Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games.</p> <p>Recognise good performances in themselves and others and use what they have learned to improve their own work.</p>	<p>Change pace, length and direction to outwit their opponent.</p> <p>Hit with power.</p> <p>Hit with accuracy.</p> <p>Use a variety of techniques and tactics to attack, keep possession and score.</p> <p>Understand that rules need to be consistent and fair, using this knowledge to create rules and teach them to others.</p> <p>Understand how strength, stamina and speed can be improved by playing games.</p> <p>Identify good performances and suggest ideas that will improve their play.</p>	<p>Use a small range of sending, receiving and travelling techniques in games, with varied control.</p> <p>Bowl overarm.</p> <p>Strike a ball with a rounders bat.</p> <p>Have cricket game knowledge.</p> <p>Have rounders game knowledge/</p> <p>Develop a broad range of techniques and skills for attacking and defending, using them with accuracy, confidence and control.</p> <p>Know and apply the basic strategic and tactical principles of striking and fielding games and adapt to different situations.</p>	<p>Perform skills with greater speed, fluency and accuracy in invasion, striking and fielding games.</p> <p>Field for success.</p> <p>Understand, choose and apply a range of tactics and strategies for defence and attack.</p> <p>Know the importance and types of fitness and how playing games contributes to a healthy lifestyle.</p> <p>Develop their ability and evaluate their own and others' work, and to suggest ways to improve it.</p>