

YEAR 1

Games Unit 1 Ball skills and games

- Balance, roll and pass the ball around different body parts.
- Pat and bounce the ball.
- Throw, catch, roll and receive a ball.
- Kick and dribble a ball.
- Individual and partner target games.

Gym Unit D Flight: Bouncing, jumping and landing

- To bounce, hop, spring and jump using a variety of take offs and landings.
- Link together two or more actions with control and be able to repeat them.

Gym Unit E Points and Patches (Balance)

- Travel confidently and competently on different parts of the body including hands.
- Hold balances on large or small body parts.
- Link two balances together.
- Adapt floorwork safely onto apparatus.

Dance

- Move to music
- Copy dance moves
- Perform own dance moves
- Make up a short dance

Dance

- Perform own dance moves
- Make up a short dance
- Explore pathways within their own performances
- Begin to use counts in dancing
- Begin to explore actions with a partner

Gym Unit F Rocking and rolling

- Spin, rock, turn and roll with control on various parts of the body.
- Plan and link a series of movements together. Jump – land – roll – balance.

Games Unit 2 Throwing and catching/aiming games

- Throw and catch with different equipment.
- Throw and catch one handed.
- Aiming, using different equipment.
- Rolling, kicking, bouncing and throwing to aim at a range of targets.
- Aiming onto/over lines, at targets, hoops and skittles.
- Partner games.

Games Unit 3 Bat/ball skills and games/skipping

- Roll, push and steer a ball along the ground in different directions.
- Hit a ball upwards, downwards and to a partner along the ground and in the air.
- Skipping with a rope.

Dance

- Perform own dance moves
- Make up a short dance
- Use counts in dancing
- Show some sense of expressive qualities within dance

Gym Unit G Wide – narrow – curled

- Travel, balance and jump confidently showing a variety of body shapes.
- Select and link three different movements. Run – jump – roll – balance.
- Tucked jump and leap.

Athletics Units 1 & 2

- Demonstrate some basic jumps and show simple combinations.
- Move at different speeds with some control and then onto with a pivot action.
- Underarm throw and basic two-handed push throw.
- Overarm throw and show increasing accuracy.

Games Unit 4 Developing Partner work

- Skipping with a rope.
- Throw, catch, roll and bounce a variety of apparatus individually and with a partner in a 'game'
- Move with hoops and through hoops/
- Kick and dribble with control and play a game with a partner.

PSHE CURRIULUM PE LINK:

Respecting ourselves and others - How behaviour affects others; being polite and respectful

Physical health and Mental wellbeing - Keeping healthy; food and exercise; hygiene routines; sun safety

Growing and changing - Recognising what makes them unique and special; feelings; managing when things go wrong

YEAR 2

Games Unit 1 Throwing & catching/ inventing games

- Develop throwing and catching skills using a range of equipment.
- 'Beat your own record' activities to put the skill under some pressure.
- Throw, catch and bounce in different ways e.g. one hand, the other hand.
- Throw and catch in stationary position and on the move.
- Partner games.

Gym Unit H Parts high, parts low

- Travel and balance confidently showing different parts of the body high and low.
- Link three movements together smoothly in a planned sequence.

Dance

- Change rhythm, speed, level and direction in my dance.
- Dance with control and coordination.
- Make a sequence by linking sections together.
- Use dance to show mood or feeling.

Gym Unit I Pathways – straight, zig zag and curving

- Understand and create different pathways and move in different directions.
- Link together three different movements showing contrasts in speed and level.
- Perform a limited range of skills with a partner.

Games Unit 2 Making up games with a partner – aiming, hitting and kicking

- Aim at a stationary or moving target using different equipment and balls.
- Aim, using different types of sending with hands, feet and a bat.
- Developing simple strategies and tactics by sending at different angles, heights and speeds into spaces.
- Track the path of a ball and move across it to intercept.
- Run after a moving ball, field it and return.
- Receive a ball on the move.
- Partner games.

Games Unit 3 Dribbling, kicking and hitting

- Dribble with hands, feet and implement to develop control, change of speed and change of direction.
- Work with a partner to pass, receive and strike in a variety of ways with a range of apparatus.
- Partner games.

