

PE in EYFS		
Personal, Social and Emotional Development	<ul style="list-style-type: none"> Express preferences and decisions. They also try new things and start establishing their autonomy. 	
Physical Development	<ul style="list-style-type: none"> Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. Clap and stamp to music. Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. Enjoy starting to kick, throw and catch balls Sit on a push-along wheeled toy, use a scooter or ride a tricycle. 	
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.
Children in Reception will be learning to:	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

			<p>developing control and grace.</p> <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing.
		Building Relationships	<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others.
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.

		TERM 1 Autumn 1	TERM 2 Autumn 2	TERM 3 Spring 1	TERM 4 Spring 2	TERM 5 Summer 1	TERM 6 Summer 2
EYFS	LESSON 1	Fundamentals Unit 1 (Part 1) <ul style="list-style-type: none"> • Movement experimentation • Body control & technique • Moving with speed & Changing direction safely 	Fundamentals Unit 1 (Part 2) <ul style="list-style-type: none"> • Moving with equipment or objects • Aiming, sending & receiving • Two handed catching • Stroking with feet 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Speed control • Changing direction • Combining movements & actions • Mirror, lead & follow partners 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Speed control • Changing direction • Combining movements & actions • Mirror, lead & follow partners 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand pushing/striking • Aiming & striking 	Fundamentals Chance to Shine (Year 1 & 2) <ul style="list-style-type: none"> • Movement skills • Running & stopping • Throwing & catching • Bowling, feeding & striking
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Individual & whole body shapes • Developing body control • Linking shapes & movement • Recognise & use space • Perform basic gymnastic sequences • Watch others work • Handle & use low level apparatus safely 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Learn & repeat basic core gymnastic balances, movement * travel • Link movements balance, movement & travel • Compose, remember & repeat short gymnastic sequences • Develop clear start & finish to sequences 	Dance Unit 1 <ul style="list-style-type: none"> • Copy steps & actions • Develop body control & coordination • Understand & work in unison • Compose remember & perform short dances • Link dance action to music 	Dance Unit 2 <ul style="list-style-type: none"> • Develop dance action, gesture & travel • Explore compositional ideas • Create dance motifs to music • Work with partners to create actions & motifs • Observe others & suggest ways to improve • Compose, remember & perform short dances 	*Fundamentals Athletic Activity <ul style="list-style-type: none"> • Link fundamental movement skills to athletic activities • Throwing for accuracy & distance • Running for speed & Relay running • Jumping for distance & height • Throwing actions 	Swimming Stroke development Confidence and skill development*
YEAR 1	LESSON 1	Fundamentals Unit 1 <ul style="list-style-type: none"> • Moving with control & safely at speed • Change direction & avoid others • Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping 	Fundamentals Unit 1 <ul style="list-style-type: none"> • Moving with control & safely at speed • Change direction & avoid others • Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Refine the skills of running & agility • Improve change of direction including side step • Improve throwing & catching • Throw & catch whilst moving • Perform fundamental skills in game related activity 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Refine the skills of running & agility • Improve change of direction including side step • Improve throwing & catching • Throw & catch whilst moving • Perform fundamental skills in game related activity 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy 	Fundamentals Chance to Shine (Year 1 & 2) <ul style="list-style-type: none"> • Movement skills, changing direction, foot patterns with & without equipment • Special awareness • Underarm throwing for accuracy • Introduction to overarm throwing technique • Two handed, one handed catching & underarm feeding/ bowling • Striking & fielding safely • Eye hand coordination • Striking a static & moving ball
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Jumping & leaping • Landing safely • Flight from low apparatus • Link jumping action to create short sequences • Link jumping, balance & movement to create short sequences on low level apparatus • Evaluate & improve their own & others performance 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Rocking & rolling with control • Link rocking & rolling with actions & shapes • Develop smooth transitions • Rotation & body shape • Link rolling & rotation with actions • Create gymnastic sequences linking rocking, rolling, action & shapes with smooth transitions • Create, remember, evaluate & perform sequences 	Dance Unit 1 <ul style="list-style-type: none"> • Develop dance actions, gesture & travel • Use action words as stimulus for dance • Create & develop individual dance motifs to music • Explore & develop dance motifs with a partner • Stepping & spinning actions • Observe, evaluate & describe ways to improve • Create & perform short dances based on action words including travel & gesture 	Dance Unit 2 <ul style="list-style-type: none"> • Travel with control at different speeds, directions & levels • Use stimulus to create movement & travel • Link actions to music • Follow, mirror & lead a partner • Create, develop, refine, remember & perform individual & partner dances 	Fundamentals Elevating Athletics (Age 5-7) <ul style="list-style-type: none"> • Travel with control, posture & balance • Starting, accelerating stopping, change direction & change of pace • Running in lanes or straight line • Jumping in response to instructions & for height & distance • Two footed & one footed jumping • Jumping combinations • Take off & landing safely & with control • Underarm & overarm throwing • Throwing for accuracy & distance 	Swimming Stroke development Confidence and skill development*
YEAR 2	LESSON 1	Fundamentals Unit 1 <ul style="list-style-type: none"> • Develop accurate throwing, bouncing & rolling • Move at speed, into space & changing direction with control • Move with equipment • Balance & control in movement • Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions 	Fundamentals Unit 1 <ul style="list-style-type: none"> • Develop accurate throwing, bouncing & rolling • Move at speed, into space & changing direction with control • Move with equipment • Balance & control in movement • Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Reinforce agility, balance & coordination • Move in space, change direction, stop & start safely with control • Develop agility, balance & coordination in games • Throw & catch whilst moving 	OAA Unit KS1 <ul style="list-style-type: none"> • Follow instructions, communicate with others & solve problems • Work with & direct others • Follow trails & use simple keys & maps • Develop teamwork skills 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy 	Fundamentals Chance to Shine (Year 1 & 2) <ul style="list-style-type: none"> • Movement skills, changing direction, foot patterns with & without equipment • Underarm throwing & bowling for accuracy • Development of overarm throwing technique • Two handed, one handed catching & underarm feeding/ bowling under pressure • Stopping & retrieving techniques

		TERM 1 Autumn 1	TERM 2 Autumn 2	TERM 3 Spring 1	TERM 4 Spring 2	TERM 5 Summer 1	TERM 6 Summer 2
		LESSON 2					
		Gymnastics Unit 1 <ul style="list-style-type: none"> Point balances with control Perform balances showing different contact points Transfer weight between balances/stillness with control Create, remember & perform gymnastic sequences showing smooth links between balance/stillness, actions & travel 	Gymnastics Unit 2 <ul style="list-style-type: none"> Explore & refine balance, shapes & actions Demonstrate a variety of balance, shape & action on the floor & low level apparatus Explore the use of different levels Show different levels in performance on the floor & low level apparatus Create, remember & improve longer gymnastic sequences showing a variety of balance, shape, actions & levels on the floor & low level apparatus 	Dance Unit 1 <ul style="list-style-type: none"> Copy, create, develop, combine imaginative dance actions & travel in short dances Create motifs & dances to a theme Observe partners & provide feedback Develop a whole dance to tell a story Perform with expression, feeling & good technique 	Dance Unit 2 <ul style="list-style-type: none"> Explore, select, link & perform imaginative & contrasting dance movements from stimuli Copy, remember & perform taught movement phrases Select & perform a variety of dance actions showing changes in speed & level Develop the use of gesture & travel Create, select & explore movements to express feelings Create, develop & perform dances showing feelings of friendship between characters 	Fundamentals Elevating Athletics (Age 5-7) <ul style="list-style-type: none"> Travel with control, posture & balance Starting, accelerating stopping, change direction & change of pace Running in lanes or straight line Jumping in response to instructions & for height & distance Two footed & one footed jumping Jumping combinations Take off & landing safely & with control Underarm & overarm throwing Throwing for accuracy & distance 	Swimming Stroke development Confidence and skill development*
