

	Fine Motor Skills	Locomotion / Athletics	Ball Skills / Invasion Games	Gymnastics	Dance	Net Wall	Striking & Fielding	OAA	Health / Understanding	Swimming
Reception	<p><u>Key Knowledge & Skills</u> Develop their small motor skills so that they can use a range of tools competently, safely and confidently</p>	<p><u>Key Knowledge & Skills</u> Locomotion: Walking Develop walking in different pathways Sustain walking Explore marching Apply walking in a game Egg & Spoon Race</p> <p>Locomotion: Jumping Explore / develop jumping Apply jumping for distance Explore jumping high Explore hopping</p>	<p><u>Key Knowledge & Skills</u> Ball Skills - Hands 1 Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing</p> <p>Ball Skills - Hands 2 Throw underarm Learn to aim Throw overarm Use bodies to throw greater distance Rolling a ball Stopping a ball Explore catching a beanbag and small ball</p> <p>Ball Skills - Feet Explore different ways of using our feet to move with a ball. Develop using our feet to move with a ball. Develop dribbling using our feet to move with a ball. Develop pupils' kicking and dribbling skills during competitions.</p>	<p><u>Key Knowledge & Skills</u> Gymnastics High, Low, Over, Under Apply high and low after being introduced to Apparatus</p> <p>Gymnastics: Wide, Narrow, curled Explore the difference between wide, narrow and curled Transition between wide, narrow and curled movements Link two movements together</p>	<p><u>Key Knowledge & Skills</u> Dance Dinosaurs Explore different movements using different parts of the body Stay in character Respond to the rhythm of a drum Add emotion Work in pairs Use expression</p> <p>Dance: Nursery Rhymes Move in sequence Create own movements Create simple movement sequences Responding in movement to words and music Explore contrasting tempos Explore character movements</p>		<p><u>Key Knowledge & Skills</u> Rackets, Bats, Balls and Balloons Explore ways to keep a balloon in the air Use their hands to push, hit and feet to kick Work with a partner Hit the balloon into space with accuracy Balance objects e.g. beanbag, balloon and a ball Learn how to hold a racket / bat</p>		<p>Games for Understanding Take turns /keeping the score Understand and play by the rules Avoid a defender Prevent an attacker from scoring Apply attacking and defending into a game</p> <p>Ball Skills Feet Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent</p>	

		<p><u>Key Vocabulary</u> Defender, change of direction, speed, walking, marching, tag,</p>	<p><u>Key Vocabulary</u> Control, accuracy, aiming, power, throwing, catching, rolling, stopping attacker, defender, space, rules, tagging, sharing Attacker, defender, space, opponent, dribbling, control</p>	<p><u>Key Vocabulary</u> Champion Gymnastics, shapes, high, low, over, under, apparatus, transition Big, small, low, transition</p>	<p><u>Key Vocabulary</u> Champion dancers, beat, moving, control, rhythm, timing, sequence, tempo</p>		<p><u>Key Vocabulary</u> Push, hit, concentrate, direct, aim, control, hard, soft, partner, score, accuracy, space, racket, bat,</p>		<p><u>Key Vocabulary</u> Turns, score, rules, defender, attacker, dribbling, opponent</p>
		<p><u>End Points</u> Walk with confidence, and experiment traveling in different ways. Move into a space and change direction to avoid defenders. Travel and jump with confidence, landing safely. Jump, hop and skip bending knees and swinging arms.</p>	<p><u>End Points</u> Move into space, keeping away from defenders. Push, roll and dribble a ball with increasing control with their dominant hand Kick a ball with increasing control. Dribble with a dominant foot.</p>	<p><u>End Points</u> Move in different ways. Jump and land safely. Move high and low, over and under apparatus. Create movements and balances using a variety of body parts in wide, narrow and curled ways. Create a mini sequence adding two ways of moving together and execute this on a variety of apparatus.</p>	<p><u>End Points</u> Move in relation to the music and work in a pair. Move with confidence in a variety of ways.</p>		<p><u>End Points</u> Balance an object on a racket / bat Adjust speed and change direction Hit a balloon with increasing control Collaborate with a partner</p>		<p><u>End Points</u> Understand the impact of exercise on the body Warm themselves up and cool themselves down effectively. Understand how to increase their cardio fitness, strength and flexibility. Collaborate with others, encourage and motivate</p>
		<p><u>Applecroft Adventure</u> Ride a Bike Run a Mile</p>							
		<p><u>Key Sports People</u> Jonathan Edwards Galina Chistyakova</p>	<p><u>Key Sports People</u> Mark Boucher</p>						

	Fine Motor Skills	Locomotion / Athletics	Ball Skills / Invasion Games	Gymnastics	Dance	Net Wall	Striking & Fielding	OAA	Health / Understanding	Swimming
Year 1		<u>Key Knowledge & Skills</u> Locomotion: Running Explore running Apply running in a game; explore running at different speeds Run for speed: Acceleration Explore running in a team Consolidate running, apply running in a competitive game Jumping Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	<u>Key Knowledge & Skills</u> Ball Skills Hands 1 Introduce sending (bouncing with control) Aim with accuracy Aim with power and speed when a sending a ball Develop stopping. Combine sending skills Combine sending and receiving skills Ball Skills Feet 1 Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point Ball Skills 2: Hands 2 Apply throwing with accuracy in a team Stop a ball Develop sending (rolling) skills to score a point Consolidate sending and topping to win a game	<u>Key Knowledge & Skills</u> Wide, Narrow, Curled Explore the difference between wide, narrow and curled Transition between wide, narrow and curled movements Link two movements Together Gymnastics 2 Body Parts Combine big and small with wide, narrow and curled Transition between wide, narrow and curled using big and small body parts Add (link) movements together	<u>Key Knowledge & Skills</u> Dance 1: Growing Skills Respond to rhythm Develop the growing plant 'dance' Create motifs Create movement sequences relationships and performance Dance 2 The Zoo Explore expression Develop movements, add movements together Respond to a rhythm: Create an animal sequence motif Explore relationships within motifs			<u>Key Knowledge & Skills</u> Team Building Develop teamwork Build trust and develop communication and cooperation Explore simple strategies Problem solve: Consolidate teamwork	<u>Key Knowledge & Skills</u> Health and Well Being Explore agility Explore balance Explore coordination: bouncing, rolling and throwing Games for Understanding Attack v defence Understand the principles of attack / defence Apply attacking / defending principles into a game Consolidate attacking / defending	
		<u>Key Vocabulary</u> Attacker, defender, space, speed, acceleration, tagging, tag jumping, distance, height, space, hopping, speed, landing	<u>Key Vocabulary</u> Batter, fielder, opponent, aiming, accuracy, throwing, catching, rolling, attacker, defender, space, dribbling, passing, control, aiming, accuracy, throwing, catching, rolling	<u>Key Vocabulary</u> Wide, narrow, curled, big, small, interesting, linking champion gymnastics, shapes, high, low, over, under, apparatus, transition	<u>Key Vocabulary</u> Champion dancers, beat, moving, control, rhythm, timing, sequence, opposite champion dancers, beat, moving, control, rhythm, sequence, motif, expression			<u>Key Vocabulary</u> Teamwork, inclusion, communication, cooperation, trust, team member, fairness	<u>Key Vocabulary</u> Attacker, defender, agility, balance, coordination, hand eye coordination, throwing, aiming attacker, defender, space, rules, tactics, team	

	<p><u>End Points</u> Apply the correct technique for running, on the ball parts of the feet, pump their arms, keep their head up and look for space. Run into space and why. Run for speed, individually and as part of a team.</p> <p>Jump, hop and skip bend knees and swing arms. Use the correct technique to jump as far as possible and understand why this is important. Understand why there may be a need to jump quickly.</p>	<p><u>End Points</u> Dribble the ball with control using the correct technique. Roll and throw (pass) the ball to a target. Understand why there is a need to dribble and pass the ball into space away from defenders.</p> <p>Dribble the ball with control using the correct technique. Pass the ball to a target. Understand why there is a need to move the ball into space away from defenders.</p>	<p><u>End Points</u> Create movements and balances using a variety of body parts in wide, narrow and curled ways. Create a mini sequence adding two ways of moving together and execute this on a variety of apparatus.</p> <p>Create movements and balances using a variety of body parts. Create a mini sequence adding two ways of moving together and execute this on a variety of apparatus</p>	<p><u>End Points</u> Make big, clear actions and move in relation to the music. Execute a movement sequence in a pair.</p> <p>Make big, clear actions and move in relation to the music. Execute a movement sequence in a pair.</p>			<p><u>End Points</u> Complete challenges, following the lead and guidance of others. Listen, collaborate, play fairly and within the rules.</p>	<p><u>End Points</u> Attack by staying in a space and understand what this means. Apply basic defensive principles and 'tag' the opposition. Play by the rules and collaborate with others.</p> <p>Work hard to develop and apply increasing agility, balance and co-ordination. Understand why developing agility, balance and co-ordination is important in all sports. To collaborate and support others.</p>	
	<p><u>Applecroft Adventure</u> Run a Mile Take part in an Egg & Spoon race</p>								
	<p><u>Key Sports People</u> Dean Karnazes Javier Sotomayor</p>	<p><u>Key Sports People</u> Marta</p>							

