

	Autumn term	Spring term		Summer term		
EYFS (Phase 1)	Physical Development (Gross Motor Skills)					
	Fundamental Movement Skill – Locomotion	Fundamental Movement Skill – Stability		Fundamental Movement Skill – Manipulative		
	Physical – Explore the Fundamental Movement Skills of locomotion in isolation	Physical – Explore the Fundamental Movement Skills Stability in isolation		Physical – Explore the Fundamental Movement Skills Object Manipulation in isolation		
	Cognitive – Develop understanding of body awareness & movement concepts	Cognitive – Foster problem-solving and decision-making through movement-based activities		Cognitive – Work independently when given the opportunity		
	Social/Emotional – Share Equipment & resources with others	Social/Emotional – Build confidence through mastery of physical skills.		Social/Emotional – manage emotions during both successes and challenges.		
	Expressive Arts & Design – Music and Movement Understanding the World – All about me	Computing – programming – bee bots – animations 2go Understanding the World – All about me		Understanding the World – All about me		
Year 1	Attack Defend Shoot	Gymnastics	Hit Catch Run	Attack Defend Shoot	Run Jump Throw	
	<ul style="list-style-type: none"> • Hit a Target • Defend a Target • Roll and slide beanbags • Shoot in a game to get points • Work with a partner to score points • Use attacking and defending skills in a game 	<ul style="list-style-type: none"> • Perform actions in a sequence • Carry and set up equipment safely • Perform shapes on large and small body parts • Take off and land and use shapes in jumps • Travel on feet, showing good body tension • Create different levels in performance 	<ul style="list-style-type: none"> • Throw or roll a ball into space • Track and collect a rolling ball • Catch a ball to stop an opponent from scoring • Use hands to hit a ball • Run between bases to score points • Work as a team to score points 	<ul style="list-style-type: none"> • Move side to side to defend a goal • Bounce a ball with control to ourselves • Aim at different targets • Adapt to a game with changing rules • Play in the best defensive position in a game 	<ul style="list-style-type: none"> • Stop and start moving at speed • Use arms when running at different speeds • Take off on two feet to jump for distance • Throw different objects for distance 	<ul style="list-style-type: none"> • Use agile movements • Develop stamina when running • Develop core strength to improve throwing • Stride and jump for height • Choose best starting position for running quickly
	OAA	Dance	Gymnastics	Hit Catch Run	Send & Return	Send & Return
	<ul style="list-style-type: none"> • Follow simple instructions to complete a trail • Find matching symbols • Copy and create a hoop dance • Work with a partner to complete hoop challenges 	<ul style="list-style-type: none"> • Show moods and feelings • Move as if we live in a jungle • Create and perform movements which show friendship • Perform leading and following movements 	<ul style="list-style-type: none"> • Move on, off and over apparatus • Rock on different body parts • Perform specific point balances • Perform actions in unison • Perform actions in cannon 	<ul style="list-style-type: none"> • Catch a ball over a short distance • Begin to hit a ball with power • Position ourselves in the bath of the ball • Field a ball to base 	<ul style="list-style-type: none"> • Slide bean bag to target • Hit a ball in different ways • Move towards ball to return it • Work with a partner to stop and return beanbag • Rally with partner 	<ul style="list-style-type: none"> • Send ball over net to partner • Track and stop a moving object • Spot space and send ball there • Play game with partner

	<ul style="list-style-type: none"> Recognise a symbol as a real object, e.g. square=ball Use decision-making skills to hide equipment. 	<ul style="list-style-type: none"> Perform a short dance with a clear start, middle and end Use repeated actions in our dance 	<ul style="list-style-type: none"> Turn and jump in quatre and half turn 	<ul style="list-style-type: none"> Stop other teams from scoring a point 	<ul style="list-style-type: none"> Send ball into space 	
	<p>Computing: Programming – moving a robot – directional language</p> <p>English: Instructions – how to make a puppet</p> <p>Geography: Field work and map work</p> <p>Maths – Position and direction</p>	Music – Pulse and Rhythm	Music – Pulse and rhythm	Reading comprehension – Jagens big match		
Year 2	Attack Defend Shoot	Gymnastics	Swimming	Swimming	Run Jump Throw	Send and Return
