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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Ball Skills	Team Building Sending and receiving	Gymnastics Net and Wall	Gymnastics Invasion Games	Dance Striking and Fielding	Dance Athletics
Year 2	Fundamentals Net and Wall	Team Building Ball Skills	Invasion Gymnastics	Gymnastics Target Games	Striking and Fielding Dance	Athletics Dance
Year 3	Dance Fundamentals	Ball Skills Gymnastics	Cricket Netball	Football OAA	Tennis Fitness	Athletics Yoga
Year 4	Gymnastics Fundamentals	Ball skills Dance	Tag Rugby Fitness	Hockey Dodgeball	OAA Rounders	Athletics Yoga
Year 5	Fundamentals Gymnastics	Football Dance	Cricket Netball	Tennis Swimming	OAA Swimming	Athletics Swimming
Year 6	Gymnastics Fundamentals	Basketball Dance	Badminton Handball	Hockey Volleyball	OAA Tag Rugby	Athletics Rounders

Year 1

	Fundamentals Ball Skills	Team Building Sending and Receiving	Gymnastics Net and Wall	Gymnastics Invasion Games	Dance Striking and Fielding	Dance Athletics
Knowledge Goals	<p>To explore balance, stability and landing safely.</p> <p>To explore how the body moves differently when running at different speeds.</p> <p>To explore changing direction and dodging.</p> <p>To explore jumping, hopping and skipping actions.</p> <p>To explore co-ordination and combination jumps.</p> <p>To explore combination jumping and skipping in an individual rope.</p> <p>To develop dribbling a ball with your hands.</p> <p>To explore accuracy when rolling a ball.</p> <p>To explore throwing with accuracy towards a target.</p>	<p>To co-operate with a partner to complete challenges.</p> <p>To explore and develop working as a team.</p> <p>To develop talking, listening and sharing skills.</p> <p>To use speaking and listening skills to lead a partner.</p> <p>To plan with a partner and small group to complete challenges.</p> <p>To use talking, listening and sharing skills to complete challenges.</p> <p>To develop rolling and throwing a ball towards a target.</p> <p>To develop receiving a rolling ball and tracking skills.</p>	<p>To explore travelling movements.</p> <p>To develop and combine travelling movements.</p> <p>To develop quality when performing and linking shapes.</p> <p>To develop quality when linking shapes.</p> <p>To develop stability and control when performing balances.</p> <p>To develop stability and control when performing balances.</p> <p>To defend space using the ready position.</p> <p>To play against an opponent and keep the score.</p> <p>To explore hitting with a racket.</p>	<p>To develop technique and control when performing shape jumps.</p> <p>To develop technique and control when performing shape jumps.</p> <p>To develop technique in the barrel, straight and forward roll.</p> <p>To develop rolls and use them in a sequence.</p> <p>To link gymnastic actions to create a sequence.</p> <p>To develop quality in gymnastics sequences.</p> <p>To understand the role of defenders and attackers.</p> <p>To recognise who to pass to and why.</p> <p>To move towards goal with the ball.</p>	<p>To use counts of 8 to move in time and make my dance look interesting.</p> <p>To explore pathways in my dance.</p> <p>To create my own dance using, actions, pathways and counts.</p> <p>To explore speeds and actions in our pirate inspired dance.</p> <p>To copy, remember and repeat actions that represent the theme.</p> <p>To copy, repeat, create and perform actions that represent the theme.</p> <p>To develop throwing and catching.</p> <p>To develop overarm throwing.</p>	<p>To explore speeds and actions.</p> <p>To use expression and create actions that relate to the story.</p> <p>To use a pathway when travelling.</p> <p>To explore and copy actions in response to a theme.</p> <p>To create my own actions for an animal.</p> <p>To explore pathways with a partner.</p> <p>To explore travelling actions and use counts of 8 to move in time with the music.</p> <p>To move at different speeds over varying distances.</p> <p>To develop balance.</p> <p>To develop changing direction quickly.</p>

