



| | FS1 | FS2 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| Autumn Terms | <p>Physical development Zipping up coat. Riding scooter, trike or bike Putting on coat. Moving in different ways.</p> | <p>Fundamental skills (balancing focus) Balances on an unstable surface with increasing control. Balances a ball/egg on a spoon whilst running. Dance Moves in time to music and with co-ordination.</p> | <p>Fundamental movement skills To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> <p>Ball skills To send and receive a ball accurately To move confidently in a variety of ways To perform skills with good control To perform skills with an increased level of consistency To react and catch a ball</p> <p>Fundamental movement skills Perform a single skill or movement with some control. Perform a small range of skills and link two movements together.</p> <p>Dance To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> | <p>Fundamental movement skills To move with fluency and control in a variety of ways To maintain balance when still and on the move To maintain balance when stood on uneven surfaces To challenge yourself in order to improve To keep trying when things get difficult To enjoy working on simple tasks</p> <p>Football skills To keep control of the ball To dribble with various parts of my feet To pass with accuracy To change direction with the ball To shoot with accuracy and with either foot To be an effective team player</p> <p>Fundamental movement skills Jump and land correctly on one foot or two feet. Hold a static and seated balance. Dance Copy and explore basic movements with clear control. Vary levels, speed and direction in sequence. Can vary the size of their body shapes.</p> | <p>Fundamental movement skills To move with fluency and control in a range of complex foot patterns To maintain balance when still and on the move, even with eyes closed To maintain balance when squatting on uneven surfaces To challenge yourself in order to improve To keep trying when things get difficult To improve on a personal best score</p> <p>Hockey skills To manipulate the ball in a variety of ways To pass accurately to a team mate To receive the ball with a control To attack the opponent team effectively To be able to shoot and score To understand how to outwit opponents in hockey</p> <p>Fundamental movement skills To complete a dynamic Balance to Agility - Jumping and Landing Static Balance - Seated Show patience and support others, listening carefully to them about our work. To show and tell others about my ideas.</p> <p>Dance To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> | <p>Fundamental movement skills Have good coordination - Footwork Hold a static Balance - One Leg Know where I am with my learning and begin to challenge myself</p> <p>Hockey skills To pass and receive the ball in a variety of ways. To dribble with the ball. To get past an opponent. To tackle an opponent and win the ball back. To hit the ball. To use apply the hockey skills have learnt to game situations.</p> <p>Fundamental movement skills Dynamic Balance to Agility - Jumping and Landing Static Balance - Seated Show patience and support others, listening carefully to them about our work. To show and tell others about my ideas</p> <p>Dance To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> <p>Swimming Enter the water safely and develop water confidence and competence.</p> | <p>Fundamental movement skills To catch more than one ball at once To throw and kick at the same time, with control To play Throlf with increased accuracy To use the Long Barrier position to stop a rolling ball To play Scatterball with effective tactics</p> <p>Netball To be able to pass and receive the ball in a variety of ways. To pivot with confidence To get past an opponent by using a variety of dodging techniques To shoot with increasing accuracy To be able to play in a variety of positions on court To use apply the netball skills learnt to game situations.</p> <p>Fundamental movement skills Ball Chasing Coordination - Sending and Receiving Cope well and react positively when things become difficult. Persevere with a task and improve my performance through regular practice.</p> <p>Dance To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> | <p>Fundamental movement skills To catch more than one ball at once To throw and kick at the same time, with control To play Throlf with increased accuracy To use the Long Barrier position to stop a rolling ball To play Scatterball with effective tactics</p> <p>Netball To understand and carry out the various passes involved in the game. To use the correct footwork in a game, and understand the rules of pivoting To identify some of the basic rules of netball To understand and carry out the various passes involved in the game. To be able to defend effectively in a game situation To show a knowledge of the tactics used in netball</p> <p>Gymnastics Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapt sequences to include a partner or a small group.</p> |