		Games Unit 1 Ball Handling <ul style="list-style-type: none"> Improve accuracy & consistency of throwing & catching Throw & catch in a variety of ways & on the move Improve ball handling skills & control whilst travelling Apply & develop a range of ball handling skills in small games Scoring & shooting Play games showing an awareness of space & team mates Observe & evaluate handling skills 	Games Unit 2 Ball Handling <ul style="list-style-type: none"> Improve accuracy & consistency of throwing & catching Throw & catch in a variety of ways & on the move Improve ball handling skills & control whilst travelling Apply & develop a range of ball handling skills in small games Scoring & shooting Play games showing an awareness of space & team mates Observe & evaluate handling skills 	Games Chance to Shine (Year 3 & 4) <ul style="list-style-type: none"> Running between wickets Throwing, bowling, fielding & batting under pressure Underarm & overarm bowling with line & length Striking a static & moving ball Bat control & manipulation Hitting accuracy & placement Playing competitive conditioned games Decision making & selecting & applying the appropriate skills in games	Games OAA Unit KS1 <ul style="list-style-type: none"> Develop communication & cooperation & trust skills through problem solving Understand safe practice & recognise hazards Discuss actions, listen too & give instructions Follow & design a range of trails Understand, read, orientate & follow a simple map 	Games Unit 3 Striking/Fielding <ul style="list-style-type: none"> Refine underarm throwing & develop overarm throwing Observe, evaluate & suggest what needs to be practiced to improve throwing actions Introduce fielding, receiving/stopping techniques Grip hold & swing a bat to Strike from a batting tee Aiming whilst striking/batting Use a range of skills in small sided games to hit, field & throw Understand, score & develop tactics in small sided games 	Tennis Any Age (Age 7-9) <ul style="list-style-type: none"> Changing direction & footwork Ready position & recovery Two handed & one handed throwing, catching & striking Racket familiarisation & control Forehand, backhand, volley & underarm service technique Aiming & striking with accuracy Individual & partner rallying Cooperative rally Conditioned competitive rallying & games
		Gymnastics Unit 1 <ul style="list-style-type: none"> Develop travel & balance actions and link to make gymnastic sequences Developing & link arm action & patterns Explore movement patterns Create, remember & perform gymnastic sequences showing travel, balance, pathways, movement patterns & arm patterns 	Gymnastics Unit 2 <ul style="list-style-type: none"> Introduction & development of rhythmic gymnastics Explore, incorporate & develop the use of equipment in gymnastic sequences Create, remember, perform & improve longer movement phrases with selected equipment showing changes in speed, level & direction 	Dance Unit 1 <ul style="list-style-type: none"> Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds & levels Create & perform pair & group dances using stimuli & showing compositional principles Observe, evaluate & comment on performance 	Dance Unit 2 <ul style="list-style-type: none"> Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds, levels & travel Observe & evaluate performance Develop & use dance vocabulary Link small group motifs to create a whole class dance 	Athletics <ul style="list-style-type: none"> Running at different paces, at speed & over barriers Jumping for distance & height Pulling, pushing & sling throwing actions Improve personal performance in running, jumping & throwing Measure & compare personal performance Relay running Experience competition 	Swimming Stroke development Confidence and skill development*

