



KS3 (Year 7)

Basic skills in netball,
football and rugby
Cross country, sports hall
athletics
Athletics skills
Rounders / cricket
Tennis

Lent 2
Athletics (Athletics and Fitness) First Grade Sports
B Describe and choose the best pace for a running event
B Explore technique and rhythm in triple jump
A Compare techniques for throwing in javelin and shot put.

Football (Invasion Games)
B Describe how to dribble pass, receive and shoot the ball under pressure
B Describe some tactics and the need for them and identify when to use them in different situations
A Compare and contrast the options of who to pass to and when to make the correct decision
A Explain how to track a player to intercept when playing in defence
A Explain different skills for different situations and begin to apply this.

Lent 1
Gymnastics (Gymnastics and Yoga) First Grade Sports
B Create and perform sequences using apparatus, individually and with a partner.
B Describe how to develop the straight, forward, straddle and backwards roll into a sequence.
A Present the use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance

Basketball (Invasion Games)
B Describe how to dribble pass, receive and shoot the ball under pressure
B Describe some tactics and the need for them and identify when to use them in different situations
A Compare and contrast the options of who to pass to and when to make the correct decision
A Explain how to track a player to intercept when playing in defence
A Explain different skills for different situations and begin to apply this.

Advent 2
Dance (Dance) First Grade Sports
B Accurately copy and repeat set choreography.
B Create a confident performance of different styles of dance, clearly and fluently, showing good sense of timing
A Explain how to perform dances expressively, using a range of performance skills, showing accuracy and fluency.
A Compare the use of formations, canon and union to express a dance idea.
Yoga (Gymnastics and Yoga)
B Create a yoga flow individually and with others
B Show balance strength and flexibility whilst holding yoga poses.
A Lead others through poses and flows.
A Explain feedback to help others using key terminology to suggest improvements.

Lent 2
Athletics (Athletics and Fitness) First Grade Sports
B Describe how to develop the sprinting technique and improve your personal best.
B Describe the changeover technique in relays.
A Compare jumping technique in a range of approaches and take off positions.
A Explain techniques for throwing for distance in a pill throw.
Ball skills (Skill Skills)
B Name ways to send a ball with accuracy and increasing consistency to a target.
B Describe how to catch a range of objects with increasing consistency.
A Demonstrate how to track a ball not sent directly.
A Explain how to dribble a ball with hands and feet with control.

Lent 1
Gymnastics (Gymnastics and Yoga) First Grade Sports
B Create and adapt sequences to suit different types of apparatus.
B Select actions that flow well into one another.
A Explain how to perform the straight, Barrel, forward and straddle roll and perform them with increasing control
A Compare contrasting actions in a partner sequence.

OAA
B Create and follow instructions
B Create plans and attempt to apply strategies to solve problems
A Explain and apply the skills needed to read a map

Pentecost 1
Volleyball (Net and Wall Games) First Grade Sports
B Identify and apply a wider range of skills and begin to use these under some pressure. Including the fast catch, volley, set and serve.
A Explain when I was successful and what I need to do to improve
A Explain the need for tactics and identify when to use them in different situations

Rounders (Striking and Fielding)
B Describe and demonstrate how to strike the ball with a rounders bat
A Explain a wider range of fielding techniques and begin to use them under some pressure.
A Explain the rules of the game and work co-operatively with others to manage our game.

Pentecost 2
Tennis (Net and Wall Games) First Grade Sports
B Identify and apply a wider range of skills and begin to use these under some pressure.
A Explain a how to use range of serving techniques appropriate to the game.
A Explain the need for tactics and identify when to use them in different situations

Cricket (Striking and Fielding)
B Describe how to develop throwing and catching under pressure and apply these to a striking and fielding game.
A Explain fielding techniques and select the appropriate action for the situation.
A Explain and apply tactics in a game.

Y5 and Y6 to attend 15 weeks of swimming.

This will replace two units in a term.

This will change yearly depending on availability for the pool.