	<p>To explore catching with two hands. To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me.</p>	<p>To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To develop throwing and catching over a longer distance. To apply sending and receiving skills to small games.</p>	<p>To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.</p>	<p>To support a teammate when playing in attack. move into space showing an awareness of defenders. To stay with a player when defending.</p>	<p>To develop hitting a ball. To develop collecting a ball. To learn how to get a batter out. To play games and understand how to score points.</p>	<p>To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.</p>
Tier 2 vocabulary	<p>bend direction dodge fast hop jog jump land ready position skip challenge swing safely score space soft swing target track underarm catch control dribble ready position roll</p>	<p>listen plan share talk challenge co-operate instruction lead overarm partner pass ready position score send throw underarm catch defender distance far</p>	<p>jump level point roll shape speed squeeze star straight travel action balance control direction ready position score track underarm net partner point racket</p>	<p>jump level point roll shape speed squeeze star straight travel action balance control direction marking points score space attacker defender dodge goal</p>	<p>direction fast level pathway pose quickly slow slowly timing action balance beat copy counts hit out ready position track underarm / overarm batter batting bowl bowler fielder fielding</p>	<p>direction fast level pathway pose quickly slow slowly timing action balance beat copy counts hop jog jump leap overarm quickly safely target time underarm walk balance bend control direction further</p>

Year 2

	Net and Wall Fundamentals	Team Building Invasion Ball Skills	Invasion Gymnastics	Target Games Gymnastics	Dance Striking and Fielding	Dance Athletics
Knowledge Goals	<p>To use the ready position to defend space on court.</p> <p>To develop returning a ball with hands.</p> <p>To play against a partner.</p> <p>To develop racket skills and use them to return a ball.</p> <p>To develop returning a ball using a racket.</p> <p>To play against an opponent using a racket.</p> <p>To explore how the body moves when running at different speeds.</p> <p>To develop changing direction and dodging.</p> <p>To develop balance, stability and landing safely.</p> <p>To explore and develop jumping, hopping and skipping actions.</p> <p>To develop co-ordination and combining jumps.</p>	<p>To follow instructions and work with others.</p> <p>To co-operate and communicate in a small group to solve challenges.</p> <p>To create a plan with a group to solve the challenges.</p> <p>To communicate effectively and develop trust.</p> <p>To use teamwork skills to work as a group to solve problems.</p> <p>To work with a group to copy and create a basic map.</p> <p>To develop rolling a ball to hit a target.</p> <p>To develop stopping a rolling ball.</p> <p>To develop dribbling a ball with your feet.</p> <p>To develop kicking a ball.</p> <p>To develop throwing and catching.</p> <p>To develop dribbling a ball with your hands.</p>	<p>To understand what being in possession means and support a teammate to do this.</p> <p>To understand that scoring goals is an attacking skill and to explore ways to do this.</p> <p>To understand that stopping goals is a defending skill and explore ways to do this.</p> <p>To explore how to gain possession.</p> <p>To mark an opponent and understand that this is a defending skill.</p> <p>To apply simple tactics for attacking and defending.</p> <p>To perform gymnastic shapes and link them together.</p> <p>To perform gymnastics shapes with control and link them together.</p> <p>To use shapes to create balances.</p>	<p>To consider how much power to apply when aiming at a target.</p> <p>To understand how to score using overarm and underarm throwing.</p> <p>To develop striking to a target.</p> <p>To develop hitting a moving target.</p> <p>To select and apply the appropriate skill to the target game.</p> <p>To show an improvement in my personal best.</p> <p>To demonstrate different shapes, take-off and landing when performing jumps.</p> <p>To develop different shapes, take offs and landings when performing jumps.</p> <p>To develop rolling and sequence building.</p> <p>To refine rolling and sequence building.</p> <p>To create a sequence using apparatus.</p>	<p>To remember, repeat and link actions to tell the story of my dance.</p> <p>To develop an understanding of dynamics and how they can show an idea.</p> <p>Use counts of 8 to help you stay in time with the music.</p> <p>To copy, remember and repeat actions using facial expressions to show different characters.</p> <p>To explore pathways and levels.</p> <p>To remember and rehearse our circus dance showing expression and character.</p> <p>To track a rolling ball and collect it.</p> <p>To develop underarm throwing and catching to field a ball.</p> <p>To develop overarm throwing to limit a batter's score.</p>	<p>To copy, repeat and create actions in response to a stimulus.</p> <p>To copy, create and perform actions considering dynamics.</p> <p>To create a short dance phrase with a partner showing clear changes of speed.</p> <p>To copy, repeat and create movement patterns in response to the theme.</p> <p>To create and perform using unison, mirroring and matching with a partner.</p> <p>To remember and repeat actions and dance as a group.</p> <p>To develop the sprinting action.</p> <p>To develop jumping for distance.</p> <p>To develop jumping for height.</p>

	To develop combination jumping and skipping in an individual rope.		To use shapes to create balances. To link travelling actions and balances using apparatus. To develop travelling actions and balances using apparatus.	To create a sequence using apparatus.	To develop hitting for distance to score more points. To be able to get a batter out. To understand the rules of the game and use these to play fairly.	To develop throwing for distance. To develop throwing for accuracy. To select and apply knowledge and technique in an athletics carousel.
Tier 2 Vocabulary	ready position receive return trap against defend partner point quickly sprint swing take-off weight land run skip speed balance dodge hop hurdle jump	plan solve successful support communicate include instructions map kick prepare receive release roll target touch underarm bounce catch collect control dribble	opponent possession receive send score shoot tactic teammate attack defend defender goalkeeper mark pike roll sequence shape speed star straddle tuck balance direction level link pathway	release strike target teammate underarm accurate ahead aim opponent overarm pike roll sequence shape speed star straddle tuck balance direction level link pathway	expression level matching mirroring pathway perform speed timing unison action counts create direction dynamics fielder fielding hit out rules runs stump tactics teammate track backstop batter batting bowler collect	expression level matching mirroring pathway perform speed timing unison action counts create direction dynamics overarm sprint take off target throw height jog jump landing aim distance far fast

Year 3

	Dance Fundamentals	Ball Skills Gymnastics	Cricket Netball	Football OAA	Tennis Fitness	Athletics Yoga
Knowledge Goals	<p>To create actions in response to a stimulus and move in unison with a partner.</p> <p>To create actions to move in contact with a partner or interact with a partner.</p> <p>To select and link appropriate actions and dynamics to show our dance idea.</p> <p>To remember, repeat and create actions to represent an idea.</p> <p>To share ideas of actions and dynamics to create a dance that shows a location.</p> <p>To use choreographing ideas to develop our dance.</p> <p>To use straight pathways and clear changes in direction in a line dance.</p> <p>To use canon and unison to make our line dance look interesting.</p> <p>To use formations, canon and unison to make our line dance look interesting.</p> <p>To remember, repeat and create actions around a theme.</p>	<p>To develop dribbling skills with hands and feet.</p> <p>To develop tracking and catching skills.</p> <p>To develop tracking and throwing skills.</p> <p>To develop tracking and kicking skills.</p> <p>To track a ball that is not sent directly to me.</p> <p>To apply sending and receiving skills in games.</p> <p>To create interesting point and patch balances.</p> <p>To develop point and patch balances on apparatus.</p> <p>To develop stepping into shape jumps with control.</p> <p>To develop stepping into shape jumps using apparatus.</p> <p>To develop the straight, barrel, and forward roll.</p> <p>To include rolls in sequence work using apparatus.</p> <p>To transition smoothly into and out of balances.</p> <p>To be able to transition smoothly in and out of</p>	<p>To learn how to score in a striking and fielding game.</p> <p>To develop batting to score points.</p> <p>To develop fielding skills to limit the batter's score.</p> <p>To understand the role of a bowler.</p> <p>To develop my understanding of tactics and begin to use them.</p> <p>To apply skills and knowledge to play games using cricket rules.</p> <p>To understand the role of an attacker when in possession.</p> <p>To develop movement skills to lose a defender.</p> <p>To understand that scoring goals is an attacking skill and learn how to do this.</p> <p>To understand the role of a defender.</p> <p>To remember that intercepting is a defending skill and explore ways to do this.</p> <p>To apply skills and knowledge to play games using netball rules.</p>	<p>To understand the role of an attacker when in possession.</p> <p>To develop movement skills to lose a defender and move into space.</p> <p>To understand that scoring goals is an attacking skill and learn how to do this.</p> <p>To understand the role of a defender.</p> <p>To apply tactics to small sided games.</p> <p>To apply skills and knowledge to play games using football rules.</p> <p>To develop co-operation and teamwork skills.</p> <p>To develop trust and teamwork.</p> <p>To involve all team members to work towards a shared goal.</p> <p>To develop trust whilst listening to others and following instructions.</p> <p>To identify objects, draw and follow a simple map.</p>	<p>To develop racket and ball control.</p> <p>To explore rallying using a forehand.</p> <p>To explore returning the ball using a forehand.</p> <p>To explore returning the ball using a backhand.</p> <p>To learn how to score and use simple rules.</p> <p>To work co-operatively with others to begin to manage a game.</p> <p>To understand how balance helps us in everyday life.</p> <p>To understand how co-ordination helps us in everyday life.</p> <p>To understand how strength helps us in everyday life.</p> <p>To understand how speed helps us in everyday life.</p> <p>To understand how agility helps us in everyday life.</p>	<p>To develop the sprinting technique and improve on your personal best.</p> <p>To develop changeover technique in relay events.</p> <p>To develop jumping technique in a range of approaches and take off positions.</p> <p>To develop throwing for distance and accuracy.</p> <p>To develop throwing for distance in a pull throw.</p> <p>To develop officiating and performing skills.</p> <p>To explore poses that challenge my balance.</p> <p>To create a flow using poses that challenge my balance.</p> <p>To explore poses that challenge my flexibility.</p> <p>To create a flow using poses that challenge my flexibility.</p> <p>To explore poses that challenge my strength.</p>

	<p>To understand and use formations.</p> <p>To structure a dance to represent a theme.</p> <p>To develop balance and apply it to other fundamental movement skills.</p> <p>To understand how the body moves differently at different speeds.</p> <p>To develop technique when changing speed.</p> <p>To develop agility using a change of speed and direction.</p> <p>To develop technique and control when jumping, hopping and landing.</p> <p>To apply fundamental skills to a variety of games.</p>	<p>balances using apparatus.</p> <p>To create a sequence with matching and contrasting actions and shapes.</p> <p>To create a sequence on apparatus using matching and contrasting.</p> <p>To create a partner sequence using equipment.</p> <p>To create a partner sequence using skills learnt and incorporating apparatus</p>		<p>To draw a route using directions, orientate a map and navigate around a grid.</p>	<p>To understand how stamina helps us in everyday life.</p>	<p>To create a flow using poses that challenge my strength.</p>
<p>Tier 2 vocabulary</p>	<p>Action canon create dynamics explore expression extend feedback formation interact pathway perform pose timing unison</p> <p>agility balance co-ordination control rhythm take-off technique</p>	<p>Accurate block opponent possession power receive technique track</p> <p>Tension contrast control direction extend flow position match matching patch point take-off</p>	<p>Accuracy bowl catch out no ball runs strike tactics technique tournament track umpire wicket attack control court defend intercept invasion opposition possession receive technique teammate tournament umpire</p>	<p>Accurate attack communicate control defend delay intercept invasion pitch possession shoot referee tactics teamwork tournament track</p> <p>Communication compass course discuss honest interrupt map route support symbol tactics teamwork trust</p>	<p>Backhand competition control court face feeder forehand opponent opposition rally react return tactics track</p> <p>Agility balance co-ordination control muscle progress speed stamina strength technique</p>	<p>Accuracy baton control event further power relay speed strength technique</p> <p>Base breath contact control extend flexibility flow hinge link mindfulness pose strength stretch tilt</p>