YEAR 4	LESSON 1	Ball Games Unit 1 <ul style="list-style-type: none"> Practice & improve dribbling, control & passing skills Introduction to defending & tackling Perform passing, dribbling & controlling skills accurately in small sided games Understand when & where to pass How to shoot & score Work as a team to keep possession of the ball in games 	Ball Games Unit 1 <ul style="list-style-type: none"> Practice & improve dribbling, control & passing skills Introduction to defending & tackling Perform passing, dribbling & controlling skills accurately in small sided games Understand when & where to pass How to shoot & score Work as a team to keep possession of the ball in games 	Net Games <ul style="list-style-type: none"> Ball & racket familiarisation Hitting & moving a ball Self-feed & strike a ball with accuracy Strike a move a ball toward a partner, target or into space accurately Ready position & recovery Hit over a net into space & know where the ball is being hit Rally over a net with a partner Play games against a partner or pair 	OAA <ul style="list-style-type: none"> Develop communication & cooperation & trust skills through problem solving Understand safe practice & recognise hazards Discuss actions, listen too & give instructions Follow & design a range of trails Understand, read, orientate & follow a simple map 	Games Tennis Any Age (Age 7-9) <ul style="list-style-type: none"> Changing direction & footwork Ready position & recovery Two handed & one handed throwing, catching & striking Racket familiarisation & control Forehand, backhand, volley & underarm service technique Aiming & striking with accuracy Individual & partner rallying Cooperative rally Conditioned competitive rallying & games 	Games Chance to Shine (Year 3 & 4) <ul style="list-style-type: none"> Running between wickets Throwing, bowling, fielding & batting under pressure Underarm bowling with line & length Striking a static & moving ball Bat control & manipulation Hitting accuracy & placement Playing competitive conditioned games Decision making & selecting & applying the appropriate skills in games
		TERM 1 Autumn 1	TERM 2 Autumn 2	TERM 3 Spring 1	TERM 4 Spring 2	TERM 5 Summer 1	TERM 6 Summer 2
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> Explore balance action & the principles of balance to make balances harder or easier Explore & develop transitions between balances performing balances at different levels & on small & large apparatus Create, develop, remember & perform movement phrases on floor & apparatus showing transition in & out of balances 	Dance Unit 1 Create, remember, refine & perform movements phrases showing stillness, step patterns & pathways <ul style="list-style-type: none"> Work with partners to create dance phrases Show characters or animals through dance actions & dance phrases Incorporate changes of levels, speed & direction into movement phrases 	Gymnastics Unit 2 <ul style="list-style-type: none"> Rolling & rotation actions Link & perform basic roll, turn, twisting & spin actions with control Create, remember, improve & perform movement phrases showing rolling, rotation & changes of direction 	Dance Unit 2 <ul style="list-style-type: none"> Develop & perform compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work Compose, remember & perform small group dances depicting sporting games & incorporating compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work Perform showing rhythm & timing 	Athletics <ul style="list-style-type: none"> Refine sprinting, running for distance, jumping for distance, jumping for height technique Refine pull, push & sling throwing technique Perform as an athlete & an official in running, throwing & jumping event Refine relay running technique, tactics & strategy Participate in a multi-event athletics competition 	Swimming Stroke development Confidence and skill development*
YEAR 5	LESSON 1	Games Unit 1 Netball <ul style="list-style-type: none"> Perform ball handling skills & passing with control & improved consistency in games Use a variety of passes & understand the footwork rule Develop team skills of keeping possession & moving into space Select & apply attacking & defending strategies in games Accurately shoot to score points Learn & understand the rules of Bee Netball 	Games Unit 1 Netball <ul style="list-style-type: none"> Perform ball handling skills & passing with control & improved consistency in games Use a variety of passes & understand the footwork rule Develop team skills of keeping possession & moving into space Select & apply attacking & defending strategies in games Accurately shoot to score points Learn & understand the rules of Bee Netball 	Games Unit 2 Football <ul style="list-style-type: none"> Pass, receive, dribble, turn & intercept with increased control & accuracy Shooting at a goal or target to score with placement & power Develop tackling & tackle safety Develop team play of passing to keep possession & moving into space Practice & refine all skills learnt in game situations Participate in a small sided tournament or festival 	OAA <ul style="list-style-type: none"> Develop communication & cooperation & trust skills through problem solving Understand