|  |
| --- |
| **Reception PE Planning** |
| **Autumn Term**  | **Spring Term**  |
| **Introduction to PE 2** | **Fundamentals Unit 2** | **Gymnastics 2** | **Dance 2** |
| **Key Skills***Physical*: Moving safely, Running, Jumping, Throwing, Catching, Rolling *Social*: Sharing and taking turns, Encouraging and supporting others, Responsibility *Emotional*: Honesty and fair play, Confidence, Perseverance *Thinking*: Decision making, Understanding and using rules | **Key Skills***Physical*: Hopping, Galloping, Skipping, Sliding, Jumping, Changing direction, Balancing, Running *Social*: Working safely, Responsibility, Working with others *Emotional*: Managing emotions, Challenging myself *Thinking*: Selecting and applying actions | **Key Skills***Physical*: Shapes, Balances, Jumps, Rock and roll, Barrel roll, Straight roll, Progressions of a forward roll, Travelling *Social*: Leadership, Taking turns, Helping others Emotional: Determination *Thinking*: Selecting and applying skills, Creating sequences | **Key Skills***Physical*: Travelling, Copying and performing actions, Balance, Co-ordination *Social*: Respect, Co-operating with others *Emotional*: Working independently, Confidence *Thinking*: Counting, Observing and providing feedback, Selecting and applying actions |
| **Star Words**Safe, Move, Instructions, Equipment, Cooperation | **Star Words**Gallop, Risks, Safety, Speed, Direction, Initiate | **Star Words**Shapes, Land, Rock, Roll, Link | **Star Words**Music, Movement, Feelings, Ideas, Repeat |
| **Progressive Sequence*** To know how to keep safe when moving + To move around safely in a space. (Lesson 1)
* To know the importance of following instructions. + To follow instructions. (Lesson 2)
* To know how to use equipment safely + To use equipment safely. (Lesson 3)
* To know how to work with others + To play safely in a small group. (Lesson 4)
* To know how to take turns + To take turns following a path. (Lesson 5)
* To know what cooperation means + To work cooperatively with a partner. (Lesson 6)
 | **Progressive Sequence*** To know what initiate means + To initiate new combinations of balance to express ideas. (lesson 1)
* To know how to travel with confidence + To travel with confidence. (Lesson 2)
* To know the importance of safety + To manage risks. (Lesson 3)
* To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 4)
* To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 5)
* To know how to travel using equipment + To explore ways of travelling using equipment. (Lesson 6)
 | **Progressive Sequence*** To know how to make different shapes using the body + To make shapes copying short sequences. (Lesson 1)
* To know what makes a good balance + To develop balance using apparatus.(Lesson 2)
* To know how to land safely + To jump off an object and land safely. (Lesson 3)
* To know how to rock and roll + To rock and roll with control. (Lesson 4)
* To know how to travel around, over and through apparatus + To explore travelling around, over and through apparatus.(Lesson 5)
* To know what link means + To link actions together. (Lesson 6)
 | **Progressive Sequence*** To know that music is needed for dance + To imitate movement in response to music. (lesson 1)
* To know dance is used to express feelings + To develop moving rhythmically. (lesson 2)
* To know dance is a form of expression + To develop preferences for forms of expression. (lesson 3)
* To know movement can be used to express feelings + To use movement to express feelings. (lesson 4)
* To know what repeat means + To copy simple repeated rhythms. (lesson 5)
* To know what create means + To create movement in response to music. (lesson 6)
 |

|  |
| --- |
|  **Reception Summer Term Plan** |
| **Games 2** | **Ball Skills 2** |
| **Key Skills***Physical*: Running, Changing direction, Striking a ball *Social*: Communication, Co-operation, Taking turns, Respect, Supporting and encouraging others *Emotional*: Honesty, Managing emotions, Perseverance *Thinking*: Using tactics | **Key Skills***Physical*: Rolling a ball, Tracking a ball, Throwing at a target, Bouncing a ball, Dribbling a ball with feet, Kicking a ball *Social*: Co-operation, Sharing and taking turns *Emotional*: Determination *Thinking*: Using tactics, Decision making |
| **Star Words**Catch, Throw, Speed, Opponent, Teamwork | **Star Words**Track, target, throw, dribble, kick |
| **Progressive Sequence** * To know how to catch a ball + To catch a ball. (lesson 1)
* To know what speed mean + To adjust direction or speed when playing games. (Lesson 2)
* To know what an opponent is + To play against an opponent. (Lesson 3)
* To know what rules are + To follow rules when playing a game. (Lesson 4)
* To know how to control an object + To develop control over an object. (Lesson 5)
* To know what teamwork means + To work cooperatively in a team. (Lesson 6)
 | **Progressive Sequence*** To know what track means + To track a ball. (lesson 1)
* To know what a target is + To throw to a target. (Lesson 2)
* To know how to dribble a ball using hands + To dribble a ball using hands. (Lesson 3)
* To know how to throw and catch to a partner + To throw and catch to a partner. (Lesson 4)
* To know how to dribble a ball using feet well + To develop dribbling a ball using feet. (Lesson 5)
* To know how to kick a ball well + To develop kicking a ball to a target. (Lesson 6)
* **WHOLE SCHOOL INTRA COMPETITION** Sports Day
 |

|  |
| --- |
| **Year 1 Autumn Term Plan** |
| **Dance** | **Sending and Receiving** | **Ball Skills**  | **Fundamental Skills** |
| **Key Skills***Physical*: Travel, Copying and performing actions, Using shape, Balance, Coordination*Social*: Co-operation, Communication, Coming to decisions with a partner, Respect*Emotional*: Confidence, Acceptance*Thinking*: Counting, Observing and providing feedback, Selecting and applying actions | **Key Skills***Physical*: Rolling, Kicking, Throwing, Catching, Tracking *Social*: Co-operation, Communication, Keeping others safe *Emotional*: Perseverance, Challenging myself *Thinking*: Identifying how to improve, Transferring skills | **Key Skills***Physical*: Rolling, Kicking, Throwing, Catching, Bouncing, Dribbling, Tracking *Social*: Co-operation, Communication, Leadership, Supporting others *Emotional*: Honesty Emotional: Perseverance, Challenging myself *Thinking*: Using tactics, Exploring actions, Comprehension | **Key Skills***Physical*: Balancing, Sprinting, Jogging, Dodging, Jumping, Hopping, Skipping *Social*: Taking turns, Supporting and encouraging others, Working safely, Communication *Emotional*: Challenging myself, Perseverance, Honesty *Thinking*: Selecting and applying, Identifying strengths, Listening and following instructions |
| **Star Words**Pose, Beat, Count, Direction, Speed, Choreography | **Star Words**Send, Receive, Aim, Eye Contact, Throw, Catch | **Star Words**Roll, Aim, Target, Control, Dribble, Kick | **Star Words**Control, Balance, Direction, Stability, Speed, Dodge |
| **Progressive Sequence*** To know what a pose is + To move in tie with the music including a pose. (Lesson 1)
* To know what a stimulus is + To respond imaginatively to a stimulus. (Lesson 2)
* To know what a theme means + To copy, remember and repeat actions with a theme. (Lesson 3)
* To know what choreography means + To choose actions that represent a theme. (Lesson 4)
* To know what makes a good dance + To create a dance. (Lesson 5)
* To know what perform means + To perform a dance to an audience. (Lesson 6)
 | **Progressive Sequence*** To know what send means + To roll a ball towards a target. (Lesson 1)
* To know how to receive a moving ball + To receive a rolling ball. (Lesson 2)
* To know how to stop a rolling ball + To stop a rolling ball. (Lesson 3)
* To know the key elements needed for sending and receiving + To develop send and receiving skills. (Lesson 4)
* To know the key elements needed for throwing and catching + To practise throwing and catching skills. (Lesson 5)
* To know the key elements needed for throwing and catching + To develop throwing and catching skills. (Lesson 6)
* **YEAR 1 INTRA COMPETITION** To know the different ways to send and receive + To develop sending and receiving skills. CAROUSEL OF ACTIVITES
 | **Progressive Sequence*** To know the names of different balls + To explore different ball handling skill. (Lesson 1)
* To know how to roll a ball accurately + To roll a ball to hit a target. (Lesson 2)
* To know how to stop a rolling ball + To stop a rolling ball. (Lesson 3)
* To know how to dribble a ball using feet + To dribble a ball using feet. (Lesson 4)
* To know how to kick a ball + To kick a ball with control. (Lesson 5)
* To know the rules of kick cricket + To play kick cricket. (Lesson 6)
 | **Progressive Sequence*** To know what control means + To balance and move with control. (Lesson 1)
* To know what stability means + To develop balance, stability and landing safely. (Lesson 2)
* To know different ways of moving + To explore moving at different speeds. (Lesson 3)
* To know what direction means + To change direction. (Lesson 4)
* To know the difference between jump, hop and skip + To explore jumping, hopping and skipping actions. (Lesson 5)
* To know the key elements for skipping + To develop skipping skills. (Lesson 7)
* To know fundamental skills + To practise fundamental skills. (Lesson 8)
 |