Year 4

	Gymnastics Fundamentals	Ball skills Dance	Tag Rugby Fitness	Hockey Dodgeball	OAA Rounders	Athletics Yoga
Knowledge Goals	<p>To develop individual and partner balances.</p> <p>To develop individual and partner balances using apparatus.</p> <p>To develop control in performing and landing rotation jumps.</p> <p>To develop rotation jumps and sequence building using apparatus .</p> <p>To develop the straight, barrel, forward and straddle roll.</p> <p>To assess my straight, barrel, forward and straddle roll.</p> <p>To link actions that flow using the rolls I have learnt.</p> <p>To link actions that flow in a partner sequence using the rolls I have learnt.</p> <p>To develop strength in inverted movements.</p> <p>To develop strength in inverted movements.</p>	<p>To develop tracking and collecting skills.</p> <p>To develop confidence and accuracy when tracking a ball.</p> <p>To develop dribbling skills with hands and feet.</p> <p>To develop catching skills using one and two hands.</p> <p>To explore and develop a variety of throwing techniques.</p> <p>To use tracking and sending skills with feet.</p> <p>To copy and create actions in response to an idea and be able to adapt this using changes of space.</p> <p>To choose actions which relate to the theme.</p> <p>To develop a dance using matching and mirroring.</p> <p>To learn and create dance moves in the theme of carnival.</p> <p>To develop a carnival dance using</p>	<p>To develop throwing, catching and running with the ball.</p> <p>To develop an understanding of how to defend using tagging rules.</p> <p>To begin to use the 'forward pass' and 'offside' rule.</p> <p>To develop movement skills to dodge a defender.</p> <p>To track an opponent and begin to defend as a team.</p> <p>To apply the rules and skills you have learnt and play in a tag rugby tournament.</p> <p>To recognise different areas of fitness and explore what your body can do.</p> <p>To develop speed and strength.</p> <p>To develop co-ordination.</p> <p>To develop agility.</p> <p>To develop balance.</p> <p>To develop stamina.</p>	<p>To send and receive with some control.</p> <p>To move safely and with control when dribbling.</p> <p>To develop decision making in attack.</p> <p>To understand the role of a defender.</p> <p>To apply tactics to small sided games.</p> <p>To apply rules, skills and tactics to play in a tournament.</p> <p>To develop throwing and apply this to a target game.</p> <p>To develop dodging skills to avoid being hit.</p> <p>To develop catching and learn the rules of the skill within this game.</p> <p>To further develop catching and use the rules of the skill within this game.</p> <p>To begin to think tactically and apply this to a game.</p>	<p>To develop co-operation and teamwork skills.</p> <p>To orientate a map and navigate around a grid.</p> <p>To develop observational skills, listening to others and following instructions.</p> <p>To develop trust whilst listening to others and following instructions.</p> <p>To be able to identify, draw and follow a simple map.</p> <p>To be able to orientate and navigate around a map and draw a route using directions.</p> <p>To develop throwing and catching with accuracy and apply these to a striking and fielding game.</p> <p>To develop bowling and learn the rules of the skill within this game.</p> <p>To develop batting technique and</p>	<p>To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>To develop power and speed in the sprinting technique.</p> <p>To develop technique when jumping for distance.</p> <p>To develop power and technique when throwing for distance.</p> <p>To develop a pull throw for distance and accuracy.</p> <p>To develop officiating and performing skills.</p> <p>To explore connecting breath and movement.</p> <p>To explore new yoga poses and begin to connect them.</p> <p>To explore gratitude when remembering and repeating a yoga flow.</p> <p>To develop flexibility and strength in a positive summer flow.</p>

	<p>To create a 'great' partner sequence to include the skills I have learnt and apparatus.</p> <p>To create a 'great' partner sequence to include the skills I have learnt and apparatus.</p> <p>To develop balancing and understand the importance of this skill.</p> <p>To develop technique when running at different speeds.</p> <p>To develop agility using a change of speed and direction.</p> <p>To develop technique and control when jumping, hopping and landing.</p> <p>To develop skipping with a rope.</p> <p>To apply fundamental skills to a variety of challenges.</p>	<p>formations, canon and unison.</p> <p>To develop a dance phrase and perform as part of a class performance.</p> <p>To understand how dynamics, space and relationships can be used to represent a state of matter.</p> <p>To use actions, dynamics, space and relationships to represent a state of matter.</p> <p>To order and structure phrases to create a dance performance.</p> <p>To copy and repeat a set phrase in a 1960s style showing energy and rhythm.</p> <p>To learn and perform a partner dance in a 1960s style.</p> <p>To develop my own 1960s inspired dance using changes in relationships.</p>		<p>To apply skills and knowledge to compete in a tournament.</p>	<p>understand where to hit the ball.</p> <p>To develop fielding techniques and apply them to game situations.</p> <p>To play different roles in a game and begin to think tactically about each role.</p> <p>To apply skills and knowledge to compete in a tournament.</p>	<p>To develop flexibility and wellbeing in an individual yoga flow.</p> <p>To develop confidence and strength through arm balances.</p>
<p>Tier 2 vocabulary</p>	<p>Bridge contrast extend flow fluidly inverted landing tension match momentum perform</p>	<p>Accurate block collect control decision momentum opponent possession power</p>	<p>Accelerate delay dodge forward pass gain invasion limit offside onside option pitch</p>	<p>Accurate attack attacker control decision defender defend dribble intercept invasion opposition</p>	<p>Collaborate communicate effectively instructions key leader navigate orientate</p>	<p>Accuracy distance heave launch measure official pace power record speed stamina</p>