safe practice & recognise hazards Discuss actions, listen too & give instructions Follow & design a range of trails Understand, read, orientate & follow a simple map 	Games Tennis Any Age (Age 9-11) <ul style="list-style-type: none"> Changing direction & footwork Ready position & recovery Two handed & one handed throwing, catching & striking Racket familiarisation & control Forehand, backhand, volley & overarm service technique Aiming & striking with accuracy Individual & partner rallying Cooperative rally Conditioned competitive rallying & games 	Games Chance to Shine (Year 5 & 6) <ul style="list-style-type: none"> Running between wickets & backing up Exploration of throwing, bowling, fielding & batting techniques under pressure Underarm bowling with accurate line & length Introduction & development of overarm bowling Effective & consistent striking Hitting accuracy & striking placement Playing competitive conditioned games Decision making & selecting & applying the appropriate skills in games Creating & implementing fielding & batting tactics & strategies in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> Exploration of press & go actions & shapes Linking press & go to other transition actions to create, develop, remember & perform continuously moving phrases Create phrases showing variations in speed, level and direction Explore a range of apparatus & perform press & go & rebound actions on apparatus 	Gymnastics Unit 2 <ul style="list-style-type: none"> Revisit a range of gymnastic actions & compositional ideas Work with partners to create, develop, remember & perform pairs sequences showing a variety of gymnastic actions, unison, canon & meeting & parting Explore, create & perform longer compositional sequences showing copying, contrasting & complimenting, speed, level, direction Evaluate, discuss & improve sequences 	Dance Unit 1 <ul style="list-style-type: none"> Create dances based on themes & type of music Compose movement phrases showing basic dance actions including gesture, travel & stillness Give & receive feedback & use feedback to inform & improve performance Create, practice, refine, remember & perform whole dances 	Dance Unit 2 <ul style="list-style-type: none"> Copy repeat & explore rock 'n' roll hand/arm actions & steps Explore travel to link hand/arm & step actions Create & perform rock 'n' roll, twist & disco dance movements with a partner showing different levels, speed & direction. Use mirroring & matching to develop actions into a phrase Copy & repeat night fever motif & explore disco movements with canon Understand the characteristics of each dance style 	Athletics <ul style="list-style-type: none"> Develop sprint start & finish technique Refine distance running strategy Develop jump approaches, take off & landing Develop hurdle technique Refine pull, push & sling throwing technique Refine relay running technique & strategy Develop personal performance as an athlete & official Experience a multi-event competition Compete, measure, record & compare performances 	Swimming Stroke development Confidence and skill development*

YEAR 6	LESSON 1	Games Unit 1 Hockey <ul style="list-style-type: none"> Use correct stance & grip Improve passing, receiving & moving with the ball Pass with accuracy over increasing distance & stop/control the ball with increased consistency Develop shooting technique Introduce & develop safe tackle technique Understand & implement the basic rules of hockey in games Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games Observe & evaluate individual & team performance & effectiveness Compete in a quicksticks hockey competition or festival 	Games Unit 1 Hockey <ul style="list-style-type: none"> Use correct stance & grip Improve passing, receiving & moving with the ball Pass with accuracy over increasing distance & stop/control the ball with increased consistency Develop shooting technique Introduce & develop safe tackle technique Understand & implement the basic rules of hockey in games Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games Observe & evaluate individual & team performance & effectiveness Compete in a quicksticks hockey competition or festival 	Games Unit 1 Tag Rugby <ul style="list-style-type: none"> Develop ball handling skills & passing & moving with the ball Introduce & develop the tag Evasion skills to beat defenders Run with the ball, keep possession & make effective passes in games Make decision on when to pass or run Pass backwards & run forwards Score tries correctly & develop attacking & defending strategies to apply in games Take part in a tag rugby competition or festival 	Games Unit 1 Tag Rugby <ul style="list-style-type: none"> Develop ball