

PE Curriculum

Activities are in line with the Get Set 4 PE scheme.

	Autumn	Spring	Summer
	CQ threshold concept – Develop practical skills in order to participate, compete and lead a healthy lifestyle.		
Early Years			



PE		
Three and Four-Year-Olds	Personal, Social and Emotional Development	<ul style="list-style-type: none">• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.• Increasingly follow rules, understanding why they are important.• Remember rules without needing an adult to remind them.
	Physical Development	<ul style="list-style-type: none">• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.• Go up steps and stairs, or climb up apparatus, using alternate feet.• Skip, hop, stand on one leg and hold a pose for a game like musical statues.• Use large-muscle movements to wave flags and streamers, paint and make marks.• Start taking part in some group activities which they make up for themselves, or in teams.• Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.• Show a preference for a dominant hand.• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.



		Three and Four-Year-Olds Continued	Expressive Arts and Design	<ul style="list-style-type: none"> Respond to what they have heard, expressing their thoughts and feelings.
		Reception	Personal, Social and Emotional Development	<ul style="list-style-type: none"> Manage their own needs. <ul style="list-style-type: none"> - personal hygiene Know and talk about the different factors that support overall health and wellbeing: <ul style="list-style-type: none"> - regular physical activity
			Physical Development	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> - rolling - running - crawling - hopping - walking - skipping - jumping - climbing Progress towards a more fluent style of moving, with developing control and grace. Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Develop overall body strength, balance, coordination and agility.
			Expressive Arts and Design	<ul style="list-style-type: none"> Explore, use and refine a variety of artistic effects to express their ideas and feelings. Return to and build on their previous learning, refining ideas and developing their ability to represent them. Create collaboratively, sharing ideas, resources and skills. Listen attentively, move to and talk about music, expressing their feelings and responses. Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups.
		ELG	Personal, Social and Emotional Development	Managing Self
Building Relationships	<ul style="list-style-type: none"> Work and play cooperatively and take turns with others. 			



	<table border="1"> <tr> <td data-bbox="719 212 857 375">ELG Continued</td> <td data-bbox="857 212 1010 375">Physical Development</td> <td data-bbox="1010 212 1155 375">Gross Motor Skills</td> <td data-bbox="1155 212 1675 375"> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. </td> </tr> <tr> <td data-bbox="719 375 857 451"></td> <td data-bbox="857 375 1010 451">Expressive Arts and Design</td> <td data-bbox="1010 375 1155 451">Being Imaginative and Expressive</td> <td data-bbox="1155 375 1675 451"> <ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. </td> </tr> </table>			ELG Continued	Physical Development	Gross Motor Skills	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		Expressive Arts and Design	Being Imaginative and Expressive	<ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. 	
ELG Continued	Physical Development	Gross Motor Skills	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 									
	Expressive Arts and Design	Being Imaginative and Expressive	<ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. 									
	Autumn term	Spring term	Summer term									
EYFS	<p>Introduction to PE Unit 1 Key vocabulary – moving safely, running, jumping, throwing, catching, following a path, sharing, leadership, perseverance, confidence, decision making, selecting and applying actions</p> <p>Space Awareness Key vocabulary – space</p> <p>Gymnastics Key vocabulary – shapes, balances, jumps. Rocking, rolling, travelling, taking turns, co-operation, communication, confidence, determination, select/apply, sequences</p> <p>Introduction to PE Unit 2 Key vocabulary – moving safely, running, jumping, throwing, catching, rolling, sharing and taking turns, encouraging and supporting others, responsibility, honesty, fair play, confidence, perseverance, decision making, understanding and using rules</p>	<p>Fundamentals Unit 1 Key vocabulary – balancing, running, jumping, changing direction, hopping, travelling, working safely, responsibility, helping others, honesty, challenging myself, determination, decision making, selecting, applying actions, using tactics. Forwards, backwards, balance, sideways, quickly, fast, slowly</p> <p>Ball Skills Unit 1 Key vocabulary – rolling, stopping, throwing, bouncing, dribbling, kicking, ball, target, co-operation, honesty, perseverance, tactics, decision making, jog</p> <p>Fundamentals unit 2 Key vocabulary – hopping, galloping, skipping, sliding, jumping, changing directions, balancing, running, working safely, responsibility, working with others, emotions, challenging, selecting/applying actions</p> <p>Ball Skills Unit 2 Key vocabulary – rolling, tracking, throwing, target, bouncing, dribbling, kicking, ball, co-operations, sharing/taking turns, determination, tactics, decision making</p>	<p>Dance Key vocabulary – travelling, copying, performing actions, co-ordination, respect, working with others, independently, confidence, counting, observing, providing feedback, selecting/applying actions</p> <p>Games Unit 1 Key vocabulary – running, balancing, changing direction, striking, throwing, ball, communication, co-operation, taking turns, honesty, fair play, tactics, encouraging others</p> <p>Athletics (use Y1 to support) Key vocabulary – running, slowly, quickly, agility, balance, jumping, hopping, leaping, distance, throwing, working safely, collaborating with others, independent, honesty, playing to the rules, determination, exploring ideas</p> <p>Games Unit 2 Key vocabulary – running, balancing, changing direction, striking, throwing, ball, communication, co-operation, taking turns, honesty, fair play, tactics, encouraging others, perseverance</p>									

	Autumn term	Spring term	Summer term
Year 1	<p>Fundamentals Key vocabulary – balancing, sprinting, jogging, dodging, jumping, hopping, skipping, taking turns, supporting/encouraging others, working safely, communication, challenging, perseverance, honesty</p> <p>Team Building Key vocabulary – balancing, travelling, communication, sharing ideas, supporting, confidence, honesty, decision making, tactics, instructions</p> <p>Dance Key vocabulary – travel, copying, performing, using shape, balance, coordination, communication, partner, respect, confidence, acceptance, counting</p> <p>Ball Skills Key vocabulary – rolling, kicking, throwing, catching, bouncing, dribbling, tracking, co-operation, communication, leadership, supporting others, honesty, perseverance, challenging myself, using tactics, exploring actions</p> <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. <p>DANCE</p>	<p>Target Games Key vocabulary – underarm throw, overarm throw, aim, hand eye co-ordination, communication, support, encourage, fair play</p> <p>Gymnastics Key vocabulary – travelling actions, shapes, tuck, pike, straddle, arch, star, balance, stomach, leg, arm, stretch, extend, squeeze, tense, jump, knees, bend, soft landing, roll, forward roll, backwards, teddy bear, bench, mat, table</p> <p>Send and Receiving Key vocabulary – underarm throw, hopping, jumping, space, roll, opposite, throwing arm, fingertips, cone, ready position, jog,</p> <p>Striking and Fielding Key vocabulary – throwing, catching, retrieving, tracking, striking, communication, jogging, sidestepping, skipping, hopscotch, overarm throw, opposite, hand – eye, batter, bowler, fielder, tactics</p> <p>GYMNASTICS</p> <ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. 	<p>Net and Wall Key vocabulary – throwing, catching, hitting, tracking, good sportsmanship, north, east, south, west, straight, mirror, movement, opponent, ball, racket,</p> <p>Target Games Key vocabulary – underarm throw, overarm throw, aim, hand eye co-ordination, communication, support, encourage, fair play</p> <p>Invasion Key vocabulary –throwing, catching, kicking, dribbling, hands, feet, dodging, finding space, possession, defender, passing, forwards, teammate, inside, outside, sole</p> <p>Athletics Key vocabulary – running, slowly, quickly, agility, balance, jumping, hopping, leaping, distance, throwing, working safely, collaborating with others, independent, honesty, playing to the rules, determination, exploring ideas</p> <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate.

	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. 	<ul style="list-style-type: none"> • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	
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	Autumn term	Spring term	Summer term
Year 2	<p>Fundamentals Key vocabulary – balancing, sprinting, jogging, dodging, jumping, hopping, skipping, stability, landing, safely, different speed, direction, co-ordination, combination,</p> <p>Team Building Key vocabulary – travelling actions, jumping, balancing, trust, fair play, leading, listening, instructions, working together, co-operate, communicate, challenges, solve, plan</p> <p>Dance Key vocabulary – travel, copy, performing actions, dynamics, pathway, expressions, speed, balance, coordination, space, link, mirror, unison,</p>	<p>Target Games Key vocabulary – underarm throw, overarm throw, rolling, striking, kicking, aim, hand eye co-ordination, communication, support, encourage, fair play,</p> <p>Gymnastics Key vocabulary – travelling actions, shapes, tuck, pike, straddle, arch, star, balance, stomach, leg, arm, stretch, extend, squeeze, tense, jump, knees, bend, soft landing, roll, forward roll, backwards, teddy bear, bench, mat, table</p> <p>Send and Receiving Key vocabulary – underarm throw, hopping, jumping, space, roll, opposite,</p>	<p>Net and Wall (Netball) Key vocabulary – throwing, catching, hitting, tracking, good sportsmanship, north, east, south, west, straight, mirror, movement, opponent, ball, bounce, pass, team, court, positions</p> <p>Striking and Fielding Key vocabulary – throwing, catching, bowling, fielding, retrieving, tracking, striking, communication, jogging, sidestepping, skipping, hopscotch, overarm throw, opposite, hand – eye, batter, bowler, fielder, tactics</p> <p>Invasion Key vocabulary –throwing, catching, kicking, dribbling, hands, feet, dodging, finding space, possession, defender,</p>

	<p>cannon, repeat, rhythms, facial expressions, shapes, partner,</p> <p>Ball Skills Key vocabulary – rolling, kicking, throwing, catching, bouncing, dribbling, hit, target, co-ordination, control, safely, space, dodging, weaving, control,</p> <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. <p>DANCE</p> <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. 	<p>throwing arm, fingertips, cone, ready position, jog, tracking, receiving, stopping,</p> <p>Fitness Key vocabulary – agility, balance, co-ordination, speed, stamina, skipping, run, march, jog, sprint, rotate, zig-zag, shuttle, step ups,</p> <p>GYMNASTICS</p> <ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<p>passing, forwards, teammate, inside, outside, sole</p> <p>Athletics Key vocabulary – running, jumping, throwing, speed, distance, safely, sprinting, technique, height. arm position, sideways, opposite leg to arm, accuracy,</p> <p>GAMES</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate.
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	Autumn term	Spring term	Summer term
Year 3	<p>Netball Key vocabulary – passing, catching, footwork, intercepting, shooting, communicate, rules, contact, moving, attacker, defending, shooting, OAA Key vocabulary – balance, running, teamwork, co-operation, team, share, trust, listening, following, instructions, orientate, navigate Dance Key vocabulary – canon, unison, formation, dynamics, pathways, direction, copying, performing, control, balance, stimulus, contact, interact, represent, Gymnastics Key vocabulary – point, patch balances, straight, barrel, forward roll, straight, tuck, star jump, rhythmic, tension, shape, squeeze, control, bend, mats, arch, dish, weave, transition, levels, sequence, matching, contrasting GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). </p>	<p>Fitness Key vocabulary – strength, speed, power, agility, coordination, balance, stamina, Team Building Key vocabulary – travelling actions, jumping, balancing, trust, fair play, leading, listening, instructions, working together, co-operate, communicate, challenges, solve, plan Cricket Key vocabulary – underarm/overarm throwing, catching, over and underarm bowling, fielding, tracking a ball, batting, wicket keeper, short barrier, Tag rugby Key vocabulary – passing, catching, dodging, tagging, scoring, running, ball, rules, forward pass, off side rule, defender, game, tactics GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. </p>	<p>Hockey Key vocabulary – passing, dribbling, receiving, intercepting, tackling, push pass, sending, reverse stick, finding space, ball, open stick, defending, attacking Rounders Key vocabulary –underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting, tactically, bowler, backstop, wicket keeper, bases, decision making, run, skills Tennis Key vocabulary – forehand, backhand, throwing, catching, ready position, racket, net, ball control, groundstroke, rally, scoring, love, deuce, collaboratively Athletics Key vocabulary – sprinting, jumping, distance, push, pull, throwing, changeover, relay, baton, communicate, balance, accuracy, officiating, performing, speed, bounce, GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). </p>