	<p>rotation sequence stability grip</p> <p>Accelerate agility balance co-ordination control decelerate distance momentum react rhythm speed stability technique</p>	<p>pressure react receive select technique track</p> <p>Action reaction canon dynamics expression flow formation match mirror order performance phrase relationship represent rhythm space structure timing unison</p>	<p>possession supporting tournament track try</p> <p>Accelerate agility balance co-ordination control decelerate direction dynamic muscle progress</p>	<p>possession receiver tactics teamwork tournament</p> <p>Accuracy agility avoid caught-out communicate cushion decide decision hit out opposition release tactic tournament</p>	<p>reflect role solve symbol teamwork</p> <p>Accuracy batter compete cushion decision limit no ball pressure retrieve short barrier strike stumped tactics technique tournament two- handed pickup umpire</p>	<p>stride technique transfer</p> <p>Breathe control extend flexibility flow gratitude lengthen link mindfulness notice pose relax stable strength wellbeing</p>
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Year 5

	Fitness Gymnastics	Football Dance	Cricket Netball	Tennis Swimming	OAA Swimming	Athletics Swimming
Knowledge Goals	<p>To understand how speed helps me in other activities and apply this.</p> <p>To understand how strength helps me in other activities and apply this.</p> <p>To understand how agility helps me in other activities and apply this.</p> <p>To understand how balance helps me in other activities and apply this.</p> <p>To understand how co-ordination helps me in other activities and apply this.</p> <p>To understand how stamina helps me in other activities and apply this.</p> <p>To perform symmetrical and asymmetrical balances.</p> <p>To perform interesting symmetrical and asymmetrical balances using apparatus.</p>	<p>To develop ways to move the ball and apply them to different situations.</p> <p>To send and receive under pressure.</p> <p>To communicate with my team, move into space and take the ball towards goal.</p> <p>To use defensive techniques to win possession.</p> <p>To apply defending tactics as a team.</p> <p>To use and apply skills, principles and tactics to a game situation.</p> <p>To create a dance using a random structure and perform the actions showing quality and control.</p> <p>To understand how changing dynamics changes the appearance of the performance.</p> <p>To understand and use relationships and space</p>	<p>To develop throwing and catching skills and apply them relevantly to the situation.</p> <p>To develop bowling accuracy and perform the skill within the rules of the game.</p> <p>To develop batting skills, identify when I am successful and what I need to do to improve.</p> <p>To develop fielding techniques and begin to use these under some pressure.</p> <p>To understand the need for tactics and identify when to use them.</p> <p>To apply skills and knowledge to compete in a tournament, using tactics identified throughout the unit.</p> <p>To explore different passes and apply them to different situations.</p> <p>To develop movement skills to lose a</p>	<p>To return the ball using a forehand groundstroke under pressure.</p> <p>To return the ball using a backhand groundstroke under pressure.</p> <p>To use a variety of shots to keep a continuous rally going.</p> <p>To develop the underarm serve and understand the rules of serving.</p> <p>To develop the volley and understand when to use it.</p> <p>To apply rules, skills and principles to play against an opponent.</p> <p>Swimming to be delivered by external provider</p>	<p>To develop communication and negotiation skills.</p> <p>To develop strong communication and negotiation skills to solve challenges.</p> <p>To develop planning and problem-solving skills.</p> <p>To share ideas and work as a team to solve problems.</p> <p>To develop navigation skills and map reading.</p> <p>To create and follow a key and route on a map.</p> <p>Swimming to be delivered by external provider</p>	<p>To understand pace and apply different speeds over varying distances.</p> <p>To develop fluency and co-ordination when running for speed.</p> <p>To develop technique in relay changeovers.</p> <p>To build momentum and power in the triple jump.</p> <p>To develop throwing with force for longer distances.</p> <p>To develop throwing with greater control and technique.</p> <p>Swimming to be delivered by external provider</p>