	Fine Motor Skills	Locomotion / Athletics	Ball Skills / Invasion Games	Gymnastics	Dance	Net Wall	Striking & Fielding	OAA	Health / Understanding	Swimming
Year 2		<p><u>Key Knowledge & Skills</u></p> <p>Locomotion:</p> <p>Athletics 1</p> <p>Dodging</p> <p>Explore dodging; develop dodging; apply dodging; explore attacking and defending; apply dodging in teams</p> <p>Athletics 2:</p> <p>Jumping and Running</p> <p>Consolidate jumping</p> <p>Apply jumping into a game</p> <p>Linking jumping</p> <p>Explore jumping combinations</p> <p>Develop jumping combinations</p>	<p><u>Key Knowledge & Skills</u></p> <p>Ball Skills 1 Hands</p> <p>Develop dribbling / passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession;</p> <p>Develop dribbling / passing and receiving to score a point; combine dribbling, passing and receiving to score a point</p> <p>Ball Skills 1 Feet</p> <p>Develop dribbling / passing / receiving, keeping possession; combine dribbling, passing and receiving, keeping possession / to score a point; apply dribbling, passing and receiving as a team to score a point</p> <p>Ball Skills 2 Hands 2</p> <p>Consolidate pupils application and understanding of underarm throwing</p> <p>Applying the underarm and overarm throw to win a game</p> <p>Applying the underarm throw to beat an opponent</p>	<p><u>Key Knowledge & Skills</u></p> <p>Gymnastics 1 Linking</p> <p>Develop linking</p> <p>Link on apparatus</p> <p>Jump, roll, balance sequences / on apparatus</p> <p>Creation of sequences</p> <p>Complete sequences and performance</p> <p>Gymnastics 2 Pathways</p> <p>Explore / develop zig-zag pathways / on Apparatus</p> <p>Explore / develop curved pathways / on apparatus</p> <p>Creation of pathway sequences</p> <p>Complete pathways sequences and performance</p>	<p><u>Key Knowledge & Skills</u></p> <p>Dance 1 Water</p> <p>Respond to stimuli</p> <p>Develop whole group movement</p> <p>Improvisation and physical descriptions</p> <p>Create contrasting movement sequences</p> <p>Sequences relationships and performance</p> <p>Dance 2 Explorers</p> <p>Respond to stimuli</p> <p>Develop a motif with expression and emotion</p> <p>Apply choreography in motifs</p> <p>Extend motifs</p> <p>Sequence relationships and performance</p>		<p><u>Key Knowledge & Skills</u></p> <p>Rackets, Bats and Balls</p> <p>Hit a ball with a racket</p> <p>Work with a partner</p> <p>Develop accuracy</p> <p>Apply power</p> <p>Develop tactical thinking skills</p> <p>Hit into space</p>	<p><u>Key Knowledge & Skills</u></p> <p>Team Building</p> <p>Introduce teamwork.</p> <p>Understand why it is important to include everyone</p> <p>Understand and develop the skills to what makes an effective team.</p> <p>Develop communication skills, create simple strategies to complete a challenge.</p>	<p><u>Key Knowledge & Skills</u></p> <p>Health & Well-being</p> <p>Consolidate agility</p> <p>Consolidate balancing: Explore balancing on apparatus</p> <p>Explore coordination@</p> <p>Dribbling and kicking</p> <p>Games for Understanding</p> <p>Attack v Defence</p> <p>Attacking / defending as a team</p> <p>Understand the transition between defence and attack</p> <p>Create and apply attacking and defensive tactics</p>	

	<p>Key Vocabulary Attacker, defender, space, dodge, tagging, tag, jumping, distance, height, space, hopping, speed, landing</p>	<p>Key Vocabulary Attacker, defender, batting, fielder, space, throwing, catching, attacker, defender, possession, space, dribbling, passing, attacker, defender, batting, fielder, space, throwing, catching</p>	<p>Key Vocabulary Champion gymnastics, linking, flow, transition, jump, roll, sequence champion gymnastics, linking, flow, transition, zig-zag, curved, sequence</p>	<p>Key Vocabulary Champion dancers, control, rhythm, emotion, choreography, unison, motif, champion dancers, control, rhythm, expression, emotion, stimulus, flow, timing</p>		<p>Key Vocabulary Hit, target, accuracy, safely, control, aim, power, strike,</p>	<p>Key Vocabulary Teamwork, communication</p>	<p>Key Vocabulary Attacker, defender, agility, balance, coordination, hand-eye coordination, throwing, aiming, attacker, defender, space, rules, tactics, team</p>	
	<p>End Points Apply the correct technique for running and dodging to keep away from defenders. To play by the rules and collaborate with others. Jump, hop and skip bend knees and swing arms. Jump in combination and add different jumps together. Understand how to jump as far as possible.</p>	<p>End Points Dribble, pass and move the ball with control and keep the ball away from defenders. Understand the consequence of moving the ball too close to the defenders. Collaborate with others and keep the score. Dribble the ball with control using the correct technique, keeping the ball away from the defenders. Pass the ball to a target and under control. Throw the ball to a target accurately and understand why this is important. Be ready to receive the ball back. Understand the importance of aiming and being accurate in order to win the game.</p>	<p>End Points Create movements and balances on the floor and on apparatus. Create a sequence of movements that link together. Execute this on a variety of apparatus. Perform a sequence incorporating rolls and a balance.</p>	<p>End Points Make big, clear actions and move in relation to the music. Execute the movement sequence in a pair staying in character.</p>		<p>End Points Understand accuracy, Apply greater power, Work with partner to score points Apply control Apply rules Able to hit / strike a ball into space</p>	<p>End Points Create simple tactics Listen, collaborate, play fairly and within the rules.</p>	<p>End Points Understand what it means to attack and defend. Create and apply simple tactics for attack and defence. Understand the importance of playing by the rules and trying to win the game. Apply effective agility, balance and co-ordination across a range of activities and understand why these fundamental movement skills are essential in all sports. Improve their own and others performances through peer and self-assessment</p>	
	<p>Applecroft Adventure Take part in a sack race Run a Mile</p>								
	<p>Key Sports People Derek Redmond</p>	<p>Key Sports People Fara Williams</p>	<p>Key Sports People Dimitrious Loundras</p>						

