

	Term 1 Tag Rugby	Term 2 Netball	Term 3 Gymnastics	Term 4 Dance	Term 5 Strike and Field	Term 6 Athletics
Skills	Acquiring and Developing Skills Selecting and applying skills, tactics and compositional ideas Evaluating and improving performance					
National Curriculum: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.						
Pupils should be taught to: <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 						
Year 3	Introduction to Tag rugby. Introduction to the rules. Children play bulldog/chain tag to develop evasive running patterns.	Introduction to the basic rules of netball. Introduction to footwork. (Not main focus, children are aware but it's not enforce to the letter.) Introduction to positions and roles. Children understand to pass the ball whilst standing still.	Children start to think about the transitions between isolated movements. Children have a greater understanding of basic body movements and are developing	Children can start understanding individual movements. Children are aware dances need to have different levels, shapes and pathways. Children can introduced to joining individual movements into a sequence.	Children can strike a static ball accurately and in different directions. Children can hold a cricket bat correctly. Children know how to position themselves	Children develop their understanding how to sprint more efficiently. Children develop their understanding on how to pace themselves over a longer distance.

	<p>Children learn how to pull the opponents tags and have understanding what to do when done so.</p> <p>Children know to pass the ball to their teammate once their tag is pulled.</p> <p>Children develop an understanding that the ball is passed backwards.</p> <p>Children introduced to defensive and offensive formations.</p>	<p>Children can catch a ball with good consistency. (Isolation)</p> <p>Children can start to catch the ball while on the move. (Combination.)</p> <p>Children can choose and use the correct technique when throwing a ball. (Chest, overhead and bounce.)</p> <p>Children can start passing to team mates with the introduction of defenders. .</p> <p>Children can start to recognise basic passing patterns.</p> <p>Children can start to develop movements to efficiently find space.</p> <p>Children can identify good positions. (In relation to who is in possession of the ball)</p>	<p>movements that are more complex.</p> <p>Children should be able to demonstrate good balance whilst performing basic gymnastic movements.</p> <p>Children can perform basic gymnastics moves and positions in combination with an idea of transition.</p> <p>Children understand and demonstrate points of contact and safety while on the apparatus.</p> <p>Children further develop their balance, agility and co-ordination of travelling, stillness, jumping, timing,</p>	<p>Children can start to explore their own movement ideas within their own choreography.</p> <p>Children can start to understand how to choreography a routine.</p> <p>Children can use movements depending on the beat/tempo of the music.</p> <p>Children are introduced to self-reflection. They can start to think about how to use constructed feedback.</p>	<p>correctly to strike a static ball.</p> <p>Children to continue to develop on ball to bat coordination. (Hand-eye).</p> <p>Children start to develop strategies to strike a moving ball.</p> <p>Children introduced how to bowl a cricket ball.</p> <p>Children introduced how to bowl a rounders ball.</p> <p>Children to learn how to be efficient in the field.</p> <p>Children know how to stop a moving ball using long barrier.</p>	<p>Children understand to run in their lanes.</p> <p>Children improve their understanding and ability to react to a stimulus.</p> <p>Introduction to relay races and efficient baton changes.</p> <p>Children develop how to throw an object for distance.</p> <p>Children develop further movement skills of balance, co-ordination and agility.</p> <p>Children to further develop balance, agility and co-ordination.</p> <p>Children should be able to perform a successful long jump.</p>
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<p>Year 4</p>	<p>To start to pass and catch a ball with the correct technique.</p> <p>To understand receiving the ball on the move is more effective.</p> <p>Pulling opponents tags with greater effectiveness. Children can start to position themselves in a good defensive shape.</p> <p>To understand how to minimise space for opponents.</p> <p>To start using a range of dynamic movements and running patterns.</p> <p>To understand how to create space for themselves.</p>	<p>Children understand the basic rules and are introduction to the more complex rules.</p> <p>Children start to develop good footwork and good pivoting.</p> <p>Children gain a greater understanding of each position and the roles.</p> <p>Children can show good passing technique. (Chest, overhead and bounce pass.)</p> <p>Children understand which pass should be used depending on the scenario.</p> <p>Children can consistently pass to team mates with the introduction of defenders.</p> <p>Children understand basic passing patterns.</p>	<p>Children understand the transitions between isolated movements.</p> <p>Children have a greater understanding of basic body movements and are developing movements that are more complex.</p> <p>Children should be able to demonstrate good balance whilst performing basic gymnastic movements.</p> <p>Children can perform basic gymnastics moves and positions and start to transition them in short sequences.</p>	<p>Children can start performing individual movements with different levels, shapes and pathways.</p> <p>Children can start to transition individual movements into a sequence.</p> <p>Children can start to explore and improvise movement ideas within their own choreography. Children can start to choreograph a routine.</p> <p>Children can adapt movements depending on the beat/tempo of the music.</p> <p>Children can think about how their dance and ways to improve or change it.</p>	<p>Children can hold a cricket bat correctly.</p> <p>Children learn how to hold a rounders ball.</p> <p>Children know how to position themselves correctly to strike a moving ball.</p> <p>Children to continue to develop on ball to bat coordination. (Hand-eye).</p> <p>Children continue to develop strategies to strike a moving ball.</p> <p>Children continue to learn how to bowl a cricket ball.</p> <p>Children continue to learn how to bowl a rounders ball.</p>	<p>Children further develop their understanding how to sprint more efficiently.</p> <p>Children further develop their understanding on how to pace themselves over a longer distance.</p> <p>Children develop their running maturity. (Learning to lead and to chase.)</p> <p>Children improve their ability to react to a stimulus.</p> <p>Children should know how to change the baton with their teammate somewhat efficiently.</p>
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	<p>To start providing a passing option for their teammates.</p> <p>To start to create support runs.</p> <p>Children gain an understanding that unforced errors are detrimental for the team.</p>	<p>Children develop further movements to efficiently find space.</p> <p>Children can identify and demonstrate good positions. (In relation to who is in possession of the ball)</p> <p>Children can show and demonstrate basic defending and attacking principles.</p> <p>Children understand and start to show aspects of good transition.</p>	<p>Children understand and demonstrate points of contact and safety while on the apparatus.</p> <p>Children further develop their balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>Children can develop good short sequences on their own and in groups.</p> <p>Children form short sequences of different actions using floor and apparatus. Have a clear start, middle and end. With good solid transitions between movements.</p>		<p>Children to learn how to be efficient in the field.</p> <p>Children know how to stop a moving ball using long barrier.</p> <p>Children to continue their understanding of basic fielding positions.</p> <p>Children introduced to more advanced fielding positions and strategies.</p> <p>Children to continue to learn to field effectively as a team.</p>	<p>Children further develop how to throw an object for distance.</p> <p>Children develop techniques to throw javelin, shot put and discus.</p> <p>Children develop further movement skills of balance, co-ordination and agility.</p> <p>Children to further develop balance agility and co-ordination.</p> <p>Children should know how to perform a successful long jump.</p>
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			Children develop their understanding on how to use space.			
Year 5	<p>Pass and catch a ball with the correct technique.</p> <p>To start to receive the ball on the move.</p> <p>Can pull opponents tags with increased effectiveness.</p> <p>Can start to minimise space for opponents and force errors.</p> <p>To use a range of dynamic movements and running patterns.</p> <p>To understand how to create space for themselves and also for teammates.</p>	<p>Children can pass and catch a ball with the correct technique. Chest, overhead and bounce pass.</p> <p>To start to understand the benefits of each pass depending on the scenario.</p> <p>Children can show and demonstrate basic defending and attacking principles.</p> <p>Children introduced to more complex principles of defence and attack such as man-to-man marking.</p> <p>Children can successfully move into space to provide an option to receive the pass.</p>	<p>Children understand how to transition between isolated movements.</p> <p>Children should have a range of different movements and should know how to execute them.</p> <p>Children should be able to demonstrate good balance whilst performing complex gymnastic movements.</p> <p>Children can perform basic gymnastics moves and positions and start to transition them in to sequences.</p>	<p>Children can perform individual movements with different levels, shapes and pathways. Children can start to smoothly transition individual movements into a sequence.</p> <p>Children can explore and improvise movement ideas within their own choreography.</p> <p>Children can choreography a routine.</p> <p>Children can adapt movements depending on the beat/tempo of the music.</p> <p>Children can think about how their dance is formed through self-evaluation and peer/teacher criticism.</p> <p>Children can start to alter their choreography.</p>	<p>Children can hold a cricket bat correctly.</p> <p>Children can hold a rounders at correctly.</p> <p>Children know how to position themselves correctly to strike a moving ball.</p> <p>Children show increased efficiency and consistency when striking moving balls.</p> <p>Children to continue to develop on ball to bat coordination. (Hand-eye).</p> <p>Children continue to develop</p>	<p>Children should be able to sprint efficiently.</p> <p>Introduced to kinesiology, understanding how the body moves. Personalised plans for each child. (Within reason and practicality.)</p> <p>Children should show good sprinting technique.</p> <p>Children should understand how to pace themselves according to the distance.</p> <p>Children further develop their running maturity.</p>

	<p>To provide a passing option for their teammates. To start to create support runs.</p> <p>Children understand that unforced errors are unacceptable. (This is not to say they will not make unforced errors but understand it is unnecessary.)</p>	<p>To start to demonstrate open hand passing.</p> <p>Start to demonstrate the correct technique when shooting.</p>	<p>Children understand and demonstrate points of contact and safety while on the apparatus.</p> <p>Children continue the development of their balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>Children can develop sequences on their own and in groups.</p> <p>Children's can start to devise their own gymnastic routines with a clear start, middle and end.</p> <p>Children develop their understanding on how to use space.</p>		<p>strategies to strike a moving ball.</p> <p>Children continue to learn how to bowl a cricket ball.</p> <p>Children have understanding of varying their bowls in relation to on pitch situations.</p> <p>Children continue to improve accuracy and efficiency when bowling a rounders ball.</p> <p>Children are becoming more efficient in the field.</p> <p>Children show increased efficiency when using long barrier and start showing how to then effect next phase of play.</p>	<p>(Learning to lead and to chase.)</p> <p>Children improve their ability to react to a stimulus.</p> <p>Children should be able to successfully pass the baton. (Both face to face and facing away.)</p> <p>Children should know how to throw an object for distance.</p> <p>Children further develop techniques to throw javelin, shot put and discus.</p> <p>Children develop further movement skills of balance, co-ordination and agility.</p>
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			Children are introduced to the vault and how to use it safely.		Children understand basic fielding positions. Children develop more advanced fielding positions and strategies. Children can field effectively as a team.	Children to further develop balance, agility and co-ordination. Children should know how to perform a successful standing long jump. Children should develop their standing long jump technique.