|  |
| --- |
| **Year 1 Spring Term Plan** |
| **Gymnastics** | **Invasion** | **Target Games** | **Yoga** |
| **Key Skills***Physical*: Travelling actions, Shapes, Balances, Jumps, Barrel roll, Straight roll, Forward roll progressions *Social*: Sharing, Working safely *Emotional*: Confidence *Thinking*: Observing and providing feedback, Selecting and applying actions | **Key Skills***Physical*: Throwing and catching, Kicking, Dribbling with hands and feet, Dodging, Finding space *Social*: Co-operation, Communication, Supporting and encouraging others, Respect and kindness towards others *Emotional*: Honesty and fair play, Managing emotions *Thinking*: Connecting information, Decision making, Recalling information | **Key Skills***Physical*: Underarm throwing, Overarm throwing, Aim, Hand eye co-ordination *Social*: Communication, Supporting and encouraging others, Leadership *Emotional*: Perseverance, Honesty, Fair play *Thinking*: Using tactics, Selecting and applying skills, Decision making | **Key Skills***Physical*: Breathing, Balance, Flexibility, Strength *Social*: Working safely, Sharing ideas, Leadership *Emotional*: Calmness, Patience, Understanding *Thinking*: Selecting actions, Creating poses, Focus Thinking: Providing feedback |
| **Star Words**Movements, Travel, Shape, Balance, Jump, Roll | **Star Words**Possession, Dodge, Goal, Pass, Defender Support | **Star Words**Leadership, Aim, Target, Cooperation, Technique, Underarm, Overarm | **Star Words**Breath, Pose, Flexibility, Feedback, Linking, Awareness, Balance, Strength, Flow  |
| **Progressive Sequence*** To know what travel means + To explore ways of travelling. (Lesson 1)
* To know your body can make different shapes + To make different shapes with your body. (Lesson 2)
* To know what balance means + To practise different balances. (Lesson 3)
* To know what jump means + To practise different jumps. (Lesson 4)
* To know what roll means + To practise different rolls. (Lesson 5)
* To know that muscles give strength + To build strength through different movements. (Lesson 6)
* To know how to get out apparatus safely + To use apparatus sensibly and safely. (Lesson 7)
 | **Progressive Sequence*** To know what possession means + To dribble towards a goal using feet. (Lesson 1)
* To know what a defender is + To practise passing to a teammate. (Lesson 2)
* To know how to dribble using hands + To move towards a goal with the ball. (Lesson 3)
* To know how to throw to a teammate + To support a teammate when in possession. (Lesson 4)
* To know why moving into space is important + To move into space showing an awareness of defenders. (Lesson 5)
* To know what dodge means + To use dodging to lose a defender. (Lesson 6)
 | **Progressive Sequence*** To develop underarm throwing towards a target. (Lesson 1)
* To develop throwing for accuracy. (Lesson 2)
* To develop underarm throwing for accuracy + To explore overarm throwing towards a target. (Lesson 3)
* To develop throwing for accuracy with an underarm and overarm throw + To develop throwing for distance. (Lesson 4)
* To develop throwing for accuracy and distance. To select the correct technique for the situation. (Lesson 5)
* To develop throwing for accuracy + To develop throwing for distance. (Lesson 6)
* To develop throwing for accuracy and distance under pressure. (Lesson 8)
 | **Progressive Sequence*** To explore yoga and mindfulness. (Lesson 1)
* To copy and repeat yoga poses. (Lesson 2)
* To develop an awareness of strength when completing yoga poses. (Lesson 3)
* To develop an awareness of flexibility when completing yoga poses. (Lesson 4)
* To create yoga poses using a hoop. (Lesson 5)
* To copy and remember actions linking them into a flow. (Lesson 6)
* To create a flow and teach it to a partner. (Lesson 7)
* To explore poses and create a yoga flow (Lesson 8)
 |

|  |
| --- |
| **Year 1 Summer Term Plan** |
| **Striking and Fielding** | **Athletics**  | **Net and Wall** | **Team Building** |
| **Key Skills**Physical: Travelling actions, Shapes, Balances, Jumps, Barrel roll, Straight roll, Forward roll progressions Social: Sharing, Working safely Emotional: Confidence Thinking: Observing and providing feedback, Selecting and applying actions | **Key Skills***Physical*: Running at varying speeds, Agility, Balance, Running over obstacles, Jumping, hopping and leaping in combination and for distance, Throwing for distance *Social*: Working safely, Collaborating with others *Emotional*: Working independently, Honesty and playing to the rules, Determination *Thinking*: Exploring ideas | **Key Skills***Physical*: Throwing, Catching, Hitting a ball, Tracking a ball *Social*: Respect, Communication *Emotional*: Honesty and fair play, Determination *Thinking*: Decision making, Using simple tactics, Recalling information, Comprehension | **Key Skills***Physical*: Balancing, Travelling actions *Social*: Communication, Sharing ideas, Inclusion, Encouraging and supporting others *Emotional*: Confidence, Trust, Honesty *Thinking*: Decision making, Using tactics, Providing instructions, Planning Thinking: Problem solving |
| **Star Words**Target, Opposition, Track, Underarm, Overarm Striking | **Star Words**Distance, Lap, Hop, Jump, Leap, Obstacle | **Star Words**Defend, Ready, Position, Opponent, Score, Racket, Send | **Star Words**Instructions, Co-Operate, Communicate, Teamwork, Skill, Solve |
| **Progressive Sequence*** To know how to aim at a target accurately + To roll a ball towards a target. (Lesson 1)
* To know how to track an object + To track a rolling ball and collect it. (Lesson 2)
* To know how to throw a ball underarm + To develop throwing and catching skills. (Lesson 3)
* To know how to throw a ball overarm + To throw and catch with accuracy. (Lesson 4)
* To know how to strike a ball + To strike a ball. (Lesson 5)
* To know what retrieve means + To retrieve a ball when fielding (Lesson 6)
* To know the role of the batter, bowler and fielder + To play small sided games including each role. (Lesson 7)
 | **Progressive Sequence*** To know movements can be done at different speeds + To run at different speeds. (Lesson 1)
* To know key points for balance and stability + To develop a foundation for balance and stability. (Lesson 2)
* To know the key points for agility and coordination + To develop agility and coordination. (Lesson 3)
* To know the difference between hop, jump and leap + To explore hopping, jumping and leaping for distance. (Lesson 4)
* To know what is important to land safely + To develop balance when jumping and landing. (Lesson 5)
* To know what an obstacle is + To travel over obstacles. (Lesson 6)
* To know what distance means + To develop throwing for distance. (Lesson 7)
* **WHOLE SCHOOL INTRA COMPETITION** Sports Day
 | **Progressive Sequence*** To know what the ready position is + To defend using the ready position. (Lesson 1)
* To know what makes a good ready position + To develop defending using the ready position. (Lesson 2)
* To know what an opponent is + To play against an opponent. (Lesson 3)
* To know how to hold a racket correctly + To develop control when holding a racket. (Lesson 4)
* To know different ways of using a racket and ball + To develop racket and balls skills. (Lesson 5)
* To know what send means + To send a ball using a racket. (Lesson 6)
* To know how to send a ball over a net + To practise sending a ball over a net. (Lesson 7)
 | **Progressive Sequence*** To know what instructions are + To listen and follow instructions (Lesson 1)
* To know what communication means + To solve challenges with a partner. (Lesson 2)
* To know what co-operation means + To listen to others and take turns. (Lesson 3)
* To know the elements of good teamwork + To explore teamwork skills. (Lesson 4)
* To know the elements of good communication + To develop communication skills. (Lesson 5)
* To know how to communicate effectively + To use communication skills. (Lesson 6)
* To know the elements of good co-operation + To work with a partner/team to solve problems. (Lesson 7)
 |

|  |
| --- |
| **Year 2 Autumn Term Plan** |
| **Dance** | **Invasion** | **Ball Skills**  | **Fundamental Skills** |
| **Key Skills**Physical: Travel, Copying and performing actions, Using dynamics, pathway, expression and speed, Balance, Coordination Social: Respect, Consideration, Sharing ideas, Decision making with others Emotional: Acceptance, Confidence Thinking: Selecting and applying actions, Counting, Observing and providing feedback, Creating | **Key Skills***Physical*: Throwing and catching, Kicking, Dribbling with hands and feet, Dodging, Finding space *Social*: Co-operation, Communication, Supporting and encouraging others, Respect and kindness towards others *Emotional*: Honesty and fair play, Managing emotions *Thinking*: Connecting information, Decision making, Recalling information | **Key Skills***Physical*: Rolling, Kicking, Throwing, Catching, Bouncing, Dribbling *Social*: Co-operation, Communication, Leadership, Supporting others *Emotional*: Honesty, Perseverance, Challenging myself *Thinking*: Using tactics, Exploring actions | **Key Skills***Physical*: Balancing, Sprinting, Jogging, Dodging, Jumping, Hopping, Skipping *Social*: Taking turns, Supporting and encouraging others, Respect, Communication *Emotional*: Challenging myself, Perseverance, Honesty *Thinking*: Selecting and applying, Identifying strengths |
| **Star Words**Unison, Expression, Direction, Speed, Level, Dynamics | **Star Words**Possession, Dodge, Goal, Pass, Defender, Support | **Star Words**Aim, Target, Control, Throw, Catch, Dribble, Bounce, Shape, Texture, Technique | **Star Words**Control, Balance, Direction, Stability, Speed, Dodge |
| **Progressive Sequence*** To know what level means + To link movements. (Lesson 1)
* To know what expression means + To explore actions and expressions. (Lesson 2)
* To know what unison means + To perform in unison. (Lesson 3)
* To know what make a high-quality dance + To create a dance with a partner. (Lesson 4)
* To know what dynamics means + To use dynamics in a dance. (Lesson 5)
* To know what perform means + To perform a dance with a partner to an audience. (Lesson 6)
 | **Progressive Sequence*** To know what a defender is + To practise passing to a teammate. (Lesson 1)
* To know how to throw to a teammate + To support a teammate when in possession. (Lesson 2)
* To know why moving into space is important + To move into space showing an awareness of defenders. (Lesson 3)
* To know what dodge means + To use dodging to lose a defender. (Lesson 4)
* To know why it is important to stay with a defender + To stay with a player when defending, (Lesson 5)
* To know what the aim of a game is + To take a ball towards the goal. (Lesson 6)
 | **Progressive Sequence*** To know the names of different balls + To explore different ball handling skills. (Lesson 1)
* To know how to roll a ball accurately + To roll a ball to hit a target. (Lesson 2)
* To develop co-ordination and be able to stop a rolling ball (Lesson 3)
* To be able to develop technique and control when dribbling a ball with your feet (Lesson 4)
* To know what throw and catch means + To develop co-ordination and technique when throwing and catching (Lesson 5)
* To show co-ordination and control in a variety of ball skills (Lesson 6)
 | **Progressive Sequence*** To know what control means + To balance and move with control. (Lesson 1)
* To know what stability means + To develop balance, stability and landing safely. (Lesson 2)
* To know different ways of moving + To explore moving at different speeds. (Lesson 3)
* To know what direction means + To change direction. (Lesson 4)
* To know the difference between jump, hop and skip + To explore jumping, hopping and skipping actions. (Lesson 5)
* To know the key elements for skipping + To develop skipping skills. (Lesson 6)
* To know fundamental skills + To practise fundamental skills. (Lesson 7)
 |

|  |
| --- |
| **Year 2 Spring Term Plan** |
| **Gymnastics** | **Target Games** | **Sending & Receiving** | **Yoga** |
| **Key Skills***Physical*: Shapes, Balances, Shape jumps, Travelling movements, Take-off and landing, Barrel roll, Straight roll, Forwards roll *Social*: Sharing, Working safely *Emotional*: Confidence, Independence *Thinking*: Observing and providing feedback, Selecting and applying actions | **Key Skills***Physical*: Underarm throwing, Overarm throwing, Aim, Hand eye co-ordination *Social*: Communication, Supporting and encouraging others, Leadership *Emotional*: Perseverance, Honesty, Fair play *Thinking*: Using tactics, Selecting and applying skills, Decision making | **Key Skills***Physical*: Rolling, Kicking, Throwing, Catching, Tracking *Social*: Co-operation, Communication, Keeping others safe *Emotional*: Perseverance, Challenging myself *Thinking*: Identifying how to improve, Transferring skills | **Key Skills***Physical*: Breathing, Balance, Flexibility, Strength *Social*: Working safely, Sharing ideas, Leadership *Emotional*: Calmness, Patience, Understanding *Thinking*: Selecting actions, Creating poses, Focus Thinking: Providing feedback |
| **Star Words**Level, Sequence, Technique, Direction, Control Stability | **Star Words**Leadership, Aim, Target, Cooperation, Technique, Underarm, Overarm | **Star Words**Send, Receive, Aim, Eye, Contact, Throw Catch | **Star Words**Breath, Pose, Flexibility, Feedback, Linking, Awareness, Balance, Strength, Flow  |
| **Progressive Sequence*** To know some basic body shapes + To copy a sequence. (Lesson 1)
* To know what balance means + To create balances using body shapes. (Lesson 2)
* To know what level means + To explore travelling at different levels. (Lesson 3)
* To know how to get out apparatus safely + To use apparatus sensibly and safely. (Lesson 4)
* To know how to land safely + To practise landing safely when jumping. (Lesson 5)
* To know the names of some rolls + To link movements together. (Lesson 6)
* To know what a sequence is + To create a sequence using apparatus. (Lesson 7)
 | **Progressive Sequence*** To develop underarm throwing towards a target. (Lesson 1)
* To develop throwing for accuracy. (Lesson 2)
* To develop underarm throwing for accuracy + To explore overarm throwing towards a target. (Lesson 3)
* To develop throwing for accuracy with an underarm and overarm throw + To develop throwing for distance. (Lesson 4)
* To develop throwing for accuracy and distance. To select the correct technique for the situation. (Lesson 5)
* To develop throwing for accuracy + To develop throwing for distance. (Lesson 6)
* To develop throwing for accuracy and distance under pressure. (Lesson 8)
 | **Progressive Sequence*** To know how to stop a rolling ball + To stop a rolling ball. (Lesson 1)
* To know the key elements needed for sending and receiving + To develop send and receiving skills. (Lesson 2)
* To know the key elements needed for throwing and catching + To practise throwing and catching skills. (Lesson 3)
* To know the key elements needed for throwing and catching + To develop throwing and catching skills. (Lesson 4)
* To know how to hold a hockey stick correctly + To send and receive with a hockey stick. (Lesson 5)
* To know how to hold a racket correctly + To send and receive using a racket. (Lesson 6)
* **YEAR 2 INTRA COMPETITION**
 | **Progressive Sequence*** To explore yoga and mindfulness. (Lesson 1)
* To copy and repeat yoga poses. (Lesson 2)
* To develop an awareness of strength when completing yoga poses. (Lesson 3)
* To develop an awareness of flexibility when completing yoga poses. (Lesson 4)
* To create yoga poses using a hoop. (Lesson 5)
* To copy and remember actions linking them into a flow. (Lesson 6)
* To create a flow and teach it to a partner. (Lesson 7)
* To explore poses and create a yoga flow (Lesson 8)
 |

|  |
| --- |
| **Year 2 Summer Term Plan** |
| **Striking and Fielding** | **Athletics** | **Net and Wall** | **Team Building** |
| **Key Skills**Physical: Travelling actions, Shapes, Balances, Jumps, Barrel roll, Straight roll, Forward roll progressions Social: Sharing, Working safely Emotional: Confidence Thinking: Observing and providing feedback, Selecting and applying actions | **Key Skills***Physical*: Running at different speeds, Combining running and jumping, Agility and co-ordination, Jumping for distance and height, Throwing for distance *Social*: Working safely, Collaborating with others *Emotional*: Working independently, Determination *Thinking*: Observing and providing feedback, Exploring ideas | **Key Skills***Physical*: Throwing, Catching, Hitting a ball, Tracking a ball *Social*: Respect, Communication *Emotional*: Honesty and fair play, Determination *Thinking*: Decision making, Using simple tactics, Recalling information, Comprehension | **Key Skills***Physical*: Travelling actions, Jumping, Balancing *Social*: Communication, Listening, Leading, Inclusion *Emotional*: Trust, Honesty and fair play, Acceptance *Thinking*: Planning, Decision making, Problem solving |
| **Star Words**Target, Opposition, Track, Underarm, Overarm Striking | **Star Words**Rhythm, Sprint, Height, Jump, Leap, Obstacle | **Star Words**Defend, Ready Position, Opponent, Score, Racket Send | **Star Words**Instructions, Co-Operate, Communicate, Teamwork, Skill Solve |
| **Progressive Sequence*** To know how to aim at a target accurately + To roll a ball towards a target. (Lesson 1)
* To know how to track an object + To track a rolling ball and collect it. (Lesson 2)
* To know how to throw a ball underarm + To develop throwing and catching skills. (Lesson 3)
* To know how to throw a ball overarm + To throw and catch with accuracy. (Lesson 4)
* To know how to strike a ball + To strike a ball. (Lesson 5)
* To know what retrieve means + To retrieve a ball when fielding (Lesson 6)
* To know the role of the batter, bowler and fielder + To play small sided games including each role. (Lesson 7)
 | **Progressive Sequence*** To know what sprint means + To practise sprinting action. (Lesson 1)
* To know what rhythm means + To develop rhythm travelling over obstacles. (Lesson 2)
* To know the key elements for good jumping + To practise jumping for distance (Lesson 3)
* To know the key elements for high quality jumping + To practise jumping for height. (Lesson 4)
* To know the key elements for throwing + To develop throwing for distance. (Lesson 5)
* To know the key elements for good throwing + To develop throwing for accuracy. (Lesson 6)
* To know athletic skills + To use athletic skills. (Lesson 7)
* **WHOLE SCHOOL INTRA COMPETITION** Sports Day
 | **Progressive Sequence*** To know what makes a good ready position + To develop defending using the ready position. (Lesson 1)
* To know what an opponent is + To play against an opponent. (Lesson 2)
* To know how to hold a racket correctly + To develop control when holding a racket. (Lesson 3)
* To know different ways of using a racket and ball + To develop racket and balls skills. (Lesson 4)
* To know what send means + To send a ball using a racket. (Lesson 5)
* To know how to send a ball over a net + To practise hitting a ball over a net. (Lesson 6)
* To know the elements to make sure the ball gets over the net + To develop hitting a ball over a net. (Lesson 7)
 | **Progressive Sequence*** To know what communication means + To solve challenges with a partner. (Lesson 1)
* To know what co-operation means + To listen to others and take turns. (Lesson 2)
* To know the elements of good teamwork + To explore teamwork skills. (Lesson 3)
* To know the elements of good communication + To develop communication skills. (Lesson 4)
* To know how to communicate effectively + To use communication skills. (Lesson 5)
* To know the elements of good co-operation + To work with a partner/team to solve problems. (Lesson 6)
* To know the elements of good communication + To work with a partner/team to solve problems. (Lesson 7)
 |