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Year 3		<p><u>Key Knowledge & Skills</u></p> <p>Athletics Explore running for speed Explore acceleration Develop relay: Run for speed in a team Throw: Accuracy vs distance Standing long jump</p> <p>Athletics Competitions Apply the suggested sequence of learning for running and jumping into a competition</p>	<p><u>Key Knowledge & Skills</u></p> <p>Invasion Games 1 Game Sense Passing and Receiving Keep possession Win the ball back Create space Passing and Moving Transition between attack and defence Accuracy of aim Score points</p> <p>Invasion Games 2: Netball Pass, receive and create space Develop / combine passing and moving Combine / develop passing and shooting</p> <p>Invasion Games 3 Tag Rugby Moving with the ball, passing and receiving in order to keep possession Understand the purpose of tagging, when, where and why this is applied during a game. How attackers create space, create opportunities for the ball carrier to pass if they are tagged. Score a try. Combine passing and moving to create attacking opportunities to score a try.</p> <p>Invasion Games 4 Basketball Dribble; keep control Pass and receive Combine dribbling and passing to create space Develop passing, receiving and dribbling Shoot</p>	<p><u>Key Knowledge & Skills</u></p> <p>Gymnastics 1 Symmetry & Asymmetry Introduction to symmetry Introduction to asymmetry Apply learning onto apparatus Sequence formation Sequence completion</p>	<p><u>Key Knowledge & Skills</u></p> <p>Dance 1 Wild Animals Respond to stimuli; Develop character dance into a motif; Develop sequences with a partner in character that show relationships; Extend sequences with a partner in character</p> <p>Dance 2 Witches & Wizards Respond to different stimuli Create short sequences of movements Create motifs and sequences with a partner Link movements together, in character to create flow Explore expression</p>	<p><u>Key Knowledge & Skills</u></p> <p>Tennis Outwit an opponent Create space to win a point Consolidate how to win a game</p>	<p><u>Key Knowledge & Skills</u></p> <p>Rounders Overarm throw Apply overarm and underarm throwing Stop the ball Application of stopping the ball in a game</p>	<p><u>Key Knowledge & Skills</u></p> <p>Problem Solving Makes an effective team - cooperation, responsibility, communication and collaboration Motivate each other in an unfamiliar environment.</p>	<p><u>Key Knowledge & Skills</u></p> <p>Swimming Perform safe self-rescue in different water based situations 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 Summer Term 1</p>	

	<p><u>Key Vocabulary</u> Tactics, speed, acceleration, distance, accuracy, relay, change over</p>	<p><u>Key Vocabulary</u> Attacker, defender, possession, dodge, throwing, catching attacker, defender, possession, chest pass, footwork, attacker, defender, dribbling, possession, triple threat, chest pass, attacker. Defender, space, possession, shoulder pass</p>	<p><u>Key Vocabulary</u> Excellent gymnastics, linking, flow, interesting, extension, symmetrical, asymmetrical</p>	<p><u>Key Vocabulary</u> Excellent dance, expression, creativity, emotion, rhythm, timing, stage presence, motif, sequence</p>	<p><u>Key Vocabulary</u> Outwit, space, return, recover, baseline, forehand, rally, out</p>	<p><u>Key Vocabulary</u> Batting, fielder, throwing, base / posts, rounder, the long barrier</p>	<p><u>Key Vocabulary</u> Navigate, teamwork, strategy, tactics, communication, orienteering, symbol</p>		
	<p><u>End Points</u> Apply the correct running technique and understand the difference between sprinting and pacing. Understand and apply the correct jumping technique in both Triple Jump and Standing Long Jump. Know how to use the correct technique for throwing</p>	<p><u>End Points</u> Throw accurately to score points against another team. Apply simple tactics to try and beat the other team. Work collaboratively both within their own team and in games against opposition. Apply a good understanding of passing and moving to score points against another team.</p>	<p><u>End Points</u> Perform a sequence incorporating symmetrical and asymmetrical balances. Link both movements and balances together</p>	<p><u>End Points</u> Perform in character, showing expression and execute movements with good timing and musicality. Show movements with creativity.</p>	<p><u>End Points</u> Understand where to play the ball to and why. Always return (recover) to the correct court position and be ready to return the ball after every shot. Demonstrate physically and cognitively that they understand how to beat an opponent Collaborate with others and keep the score</p>	<p><u>End Points</u> Work as part of a fielding team keeping the batter's score as low as possible, with accurate throwing, catching and retrieving skills. Understand the difference between batting and fielding and can apply this understanding in game situations.</p>	<p><u>End Points</u> Identify the attributes of a successful team. Always work as part of a team to complete the challenges. Begin to show good leadership attributes. Listen well to others and communicate effectively through the challenge.</p>		<p><u>End Points</u> Perform safe self-rescue in different water-based situations 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</p>
	<p><u>Applecroft Adventure</u> Run a Mile</p>								
	<p><u>Key Sports People</u> Usain Bolt</p>	<p><u>Key Sports People</u> Michael Jordan</p>	<p><u>Key Sports People</u> Simone Biles</p>						<p><u>Key Sports People</u> Ellie Symonds</p>

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Key Knowledge & Skills**Athletics 1**

Develop running at speed
Explore stride pattern
Explore running at pace
Understand and apply tactics when running for distance

Athletics Competitions

Apply the suggested sequence of learning for running and jumping into a competition

Key Knowledge & Skills**Invasion Games 1 Tag Rugby**

Develop passing, moving and creating space
Apply learning + 3v3 mini games
Develop defending in game situations
Combine passing and moving to create an attack and score

Invasion games 2**Football**

Refine dribbling
Keep possession
Refine passing and receiving
Refine passing and dribbling creating space
Transition between attack and defence
Refine passing and dribbling creating shooting opportunities
Understand where to shoot from to increase chances of scoring

Invasion Games 3**Netball**

Refine passing and receiving
Develop passing and dribbling creating space
Develop passing, moving and shooting
Develop footwork

Invasion Games 4**Hockey**

Refine dribbling to keep control and possession of the ball
Apply passing (short and long)
Develop moving skills
Create shooting opportunities
Learn to intercept, block and tackle

Key Knowledge & Skills**Gymnastics (1) Bridges**

Apply bridge learning onto apparatus;
Develop sequences with bridges;
Sequence formation;
Sequence completion.

Key Knowledge & Skills**Dance (1) Cats**

Respond to stimuli
Work together
Extend sequences with a partner in character
Explore two contrasting relationships and interlinking dance moves

Dance 2**Space**

Extend sequences with a partner in character
Develop sequences with a partner in character that show relationships and interlink dance moves
Sequences, relationships, choreography and performance

Key Knowledge & Skills**Tennis**

Develop the forehand
Create space to win a point using a racket
Apply the forehand and backhand in game situations
Apply the forehand and backhand
Create space to win a point

Key Knowledge & Skills**Striking/Fielding 2 Rounders**

Develop fielding bowling with a backstop
Develop batting; where and why
Apply basic fielding tactics

Key Knowledge & Skills**Communication & Tactics**

What makes an effective team?
Create tactics as a team
Work as a team
What makes an effective team leader?
Develop the qualities required to lead a team effectively including collaboration and communication.
Solve problems
Create simple attacking and defending tactics.

		Learn role changes e.g. from an attacker to a defender							
	<u>Key Vocabulary</u> Tactics, speed, distance, pace, power, stride pattern	<u>Key Vocabulary</u> Space, attacker, defender, forward pass, offside, attacker, defender, possession, chest pass, footwork attacker, defender, dribbling, possession, triple threat, chest pass	<u>Key Vocabulary</u> Excellent gymnastics, extension, control, interesting, bridge, levels, flow	<u>Key Vocabulary</u> Excellent dancers, expression, creativity, emotion, motif, flow, character, excellent dancers, expression, creativity, emotion, motif, choreography, character	<u>Key Vocabulary</u> Outwit, accuracy, power, baseline, forehand, backhand, rally, out	<u>Key Vocabulary</u> Batting, tactics, bowling, catching, backstop, $\frac{1}{2}$ a rounder	<u>Key Vocabulary</u> Communication, tactics, teamwork, strategy, problem solving, cooperation		
	<u>End Points</u> Apply the correct running technique and understand the difference between sprinting and pacing. Understand and can apply the correct jumping technique in both Triple Jump and Standing Long Jump. Knows how to use the correct technique for throwing, to send an object as far as possible.	<u>End Points</u> Carry the ball, attack the space and understand why. Support the ball carrier ready to receive a pass in open play and after Tags. When not in possession, move towards the attacker applying pressure and closing the space. Apply the rules of the game and work collaboratively with others. Apply a good understanding of passing and moving to score points against another team. Apply the footwork rule and other important rules of the game. Work collaboratively both within their own team and in games against opposition. Able to pass, move and shoot accurately and consistently. Switch fluidly between attack and defence as possession changes. Manage the game applying all of the rules effectively.	<u>End Points</u> Perform a sequence that is interesting and creative; incorporate the theme of bridge balances. Link both movements and balances together applying flow including movements over and under their partner's bridge balances. Work well with their partner, share ideas and accurately peer assess other pupils' work.	<u>End Points</u> Apply movements throughout their dances that are big, clear, that show strong musicality, expression and rhythm. Perform in character across a variety of themes. Collaborate with a partner to create interconnecting movements and sequences.	<u>End Points</u> Understand where to play the ball to and why. Always return (recover) to the correct court position and be ready to return the ball after every shot. Demonstrate physically and cognitively that they understand how to beat an opponent. Collaborate with others, play by the rules and keep the score.	<u>End Points</u> Apply batting and fielding skills, such as long barrier, backing up and hitting the ball forwards, in order to beat an opponent. Understand when, where and why to apply these skills in a game. Collaborate with other team members and players on the opposing team.	<u>End Points</u> Cooperate well with a partner and understand what makes a successful team. Orientate a map to find and locate points. Include everyone in the team and take responsibility. Begin to show good leadership attributes. Listen well to others and communicate effectively through the challenge.		

		<u>Applecroft Adventure</u> Run a Mile								
			<u>Key Sports People</u> Jonny Wilkinson	<u>Key Sports People</u> Beth Tweddle		<u>Key Sports People</u> Venus Williams, Serena Williams				

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Key Knowledge & Skills**Athletics**

Finish a race
Evaluate performance
Sprint a personal best
Apply the correct sprinting technique when racing on their own and within a team.
Knows how to use the correct technique for throwing, to send an object (Shot Put) as far as possible.

Successfully adapt sprinting technique to run over the hurdles.

Athletics Competitions

Apply the suggested sequence of learning for running, jumping and throwing into a competition

Key Knowledge & Skills**Invasion Games****1 Netball**

Refine passing and receiving
Apply passing, footwork and shooting into mini games, introduce officiating
Explore the function of other passing styles

Invasion Games 2 Football

Refine dribbling and passing to maintain possession
Develop defending
Develop shooting
Refine attacking skills, passing, dribbling and shooting, introduce officiating (American Football)

Invasion Games 3 Tag Rugby

Refine passing and moving to create attacking opportunities
Explore different passes that can be used to outwit defenders
Refine defending as a team
Create and apply defending tactics.
Develop officiating

Invasion Games 4

Refine dribbling and passing skills
Develop knowledge of marking, tackling and blocking
Apply basic defending tactics
Refine shooting technique when pressure is applied
Understand the rules of hockey

Key Knowledge & Skills**Gymnastics 1**

Counter Balance & Counter Tension
Apply counter balance learning onto apparatus

Sequence formation
Perform a sequence
Incorporate the theme of counter balance and counter tension.
Select movements to travel to their new piece of apparatus
Include a change of level and ensure the movements flow.

Accurately identify strengths and weakness in their own and others performances and suggest ways to improve them.

Key Knowledge & Skills**Dance 1**

The Circus
Develop character movements linked to 19th century prejudices
Create movements to represent different characters and performers in a 19th Century circus
Extend performance
Incorporate props and apparatus linked to the variety of performers

Dance 2 - Dance Festival

To use their bodies to perform technical movements with control and balance and good dynamics.
To sustain their characters
To add drama and emotion to their dance.
To create a performance which includes stage presence, timing, rhythm and sustaining character.

Key Knowledge & Skills**Net Wall****Badminton**

Develop our understanding of how we can win a game of badminton. Develop the forehand shot.
Understand when and where to play the forehand shot.
Introduce the backhand shot.

Understand when and where to play the backhand shot. Develop pupils' ability and understanding of how to create space to win a point.

Refine their understanding of when to apply the forehand and backhand in a game situation to win a point.
Control the game from the beginning (serve) by thinking about how and where to serve.

Tennis

To continue to develop racket technique, explore a new shot, the volley
To think about where and why to hit the ball and why we are hitting it there.

Control the game from the beginning (serve) by thinking about how and where to serve.
To look at how the game changes in pairs (doubles).

Apply prior learning of how they can win a point whilst playing with a partner.

Key Knowledge & Skills**Striking/****Fielding 1**

Rounders
Develop fielding tactics
Maximise players
Understand what happens if the batter misses the ball
Refine fielding tactics what players where?

Striking & Fielding 2 Cricket

Refine batting, understand and develop batting and bowling tactics
Refine fielding stopping, catching and throwing
Combine bowling and fielding creating and applying tactics
Introduce umpiring and scoring

Key Knowledge & Skills**Problem Solving**

Learn what makes an effective team
Develop communication
Develop collaboration
Learn why motivating each other is important

Key Knowledge & Skills**Health Related****Exercise**

Cardio Fitness 1
Flexibility
Strength
Cardio Fitness 2
Understands the impact of exercise on the body and can warm themselves up and cool them self-down effectively.
Demonstrate physically and cognitively that they understand how to increase their cardio fitness, strength and flexibility.
Collaborate with others