handling skills & passing & moving with the ball Introduce & develop the tag Evasion skills to beat defenders Run with the ball, keep possession & make effective passes in games Make decision on when to pass or run Pass backwards & run forwards Score tries correctly & develop attacking & defending strategies to apply in games Take part in a tag rugby competition or festival 	OAA <ul style="list-style-type: none"> Develop communication & cooperation & trust skills through problem solving Understand safe practice & recognise hazards Discuss actions, listen too & give instructions Follow & design a range of trails Understand, read, orientate & follow a simple map 	Games Chance to Shine (Year 5 & 6) <ul style="list-style-type: none"> Running between wickets & backing up Exploration of throwing, bowling, fielding & batting techniques under pressure Underarm bowling with accurate line & length Introduction & development of overarm bowling Effective & consistent striking Hitting accuracy & striking placement Playing competitive conditioned games Decision making & selecting & applying the appropriate skills in games Creating & implementing fielding & batting tactics & strategies in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> Explore & link symmetrical body shapes & actions Create, develop, remember & perform symmetrical phrases on the floor & low level apparatus Explore & asymmetrical body shapes & actions Create, develop, remember & perform asymmetrical phrases on the floor & low level apparatus Combine symmetrical & asymmetrical actions & movements to create gymnastic phrases on the floor & low level apparatus Perform routines with a partner Create, develop, remember & perform more complex gymnastic sequences 	Gymnastics Unit 2 <ul style="list-style-type: none"> Explore stillness, partner work & small group work The use of partners, group stillness to create balance Incorporate the compositional ideas of unison & canon into routines Adapt pair & group stillness, balance & routines to incorporate a range of apparatus Create, develop, remember & perform more complex gymnastic sequences 	Dance Unit 1 <ul style="list-style-type: none"> Copy, repeat & develop gesture, travel, step patterns Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon Link dance performance to a character, them or story Compose, develop, remember & perform phrases & dances showing a variety of dance actions & compositional ideas 	Dance Unit 2 <ul style="list-style-type: none"> Copy & repeat taught dance motifs Explore feelings & emotions through dance Create, develop, remember & perform movement phrases & dance based on a theme or to tell a story Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon Understand & use dance terminology correctly Explore action/reaction & create contrasting movement phrases 	Athletics <ul style="list-style-type: none"> Develop knowledge of preparing for, participating in & recovering from training Develop knowledge of interval, circuit, continuous training Practice & refine running, relay, throwing & jumping techniques Develop personal performance as an athlete & official Experience a multi-event competition Compete, measure, record & compare performances 	Swimming Stroke development Confidence and skill development*
Swimming		Beginners		Improvers		Advanced	
	Stroke	<ul style="list-style-type: none"> Move around the pool independently Float with the use of aids Travel on front and/or back with aids Travel on front and/or back without aids Travel 10 metres on front and/or back without aids 		<ul style="list-style-type: none"> Know how to achieve a streamlined body position Swim one stroke with good technique over 10m Swim two strokes with good technique over 10m Swim 3 strokes with good technique over 10m Swim 25m competently and proficiently using at least one stroke 		<ul style="list-style-type: none"> Know the importance of a streamlined body position Swim 1 stroke with a controlled and efficient technique Swim 2 strokes with a controlled and efficient technique Swim 3 strokes with a controlled and efficient technique Swim at least 25 metres using front crawl, backstroke and breaststroke 	
	Confidence	<ul style="list-style-type: none"> Blow bubbles Submerge whole head in water Float without aids Push and glide Jump into the water* 		<ul style="list-style-type: none"> Push and glide Submerge to pick and object off of the bottom of the pool Combine different floating shapes Perform a sculling action Jump into deep water* 		<ul style="list-style-type: none"> Tread water Perform a sculling action Demonstrate surface dives* Demonstrate a range of safe entry techniques Identify areas of good technique and areas of improvement 	