	<ul style="list-style-type: none"> • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>DANCE Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. <p>GYMNASTICS</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise 		<ul style="list-style-type: none"> • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>ATHLETICS</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.
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	<p>body parts to create an interesting body shape).</p> <ul style="list-style-type: none"> • Swing and hang from equipment safely (using hands). 		
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	Autumn term	Spring term	Summer term
Year 4	<p>Netball Key vocabulary – passing, catching, footwork, intercepting, shooting, communicate, rules, contact, moving, attacker, defending, shooting, OAA Key vocabulary – balance, running, teamwork, co-operation, team, share, trust, listening, following, instructions, orientate, navigate Dance Key vocabulary – spinning, jumping, sliding, kicking, stepping, crawling, travelling, turning, height, space, unison, cannon, mirror, quickly, slowly, action, dynamics, timing, repeat Gymnastics Key vocabulary – balance, partner, jump, roll, forward, backward, barrel, bridge, shoulder stand, mirror, wheel, rhythm, sequence, GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. </p>	<p>Dodgeball Key vocabulary – throwing, catching, dodging, blocking, target, moving, jumps, rules, Team Building Key vocabulary – travelling actions, jumping, balancing, trust, fair play, leading, listening, instructions, working together, co-operate, communicate, challenges, solve, plan Tag Rugby Key vocabulary – passing, catching, dodging, tagging, scoring, running, ball, rules, forward pass, off side rule, defender, game, tactics Badminton Key Vocabulary – ready position, forehand, backhand, grip, serve, footwork, racket, court, shuttlecock, net, rally, points, tactics GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. </p>	<p>Rounders Key vocabulary –underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting, tactically, bowler, backstop, wicket keeper, bases, decision making, run, skills Athletics Key vocabulary – pacing, sprinting, jumping, throwing, target, distance, stretch, power, speed, pull, push Hockey Key vocabulary – passing, dribbling, receiving, intercepting, tackling, push pass, sending, reverse stick, finding space, ball, open stick, defending, attacking Cricket Key vocabulary – underarm, overarm throw, field, track, catch, catch, batting, bowler, wicket keeper, GAMES Throw and catch with control and accuracy. <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. </p>

	<ul style="list-style-type: none"> • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>DANCE Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. <p>GYMNASTICS</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how 	<ul style="list-style-type: none"> • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>OAA</p> <ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. 	<ul style="list-style-type: none"> • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>SWIMMING</p> <ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. <p>ATHLETICS</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.
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	<p>to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <ul style="list-style-type: none"> • Swing and hang from equipment safely (using hands). <p>OAA</p> <ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. 		
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	Autumn term	Spring term	Summer term
Year 5	<p>Netball Key vocabulary – passing, catching, footwork, intercepting, shooting, dodging, communicating, tactics, GK, GD, WD, C, WA, GA, GS, chest pass, shoulder pass, square, call, defend, attack, sidestep</p> <p>Basketball Key vocabulary – throwing, catching, dribbling, intercepting, shooting, tactics,</p>	<p>Swimming Key vocabulary – rotation, sculling, treading water, gliding, front crawl, back stroke, breaststroke, surface dive, float, breathing, kicking, dolphin, survival</p> <p>Dodgeball/Fitness Key vocabulary – throwing, catching, dodging, blocking, collaboration, target, moving, jump, duck, tactics / strength, speed, power, agility, co-ordination, balance, stamina,</p>	<p>Rounders Key vocabulary – throwing, catching, bowling, tracking, fielding, retrieving, batting, organising, base, bowler, back stop, teamwork, co-operation, stump, rounder</p> <p>Handball Key vocabulary – throwing, catching, moving, dribbling, intercepting, shooting, passing, possession, defending,</p> <p>Tennis</p>