Advent 1
Fitness (Athletics and Fitness)
B Demonstrate good balance and control when performing other fundamental skills.
B Create and manage activities with others
A Explain how different components of fitness and how they help the in other activities.
A Identify what my maximum effort looks and feels like.

Dance (Dance) First Grade Sports
B Accurately copy and repeat set choreography.
B Create a confident performance of different styles of dance, clearly and fluently, showing good sense of timing
A Explain how to perform dances expressively, using a range of performance skills, showing accuracy and fluency.
A Compare the use of formations, canon and union to express a dance idea.

Year 6

Year 5

Pentecost 2
Cricket (Striking and Fielding)
B Describe how to develop batting technique and learn the rules of the skill within this game.
B Describe batting technique and understand where to hit the ball after a bounce.
A Compare and contrast underarm and overarm techniques and apply them with increasing accuracy.
D Summarise how to play different roles in a game and begin to think tactically about each role.

Tennis (Net and Wall Games) First Grade Sports
B Know how to develop racket and ball control
B Identify how to return the ball using a forehand/ backhand and understand when to use it.
A Explain how to keep a continuous rally going showing increased technique.
D Select appropriate footwork patterns to move around the court

Pentecost 1
Rounders (Striking and Fielding)
B Describe how to bowl a ball with some accuracy and consistency
A Explain the rules of the game and begin to use them to play honestly and fairly.
A Explain and demonstrate how to strike a bowled ball with adapted equipment eg a tennis racket.
D Select and demonstrate when to use underarm and overarm throwing and catching skills with increasing accuracy.

Golf (Target Games) First Grade Sports
B Describe how to aim using a putting club.
A Demonstrate how to strike a ball with increasing accuracy.
D Select different actions for different shots.

Lent 2
Athletics (Athletics and Fitness)
B Describe stamina and show an understanding of speed and pace in relation to distance.
A Identify when I was successful and what I need to do to improve.
A Explain how to throw with power and accuracy at a target area using pull and heave throw.
D Propose how to jump for distance with balance and control.

Handball (Invasion Games) First Grade Sports
B Create space to help my team maintain possession and score goals.
B Describe how to throw, catch, dribble and shoot with increasing control
A Summarise simple tactics to help my team, gain possession.
D Self manage a match with my team-mates and officiate by applying the basic rules.

Lent 1
Gymnastics (Gymnastics and Yoga) First Grade Sports
B Develop individual and partner balances using apparatus and shapes.
B Describe how to show control in performing and landing rotation jumps.
A Explain how body tension can improve control and quality of movements.
D Propose improvements my straight, barrel, forward and straddle roll.
Netball (Invasion Games)
B Create space to help my team maintain possession.
B Describe how to pass, receive and shoot the ball with increasing control.
A Explain how to defend one on one and know when to win the ball.
D Summarise simple tactics and use them to help my team score or gain possession.

Advent 1
Fitness (Athletics and Fitness)
B Define different areas of fitness and describe how they challenge our body differently.
B List key points to improve my sprinting techniques.
A Contrast ways to maintain balance when changing direction at speed.
D Compile my scores and identify areas I need to improve.

Dance (Dance) First Grade Sports
B Copy and remember set Choreography
B Respond imaginatively to a range of stimuli related to character and narrative.
A Explain how to use changes in time and spacing confidently to develop a dance
D Select simple movement patterns to structure dance phrases on my own, with a partner and in a group.

Advent 2
Yoga (Gymnastics and Yoga)
B Demonstrate the benefits of yoga
B Demonstrate Yoga poses which show clear shapes
A Explain how to transition from pose to pose in time with my breath.
D Recommend improvements using key terminology to provide effective feedback.

Dance (Dance) First Grade Sports
B Copy and remember set Choreography
B Respond imaginatively to a range of stimuli related to character and narrative.
A Explain how to use changes in time and spacing confidently to develop a dance
D Select simple movement patterns to structure dance phrases on my own, with a partner and in a group.

Year 4

Year 3

KS2

Advent 2
Yoga (Gymnastics and Yoga)
B Copy and link Yoga poses together to create a short flow.
B Describe how yoga makes me feel.
A Compare poses and select to make a flow.