	<p><u>Key Vocabulary</u> Tactics, speed, distance, evaluation, change over, personal best, lap</p>	<p><u>Key Vocabulary</u> Attacker, defender, space, possession, free kick, penalty tactics, transition, outwit, offside, loop pass, miss pass, tactics, transition, possession, marking, shoulder pass, bounce pass, block, transition</p>	<p><u>Key Vocabulary</u> Excellent gymnastics, interesting, flow, levels, counter balance, counter tension, unison, canon</p>	<p><u>Key Vocabulary</u> Excellent dancers, expression, creativity, emotion, motif, character, unison</p>	<p><u>Key Vocabulary</u> Tactics, outwit, space, accuracy, forehand, backhand, volley, serve</p>	<p><u>Key Vocabulary</u> Tactics, fielder, bowling, batting and bowling square, no ball, out, throwing, catching, outwit, strike, batting, fielder, out</p>	<p><u>Key Vocabulary</u> Teamwork, strategy, tactics, communication, control point, scale</p>	<p><u>Key Vocabulary</u> Cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment / test</p>	
	<p><u>End Points</u> Apply the correct sprinting technique when racing on their own and within a team. Set challenges and can make improvements to their own and other's performances. Know how to use the correct technique for throwing, to send an object (Shot Put) as far as possible. Successfully adapt their sprinting technique to run over the hurdles.</p>	<p><u>End Points</u> Dribble, pass, move and shoot accurately and consistently; Switch fluidly between attack and defence as possession changes. Manage the game applying all of the rules effectively. Consistently produce attacks that result in tries. Organise themselves as part of a defending team applying pressure to stop the attack. Collaborate with others and follow all the rules including more complex rules such as 'offside' Pass and move and shoot accurately and consistently; Mark the opposition, applying pressure to win the ball back. Manage the game, selecting which players to play in which positions.</p>	<p><u>End Points</u> Perform a sequence that is interesting and creative; incorporate the theme of counter balance and counter tension. Select movements to travel to their new piece of apparatus including a change of level and ensuring the movements flow. Accurately identify strengths and weakness in their own and others performances and suggest ways to improve them.</p>	<p><u>End Points</u> Apply movements throughout their dances that are big, clear, that show strong musicality, expression and rhythm. Perform in character showing an understanding of the character's backgrounds and how they would be feeling. Collaborate with a partner and group suggesting ideas for interesting movements. Perform dances showing fluidity and control.</p>	<p><u>End Points</u> Demonstrate physically and cognitively that they consistently understand how to beat an opponent. Play both forehand and backhand shots and execute underarm serves with accuracy and consistency. Create space for the next shot by forcing their opponent to the side or front of the court. Always collaborate with others, apply tactics, play by the rules and keep the score in both singles and doubles.</p>	<p><u>End Points</u> Organise themselves and their team mates to maximise their teams fielding efficiency. Understand which skills and tactics to apply to get the batters out. Can field the ball quickly and accurately over short and long distances. Plan and apply batting and fielding tactics within a team. Adapt to game situations, adapt batting and fielding skills and tactics. Bowl accurately and consistently and bat into space at various angles and speeds. Collaborate effectively within their team, umpire games and play by the rules.</p>	<p><u>End Points</u> Always work as part of a team to complete the challenges. Listen well to others and communicate effectively through the challenge.</p>	<p><u>End Points</u> Understand the impact of exercise on the body and can warm themselves up and cool them self-down effectively. Demonstrate physically and cognitively that they understand how to increase their cardio fitness, strength and flexibility. Collaborate with others, encouraging and motivating their partner</p>	
	<p><u>Applecroft Adventure</u> Run a Mile</p>			<p><u>Applecroft Adventure</u> Dance like no one is watching</p>					

				<u>Key Sports People</u> Nadia Comaneci		<u>Key Sports People</u> Roger Federer Rafael Nadal Novak Djokovic	<u>Key Sports People</u> Sir Donald Bradman			
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	Fine Motor Skills	Locomotion / Athletics	Ball Skills / Invasion Games	Gymnastics	Dance	Net Wall	Striking & Fielding	OAA	Health / Understanding	Swimming
Year 6		<u>Key Knowledge & Skills</u> Athletics To run for speed competition To run for distance competition To throwing for a competition To jump for a competition Athletics Competitions Apply the suggested sequence of learning for running, jumping and throwing into a competition	<u>Key Knowledge & Skills</u> Invasion Games 1 Netball Consolidate keeping possession Develop officiating Consolidate defending Create, understand and apply attacking / defending tactics in game situations Invasion Games 2 Football Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formation, decide tactics, manage teams and officiate games Invasion Games 3 Hockey Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking / defending tactics in game situations	<u>Key Knowledge & Skills</u> Gymnastics 1 Matching & Mirroring Apply matching/ mirroring learning onto apparatus Sequence development	<u>Key Knowledge & Skills</u> Dance 1 Prejudice & Discrimination Explore the concepts of Prejudice and Discrimination Perform movements with control and rhythm Explore different prejudices Work in groups Choreograph a final performance Dance 2 Titanic Create balances and movements that represent the different social classes in 1912. Use levels and characterisation to classes. Select and apply choreography into a routine including Emotion and expression. Review, describe and evaluate dance performances .Rehearse and perform dance sequences	<u>Key Knowledge & Skills</u> Badminton Game application mixed ability doubles, round robin games Demonstrate physically and cognitively Understand how to beat an opponent Play both forehand and backhand shots Execute underarm serves with accuracy and consistency Create space for the next shot Collaborate with others when playing and umpiring Apply tactics Play by the rules and keeping the score in both singles and doubles.	<u>Key Knowledge & Skills</u> Striking & Fielding 1 Rounders Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations Striking & Fielding 2 Cricket Consolidate batting / fielding / bowling Create, understand and apply attacking / defensive tactics in game	<u>Key Knowledge & Skills</u> Orienteering Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition Cooperate with a partner Understand what makes a successful team. Orientate a map to find and locate points.	<u>Key Knowledge & Skills</u> Health Related Fitness Cardio Fitness 1 Flexibility Strength Cardio Fitness 2 Understand the impact of exercise on the body effectively. Demonstrate physically and cognitively Collaborate with others,	