Dance

- Copy, remember and repeat a series of actions
- Use pathways, levels, shapes, direction and speeds with guidance
- Make a sequence by linking sections together.
- Use dance to show mood or feeling.

Gym Unit J Spinning, turning and twisting

- Turn, spin and twist on different body parts showing control and coordination.
- Turning jumps.
- Link together three movements showing contrasts in speed and level.

Gym Unit K Linking movements together

- Plan sequences or patterns of three or more movements which they can remember and repeat.
- Combinations of travel, roll, balance and jump.
- Recognise and use changes in level, speed and direction.
- Compose and perform simple sequences with a partner.

Dance

- Use counts to help stay in time with the music
- Explore matching and mirroring with a partner
- Match movements and expression to a range of ideas

Games Unit 4 Group games and inventing rules

- Play a range of games in small groups.
- Development and extension of bouncing, kicking, throwing, catching and striking skills.
- Sending and aiming skills developing footwork and whole-body coordination.
- Develop simple group tactics.

Athletics Units 1 and 2

- Use various take-offs and landings to jump for height and distance.
- Combine into patterns of jumping.
- Run to create an even pace.
- Show the difference between running at speed and jogging.
- Take part in a relay activity.
- Underarm throw for accuracy and distance.

PSHE CURRIULUM PE LINK:

Respecting ourselves and others - Recognising things in common and differences; playing and working cooperatively; sharing opinions

Physical health and Mental wellbeing - Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help

Growing and changing - Growing older; naming body parts;
moving class or year

YEAR 3

Games Unit 1 Ball skills invasion focus (passing/receiving)

- Pass and receive with hands in different ways using different apparatus.
- Dribble, pass and receive with feet.
- Sequence passing.
- Signal for the ball.
- Pass and move to retain possession.
- Cooperative and competitive games to further develop these skills and simple tactics.
- Small sided games.

Gym Unit L Stretching, curling and arching

- Travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes.
- Backwards rolls and cartwheels.
- Identify how the overall performance of a sequence can be improved.

Dance

- Improvise freely and translate ideas from a stimulus into a movement.
- Share and create phrases with a partner and small group.
- Repeat, remember and perform phrases.

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.

Swimming

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- Swim competently, confidently and proficiently over a distance of **at least** 25 metres
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Games Unit 2 Creative games making

- Make up and play small sided games.
- Select, apply, reinforce and develop previously learned skills.

Dance

- Use directions to transition between formations within a routine
- Use counts to keep in time with a partner or group
- Repeat, remember and perform phrases.
- Develop an understanding of formations within a group
- Change movements and expression in relation to the character or the narrative

Gym Unit M Symmetry and asymmetry

- Understand and identify symmetry and asymmetry.
- Move and balance showing specific planned shapes and variations in speed and level.
- Travelling and jumping with the body in symmetrical or asymmetrical shapes and weight on different body parts.

Athletics Units 1 & 2 Throwing, running and jumping

- Run at fast, medium and slow speeds and be able to change speed and direction.
- Create their own patterns and link jumping activities.
- Confidently take part in a range of relay activities.
- Throw a range of objects/equipment consistently and accurately.

OAA

- Acquire and develop a range of orientation and problem-solving skills.
- Use the skills to orientate themselves and to travel round a simple course.
- Follow appropriate trails to meet challenges in familiar environments.
- Collaborate with others to select and use simple strategies and appropriate equipment to meet a range of outdoor activity challenges.

Games Unit 3 Net/court/wall games

- Develop feeding and throwing skills.
- Bat and ball activities and skills – self-feed, feed from a partner, cooperative hitting over a net.
- Balls and apparatus thrown from one court to another to develop mobility and tactical awareness.
- Aiming and aiming into spaces to make it difficult for an opponent.

Gym Unit N Pathways

- Understand, identify and use flexible and direct pathways.
- Travel along different pathways using appropriate movements.
- Construct sequences which use planned variations in speed, level and pathways.

PSHE CURRIULUM PE LINK:

Physical health and Mental wellbeing - Health choices and habits; what affects feelings; expressing feelings

Growing and changing - Personal strengths and achievements; managing and reframing setbacks

Respecting ourselves and others - Recognising respectful behaviour; the importance of self-respect; courtesy and being polite

YEAR 4

Dance

- Take the lead when working with a partner or group.
- Use simple compositional devices: unison, canon and repetition.
- Use dance to communicate an idea.
- Confidently use changes in level, direction and pathway to express an idea.

Games Unit 3 Invasion games

- Development of invasion game skills in small sided games using different formations.
- Sending with different implements and balls to develop and extend control, accuracy and consistency.
- Send, receive, gather and keep possession.
- Travel with the ball, run to pick up and continue.
- Develop dodging, marking, signalling and interception and understand possession.

Gym Unit P balance

- Identify and use different body parts to balance on and know which produce stable or unstable bases.
- Move into and from balances with control and accuracy.

Games Unit 2 problem solving and inventing games

- Make up and play games with groups of varying sizes (6/8)

Open games making, problem solving and structured situations.

Dance

- Adapt set choreography to create a short dance routine
- Confidently use changes in level, direction and pathway to express an idea.
- Use counts when choreographing short dances

Games Unit 4 Striking and fielding games

- Develop striking skills and techniques.
- Speed up and develop accuracy in throwing and bowling.
- Receive the ball from one direction and throw/strike it away in another direction.
- Develop fielding skills.
- Mini games which allow children to experience all roles and positions.

Gym Unit S rolling

- Rotate and roll on different body parts and in different directions.
- Create a sequence with a partner on floor and apparatus.

Games Unit 1 net/court/wall games

- Hit with a bat to develop technique, consistency and accuracy. Develop the volley.
- Strike different balls and shuttles with hands and different bats.
- Move to hit the ball/shuttle alternately.
- Singles and doubles games.

OAA

- Acquire and develop a range of orientation and problem-solving skills.
- Use the skills to orientate themselves and to travel round a simple course.
- Follow appropriate trails to meet challenges in familiar environments.
- Collaborate with others to select and use simple strategies and appropriate equipment to meet a range of outdoor activity challenges.

Athletics Units 1 & 2 Throwing, running and jumping

- Run at different speeds smoothly and with consistency.
- Demonstrate different combinations of jumps with control, coordination and consistency.
- Jump sometimes using a short run-up.
- Throw a range of objects in to a target area accurately.

Gym Unit R Balance leading into change of front or direction

- Move into and from specific planned balances with an awareness of change of front.
- Link together run, jump, roll – balance to show change of front and direction.
- Identify and use planned variations in direction.

Dance

- Use counts when choreographing short dances
- Use action to represent an idea as a group or a pair
- Choose appropriate movements and expressions to represent an idea

PSHE CURRIULUM PE LINK:

Physical health and Mental wellbeing - Maintaining a balanced lifestyle; oral hygiene and dental care

Growing and changing - Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty

YEAR 5

Games Unit 3 Invasion games (implement and kicking)

- Develop skills with a hockey stick – pushing and dribbling.
- Develop dribbling, kicking and controlling skills with feet.
- Encourage safe tackling through niggly tackling and develop shielding the ball.
- Pass and move, receive the ball on the move.
- Dodge and move off the ball, falling back.
- A range of mini games.

Games Unit 2 Invasion and target (ball handling)

- Develop pass and move.
- Keep possession, principles of attack, dodging.
- Regain possession, principles of defence, marking and interception.
- Numerical advantage.
- Move, receive, pivot and pass. Move, receive, travel with...
- A range of games to develop team cooperation and attacking and defending strategies.

Gym Unit T bridges

- Use balancing on different body parts to create bridge shapes as individuals and with a partner.

Dance

- Dance with control, fluency, coordination and accuracy.
- Choreograph planned dances by using and adapting actions from different styles of dance
- Choreograph dances considering actions, dynamics, levels and direction in response to a stimulus.

Dance

- Choreograph dances considering actions, dynamics, levels and direction in response to a stimulus.
- Use counts accurately to perform in time with the others and the music
- Confidently use formations to express a dance idea in a group or a pair

Gym Unit U flight

- Five basic jumps showing different shapes and directions in the air and show flight from feet to hands to feet.
- Link three jumps – jumping for height and length.

Games Unit 4 striking and fielding games

- Develop striking skills with rounders batons and cricket bats.
- Develop and extend catching skills.
- Develop different aspects of fielding.
- Create games and play mini games.

Games Unit 1 net/court/wall games

- Develop striking skills with bats and racquets over a net and at targets.
- Explore receiving from different angles and sending into different angles on the court – attacking and defensive strategies.
- Develop cooperative, competitive and creative game situations.

Volley and dig.

OAA

- Demonstrate a range of orientation and problem-solving skills.
- Use the skills with precision, control and consistency and refine skills in route finding.
- Communicate and collaborate with others to select and use appropriate strategies and equipment.
- Address a range of outdoor activities and challenges in changing and unfamiliar environments.

Athletics Units 1 & 2 Throwing, running and jumping

- Sustain running pace over longer distances and run more rhythmically.
- Throw over-arm with greater control.
- Perform a range of jumps showing control and consistency.
- Know and understand the basic principles of relay take-over in particular the 'upsweep' method.

Dance

- Confidently use formations to express a dance idea in a group or a pair
- Confidently perform choosing appropriate expression and movements to represent different ideas within a routine

Gym Unit V Functional use of limbs

Adapt, refine and improve skills with their understanding of pushing, pulling, swinging and gripping.

PSHE CURRIULUM PE LINK:

Respecting ourselves and others - Responding respectfully to a wide range of people; recognising prejudice and Discrimination

Physical health and Mental wellbeing - Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies

Growing and changing - Personal identity; recognising individuality and different qualities; mental wellbeing

YEAR 6

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.

Games Unit 1 Invasion games (implement and kicking)

- To combine and perform skills more fluently in implement and kicking invasion games
- To understand and apply a range of tactics for attack and defence

Gym Unit X Matching and mirroring

- Demonstrate contrasting, matching and mirroring balances and movements.
- Use different spatial relationships with a partner.

Dance

- Develop sequences in a specific style.
- Refines movements to improve performance.
- Performs set dances and patterns accurately.
- Explore and improvise different movements to express ideas independently, with a partner and in a small group
- Choreograph dances considering actions, dynamics, levels and direction in response to the theme.

Games Unit 4 Invasion games (ball handling)

- Choose, combine and perform ball-handling skills more fluently and effectively in games.
- Use attacking and defending strategies more consistently in similar games.

Gym Unit Z Holes and barriers

- Travel over or under shapes made by a partner with or without contact.
- Travel over a moving base.

Dance

- Choreograph dances considering actions, dynamics, levels and direction in response to the theme.
- Use counts accurately when choreographing and performing to improve the quality of their work
- Understand and develop the role of others within a group routine
- Improvise and combine expression and movements to demonstrate an awareness of the impact on performance

Games Unit 2 net/court/wall games

- Mini versions of volleyball and tennis or games which use and develop the skills and tactics of those games.
- Specific tactics and skills for volleyball and tennis.

OAA

- Consolidate and demonstrate a range of orientation and problem-solving skills.
- Refine skills and execute them with precision, control and consistency.
- Communicate and collaborate with others to select and use appropriate strategies and equipment.
- Engage in a range of outdoor activities and challenges in changing and unfamiliar environments.

Athletics Units 1 & 2 Throwing, running and jumping

- Sustain their pace over longer distances.
- Throw with greater control, accuracy and efficiency.
- Perform a range of jumps showing power, control and consistency at take-off and landing.
- Know and understand the basic principles of relay take overs and confidently take part in relay races.

Games Unit 3 Striking and fielding games

- To develop the consistency and accuracy of their striking and fielding skills.
- To select and use skills appropriately in a game situation.
- To play a wide range of striking and fielding games and transfer common principle.
- Understand the basic principles of play and experience all the different roles.

Gym Unit AA Counter-balance/ counter-tension

Demonstrate counter-balance and counter-tension in twos.

PSHE CURRIULUM PE LINK:

Respecting ourselves and others - Expressing opinions and respecting other points of view.

Physical health and Mental wellbeing - What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online

Growing and changing - Human reproduction and birth; increasing independence; managing transitions