	<p>To develop the straight, forward, straddle and backward roll.</p> <p>To develop the straight, forward, straddle and backwards roll into a sequence.</p> <p>To explore different travelling actions using both canon and synchronisation.</p> <p>To explore different methods of travelling, linking actions in both canon and synchronisation.</p> <p>To perform progressions of inverted movements.</p> <p>To perform progressions of inverted movements.</p> <p>To explore matching and mirroring in sequence work.</p> <p>To explore matching and mirroring using actions both on the floor and on apparatus.</p> <p>To create a partner sequence using apparatus.</p>	<p>to change how a performance looks.</p> <p>To copy and repeat movements in the style of rock 'n' roll.</p> <p>To work with a partner to copy and repeat actions in time with the music.</p> <p>To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</p> <p>To develop set choreography inspired by a Mayan god.</p> <p>To choose actions to create a motif in a given character with consideration of dynamics, space and relationships.</p> <p>To use structure to choreograph a dance performance.</p> <p>To use matching, canon and unison in the style of the lion dance.</p> <p>To use space and relationships to create a dragon dance.</p> <p>To select and combine dance tools to choreograph and</p>	<p>defender in different situations.</p> <p>To communicate with my team, move into space and take the ball towards goal.</p> <p>To defend an opponent and know when to try and intercept.</p> <p>To develop the shooting action under pressure.</p> <p>To use and apply skills, principles and tactics to a game situation.</p>			
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	To create a group sequence using apparatus.	perform a Chinese dance.				
Tier 2 vocabulary	Agility consistent drive dynamic motivate persevere power react rhythm stable stamina static strength Asymmetrical canon cartwheel decide extension identify inverted matching mirror momentum observe pathways performance quality stable symmetrical synchronisation transition	Carry close down create decision delay opposition possession pressure sportsmanship tactics support tournament Actions canon choreograph collaborate dynamics formation genre motif pathway performance phrase posture quality relationship space structure timing transition unison	Backing up close-catch compete decide deep-catch grip long barrier momentum run out short barrier situation stance tactic Accelerate angle create drive intercept maintain opposition pressure receiver rebound situation sportsmanship stance support technique tournament	Adjust baseline consecutive continuous dominant groundstroke non-dominant option pressure release serve situation tactic technique volley Swimming to be delivered by external provider	Cardinal points compromise concise critical thinking landmark navigation negotiate orientate solve strategy verbal visual Swimming to be delivered by external provider	Approach changeover consistent dominant drive event field force javelin momentum shot put stamina stride technique track Swimming to be delivered by external provider

Year 6

	Gymnastics Fitness	Basketball Dance	Badminton Handball	Hockey Volleyball	OAA Tag Rugby	Athletics Rounders
Knowledge Goals	To develop the straddle, forward and backward roll. To develop rolling into sequence work and on apparatus. To develop counter balance and counter tension. To develop counter balance and counter	To dribble with control under pressure. To move into and create space to support a teammate. To choose when to pass and when to dribble. To use the appropriate defensive technique for the situation. To develop shooting technique and make decisions about when to pass, dribble or shoot.	To return the shuttlecock using an underarm clear. To return the shuttlecock using an overhead clear. To use a variety of shots to keep a continuous rally going. To develop the serve and understand the rules of serving.	To develop dribbling to beat a defender. To send and receive the ball with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate.	To build communication and trust whilst showing an awareness of safety. To collaborate as a team to solve problems. To develop tactical planning and problem solving. To work as a team and use critical thinking to	To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance.