|  |
| --- |
| **Year 3 Autumn Term Plan** |
| **Dance** | **Football** | **Dodge Ball** | **Fundamental Skills** |
| **Key Skills**Physical: Using canon, unison, formation, dynamics, pathways, direction Physical: Copying and performing actions Physical: ControlPhysical: BalanceSocial: Sharing ideasSocial: Respect Social: Inclusion of othersSocial: LeadershipSocial: Working safely Emotional: Confidence Emotional: Acceptance Thinking: Selecting and applying actions Thinking: Creating Thinking: Observing and providing feedback | **Key Skills**Physical: Dribbling, Passing, Ball control, Tracking/ jockeying, Turning, Receiving Social: Communication Social: Collaboration Social: Cooperation Emotional: Honesty Emotional: Perseverance Thinking: Selecting and applying tactics Thinking: Decision making | **Key Skills***Physical*: Throwing, Catching, Dodging, Blocking *Social*: Communication, Collaboration, Respect*Emotional*: Honesty, Perseverance *Thinking*: Decision making, Selecting and applying skills | **Key Skills**Physical: Balancing, Running, Hopping, Jumping, Dodging, Skipping Social: Supporting and encouraging others Social: Respect Social: Communication Social: Taking turns Emotional: Challenging myself Emotional: Perseverance Emotional: Honesty Thinking: Selecting and applying skills Thinking: Observing others and providing feedback Thinking: Identifying strengths and areas for development |
| **Star Words**Control, Balance, Perform, Flow, Explore, Match, Feedback, Create, Expression | **Star Words**Control, Dribble, Pressure, Pass, Move, Inside Hook Outside Hook, Direction, Jockey, Track | **Star Words**Zone, Hit, Dead Ball, Target, Aim, Switch, Dodge, Duck | **Star Words**Distance, Technique, Control, Tension, Coordination, Rhythm |
| **Progressive Sequence*** To know what stimulus means + To create actions in response to a stimulus. (Lesson 1)
* To know what contact and interact means + To create movements that make contact/interact with a partner (Lesson 2)
* To know how dynamics affect actions + To select actions that represent an idea. (Lesson 3)
* To know elements that make a high-quality dance + To create a dance with a partner. (Lesson 5)
* To know the importance of space and timing + To use space and timing. (Lesson 6)
* To know what transition means + To perform a dance in a group. (Lesson 8)
 | **Progressive Sequence*** To know what dribble means + To dribble a ball with control. (Lesson 1)
* To know what being under pressure means + To dribble a ball under pressure. (Lesson 2)
* To know how to pass accurately + To pass to a teammate. (Lesson 3)
* To know why it important to move + To pass and move. (Lesson 4)
* To know that different body parts can be used to control the ball + To practise controlling the ball with different body parts. (Lesson 5)
* To know what an inside and outside hook is + To use and inside and outside hook to change direction. (Lesson 6)
* To know what tracking an opponent means + To be able to track/jockey an opponent (Lesson 7)
 | **Progressive Sequence*** To know the rules of dodgeball + To play a mini game. (Lesson 1)
* To know how to throw a ball + To throw at a target. (Lesson 2)
* To know how to aim accurately + To throw at a moving target. (Lesson 3)
* To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 4)
* To know how to catch + To develop catching from different heights. (Lesson 5)
* To know how to catch in different ways + To use whole body to catch. (Lesson 6)

**KS2 INTRA COMPETITION** | **Progressive Sequence*** To develop balancing and understand the importance of this skill. (Lesson 1)
* To move and stop with control and balance. (Lesson 2)
* To understand how to change speed and be able to demonstrate good technique when running at different speeds. (Lesson 3)
* To demonstrate a change of direction.
* (Lesson 4)
* To demonstrate a change of speed and direction to outwit others. (Lesson 5)
* To develop technique and control when jumping, hopping and landing. (Lesson 6)
* To develop skipping in a rope. (Lesson 7)
* To apply fundamental skills to a variety of challenges. (Lesson 8)
 |
| **Year 3 Spring Term Plan** |
| **Gymnastics** | **Netball** | **Rounders** | **Fitness – Plyometrics** |
| **Key Skills**Physical: Individual point and patch balances, Straight roll, Barrel roll, Forward roll, Straight jump, Tuck jump, Star jump, Rhythmic gymnasticsSocial: CollaborationSocial: CommunicationSocial: RespectEmotional: ConfidenceThinking: Observing and providing feedbackThinking: Selecting and applying actions Thinking: Evaluating and improving | **Key Skills**Physical: Passing, Catching, Footwork, Intercepting, ShootingSocial: Working safelySocial: CommunicationSocial: CollaborationEmotional: Honesty and fair play Emotional: PerseveranceThinking: Planning strategies and using tacticsThinking: Observing and providing feedback | **Key Skills**Physical: Underarm and overarm throwing, Catching, tracking a ball, Fielding and retrieving a ball, BattingSocial: Collaboration and communicationSocial: Respect Social: Supporting and encouraging othersEmotional: Honesty and fair play Emotional: Confident to take risks Emotional: Managing emotionsThinking: Observing and providing feedback Thinking: Using tactics Thinking: Decision making | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Tension, Transition, Direction, Matching Contrasting, Technique, Control, Stability | **Star Words**Throw, Catch, Footwork, Goal, Pass, Move Defender, Shoot | **Star Words**Retrieve, Bowl, Striking, Batter, Bowler Fielder, Tactics, Technique | **Star Words**Plyometrics, Fitness, sprint, strength, coordination, actions agility, balance, stamina |
| **Progressive Sequence*** To know what makes a good balance + To create a points and patch balance. (Lesson 1)
* To know how to travel at different levels + To link balancing and travelling using apparatus. (Lesson 2)
* To know what makes a good jump + To link jumps and balances using apparatus. (Lesson 3)
* To know what makes a good roll + To link rolls and jumps using apparatus. (Lesson 4)
* To know what transition means + To transition into and out of balances. (Lesson 5)
* To know what matching and contrasting means + To make matching and contrasting shapes. (Lesson 6)
* To know the names of gymnastic equipment + To explore gymnastic skills using hoops. (Lesson 7)
 | **Progressive Sequence*** To know the key elements for good throwing and catching + To throw and catch a ball. (Lesson 1)
* To know the footwork rule + To apply the footwork rule. (Lesson 2)
* To know the importance of moving towards a goal + To pass and move towards a goal. (Lesson 3)
* To know how to lose a defender + To lose a defender by moving. (Lesson 4)
* To know the key elements for defending + To defend an opponent to win the ball. (Lesson 5)
* To know how to shoot a ball + To practise shooting action. (Lesson 6)
* To know the rules of Netball + To apply skills to Netball. (Lesson 7)
 | **Progressive Sequence*** To know what tactics are + To play different roles in a game. (Lesson 1)
* To know the rules of bowling + To develop bowling action. (Lesson 2)
* To know runs need to be outside of the base + To make decisions when to start and stop. (Lesson 3)
* To know the role of the fielder + To field a ball using two hands pick up (Lesson 4)
* To know where to hit the ball + To develop batting technique (Lesson 5)
* To know the rules of rounders + To bat as part of a team. (Lesson 6)
* To know the rules of Rounders + To follow the rules for Rounders. (Lesson 7)
 | **Progressive Sequence*** To count repetitions for their partner with accuracy (Lesson 1)
* To understand what is meant by plyometric exercise + To identify why a warm up is essential prior to exercise (Lesson 2)
* To be able to work as an effective teammate to complete relay challenges (Lesson 3)
* To be able to hold a reverse plank with good technique (Lesson 4)
* To be able to demonstrate changes of pace and direction in order to avoid a tagger (Lesson 5)
* To able to identify why a warm up is essential prior to exercise (Lesson 6)
* To be able to identify where the quadricep muscle is in the leg (Lesson 7)
* To able to work hard to free a classmate using an effective plank tap technique (Lesson 8)
 |

|  |
| --- |
| **Year 3 Summer Term Plan** |
| **Hockey** | **Athletics** | **Tennis**  | **Fitness – Core** |
| **Key Skills**Physical: Passing, Dribbling, Receiving, Intercepting, Tackling Social: Communication Social: Collaboration Social: Inclusive Emotional: Honesty and fair play Emotional: Perseverance Emotional: Empathy Thinking: Planning strategies and using tactics Thinking: Observing and providing feedback Thinking: Decision making | **Key Skills**Physical: Sprinting, Running over obstacles, Jumping for distance and height, Push and pull throwing for distance Social: Working collaboratively Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Observing and providing feedback | **Key Skills**Physical: Forehand, Backhand, Throwing, Catching, Ready position Social: Collaboration Social: Respect Social: Supporting others Emotional: Honesty Emotional: Perseverance Thinking: Decision making Thinking: Understanding rules Thinking: Using tactics | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: DeterminationEmotional: Resilience Thinking: Identifying areas of strength and areas for development |
| **Star Words**Dribble, Send, Pass, Open Stick, Push Pass, Reverse Stick, Defender, Open Stick Tackle | **Star Words**Technique, Personal Best, Relay, Changeover, Fluency, Approach, Take Off, Position | **Star Words** Ready Position, Racquet, Strategy, Tactics, Technique, Backhand, Forehand, Groundstroke, Collaboration, Rally | **Star Words**Core, Circuit, Desire, Abdominals, Flutter Kicks, Cooperatively, Russian Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know what is meant by open stick + To practise open stick dribbling. (Lesson 1)
* To know how to send a ball using a push pass + To practise sending a ball with a push pass. (Lesson 2)
* To know how to receive a ball + To practise receiving a ball. (Lesson 3)
* To know what is mean by reverse stick + To practise dribbling a ball using reverse stick. (Lesson 4)
* To know the role of a defender + To beat a defender by dribbling the ball. (Lesson 5)
* To know what is meant by an open stick tackle + To use an open stick tackle. (Lesson 7)
* **YEAR 3 INTRA COMPETITION** To know the rules of hockey + To apply skills to hockey. (Lesson 8)
 | **Progressive Sequence*** To know what technique means + To develop sprinting technique. (Lesson 1)
* To know what a relay is + To practise changeover in a relay. (Lesson 2)
* To know what fluency means + To develop fluency running over obstacles. (Lesson 3)
* To know how to take off effectively + To develop jumping from different take off positions. (Lesson 4)
* To know how to land safely + To develop jumping for height. (Lesson 5)
* To know the key elements for high quality throwing + To develop throwing for distance and accuracy. (Lesson 6)
* To know what a pull throw is + To throw for distance in a pull throw. (Lesson 7)
* **WHOLE SCHOOL INTRA COMPETITION** Sports Day
 | **Progressive Sequence*** To be able to use the ready position (Lesson 1)
* To develop ball control and movement skills. (Lesson 2)
* To develop racket and ball control. (Lesson 3)
* To understand the term forehand + To develop returning the ball using a forehand groundstroke. (Lesson 4)
* To understand the term rally + To be able to rally using a forehand. (Lesson 5)
* To understand the term backhand + To develop the two-handed backhand. (Lesson 6)
* To learn how to score + To develop playing against an opponent. (Lesson 7)
* To understand the term collaboration + To work collaboratively with a partner and compete against others (Lesson 8)
 | **Progressive Sequence*** To understand that core strength is needed for balance and stability (Lesson1)
* To engage their core and run fast on their hands and feet to avoid a tagger (Lesson 2)
* To continue running to avoid getting caught, and never be stationary (Lesson 3)
* To reflect on whether they are someone who fears failure (Lesson 4)
* To perform core tasks with greater stability than in previous lessons (Lesson 5)
* To provide challenge to their partner during group exercises (Lesson 6)
* To understand how to perform ‘body scanning’ as a way to ground themselves when anxious.(Lesson 7)
* To feel more confident in their ability to complete the fitness tests (Lesson 8)
 |

|  |
| --- |
| **Year 4 Autumn Term Plan** |
| **Dance** | **Handball** | **Dodge Ball** | **Fitness – Plyometrics**  |
| **Key Skills**Physical: Performing a variety of dance actions, Using canon, unison, formation, dynamics, character, structure, space, balance, control, technique Social: Collaboration, Consideration, Inclusion, Respect Emotional: Empathy Emotional: Confidence Thinking: Observing and providing feedback Thinking: Selecting and applying skills | **Key Skills**Physical: Ball control, Throwing and catching, Moving with the ball, Dribbling, Shooting Social: Working Safely Social: Communication Social: Respect Emotional: Honesty and Fair Play Emotional: Perseverance Thinking: Planning strategies Thinking: Observing and providing feedback | **Key Skills***Physical*: Throwing, Catching, Dodging, Blocking *Social*: Communication, Collaboration, Respect*Emotional*: Honesty, Perseverance *Thinking*: Decision making, Selecting and applying skills | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Represent, Reaction, Dynamics, Unison, Control, Technique, Dynamic, Space, Balance | **Star Words**Possession, Score, Dribble, Drive Shot, Protecting, Delaying, Tracking, Travelling | **Star Words**Zone, Hit, Dead Ball, Target, Aim, Switch, Dodge, Duck | **Star Words**Plyometrics, Fitness, sprint, strength, coordination, actions agility, balance, stamina |
| **Progressive Sequence*** To copy and create actions in response to an idea + To use changes of space to adapt the set material. (Lesson 1)
* To choose actions which relate to the theme + To work with a partner to show action and reaction. (Lesson 2)
* To know elements that make a high-quality dance + To use actions, dynamics, spacing and timings. (Lesson 3)
* To know elements that make a high-quality dance + To use actions, dynamics, spacing and timings. (Lesson 4)
* To know elements that make a high-quality dance + To remember and repeat actions in response to a stimulus. (Lesson 5)
* To know the difference between action and reaction + To use action and reaction to create a dance with a partner. (Lesson 6)
* To know what choreography means + To use choreographing ideas to change how actions are performed. (Lesson7)
* To know what choreography means + To use choreographing ideas to change how actions are performed. (Lesson 8)
 | **Progressive Sequence*** To be able to control the ball with one and two hands to help to keep possession (Lesson 1)
* To begin to throw and catch while on the move. (Lesson 2)
* To learn how to move towards goal or away from a defender. (Lesson 3)
* To understand the term drive shot + To develop accuracy when shooting. (Lesson 4)
* To understand the terms delaying and tracking + To be able to apply individual and team defending skills. (Lesson 5)
* To use a change of direction and speed to lose a defender and move into space. (Lesson 6)
* To maintain possession when in attack. (Lesson 7)
* To be able to apply skills, tactics and rules in game situations. (Lesson 8)
 | **Progressive Sequence*** To know how to aim accurately + To throw at a moving target. (Lesson 3)
* To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 4)
* To know how to catch + To develop catching from different heights. (Lesson 5)
* To know how to catch in different ways + To use whole body to catch. (Lesson 6)
* To know how to block + To block using the ball. (Lesson 7)
* To know the rules of Dodgeball + To follow the rules when playing Dodgeball. (Lesson 8)

**KS2 INTRA COMPETITION** | **Progressive Sequence*** To count repetitions for their partner with accuracy (Lesson 1)
* To understand what is meant by plyometric exercise + To identify why a warm up is essential prior to exercise (Lesson 2)
* To be able to work as an effective teammate to complete relay challenges (Lesson 3)
* To be able to hold a reverse plank with good technique (Lesson 4)
* To be able to demonstrate changes of pace and direction in order to avoid a tagger (Lesson 5)
* To able to identify why a warm up is essential prior to exercise (Lesson 6)
* To be able to identify where the quadricep muscle is in the leg (Lesson 7)

To able to work hard to free a classmate using an effective plank tap technique (Lesson 8) |
| **Year 4 Spring Term Plan** |
| **Gymnastics**  | **Basketball** | **Cricket** | **Fitness – Core** |
| **Key Skills**Physical: Individual and partner balances, Jumps using rotation, Straight roll, Barrel roll, Forward roll, Straddle roll, Bridge, Shoulder standSocial: Responsibility Social: CollaborationSocial: CommunicationSocial: RespectEmotional: ConfidenceThinking: Observing and providing feedbackThinking: Selecting and applying actions Thinking: Evaluating and improving sequences | **Key Skills**Physical: Throwing and catching, Dribbling, Intercepting, Changing direction and speed, Shooting Social: Working safely Social: Communication Social: Collaboration Emotional: Honesty and fair play Emotional: Perseverance Thinking: Planning strategies and using tactics Thinking: Observing and providing feedback | **Key Skills**Physical: Underarm and overarm throwing, Catching, Over and underarm bowling, Fielding and tracking a ball, Batting Social: Collaboration and communication Social: Respect Emotional: Perseverance Emotional: Honesty Thinking: Observing and providing feedback Thinking: Applying strategies | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: DeterminationEmotional: Resilience Thinking: Identifying areas of strength and areas for development |
| **Star Words**Tension, Transition, Rotation, Matching, Contrasting Inverted, Pathways, Stability | **Star Words**Dribble, Attack, Protective, Opponent, Bounce, Pass, Chest, Pass, Jump, Stop, Pivot | **Star Words**Retrieve, Bowl, Striking, Batter, Bowler, Fielder Tactics, Technique | **Star Words**Core, Circuit, Desire, Abdominals, Flutter Kicks, Cooperatively, Russian Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know how to be safe when working with a partner + To create partner balances. (Lesson 1)
* To know what rotation means + To practise rotation jumps. (Lesson 2)
* To know how to roll safely + To create a sequence using a roll, balance and jump. (Lesson 3)
* To know what an inverted movement is + To practise some inverted movements. (Lesson 4)
* To know what a pathway is + To explore pathways. (Lesson 5)
* To know how to build a sequence + To create a sequence to include apparatus and inverted movements. (Lesson 6)
* To know what perform mean + To perform a sequence to include apparatus. (Lesson 7)
 | **Progressive Sequence*** To know what attach means + To practise the attacking skill of dribbling. (Lesson 1)
* To know what protective dribbling means + To use protective dribbling against an opponent. (Lesson 2)
* To know the difference between a bounce pass and a chest pass + To practise the bounce pass and chest pass. (Lesson 3)
* To know how to jump stop and pivot + To perform a jump stop and pivot. (Lesson 4)
* To know the key elements for a good defender + To lose a defender. (Lesson 5)
* To know what a set shot is + To develop a technique for the set shot. (Lesson 6)
* To know the rules of Basketball + To apply skills to Basketball. (Lesson 7)
 | **Progressive Sequence*** To know what makes a good underarm bowl + To develop underarm bowling technique. (Lesson 1)
* To know what makes a good bowler + To develop bowling action. (Lesson 2)
* To know how to hold a cricket bat correctly + To develop batting technique. (Lesson 3)
* To know what makes a good fielder + To field a ball using a two hand pick up. (Lesson 5)
* To know what makes a good overarm bowl + To develop overarm bowling technique. (Lesson 6)
* To know what makes a good batter, bowler and fielder + To play small sided games including each role. (Lesson 7)
* To know the rules of Cricket + To apply skills for Cricket. (Lesson 8)
 | **Progressive Sequence*** To understand that core strength is needed for balance and stability (Lesson1)
* To engage their core and run fast on their hands and feet to avoid a tagger (Lesson 2)
* To continue running to avoid getting caught, and never be stationary (Lesson 3)
* To reflect on whether they are someone who fears failure (Lesson 4)
* To perform core tasks with greater stability than in previous lessons (Lesson 5)
* To provide challenge to their partner during group exercises (Lesson 6)
* To understand how to perform ‘body scanning’ as a way to ground themselves when anxious. (Lesson 7)

To feel more confident in their ability to complete the fitness tests (Lesson 8)  |

|  |
| --- |
| **Year 4 Summer Term Plan** |
| **Tag Rugby** | **Athletics** | **Tennis** | **Fitness – Speed, Agility, Quickness** |
| **Key Skills***Physical*: Passing, Catching, Dodging, Tagging, Scoring *Social*: Communication, Collaboration, Inclusion *Emotional*: Honesty and fair play, Perseverance, Confidence *Thinking*: Planning strategies and using tactics, Observing and providing feedback | **Key Skills***Physical*: Pacing, Sprinting technique, jumping for distance and height, Throw, heave, launch for distance *Social*: Working collaboratively, Working safely Emotional: Perseverance, Determination *Thinking*: Observing and providing feedback, Exploring ideas | **Key Skills***Physical*: Underarm throwing, Catching, Forehand, Backhand, Ready position *Social*: Collaboration, Respect, Supporting others *Emotional*: Honesty, Perseverance *Thinking*: Decision making, Understanding rules, Selecting and applying skills and tactics | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Tag, Forward, Pass, Off Side, Attack, Defender, Dodge, Space, Off Load | **Star Words**Stamina, Pace, Power, Technique, Sprint, Relay, Vertical, Pull Throw | **Star Words**Ready Position, Doubles, Head, Neck, Strings, Face, Handle, Feed, Strategy, Tactics, Technique, Backhand, Forehand, Groundstroke, Collaboration, Rally | **Star Words**Speed, Agility, Quickness, circuit, Coordination, Consistency, Footwork, Sequence, Complex Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know how to handle a rugby ball + To develop ball handling skills. (Lesson 1)
* To know how to throw, catch and run with a ball + To throw, catch and run with a ball. (Lesson 2)
* To know the tagging rules + To use the tagging rules. (Lesson 3)
* To know what a forward pass is and the off side rule + To use the forward pass and off side rule. (Lesson 4
* ) To know how to support a teammate when attacking + To support a teammate when attacking. (Lesson 5)
* To know how to dodge + To dodge a defender and move into space. (Lesson 6)
* **YEAR 4 INTRA COMPETITION** To know the rules of Tag Rugby + To apply skills to Tag Rugby. (Lesson 7)
 | **Progressive Sequence*** To know why pace is important + To develop pace in relation to distance. (Lesson 1)
* To know why power is important + To develop power when sprinting. (Lesson 2)
* To know the key elements for a relay + To develop technique in relays. (Lesson 3)
* To know what makes a good jump + To develop jumping for distance. (Lesson 4)
* To know how to do a vertical jump + To practise vertical jumps. (Lesson 5)
* To know what power does + To develop power when throwing for distance. (Lesson 6)
* To know the key elements of a pull throw + To develop throwing for distance in a pull throw. (Lesson 7)
* **WHOLE SCHOOL INTRA COMPETITION** Sports Day
 | **Progressive Sequence*** To develop underarm feeding + to use the ready position (Lesson 1)
* To develop ball control using a tennis racket. (Lesson 2)
* To develop hitting the ball using a forehand. (Lesson 3)
* To develop returning the ball using a forehand. (Lesson 4)
* To develop the backhand and understand when to use it. (Lesson 5)
* To work cooperatively with a partner to keep a continuous rally going. (Lesson 6)
* To use simple tactics in a game to outwit an opponent. (Lesson 7)
* To demonstrate honesty and fair play when competing against others. (Lesson 8)
 | **Progressive Sequence*** To work individually to demonstrate speed and a change of direction (Lesson1)
* To develop basic footwork motor programmes (Lesson 2)
* To perform basic footwork sequences into, around and through equipment (Lesson 3)
* To demonstrate resilience in mastering new skills (Lesson 4)
* To enjoy competitive partner games more regularly (Lesson 5)
* To perform footwork patterns correctly, even if at a reduced speed (Lesson 6)
* Will be involved in leadership activity during the warm up. (Lesson 7)
 |

|  |
| --- |
| **Year 5 Autumn Term Plan** |
| **Dance** | **Football** | **Dodgeball** | **Fitness – Plyometrics** |
| **Key Skills***Physical*: Performing a variety of dance actions, Using Canon, Unison, Formation, Dynamics, Character, Structure, Space, Emotion, Matching, Mirroring, Transitions*Social*: Collaboration, Consideration and awareness of others, Inclusion, Respect, Leadership*Emotional*: Empathy, Confidence*Thinking*: Creating, Observing and providing feedback, Using feedback to improve, Selecting and applying skills | **Key Skills***Physical*: Dribbling, Passing Physical: Ball control, Tracking/jockeying, Turning, Goalkeeping, Receiving*Social*: Communication, Collaboration, Cooperation, Respect*Emotional*: Honesty, Perseverance*Thinking*: Selecting and applying tactics Decision making | **Key Skills***Physical*: Throwing, Catching, Dodging, Blocking *Social*: Communication, Collaboration, Respect*Emotional*: Honesty, Perseverance *Thinking*: Decision making, Selecting and applying skills  | **Key Skills**Physical: Balancing, Running, Hopping, Jumping, Dodging, SkippingSocial: Supporting and encouraging others, Respect, Communication, Taking turnsEmotional: Challenging myself, Perseverance, HonestyThinking: Selecting and applying skills, Observing others and providing feedback, Identifying strengths and areas for development |
| **Star Words**Formation, Posture, Performance, Cannon, Relationship, Structure, Unison | **Star Words**Target, Opponent, Pressure, Pass, First Touch, Drag, Back Inside/Outside Hook Defend | **Star Words**Aim, Switch, Dodge, Duck, Block, Opponent, Tactic, Fair, Play | **Star Words**Plyometrics, Fitness, sprint, strength, coordination, actions agility, balance, stamina |
| **Progressive Sequence*** To create a dance using a random structure and perform the actions showing quality and control (Lesson 1)
* To know elements that make a high-quality dance + To perform actions showing quality and control. (Lesson 2)
* To know how to evaluate a performance + To use feedback to improve performance. (Lesson 3)
* To understand and use relationships and space to change how a performance looks (Lesson 4)
* To know that changing elements can improve performances + To improve performances. (Lesson 5)
* To know there are different types of dance genre + To copy and repeat movements. (Lesson 6)
* To know there are different types of dance genre + To copy and repeat movements with a partner. (Lesson 7)
* To know there are different types of dance genre + To copy and repeat movements in a group. (Lesson 8)
 | **Progressive Sequence*** To know the key elements for good dribbling + To develop dribbling a ball with control. (Lesson 1)
* To know how to put opponents under pressure + To develop dribbling a ball with control under pressure. (Lesson 2)
* To know why it is important to pass accurately + To pass a ball accurately to a target. (Lesson 3)
* To know what first touch means + To practise first touch control. (Lesson 4)
* To know how to turn using a drag back + To practise turning using a drag back. (Lesson 5)
* To know what defend means + To develop defending skills. (Lesson 6)
 | **Progressive Sequence*** To know the rules + To apply the rules to a game. (Lesson 1)
* To know how to aim + To throw at a moving target. (Lesson 2)
* To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 3)
* To know what an opponent is + To get an opponent out. (Lesson 4)
* To know how to block + To block using the ball. (Lesson 5)
* To know what a tactic is + To select and apply tactics. (Lesson 6)