Dance (Dance) First Grade Sports
B Create short dance phrases that convey an idea
B Create actions in response to a stimulus individually and in groups
A Explain how to use counts to keep in time with a partner and group
A Compare and contrast dynamic and expressive qualities in relation to an idea.

Advent 1
Fundamentals (Athletics and Fitness)
B Describe how to change direction when increasing and decreasing speed
B Describe how to balance when performing other fundamental skills.
A Compare ways to link jumping and hopping actions
A Give and overview of how to jump and turn a skipping rope.

Dance (Dance) First Grade Sports
B Create short dance phrases that convey an idea
B Create actions in response to a stimulus individually and in groups
A Explain how to use counts to keep in time with a partner and group
A Compare and contrast dynamic and expressive qualities in relation to an idea.



Lent 2

Dance : (Dance) First Grade Sports

- B Copy, remember, repeat and create dance phrases.
- B Choose actions and dynamics to show a character and ideas.
- A Compare ways to work with a partner in unison using mirroring.
- D Select travelling actions and pathways to include levels.

Striking and Fielding Games (striking and fielding)

- B Describe how to hit a ball with equipment with consistency
- A Give an overview of and apply simple tactics.
- D Justify decisions made when tracking a ball

Lent 1

Gymnastics (Gymnastics + Yoga) First Grade Sports

- B Describe how to use shapes to create balances
- A Explain how to perform gymnastics shapes with control and link them together
- D Investigate how to link and develop travelling actions and balances using apparatus

Invasion Games (Invasion games)

- B Define what being in possession means and support a teammate to do this.
- B Describe how to apply simple tactics for attacking and defending. Eg dribbling passing, marking etc
- A Explain how to score points and remember the score.
- D Summarise how to mark an opponent and attempt to win the ball

Advent 2

Gymnastics (Gymnastics + Yoga) First Grade Sports

- B Describe how to use shapes to create balances
- A Explain how to perform gymnastics shapes with control and link them together
- D Investigate how to link and develop travelling actions and balances using apparatus.

Target Games (Target Games)

- B Describe how to roll or strike a ball to a target with some success
- A Explain the principles of a target game and use different scoring systems when playing.
- D Summarise to give feedback to improve technique.

Pentecost 1

Athletics (Athletics and Fitness)

- B Create and maintain balance and co-ordination when running at different speeds.
- B Describe how to jump and land with control.
- A Explain how an overarm throw can help throw for distance.
- D Summarise good technique.

Net and Wall Games (Net and Wall Games) First Grade Sports

- B Describe how to use the ready position to defend space on court.
- B Describe how to hit a dropped ball over the net into the court area
- A Compare techniques of accurate underarm throws by rallying with partner and catching after one bounce.
- D Select and apply simple tactics to make difficult for an opponent

Pentecost 2

Dance (Dance) First Grade Sports

- B Choose actions and dynamics to show a character and ideas.
- A Compare ways to work with a partner in unison using mirroring.
- D Select travelling actions and pathways to include levels.

Sending and Receiving (Ball Skills)

- B Describe how to trap and cushion a ball that is coming towards me.
- B Describe how to throw and kick a ball to a partner.
- A Compare ways to roll a ball to hit a target.
- D Summarise how to catch a ball passed to me with and without a bounce

KS2

Year 2

Advent 1

Fundamentals (Athletics and Fitness) First Grade Sports

- B Name ways to balance when changing direction.
- B Describe methods for jumping for distance, height and in different directions.
- A Explain how to hop for distance, height and in different directions.
- D Investigate skipping with single and double bounce when jumping in a rope.

Ball Skills (Ball Skills)

- B Describe how to roll, throw and kick a ball to hit a target.
- B Describe how to catch a range of objects with two hands and catch with and without a bounce.
- A Explain how to consistently track and collect a ball being sent directly.
- D Investigate dribbling with hands and feet with increasing control on the move.