	<ul style="list-style-type: none"> Kick ball over long and short distances Stop a ball with control using foot Work as a team to keep the ball Bounce a ball with my partner Bounce a ball whilst moving Pass the ball forward in a game 	<ul style="list-style-type: none"> Combine 4 elements into a floor sequence Create power in a variety of jumps Take weight on our hands Use flexibility Perform arabesque Perform teddy roll 	<ul style="list-style-type: none"> Swim short distances unaided between 5 and 20 meters using one consistent stroke. Proper over longer distances with the assistance of a swimming aid. Move with more confidence in the water, including submerging fully. Enter and exit the water independently. 	<ul style="list-style-type: none"> Swim short distances unaided between 5 and 20 meters using one consistent stroke. Proper over longer distances with the assistance of a swimming aid. Move with more confidence in the water, including submerging fully. Enter and exit the water independently. 	<ul style="list-style-type: none"> To mover quickly whilst being aware of others around To create power with our legs to turn with speed To move through an obstacle course with speed and control To choose the best throw for different situations To use quick feet whilst sprinting To perform static and dynamic balances 	<ul style="list-style-type: none"> To feed a ball consistently with a partner To send the ball to different parts of the court To throw and catch in a seated position. To accurately serve a ball to different parts of the court To use overarm attacking shots in a game To manage what we should be doing within the competition
	OAA	Dance	Gymnastics	Hit Catch Run	Send and Return	Attack Defend Shoot
	<ul style="list-style-type: none"> Work as a team to complete a task Use problem solving skills Copy and create simple movement pattern Improve performance through repetition Use a key on a map with accuracy 	<ul style="list-style-type: none"> Use images to inspire our dance Show feelings through dance Create movement that shows friendship Create a solo dance with changes of speed and direction Match movement to music 	<ul style="list-style-type: none"> Perform dish and arch shape moving slowly from one to another Develop strength in back support Perform frog jump and leap frog Hold an L-sit with a straight back 	<ul style="list-style-type: none"> Hit a ball and score points running to cones Defend a target by kicking Bowl underarm with control Hit a ball using different bats and techniques Throw accurately to a base Hit a ball into space, away from fielders 	<ul style="list-style-type: none"> To stay on our toes to move more quickly to the ball To identify which hand is dominant in a game The basic rules of serving to a partner To develop agility and use it in a game To use the correct grip for a self fed ball 	<ul style="list-style-type: none"> To throw different types of equipment To move to space after passing the ball To pass and move forward to a target with a partner To position ourselves as a goalkeeper To intercept a ball from a person on the other team

		<ul style="list-style-type: none"> Choose formation and explain choice 	<ul style="list-style-type: none"> Bring rhythm and flow to our sequence 		<ul style="list-style-type: none"> To use the ready position in a rally 	<ul style="list-style-type: none"> To use the skills we have developed in a competition
	Geography – Fieldwork and mapwork	Music – Structure of rhythms RSE and PSHE – Families and relationships				Citizenship – Know the importance of rules
Year 3 (Phase 3)	Multi-Skill Activities		Swimming Dance		Small Sided Games	
	<p>Physical – Develop a range of Fundamental Movement Skills in isolation and combination Develop flexibility strength control and balance</p> <p>Cognitive – Determination to improve and learn from mistakes Ensure you stay safe by considering the risks and hazards with your participation</p> <p>Social/Emotional – Cooperate with others, supporting Work with a range of partners to participate and perform in the games</p>		<p>Physical – Perform dance using a range of movement patterns</p> <p>Cognitive – Demonstrate imagination and creativity in your performance</p> <p>Social/Emotional – Collaborate with a partner to create simple routines</p> <p>Computing – Programming – sequence and order</p>		<p>Physical – Develop a range of Fundamental Movement Skills to participate in team games</p> <p>Cognitive – Identify and develop an understanding of attacking and defending principles of play</p> <p>Social/Emotional – Play with fairness and respect for rules of the game</p>	
	Small Sided Games		Swimming		Outdoor Adventurous Activities	
	<p>Physical – Actively participate in a range of modified competitive games</p> <p>Cognitive – Develop an understanding of spatial awareness</p> <p>Social/Emotional – Manage emotions in a controlled and positive way</p>		<ul style="list-style-type: none"> Swim short distances unaided between 5 and 20 meters using one consistent stroke. Proper over longer distances with the assistance of a swimming aid. Move with more confidence in the water, including submerging fully. Enter and exit the water independently. <p>PSHE – Health and wellbeing</p>		<p>Physical – Develop stamina and endurance through participating in an orienteering course</p> <p>Cognitive – Demonstrate resilience to overcome difficulties and challenges</p> <p>Social/Emotional – Communicate with a partner to develop and agree on a plan</p> <p>Maths – Position and direction</p>	
Year 4	Swimming	Swimming	Dance	Tennis	Athletics	Rounders
	<ul style="list-style-type: none"> Swim short distances unaided between 5 and 20 meters using one consistent stroke. 	<ul style="list-style-type: none"> Swim short distances unaided between 5 and 20 meters using one consistent stroke. 	<ul style="list-style-type: none"> To use freeze frame in our dances To perform a slide and roll confidently To use a variety of formations when performing 	<ul style="list-style-type: none"> To return to the middle of the court after returning a shot To accurately use the forehand in game situations to score points 	<ul style="list-style-type: none"> To challenge ourselves in running, jumping and throwing task To accelerate over short distances 	<ul style="list-style-type: none"> To hit a ball in different directions To run between to posts before getting stumped out To intercept the ball using one hand

	<ul style="list-style-type: none"> • Proper over longer distances with the assistance of a swimming aid. • Move with more confidence in the water, including submerging fully. • Enter and exit the water independently. 	<ul style="list-style-type: none"> • Proper over longer distances with the assistance of a swimming aid. • Move with more confidence in the water, including submerging fully. • Enter and exit the water independently. 	<ul style="list-style-type: none"> • To use cannon in our dance • Sequence bour dance actions to show good flow • Create a 5 action dance routine 	<ul style="list-style-type: none"> • To play a backhand shot with some control • To combine ready position and court movement to consistently return a serve • To work with a partner to score points in a game • To use forehand and backhand shot to score points in a competitive situation 	<ul style="list-style-type: none"> • To run and jump using one-footed take offs • To use a sling action to throw a discus • To run on a bend and exchange a baton • To apply the skills we have learnt in a competitive way 	<ul style="list-style-type: none"> • To underarm throw abiding by the rules of bowling • To play the role of backstop in a small game • Understand the scoring system and use it in a game
	PSHE – Health and wellbeing	PSHE – Health and wellbeing	Maths – Shape Music – All units		Maths – Position and direction	
	Football	Gymnastics	Gymnastics	Tag Rugby	Netball	OAA
	<ul style="list-style-type: none"> • To run onto the ball to receive it • To explore front and goal side marking techniques • To perform a standing tackle to disposes and attacker • To dribble, showing good control to progress forward • To pass and receive the ball over longer distances0020 • To perform passing and moving with a teammate 	<ul style="list-style-type: none"> • To show full extension during a balance • To move in and out of contrasting shapes with fluency • To perform a sequence using different types of rolls • To perform powerful jumps from low apparatus • To perform in unison with a partner • To create a group performance using contrasting actions 	<ul style="list-style-type: none"> • To perform a weighted bunny hop showing control and balance • Perform and arabesque balance and backwards roll • To identify and encourage use of core muscles for stability • To smoothly transition from a front support to side support • To perform a shoulder stand with control • To combine all elements of this unit showing smooth transition 	<ul style="list-style-type: none"> • To use accurate passes to create an attack as a team • To pick up a ball from the floor and run with it to start an attack • To keep possession of the ball and build an attack • To evade being tagged • To use changes of speed to create gaps to run into • To create attacking opportunities in competitive game 	<ul style="list-style-type: none"> • To protect the ball once we have caught it • To use basic shooting techniques in a game situation • One-to-one marking • To pivot once we have caught the ball • To use quick feet • To use preliminary moves 	<ul style="list-style-type: none"> • To work collaboratively to complete a problem solving task • To work collaboratively to create shapes whilst blind folded • To name and recognise the cardinal points of a compass • To complete an orienteering task calmly under time pressure • To work with a partner with a map to complete a course • To recognise and recall common maps symbols from a key
		Maths – Shape Computing – Programming	Maths – Shape Computing – Programming			Maths – Shape Geography – Fieldwork and mapwork
Year 5	Swimming	Swimming	Dance	Tennis	Athletics	Cricket
	<ul style="list-style-type: none"> • Swim short distances unaided between 5 and 20 meters using one consistent stroke. • Proper over longer distances with the assistance of a swimming aid. • Move with more confidence in the water, including submerging fully. 	<ul style="list-style-type: none"> • Swim short distances unaided between 5 and 20 meters using one consistent stroke. • Proper over longer distances with the assistance of a swimming aid. • Move with more confidence in the water, including submerging fully. 	<ul style="list-style-type: none"> • Learn what a non-locomotor movement is and use it in dance • Perform both locomotor and non-locomotor movements together • Create new and exciting group patterns • Learn a simple line dance routine 	<ul style="list-style-type: none"> • To recap and perform a range of different shots with accuracy and control • To move quickly to the ball to perform a volley • To play and overhead shot and know when you might use this 	<ul style="list-style-type: none"> • To run for speed and distance on our own and as part of a team • Pacing our run over longer distances • Different jumping styles and exploring which ones we can jump further with • To use the push-throw technique 	<ul style="list-style-type: none"> • To work with a partner to score runs • To throw accurately over short distances • To follow the path of the ball to catch as a wicketkeeper • To overarm bowl with accuracy whilst using a run-up

	<ul style="list-style-type: none"> Enter and exit the water independently. 	<ul style="list-style-type: none"> Enter and exit the water independently. 	<ul style="list-style-type: none"> Create own 3-step line dance with a partner To work collaboratively within group to improve performance 	<ul style="list-style-type: none"> To use different court formations during double play To refine court movement to hit the ball before the second bounce To perform a diagonal serve to begin a game in competitive situations 	<ul style="list-style-type: none"> To exchange a baton within a restricted area To design a running, jumping or throwing activity for others using the STEP principle 	<ul style="list-style-type: none"> To play a forward defensive shot To set a field in a game to limit the runs scored by a batter
	PSHE – Health and Wellbeing	PSHE – Health and Wellbeing	Music – All Units			PSHE – Citizenship – Breaking the law – Following Rules
	Football	Gymnastics	Gymnastics	Tag Rugby	Basketball	OAA
	<ul style="list-style-type: none"> To turn with the ball To travel quickly and effectively when running with the ball To combine running with the ball and sending it into space To maintain position when attacking to create space To perform a stepover to beat a defender To control a bounding ball keeping it close to the body 	<ul style="list-style-type: none"> To key steps to perform a round off To create and perform a partner sequence using symmetry To perform a counter balance with a partner To perform smooth transitions between counterbalances using different levels To evaluate each others work and suggest improvements 	<ul style="list-style-type: none"> To use space creatively along a l-shape pathway To refine the roundoff technique To refine a backwards roll into straddle To link two cartwheels to perform a double cartwheel To transition into a bridge with control To develop a 6-element partner sequence incorporating asymmetry 	<ul style="list-style-type: none"> To use defensive positions to mark and tag an attacker To pass a ball accurately and consistently while on the move To defend as part of a team to deny space to the attacking team To use a pop pass over a short distance to create an explosive run To move the ball quickly using the ‘magic diamond’ formation #to use the 3 step and pass rule with confidence 	<ul style="list-style-type: none"> To use blocking to stop an opponent from shooting To learn the front pivot and trying to use it in a game To use a forward pass and wing play to build an attack as a team To perform a one-handed push pass under pressure To create space using the box out technique to recover rebounds To catch the ball under pressure into the triple-threat position 	<ul style="list-style-type: none"> To explore different ways of communicating with a blindfolded partner To follow a designated route at maximum speed and complete a task safely To use memory methods to recall different objects whilst navigating To use clear communication to recreate a shape from memory To use imagination and creative thinking to create the tallest marshmallow tower To send and interpret messages using morse code.
	PSHE – Citizenship – Breaking the law – Following Rules	Maths – Shape and Symmetry	Maths – Shape and Symmetry	PSHE – Citizenship – Breaking the law – Following Rules	PSHE – Citizenship – Breaking the law – Following Rules	Geography – Finding Precise Locations – OS maps and Fieldwork
Year 6	OAA	Gymnastics	Gymnastics	Tennis	Athletics	Rounders
	<ul style="list-style-type: none"> To work with a partner to successfully orient and follow a map To identify objects for a scavenger hunt from a written description To work efficiently as a team to complete a range of tasks 	<ul style="list-style-type: none"> To use controlled flight onto high apparatus To dismount from high apparatus To develop a short sequence using flight in canon formation 	<ul style="list-style-type: none"> To perform a 10-element sequence using both apparatus and floor To perform with equipment and respond creatively to music To create judging criteria and assess performances against it 	<ul style="list-style-type: none"> To communicate clearly with a partner to score points in double play To attempt a two-handed back hand shot with control To perform a lob shot to hit the ball over your opponents head 	<ul style="list-style-type: none"> To use a sprint start technique to increase our running speed To learn the three phases of triple jump To learn the heave throw technique and what it is used for 	<ul style="list-style-type: none"> Attacking tactical bowling to make it more difficult for the batter to hit To track and catch a high ball To use fast bowling to deceive your opponent To work in a pair in the field to restrict scoring

<ul style="list-style-type: none"> • To create a fun and challenging game for others to complete 	<ul style="list-style-type: none"> • To incorporate equipment such as hoops and balls into a sequence • To create a paired flight sequence using both canon and unison 	<ul style="list-style-type: none"> • To create and perform interesting patterns as part of a group • To select and apply the appropriate walk and presentation to start a sequence • To perform a 10-element sequence with a 1-minute time limit 	<ul style="list-style-type: none"> • To apply the correct rules and scoring system in games • To play in different doubles formations and work with partner • To discuss and apply a range of tactics in doubles play to achieve success. 	<ul style="list-style-type: none"> • To learn different jump styles and why they are used in athletics • To record and relay results over a range of track and field events 	<ul style="list-style-type: none"> • To apply tactics when running around bases to avoid overtakes • To apply attacking and defensive tactics in a competitive situation
<p>Geography – Maps and orienteering – map reading and directions</p>	<ul style="list-style-type: none"> • To create and perform a 6-element sequence to music 			<p>Science – Animals Inc Humans – Healthy Lifestyles & Exercise</p>	<p>PSHE – Ground Rules and Conflict</p>
<p>Football</p>	<p>Basketball</p>	<p>Dance</p>	<p>Tag Rugby</p>	<p>Netball</p>	<p>OAA</p>
<ul style="list-style-type: none"> • To set up a shooting opportunity for a team mate • To restrict an opponent’s space by defending with a partner • To strike a ball with power and accuracy • To attack and shoot as a pair • To perform the role of a cover defender to stop an attack • To use close control to keep the ball under pressure 	<ul style="list-style-type: none"> • To counter attack using a fast break • To retreat and dribble to maintain possession • To perform a free throw with consistence • To use speed and agility to perform a v-cut to get free from a defender • To drive to the basket using strength and coordination • To demonstrate a three-point shot and understand how different points are awarded 	<ul style="list-style-type: none"> • The technique of the stag leap and rebound jump • To explore relationships through dance and perform partner lifts. • To compose a dance phrase based on the Haka. • To choose and use suitable dynamics for the Haka. • To link freeze frames to street dance style to create a short movement phrase. • To perform a Top Rock and Slide Step and perform with a partner 	<ul style="list-style-type: none"> • To create attacking continuity by supporting the player with the ball • To use set plays in attack to create space for the ball carrier • To develop the 3-step rule, compare and contrasting to the 3-second pass option • To attach the space as a ball carrier to create scoring opportunities • To change from an attacking to a defensive formation when your team loses position 	<ul style="list-style-type: none"> • To learn different ways to improve coordination • To mark the pass or the shot • Organisation in and around the semi-circle • To complete to win the rebounding ball • To stay active to intercept a pass • To stay onside in games depending on the positions being played 	<ul style="list-style-type: none"> • To work with a partner to successfully orient and follow a map • To identify objects for a scavenger hunt from a written description • To work efficiently as a team to complete a range of tasks • To create a fun and challenging game for others to complete
	<p>Science – Animals Inc Humans – Exercise & Lifestyles– Blood & the Heart</p>	<p>PSHE – Family Relationships – Respectful Relationships</p>		<p>PSHE – Family Relationships – Working Together & Agreeing Rules</p>	<p>PSHE – Health and Wellbeing – Resilience</p>