**KS2 INTRA COMPETITION** | **Progressive Sequence*** To count repetitions for their partner with accuracy (Lesson 1)
* To understand what is meant by plyometric exercise + To identify why a warm up is essential prior to exercise (Lesson 2)
* To be able to work as an effective teammate to complete relay challenges (Lesson 3)
* To be able to hold a reverse plank with good technique (Lesson 4)
* To be able to demonstrate changes of pace and direction in order to avoid a tagger (Lesson 5)
* To able to identify why a warm up is essential prior to exercise (Lesson 6)
* To be able to identify where the quadricep muscle is in the leg (Lesson 7)
* To able to work hard to free a classmate using an effective plank tap technique (Lesson 8)
 |
| **Year 5 Spring Term Plan** |
| **Gymnastics** | **Netball** | **Rounders** | **Fitness – Core** |
| **Key Skills***Physical*: Symmetrical and asymmetrical balances, Straight roll, Forward roll, Straddle roll, Backward roll, Cartwheel, Bridge, Shoulder stand, Handstand *Social*: Responsibility, Collaboration, Communication, Respect *Emotional*: Confidence *Thinking*: Observing and providing feedback, Selecting and applying actions, Evaluating and improving sequences | **Key Skills***Physical*: Passing, Catching, Footwork, Intercepting, Shooting, Dodging *Social*: Communication, Collaboration *Emotional*: Perseverance, Honesty and fair play, Planning strategies and using tactics *Thinking*: Selecting and applying skills, Decision making | **Key Skills***Physical*: Throwing & catching, Bowling, Tracking, fielding & retrieving a ball, Batting *Social*: Organising & self-managing a game, Respect, Supporting & encouraging others, Communicating ideas & reflecting with others *Emotional*: Honesty & fair play, Confident to take risks, Managing emotion *Thinking*: Decision making, Using tactics, Identifying how to improve, Selecting skills | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: DeterminationEmotional: Resilience Thinking: Identifying areas of strength and areas for development |
| **Star Words**Transition, Mirroring, Synchronisation, Canon, Asymmetrical, Symmetrical, Tension, Inverted | **Star Words**Footwork, Pass, Move, Defender, Shoot, Attack, Interception, Ball Side | **Star Words**Long and short barrier, Tactical awareness, Exactness, Tracking, Retrieving, Organising, Technique  | **Star Words**Core, Circuit, Desire, Abdominals, Flutter Kicks, Cooperatively, Russian Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know what symmetrical and asymmetrical means + To create partner balances. (Lesson 1)
* To know what makes a good sequence + To link balance, roll and jump movements (Lesson 3)
* To know what canon and synchronisation means + To link canon and synchronisation movements together. (Lesson 4)
* To know what progression means + To perform progressions of inverted movements. (Lesson 5)
* To know how to do a handstand safely + To perform progressions of a handstand movement. (Lesson 6)
* To know what matching and mirroring means + To perform use matching and mirroring actions. (Lesson 7)
* To know what makes a high-quality sequence + To create a partner sequence using apparatus. (Lesson 8)
 | **Progressive Sequence*** To know what makes effective passing and moving + To develop passing and moving towards a goal. (Lesson 1)
* To know what attacking means + To use the attacking principle. (Lesson 2)
* To know what makes a good defender + To change direction to lose a defender. (Lesson 3)
* To know what interception means + To intercept ball side. (Lesson 4)
* To know the key elements for good shooting + To develop shooting action. (Lesson 5)
* To know the positions for Netball + To explore the different positions. (Lesson 6)
* **YEAR 5 INTRA COMPETITION** To know the rules of Netball + To apply rules and tactics to a Netball tournament. (Lesson 7)
 | **Progressive Sequence*** To throw and catch with accuracy under pressure.
* To develop the bowling action + To understand the role of the bowler.
* To develop batting technique.
* To make decisions about where and when to send the ball to stump a batter out.
* To develop a variety of fielding techniques and when to use them in a game.
* To develop long and short barriers in fielding and understand when to use them.
* To develop decision making and tactical awareness when playing competitively.
* To apply the rules and skills you have learnt to play in a rounder’s tournament
 | **Progressive Sequence*** To understand that core strength is needed for balance and stability (Lesson1)
* To engage their core and run fast on their hands and feet to avoid a tagger (Lesson 2)
* To continue running to avoid getting caught, and never be stationary (Lesson 3)
* To reflect on whether they are someone who fears failure (Lesson 4)
* To perform core tasks with greater stability than in previous lessons (Lesson 5)
* To provide challenge to their partner during group exercises (Lesson 6)
* To understand how to perform ‘body scanning’ as a way to ground themselves when anxious. (Lesson 7)
* To feel more confident in their ability to complete the fitness tests (Lesson 8)
 |

|  |
| --- |
| **Year 5 Summer Term Plan** |
| **Hockey** | **Athletics** | **Tennis**  | **Fitness – Speed, Agility, Quickness** |
| **Key Skills***Physical*: Dribbling, Passing, Receiving, Tackling, Creating and using space, Shooting *Social*: Communication, Collaboration *Emotional*: Perseverance, Honesty and fair play *Thinking*: Planning strategies and using tactics, Observing and providing feedback, Selecting and applying skills | **Key Skills***Physical*: Pacing, Sprinting technique, Relay changeovers, Jumping for height and distance, Push and pull throwing for distance *Social*: Collaborating with others, Supporting others *Emotional*: Perseverance, Determination *Thinking*: Observing and providing feedback | **Key Skills***Physical*: Forehand groundstroke, Backhand groundstroke, Forehand volley, Backhand volley, Underarm serve *Social*: Collaboration, Communication, Respect *Emotional*: Honesty *Thinking*: Decision making, Selecting and applying tactics | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Pass, Open Stick, Push Pass, Reverse Stick, Defender, Open Stick Tackle, Jab Tackle, Possession | **Star Words**Varying, Relay, Changeover, Consistency, Triple Jump, Force, Officiate, Perform | **Star Words** Racket, Forearm, Backhand, Groundstroke, Return, Rally, Serve, Stroke | **Star Words**Speed, Agility, Quickness, circuit, Coordination, Consistency, Footwork, Sequence, Complex Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know that it is important to control the ball + To dribble with control. (Lesson 1)
* To know why defenders re important + To develop beating a defender by dribbling the ball. (Lesson 2)
* To know the key elements for a good push pass + To use a push pass to send a ball. (Lesson 3)
* To know the key elements when receiving a ball + To receive a ball. (Lesson 4)
* To know what a jab tackle is + To use a jab tackle. (Lesson 5)
* To know the importance of finding space + To use space effectively in game situations. (Lesson 6)
* To know the rules of hockey + To apply skills and tactics to hockey. (Lesson 7)
 | **Progressive Sequence*** To know what varying means + To apply different speeds over varying distances. (Lesson 1)
* To know the key elements for good running + To develop fluency and coordination when running for speed. (Lesson 2)
* To know what makes an effective changeover + To develop changeover in a relay. (Lesson 3)
* To know how to perform a triple jump + To practise the triple jump. (Lesson 5)
* To know why force is important when throwing + To use force to throw longer distances. (Lesson 6)
* To know what makes a high-quality throw + To throw with greater control and technique. (Lesson 7)
* To know what officiate means + To practise officiating skills. (Lesson 8)
* **WHOLE SCHOOL NTRA COMPETITION** Sports Day
 | **Progressive Sequence*** To know how to do a forearm groundstroke + To practise the forearm groundstroke. (Lesson 1)
* To know what is meant by return + To return the ball using forearm groundstroke. (Lesson 2)
* To know how to do a backhand groundstroke + To practise the backhand groundstroke. (Lesson 3)
* To know what a rally is + To keep a continuous rally. (Lesson 4)
* To know how to serve + To practise the underarm serve. (Lesson 5)
* To know to know what outwit means + To use a variety of strokes to outwit opponent. (Lesson 6)
* To know the rules of Tennis + To compete against others in Tennis. (Lesson 7)
 | **Progressive Sequence*** To work individually to demonstrate speed and a change of direction (Lesson1)
* To develop basic footwork motor programmes (Lesson 2)
* To perform basic footwork sequences into, around and through equipment (Lesson 3)
* To demonstrate resilience in mastering new skills (Lesson 4)
* To enjoy competitive partner games more regularly (Lesson 5)
* To perform footwork patterns correctly, even if at a reduced speed (Lesson 6)
* Will be involved in leadership activity during the warm up. (Lesson 7)
 |

|  |
| --- |
| **Year 6 Autumn Term Plan** |
| **Dance** | **Handball** | **Dodgeball** | **Fitness – Plyometrics**  |
| **Key Skills***Physical*: Performing a variety of dance actions, Using Canon, Unison, Formation, Dynamics, Character, Emotion, Transitions, Matching & Mirroring *Social*: Sharing ideas, Consideration of others, Inclusion, Respect, Leadership, Supporting others *Emotional*: Empathy, Confidence *Thinking*: Observing & providing feedback, Using feedback to improve, Selecting & applying skills | **Key Skills***Physical*: Throwing and catching, Moving with the ball, Dribbling, Intercepting, Shooting *Social*: Collaboration, Communication *Emotional*: Honesty and Fair Play, Perseverance *Thinking*: Planning strategies and using tactics, Observing and provide feedback  | **Key Skills***Physical*: Throwing, Catching, Dodging, Blocking *Social*: Communication, Collaboration, Respect*Emotional*: Honesty, Perseverance *Thinking*: Decision making, Selecting and applying skills  | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Contrast, Expression, Dynamics, Interact, Transition, Reaction, Phrase, Formation | **Star Words**Manage, Lead, Create, Opportunity, Interception, Shooting, Drive Shot, Shielding, Postponing, Trailing, | **Star Words**Dodge, Duck, Block, Opponent, Tactic, Fair, Play, Referee, Officiate | **Star Words**Plyometrics, Fitness, sprint, strength, coordination, actions agility, balance, stamina |
| **Progressive Sequence*** To know elements that make a high-quality dance + To show confidence in movements. (Lesson 1)
* To know how to evaluate a performance + To develop a dance idea with a partner. (Lesson 2)
* To know that changing elements can improve performances + To include a range of choreography. (Lesson 3)
* To know how elements of dance can convey different characters + To convey different characters through dance. (Lesson 4)
* To know what contrasting means + To convey contrasting characters through dance. (Lesson 5)
* To know dance can be a way of communication + To communicate a story through dance. (Lesson 6)
 | **Progressive Sequence*** To develop a variety of passes and know when to use each to help to maintain possession (Lesson1)
* To use stepping, dribbling and passing skills to create space, move towards goal and away from defenders. (Lesson 2)
* To use defending skills to stop an opponent from scoring. (Lesson 3)
* To select and apply the appropriate skill to score goals. (Lesson 4)
* To use defensive skills to gain possession. (Lesson 5)
* To maintain possession under pressure. (Lesson 6)
* To work together to manage, lead and create games. (Lesson 7)
* To apply skills, tactics and rules in game situations and to self-manage our games. (Lesson 8)
 | **Progressive Sequence*** To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 1)
* To know what an opponent is + To get an opponent out. (Lesson 2)
* To know how to block + To block using the ball. (Lesson 3)
* To know what a tactic is + To select and apply tactics. (Lesson 4)
* To know what officiate means + To referee a game. (Lesson 5)
* To know what skills rules and tactics are needed for Dodgeball + To apply skills, rules and tactics for Dodgeball. (Lesson 5)