	<p>tension into sequence work with apparatus. To develop jumps and explore the effect of height. To explore jump sequence work with consideration of performance tools. To develop inverted movements with control To develop inverted movements with control. To use flight from hands to travel over apparatus. To use flight from hands to travel over apparatus. To create a group sequence using formations and apparatus. To create a contrasting group sequence using formations and apparatus. To develop an awareness of what your body is able to do.</p>	<p>To apply principles, rules and tactics to a tournament. To copy and repeat a dance phrase showing confidence in movements. To work with others to explore and develop the dance idea. To use changes in dynamics in response to the stimulus. To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To perform a bhangra dance, showing an awareness of timing, formations and direction. To select, order, structure and perform movements in a bhangra style, showing various group formations. To develop a dance phrase using actions, dynamics, space and relationships. To copy and create actions with consideration to stimulus. To use choreographic devices to improve the aesthetics of a performance.</p>	<p>To employ tactics to play against an opponent and with a partner. To apply rules, skills and principles to play against an opponent. To use a variety of passes to maintain possession under pressure. To select the appropriate skill to create space, move towards goal and away from defenders. To select and apply the appropriate skill to score goals. To use defending skills to prevent an opponent from scoring. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament.</p>	<p>To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament. To use the fast catch volley to create space and place the ball. To develop the set shot and understand when to use it. To develop the dig and understand when to use it. To select and apply skills to keep a continuous rally going. To develop the underarm serve and learn the rules of serving. To apply rules, skills and principles to play in a tournament.</p>	<p>determine the best approach. To develop navigational skills and map reading. To use a key to identify objects and locations. To select the appropriate skill, choosing when to run and when to pass. To move into space to support a teammate abiding by the rules. To use defending skills to gain possession. To work as a defending unit to prevent attackers from scoring. To use a variety of attacking skills to beat a defender. To apply rules, skills and tactics learnt to play in a tournament.</p>	<p>To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. To develop throwing and catching under pressure and apply these to a striking and fielding game. To develop bowling under pressure whilst abiding by the rules of the game. To strike a bowled ball with increasing consistency. To develop fielding techniques and select the appropriate action for the situation. To understand and apply tactics in a game. To apply skills and knowledge to compete in a tournament.</p>
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	<p>To develop speed and stamina.</p> <p>To develop strength using my own body weight.</p> <p>To develop co-ordination.</p> <p>To develop agility.</p> <p>To develop balancing with control.</p>	<p>To copy and repeat a phrase of movement in the 1970s disco style.</p> <p>To choreograph a freeze frame montage in the 1970s style.</p> <p>To use feedback to develop and refine a 1970s dance performance.</p>				
Tier 2 vocabulary	<p>Aesthetics competent contrasting counter balance counter tension engage execution flight formation handstand progression refine structure vault</p> <p>Abdominals agility analyse calves co-ordination consistent drive engage measure motivate persevere power quadriceps record rhythm stable</p>	<p>Abide angle ball carrier ball side barrier create dominant draw maintain rebound sportsmanship support tactics transition turnover</p> <p>Action aesthetics choreography dynamics express formation freeze frame inspiration mood motif phrase pose refine rehearse stimulus structure style transition</p>	<p>Abide contact dominant footwork grip overhead placement rally recover return serve sportsmanship stance tactic technique underarm</p> <p>Abide angle appropriate close down consistently create dictate draw maintain possession react sportsmanship tactics transition</p>	<p>Abide appropriate barrier close down create cushion draw pressure situation sportsmanship stance support tactics transition turnover</p> <p>Abide appropriate communicate create cushion dig direct extend non-dominant placement recover serve set sportsmanship tactics technique thrust</p>	<p>Adhere approach cardinal points communication contribute critical thinking determine evaluate inclusive leadership location navigate orientate trust</p> <p>Abide ball carrier close down consecutive create decision dictate draw offside onside sportsmanship support technique track</p>	<p>Discus drive event explosive fling grip maximum meet officiate pace pattern phase power release rhythm stance strategy</p> <p>Abide appropriate assess backing up close catch collaborate consecutive consistently deep catch long barrier momentum short barrier situation stance tactic tournament track umpire</p>