	<p><u>Key Vocabulary</u> Tactics, teamwork, speed, distance, evaluation, false start, events</p>	<p><u>Key Vocabulary</u> Tactics, transition, umpire, netball positions, marking tactics, transition, counter attack, referee, through ball, man to man marking tactics, attack, defending, counter attack, free hit</p>	<p><u>Key Vocabulary</u> Excellent gymnastics, flow, levels, matching, mirroring, unison, canon</p>	<p><u>Key Vocabulary</u> Excellent dancers, expression, creativity, emotion, stimulus, choreography, rhythm</p>	<p><u>Key Vocabulary</u> Tactics, space, outwit, forehand, backhand, volley, doubles, serve</p>	<p><u>Key Vocabulary</u> Tactics, fielder, bowling, run out, outfielder, umpire tactics, umpire, boundary, four runs, six runs, over</p>	<p><u>Key Vocabulary</u> Navigate, teamwork, strategy, tactics, leadership, responsibility, cooperation</p>	<p><u>Key Vocabulary</u> Cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment / test</p>	
	<p><u>End Points</u> Apply the correct running technique and understands the difference between sprinting and pacing. Understands and can apply the correct jumping technique in both Triple Jump and Standing Long Jump. Knows how to use the correct technique for throwing, to send an object as far as possible.</p>	<p><u>End Points</u> Pass and move and shoot accurately and consistently; Switch fluidly between attack and defence as possession changes. Mark the opposition, applying pressure to win the ball back. Understands the roles and positions within the game. Manage the game, selecting which players to play in which positions and applying all of the rules effectively. Dribble, pass, move and shoot accurately and consistently; Block and tackle the opposition, applying pressure to win the ball back.</p>	<p><u>End Points</u> Perform a sequence that is interesting and creative. Select movements that are matching and mirroring and execute these movements using apparatus including a change of level and ensuring the movements flow. Accurately identify strengths and weakness in their own and others performances and suggest ways to improve them.</p>	<p><u>End Points</u> Apply movements throughout their dances that are big, clear, that show strong musicality, expression and rhythm. Perform with clarity, fluency and accuracy. Collaborate with others in their group, choreographing sections of the dance and make improvements to their own and others work</p>	<p><u>End Points</u> Demonstrate physically and cognitively that they consistently understand how to beat an opponent. Play both forehand and backhand shots and execute underarm serves with accuracy and consistency. Create space for the next shot by forcing their opponent to the side or front of the court. Collaborate with others when playing and umpiring, applying tactics, playing by the rules and keeping the score in both singles and doubles.</p>	<p><u>End Points</u> Consistently make good decisions about batting and fielding to maximise their team's chances of winning. Organise themselves and their team mates to maximise their teams fielding efficiency. Field the ball quickly and accurately over short and long distances. Understand the rules and tactics necessary in the full game of rounders. Create and apply batting and fielding tactics within a team. Adapt to game situations, adapting batting, fielding skills and tactics. Bowl using a variety of techniques accurately and consistently and bat into space on both sides of their body at various angles and speeds. Collaborate effectively within their team, umpire games and play by the rules.</p>	<p><u>End Points</u> Cooperate well with a partner and understand what makes a successful team. Orientate a map to find and locate points. Include everyone in the team and take responsibility.</p>	<p><u>End Points</u> Understand the impact of exercise on the body and can warm themselves up and cool them self-down effectively. Demonstrate physically and cognitively that they understand how to increase their cardio fitness, strength and flexibility. Collaborate with others, encouraging and motivating their partner</p>	

		<u>Applecroft Adventure</u> Run a Mile						<u>Applecroft Adventure</u> Build a Den - PGL		
		<u>Key Sports People</u> Dick Fosbury Tani Grey-Thompson	<u>Key Sports People</u> Kate Richardson-Walsh	<u>Key Sports People</u> Matt Whitlock			<u>Key Sports People</u> Brian Lara			