	<p>opponent, team-mate, track, jump shot, set shot, scoring</p> <p>Dance Key vocabulary – using cannon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions, poses, co-operation, choreography</p> <p>Volleyball Key vocabulary – volley, set, dig, serve, ready position, communication, finger tips, scoring, underarm serve, catch, pass</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>DANCE Compose creative and imaginative dance sequences.</p> <ul style="list-style-type: none"> • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. 	<p>Gymnastics Key vocabulary – symmetrical, asymmetrical balances, forward, backward, straight, straddle roll, cartwheel, bridge, shoulder stand, travelling, cannon, mirror, unison, sequence, floor, apparatus</p> <p>OAA Key vocabulary – stamina, running, communication, teamwork, trust, inclusion, planning, map reading, decision making, problem solving, safety, navigation, location</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>GYMNASTICS Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight 	<p>Key vocabulary – forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, return, rally, court, racket, ball, scoring, stroke</p> <p>Athletics Key vocabulary – pacing, sprinting techniques, relay changeovers, jumping for distance, push and pull throw for distance, fluency, co-ordination, jump, hop,</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>ATHLETICS Combine sprinting with low hurdles over 60 metres.</p> <ul style="list-style-type: none"> • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement.
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	<ul style="list-style-type: none"> • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). 	<ul style="list-style-type: none"> • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. <ul style="list-style-type: none"> • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). <p>SWIMMING</p> <p>Swim over 100 metres unaided.</p> <ul style="list-style-type: none"> • Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. • Swim fluently with controlled strokes. • Turn efficiently at the end of a length. <p>OAA</p> <p>Select appropriate equipment for outdoor and adventurous activity.</p> <ul style="list-style-type: none"> • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. 	
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		<ul style="list-style-type: none"> • Remain positive even in the most challenging circumstances, rallying others if need be. • Use a range of devices in order to orientate themselves. • Quickly assess changing conditions and adapt plans to ensure safety comes first. 	
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	Autumn term	Spring term	Summer term
Year 6	<p>Swimming Key vocabulary – rotation, sculling, treading water, gliding, front crawl, back stroke, breaststroke, surface dive, float, breathing, kicking, dolphin, survival</p> <p>Dance Key vocabulary – using cannon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions, poses, co-operation, choreography</p> <p>Netball Key vocabulary – passing, catching, footwork, intercepting, shooting, dodging, communicating, tactics, GK, GD, WD, C, WA, GA, GS, chest pass, shoulder pass, square, call, defend, attack, sidestep</p> <p>Basketball Key vocabulary – throwing, catching, dribbling, intercepting, shooting, tactics, opponent, team-mate, track, jump shot, set shot, scoring</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p>Fitness Key vocabulary – strength, speed, power, agility, co-ordination, balance, stamina,</p> <p>Dodgeball Key vocabulary – throwing, catching, dodging, blocking, collaboration, target, moving, jump, duck, tactics</p> <p>Gymnastics Key vocabulary – straddle, forward, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault, control, power, extension, sequence, formation, flight</p> <p>OAA Key vocabulary – stamina, running, communication, teamwork, trust, inclusion, planning, map reading, decision making, problem solving, safety, navigation, location</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. 	<p>Rounders Key vocabulary – throwing, catching, bowling, tracking, fielding, retrieving, batting, organising, base, bowler, back stop, teamwork, co-operation, stump, rounder</p> <p>Handball Key vocabulary – throwing, catching, moving, dribbling, intercepting, shooting, passing, possession, defending,</p> <p>Cricket Key vocabulary – underarm and overarm throw, catching, underarm and overarm bowling, long and short barrier, batting, bowler, wicket keeper, fielder, tracking, tactics, accuracy</p> <p>Athletics Key vocabulary – pacing, sprinting, jumping for distance, push throw for distance, fling for distance, power, control, accuracy, collaboratively, jump, hop,</p> <p>GAMES Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession.

	<ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>DANCE Compose creative and imaginative dance sequences.</p> <ul style="list-style-type: none"> • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <p>SWIMMING Swim over 100 metres unaided.</p> <ul style="list-style-type: none"> • Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. • Swim fluently with controlled strokes. • Turn efficiently at the end of a length. 	<ul style="list-style-type: none"> • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>GYMNASTICS Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. <ul style="list-style-type: none"> • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). <p>OAA</p>	<ul style="list-style-type: none"> • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>ATHLETICS Combine sprinting with low hurdles over 60 metres.</p> <ul style="list-style-type: none"> • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement.
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		<p>Select appropriate equipment for outdoor and adventurous activity.</p> <ul style="list-style-type: none"> • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. • Remain positive even in the most challenging circumstances, rallying others if need be. • Use a range of devices in order to orientate themselves. • Quickly assess changing conditions and adapt plans to ensure safety comes first. 	
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