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| | | | | | | Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations. | | Dance To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks |
| Spring Terms | Physical development Climbing with confidence – large climbing wall. Ball skills using a large ball Changing shoes. Putting on hat/scarf/gloves | Fundamental skills (balancing focus) Balances on an unstable surface with increasing control. Balances a ball/egg on a spoon whilst running. Sending and receiving skills. Catches a small ball in 2 hands some of the time. Stops a rolling ball with feet. | Fundamental movement skills To co ordinate feet well through numerous apparatus. To hold a static balance on one leg. Gymnastics Copy and explore basic movements with some control and coordination at different levels Can perform different body shapes. Can perform 2 footed jump. Fundamental movement skills To jump and land on two legs with correct position. Ball skills/target games To throw a range of objects into a target of different sizes. | Fundamental movement skills Dynamic Balance to Agility – Jumping & Landing Static Balance – Seated Balance Social - Help, praise and encourage others in their learning. Gymnastics Create different pathways and patterns. Use equipment in a variety of ways to create a sequence. Repeat simple gymnastic actions with control. Balance on isolated parts of the body using the floor. Complete different ways of moving on large apparatus. Fundamental movement skills Agility – Ball Chasing Static Balance – Floorwork Fitness - How do the body feels before, during and after exercise. Use equipment appropriately and move and land safely. Ball skills | Gymnastics Apply compositional ideas independently and with others to create a sequence. Copy, explore and remember a variety of movements and use these to create their own sequence. Show flexibility in movements. Complete jumping techniques and link them with other gymnastic actions. Tag rugby Understand the importance of finding space in team invasion games. Understand the principles of attacking and defending. Cricket Understand that when bowling overarm to keep arm straight. Hold the bat properly and can use it to hit the ball confidently and accurately most of the time. Fundamental movement skills To maintain good reaction response Complete a static balance on the floor Perform and repeat longer sequences with clear shapes and controlled movement. Select and apply a range of skills with good control and consistency. | Gymnastics Link skills with control, technique, co-ordination and fluency. Create sequences using various body shapes and equipment. Use counterbalances and incorporate them into a sequence of movements. Handball Start to know defending and attacking skills. Tag rugby _Develop passing, moving and creating space Develop defending in small groups/pairs and in team games Combine passing and moving to create an attack and score Net ball Perform a chest, and bounce pass. Develop spacial awareness skills in team invasion games i.e. wide, long, short. Develop strategies and understand tactics when attacking and defending in team invasion games. | Gymnastics Select and combine their skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency Volleyball Apply movement, positioning, and striking/hitting skills in a tennis/ volleyball match and rally. Make good decisions on type of action/shot made in volleyball more times than not. Football Consistently use kicking in a game with control and accuracy. Benchball To develop defending and attacking skills. | Volleyball Make good decisions on type of action/shot made in volleyball for the majority of the time Able to set people up in volleyball consistently, and perform a volley with accuracy and power Fundamental movement skills Evaluate own and others' strengths and weaknesses and can read and react to different game situations as they develop Tag rugby Accurately perform passing, moving and creating space Accurately perform defending in small groups/pairs and in team games Combine passing and moving to create an attack and score consistently in game situations. Handball To effectively use attacking and defending skills. |



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| | | | | <p>To throw a ball under and over arm.</p> <p>To catch a ball with one or two hands.</p> <p>Kick a ball with coordination in different ways.</p> | | | | |
| Summer Terms | <p>Physical development Balance on the trim trial. Ball work and team games. Complete in an athletics race/team games – sports day (Move in different ways)</p> | <p>Athletics To run in a lane. To co ordinate their movements to complete sports day races. Team games Play cooperatively and take turns with others.</p> | <p>Fundamental movement skills Coordination – Ball Skills Counter Balance – With a Partner Creative - Explore and describe different movements Tennis skills Hold a racket correctly. Hit a ball with hands accurately along the floor to another child Fundamental movement skills Hold a dynamic Balance – On a Line Hold a static Balance – Stance. Athletic skills Use varying speeds when running. Can jump from a standing position.</p> | <p>Fundamental movement skills Counter balance with a partner. Link movements together. Tennis skills Hit a ball with hands accurately along the floor to another child. Return a ball accurately hitting with hands along the floor (without stopping the ball). Athletic skills Change speed and direction whilst running. Can run with agility and confidence. Explore different jumping techniques and the effects e.g. for distance or height. Cricket Skills Bowl the ball most of the time accurately towards the wickets so that the batter can hit it. Hit the ball most of the time with one bounce using the cricket bat when it's bowled towards me.</p> | <p>Tennis Hit a ball with a racket accurately along the floor to another child. Return a ball with a racket accurately along the floor to another child. Serve a ball with a racket accurately along the floor to another child. Bench ball To start to know and practise defending and attacking skills. Athletics Run at speeds appropriate for the distance. e.g. <i>sprinting and cross country</i> Perform a running jump with some accuracy. Perform a variety of throws using a selection of equipment. Outdoor adventure activities Beginning to think activities through and problem solve. Respond to simple challenges and problems solving tasks in a familiar environment.</p> | <p>Cricket Bowl on target and show good attempts at bowling overarm showing good technique. Cover different areas when fielding Uni Hockey Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Athletics To select and maintain a speed appropriate for the distance. Practise throwing with power and accuracy. Throw safely with understanding. To utilise all previously learned skills in a competitive situation. Outdoor adventure activities Work with others to suggest ideas to solve problems. Respond to more varied challenges in different environments.</p> | <p>Tennis Utilise and apply all previously learned skills in a competitive situation. Apply movement, positioning, and striking/hitting skills in a tennis and rally. Outdoor adventure activities Choose and apply strategies to solve problems independently. Have a secure bank of strategies in order to stay safe. Athletics Use correct technique to run at speed. Develop the ability to run for distance. Consistently throw with accuracy and power. Identify and apply techniques of relay running. Explore different footwork patterns. Demonstrate good techniques in a competitive situation. Cricket Bowl the ball overarm towards the wickets consistently Hit the ball into spaces to avoid the fielding players. Understand and show good positioning and teamwork when fielding</p> | <p>Rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards. Cricket Make own decisions effectively when battling, bowling and fielding and can offer advise and help to other members of their team to improve performance. Show umpiring skills and understanding of the rules and scoring system of a tennis and volleyball match. Athletics Investigate running styles and changes of speeds. Record peers' performances, and evaluate these. Develop the ability to run for longer distances. Identify and apply techniques of relay running. Demonstrate selection of most effective techniques in a competitive situation. Outdoor adventure activities Effectively make significant contributions to a team to solve problems. Account for, and act upon, other people's suggestions in a team.</p> |