Year 6	<p>Pass and catch a ball with the correct technique. Receive the ball at speed when running.</p> <p>Can successfully pull opponents tags</p> <p>Can minimise space for opponents and force errors.</p> <p>Perform a range of dynamic movements and running patterns.</p>	<p>Pass and catch a ball with the correct technique. Chest, overhead and bounce pass.</p> <p>Can use the correct type of pass depending on the scenario.</p> <p>Can show basic principles of defence.</p> <p>Can minimise space for opponents and stop the opponent receiving the pass.</p>	<p>Children understand how to transition between isolated movements.</p> <p>Children should have a range of different movements and should know how to execute them.</p> <p>Children should be able to demonstrate good balance whilst performing</p>	<p>Children can perform individual movements with different levels, shapes and pathways. Children can smoothly transition individual movements into a sequence.</p> <p>Children can explore and improvise movement ideas within their own choreography. Children can choreography a routine with a range of movements fluently.</p> <p>Children can adapt movements depending</p>	<p>Children can hold a cricket bat correctly.</p> <p>Children can hold a rounders at correctly.</p> <p>Children know how to position themselves correctly to strike a moving ball.</p> <p>Children show increased efficiency and consistency</p>	<p>Children should be able to sprint efficiently.</p> <p>Introduced to kinesiology, and biomechanics. Understanding how the body moves. Personalised plans for each child. (Within reason and practicality.)</p> <p>Children should show good sprinting technique.</p>

	<p>Effectively create space for themselves and teammates.</p> <p>Providing a passing option for their teammates.</p> <p>Effectively create support runs by utilising time and space.</p> <p>Children reduce unforced errors.</p>	<p>(Man to man marking)</p> <p>Can move into space to provide an option to receive the pass. Effectively create space for themselves and teammates. (Open hand passing.)</p> <p>Demonstrates the correct technique when shooting. Can successful score a goal with consistency.</p>	<p>complex gymnastic movements.</p> <p>Children understand and demonstrate points of contact and safety while on the apparatus.</p> <p>Children continue the development of their balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>Children can develop longer sequencing patterns on their own and in groups.</p> <p>Children's can to devise their own gymnastic routines with a clear start, middle and end.</p>	<p>on the beat/tempo of the music. Children can successful dance to a piece of music with suitable movements and a range of motifs.</p> <p>Children can think about how their dance is formed through self-evaluation and peer/teacher criticism. Children can subsequently adapt, refine and develop their own choreography.</p>	<p>when striking moving balls.</p> <p>Children can strike moving balls in different directions.</p> <p>Children can identify where to strike balls depending on fielding positions.</p> <p>Children to continue to develop on ball to bat coordination. (Hand-eye).</p> <p>Children can show strategies to strike a moving ball.</p> <p>Children continue to learn how to bowl a cricket ball.</p> <p>Children have greater understanding of varying their bowls in relation to on pitch situations.</p>	<p>Children should understand how to pace themselves according to the distance.</p> <p>Children further develop their running maturity. (Learning to lead and to chase.)</p> <p>Children should be able to react to a stimulus. Children should be able to successfully pass the baton. (Both face to face and facing away.)</p> <p>Children should know how to throw an object for distance.</p> <p>Children further improve techniques to throw javelin, shot put and discus.</p>
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			<p>Children develop their understanding on how to use space.</p> <p>Children know how to use a vault safely and successfully.</p>		<p>Children continue to improve accuracy and efficiency when bowling a rounders ball.</p> <p>Children are efficient in the field.</p> <p>Children can stop moving balls consistently and react to the next phase of play correctly.</p> <p>Children understand basic fielding positions.</p> <p>Children develop more advanced fielding positions and strategies.</p> <p>Children can field effectively as a team.</p>	<p>Children develop further movement skills of balance, co-ordination and agility.</p> <p>Children to further develop balance, agility and co-ordination.</p> <p>Children should know how to perform a successful standing long jump.</p> <p>Children should develop their standing long jump technique.</p>
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