**KS2 INTRA COMPETITION** | **Progressive Sequence*** To count repetitions for their partner with accuracy (Lesson 1)
* To understand what is meant by plyometric exercise + To identify why a warm up is essential prior to exercise (Lesson 2)
* To be able to work as an effective teammate to complete relay challenges (Lesson 3)
* To be able to hold a reverse plank with good technique (Lesson 4)
* To be able to demonstrate changes of pace and direction in order to avoid a tagger (Lesson 5)
* To able to identify why a warm up is essential prior to exercise (Lesson 6)
* To be able to identify where the quadricep muscle is in the leg (Lesson 7)
* To able to work hard to free a classmate using an effective plank tap technique (Lesson 8)
 |

|  |
| --- |
| **Year 6 Spring Term Plan** |
| **Gymnastics**  | **Basketball** | **Cricket** | **Fitness – Core** |
| **Key Skills**Physical: Straddle roll, Forward roll, Backward roll, Counter balance, Counter tension, Bridge, Shoulder stand, Handstand, Cartwheel, Headstand, Vault Social: Responsibility, Collaboration, Communication, Respect Emotional: Confidence Thinking: Observing and providing feedback, Selecting and applying actions, Evaluating and improving sequences | **Key Skills***Physical*: Throwing and catching, Dribbling, Intercepting, Shooting *Social*: Communication, Collaboration *Emotional*: Perseverance, Honesty and fair play *Thinking*: Planning strategies and using tactics, Observing and providing feedback  | **Key Skills***Physical*: Underarm and overarm throwing, Catching, Over and underarm bowling, Long and short barrier, Batting *Social*: Collaboration and communication, RespectEmotional: Honesty *Thinking*: Observing and providing feedback, Selecting and applying strategies | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: DeterminationEmotional: Resilience Thinking: Identifying areas of strength and areas for development |
| **Star Words**Mirroring, Synchronisation, Canon, Asymmetrical, Symmetrical, Tension, Counter Balance, Counter Tension | **Star Words**Protective, Opponent, Bounce, Pass, Chest Pass, Set Shot, Jump Shot, Double Dribble, Travelling | **Star Words**Directional batting, Close catching, Deep catching, Wicket catching, Defensive shot, Drive shot, Long barrier, Short barrier | **Star Words**Core, Circuit, Desire, Abdominals, Flutter Kicks, Cooperatively, Russian Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know what counter balance and counter tension is + To develop counter balance and counter tension. (Lesson1)
* To know how to be safe when working with a partner + To link partner balances into a sequence (Lesson 2)
* To know some inverted movements + To perform inverted movements with control. (Lesson 3)
* To know how to do a cartwheel safely + To perform the progressions of a handstand and a cartwheel. (Lesson 4)
* To know how to include flight in movements + To use flight from hands to travel over apparatus. (Lesson 5)
* To know what makes a good performance + To develop group balances (Lesson 6)
* To know what makes a high quality performance + To create a group sequence using formations and apparatus. (Lesson 7)
 | **Progressive Sequence*** To know the rules for double dribble and travelling + To abide by the double dribble and travelling rules. (Lesson 1)
* To know the key elements for protective dribbling + To develop protective dribbling against an opponent. (Lesson 2)
* To know the different passes that can be made in Basketball + To use a variety of passes in a game situation. (Lesson 3)
* To know decisions have to be made + To choose when to pass and when to dribble. (Lesson 5)
* To know what defensive techniques can be used + To use defensive techniques to win the ball. (Lesson 6)
* To know what a jump shot is + To develop a technique for the jump shot. (Lesson 7)
* **YEAR 6 INTRA COMPETITION** To know the rules of Basketball + To apply skills and tactics in a Basketball tournament. (Lesson 8)
 | **Progressive Sequence*** To develop throwing accuracy and catching skills
* To develop underarm bowling accuracy.
* To develop batting accuracy and directional batting.
* To develop catching skills (close/deep catching and wicket keeping).
* To develop overarm bowling technique and accuracy.
* To develop the defensive and driving hitting techniques.
* To develop a variety of fielding techniques and to use them within a game.
* To develop long and short barriers and apply them to a game situation.
 | **Progressive Sequence*** To understand that core strength is needed for balance and stability (Lesson1)
* To engage their core and run fast on their hands and feet to avoid a tagger (Lesson 2)
* To continue running to avoid getting caught, and never be stationary (Lesson 3)
* To reflect on whether they are someone who fears failure (Lesson 4)
* To perform core tasks with greater stability than in previous lessons (Lesson 5)
* To provide challenge to their partner during group exercises (Lesson 6)
* To understand how to perform ‘body scanning’ as a way to ground themselves when anxious. (Lesson 7)
* To feel more confident in their ability to complete the fitness tests (Lesson 8)
 |

|  |
| --- |
| **Year 6 Summer Term Plan** |
| **Tag Rugby** | **Athletics** | **Badminton** | **Fitness – Speed, Agility, Quickness** |
| **Key Skills**Physical: Throwing, Catching, Running, Dodging, Scoring Social: Communication, Collaboration Emotional: Perseverance, Confidence, Honesty and fair play Thinking: Planning strategies and using tactics, Observing and providing feedback, Selecting and applying skills | **Key Skills***Physical*: Pacing, Sprinting, Jumping for distance, Jumping for height, Push throwing for distance, Fling throwing for distance *Social*: Negotiating, Collaborating with others *Emotional*: Perseverance, Determination *Thinking*: Observing and providing feedback | **Key Skills***Physical*: Ready position, Grip, Forehand, Backhand, Serve, Footwork *Social*: Communication, Respect, Supporting and encouraging others *Emotional*: Confidence, Perseverance, Honesty *Thinking*: Using tactics, Selecting and applying skills, Identifying strengths and areas for development | **Key Skills**Physical: Strength, Speed, Power, Agility, Coordination, Balance, Stamina Social: Supporting others Social: Working safely Emotional: Perseverance Emotional: Determination Thinking: Identifying areas of strength and areas for development |
| **Star Words**Tag, Forward Pass, Off Side, Attack, Defender, Dodge, Space, Off Load | **Star Words**Consistency, Triple Jump, Force, Officiate, Steady Pace, Measuring, Timing, Recording, Fling throwing | **Star Words**Forehand, Backhand, Serve, Rally, Balance, Base position, Shuttle, Clear, Drop, Deceptive, Drive, Smash shot | **Star Words**Speed, Agility, Quickness, circuit, Coordination, Consistency, Footwork, Sequence, Complex Twists, Bicycle Kicks, Leg Sliders  |
| **Progressive Sequence*** To know when to run and when to pass + To choose when to run and when to pass. (Lesson 1)
* To know what makes high quality throwing and catching + To throw and catch with control. (Lesson 2)
* To know what a forward pass is and the off-side rule + To use the forward pass and off side rule. (Lesson 3)
* To know the tagging rules + To use the tagging rules. (Lesson 4)
* To know why it is important to dodge + To develop dodging skills to lose a defender. (Lesson 5)
* To know the key elements from preventing attackers from scoring + To prevent attackers from scoring. (Lesson 6)
* To know the rules of Tag Rugby + To apply rules and tactics to Tag Rugby. (Lesson 7)
 | **Progressive Sequence*** To know what steady pace means + To work with a partner to set a steady pace. (Lesson 1)
* To know how to develop the technique of others + To develop sprinting technique. (Lesson 2)
* To know + To develop running over obstacles with greater control and coordination. (Lesson 3)
* To know the key elements of a triple jump + To develop the triple jump. (Lesson 4)
* To know what makes a high-quality throw + To throw with greater power, control and technique (Lesson 5)
* To know what makes a high-quality throw + To throw with greater force and accuracy. (Lesson 6)
* To know what is needed to measure, time and record + To develop officiating skills. (Lesson 7)

**WHOLE SCHOOL NTRA COMPETITION** Sports Day | **Progressive Sequence*** To demonstrate forehand and backhand grips when holding the racket
* To be introduced to badminton footwork and movement + To develop the use of the forehand and backhand grip.
* To develop the backhand serve + To develop rallying using both grips.
* To develop the backhand serve over a net + To develop rallying using an overhead forehand clear.
* To develop the forehand serve over a net.
* To learn how to score points and play in competitive games.
* To develop the backhand clear + To apply the backhand to game situations.
* To show respect, honesty and fair play when competing against an opponent
 | **Progressive Sequence*** To work individually to demonstrate speed and a change of direction (Lesson1)
* To develop basic footwork motor programmes (Lesson 2)
* To perform basic footwork sequences into, around and through equipment (Lesson 3)
* To demonstrate resilience in mastering new skills (Lesson 4)
* To enjoy competitive partner games more regularly (Lesson 5)
* To perform footwork patterns correctly, even if at a reduced speed (Lesson 6)
* Will be involved in leadership activity during the warm up. (Lesson 7)
 |