Pentecost 2

Dance (Dance) First Grade Sports

- B Copy, remember and repeat actions
- B Explore pathways in dance using counts to move in time.
- A Explain choices of appropriate movements using different body parts in isolation and together.

Sending and Receiving (Ball Skills)

- B Describe how to receive the ball with my feet and hands
- B Label the changes in my body when I do exercise
- A Explain how to catch a ball with some success.
- A Compare ways to throw a ball to a partner.

Pentecost 1

Athletics (Athletics and Fitness)

- B Explore running at different speeds
- B Explore throwing for stance and accuracy
- B Describe how to balance whilst jumping, changing direction and landing.
- A Explain the difference between a jump, a leap and a hop and explain which allows us to jump furthest.

Net and Wall Games (net and wall games)

- B Describe how to hit a ball with a racket
- B Describe how to throw a ball over a net and land into the court area
- A Compare and contrast sending a ball with hands and a racket
- A Explain how to use a ready position to move to the ball.

Lent 2

Dance (Dance) First Grade Sports

- B Copy, remember and repeat actions
- B Explore pathways in dance using counts to move in time.
- A Explain choices of appropriate movements using different body parts in isolation and together.

Striking and Fielding Games (striking and fielding)

- B Explore striking a ball with their hand and equipment.
- B Explore catching with two hands.
- A Explain techniques for throwing over and underarm.

Lent 1

Gymnastics (Gymnastics + Yoga) First Grade Sports

- B Describe how to make basic shapes- straight, tuck, straddle and Pike
- B Create ways to balance making the body tense, stretched and curled.
- A Compare barrel, straight and forward rolls.
- A Compare shape jumps including jumping of low apparatus.

Invasion Games (Invasion Games)

- B Describe how to send and receive a ball with hands and feet
- A Explain how to move into a space showing awareness of defenders.
- A Explain why it is important to stay with a player when defending

Pentecost Games + Ball Skills

Gross Motor

- Negotiate space and obstacles safely, with considerations for themselves and others
- Demonstrate strength, balance and coordination when playing
- Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing

Year 1

Advent 1

Fundamentals (Athletics and Fitness) First Grade Sports

- B Explore changing direction and dodging. Discover how the body moves at different speeds.
- B Describe how move with some control and balance. Explore stability and landing safely.
- A Demonstrate control in take-off and landing when jumping.
- A Compare hopping in different directions.
- A Demonstrate co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.

Ball Skills (Ball Skills)

- B Describe how to roll and throw with some accuracy towards a target.
- B Explore how to catch with two hands and catch after a bounce.
- A Explain how to track a ball being sent directly.
- A Compare methods of dribbling with hands and feet

Advent 2

Gymnastics (Gymnastics + Yoga) First Grade Sports

- B Describe how to make basic shapes- straight, tuck, straddle and Pike
- B Create ways to balance making the body tense, stretched and curled.
- A Compare barrel, straight and forward rolls.
- A Compare shape jumps including jumping of low apparatus.

Target Games (Target games)

- B Describe how to use an overarm throw towards a target
- B Describe how to use an underarm throw towards a target.
- A Compare ways to throw with some accuracy over an increasing distance.

Lent Gymnastics + Dance

Gross Motor

- Will experiment and combine different ways of moving demonstrating increasing level of skill.
- Negotiates space successfully when racing and playing with other children, adjusting speed and changing direction to avoid obstacles.
- Travels with confidence and skill, under, over and through balancing and climbing equipment.
- Shows increasing control when pushing, patting, throwing, catching or kicking it

Advent Introduction to PE + Fundamentals

Gross Motor

- Experiments and combine different ways of moving.
- Jumps off an object and lands appropriately.
- Begins to negotiate space when racing and playing with other children, adjusting speed and changing direction to avoid obstacles.
- Explore and practice skills to travels, under, over and through balancing and climbing equipment.
- Explores how to push, pat, throw, catch or kick objects.

EYFS

EYFS

Negotiate space and obstacles safely, with considerations for themselves and others

Demonstrate strength, balance and coordination when playing

Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing