

Strand	Year 3	Year 4	Year 5	Year 6
Gymnastics	<ul style="list-style-type: none"> Balance and Rolling in different shapes (inc symmetry/asym) levels. Into and out of balances and rolling (linking). Partner work/sequences. Small and large apparatus (under over through around). Pathways and direction of skills 	<ul style="list-style-type: none"> Advanced balances and inversions. Refining rolling. Small and large apparatus work(over under through around). Changing direction/levels/speed/sha pe symmetry/ asymm. Partner work/sequences jumping. 	<ul style="list-style-type: none"> Mirror/match. Inversions and wheeling. Weight on hands. Swinging. Moving into skills esp balances. Sports Acro in pairs or small groups. Twisted shapes. Jumping from box top and springboard. 	<ul style="list-style-type: none"> Individual and partner shapes. Unison/canon. Sports Acro – counter balance/tension and support. Flight (from and off: feet, hands, floor and apparatus). Larger group compositions
Tag Rugby	<ul style="list-style-type: none"> Develop throwing and catching with control. To develop dodging skills to lose a defender. To develop attacking principles. 	<ul style="list-style-type: none"> To pass and catch a rugby ball confidently. Implement rules and develop tactics within a game. To increase speed and build endurance during gameplay. 	<ul style="list-style-type: none"> To control ruby ball during movement. To use attacking and defending techniques effectively. To increase power and speed of passes to cover greater distances. 	<ul style="list-style-type: none"> Observe and analyse individual and team performance. Combine and perform complex skills at speed. Choose and implement a range of strategies and tactics for defending and attacking.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Netball</p>	<ul style="list-style-type: none"> • To be able to perform basic netball skills such as passing and catching using recognised throws. • To use space effectively to build attacking play. • Implement the basic rules of netball. 	<ul style="list-style-type: none"> • Introduce high 5 netball positions. • Acquire and apply basic shooting techniques. • Implement basic rules of high 5 netball. • Develop skills such as marking and footwork. 	<ul style="list-style-type: none"> • Confidently use a range of netball skills such as pivoting, dodging, and bounce pass... • Begin to play effectively in different positions – know the difference between attacking and defence. • Increase power and strength of passing, moving the ball over greater distances. 	<ul style="list-style-type: none"> • To work as a team to improve group tactic and game play. • To play within the rules using blocking skills got shots and passes. • Develop defensive and marking skills.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Basketball</p>	<ul style="list-style-type: none"> • To send and receive a basketball effectively. • To control the bounce of a basketball. • To shoot a basketball through a hoop. • Use dribbling to travel with a basketball. • To change direction and speed avoiding collision. • To apply sending and receiving skills in a game situation. 	<ul style="list-style-type: none"> • To send a basketball varying speed, height and direction. • To be able to show control when travelling with the ball. • Recognise the correct time to intercept or tackle. • Use a combination of sending and receiving. • Develop an awareness of opponents positioning within the area of play. 		
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Dance</p>	<ul style="list-style-type: none"> • Begin to improvise with a partner to create a simple dance. • Begin to compare and adapt movements and motifs to create a larger sequence. • Use simple dance vocabulary to compare and improve work. 	<ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose a dance that reflects the chosen dance style. • Confidently improvise with a partner or on their own. 	<ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Show a change of pace and timing in their movements. Develop an awareness of their use of space. 	<ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Use dramatic expression in dance movements and motifs.

		<ul style="list-style-type: none"> • Compose longer dance sequences in a small group. • Demonstrate precision and some control in response to stimuli. • Begin to vary dynamics and develop actions and motifs in response to stimuli. 	<p>Improvise with confidence, still demonstrating fluency across the sequence.</p>	<ul style="list-style-type: none"> • Perform with confidence, using a range of movement patterns. • Dance with fluency and control, linking all movements and ensuring that transitions flow. Demonstrate consistent precision when performing dance sequences.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Football</p>			<ul style="list-style-type: none"> • To be able to keep control over the football when dribbling. • To be able to send & receive a football with a partner under control. • Develop a range of skills that enable them to dribble, send and receive a football. • Link movement of dribbling a football with sending and receiving a football within a team. Send, receive and dribble with a football, whilst keeping control and possession when turning. 	<ul style="list-style-type: none"> • Use a range of speeds (slow – fast) dribbling the football with control and be aware of obstacles and other children. • Keeping control when dribbling a football towards a goal to aim and shoot with accuracy. • Combine receiving and dribbling a football under control unopposed and opposed to shoot accurately. • To be able to dribble under control whilst maintaining possession of a football opposed. • Improve their understanding of creating space to receive a football Recognise the correct time to intercept or tackle the

				<p>opposition to gain possession of the ball.</p>
<p>Athletics</p>	<ul style="list-style-type: none"> • To run in different directions and at different speeds, using a good technique. • To improve throwing technique. • To reinforce jumping techniques. • To understand the relay and passing the baton. • To compete in a mini competition, recording scores. 	<ul style="list-style-type: none"> • To select and maintain a running pace for different distances. • To practise throwing with power and accuracy. • To throw safely and with understanding. • To demonstrate good running technique in a competitive situation. • To explore different footwork patterns. • To understand which technique is most effective when jumping for distance. • To utilise all the skills learned in this unit in a competitive situation. 	<ul style="list-style-type: none"> • To use correct technique to run at speed. • To develop the ability to run for distance. • To throw with accuracy and power. • To identify and apply techniques of relay running. • To explore different footwork patterns. • To understand which technique is most effective when jumping for distance. • Learn how to use skills to improve the distance of a pull throw. • To demonstrate good techniques in a competitive situation. 	<ul style="list-style-type: none"> • To investigate running styles and changes of speed. • To practise throwing with power and accuracy. • To throw safely and with understanding. • To demonstrate good running technique in a competitive situation. • To explore different footwork patterns. • To understand which technique is most effective when jumping for distance. • To utilise all the skills learned in this unit in a competitive situation.
<p>Cricket</p>		<ul style="list-style-type: none"> • To develop and investigate different ways of throwing, and to know when each is appropriate. • To use ABC (agility, balance, co-ordination) to field a ball well. • To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation. 		<ul style="list-style-type: none"> • To develop skills in batting and fielding. • To choose fielding techniques effectively for maximum impact. • To run, throw and catch with increasing accuracy • To develop a safe and effective overarm throw. • To learn batting control. • To use all the skills learned by playing in a mini tournament.

		<ul style="list-style-type: none"> • To use hand-eye coordination to strike a moving and a stationary ball. • To develop fielding skills and understand their importance when playing a game. • To play in a competitive situation, and to demonstrate sporting behaviour. 		
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Hockey</p>	<ul style="list-style-type: none"> • Begin to show how to hold a hockey stick and which side to use. • Use simple push pass to another team. • Dribble the ball keeping it close. • Show some signs of approaching a player to tackle. • Begin to attempt to score a goal. 	<ul style="list-style-type: none"> • Change direction of travel by rotating and turning the hockey stick. • Use push pass to make a direct pass. • Increase speed when dribbling. • Maintain defence and keep pressure. • Attempt to score a goal in designated area. 	<ul style="list-style-type: none"> • Change direction and use the correct side of stick, sometimes using Indian dribbling (alternating sides of stick while dribbling) to avoid defenders. • Choose between the two passes (push/slap) and explain simply why. • Make a direct pass while dribbling. • Begin to use stick to mark a player from the side line causing them difficulty. Successfully score while in the scoring area. 	

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rounders</p>	<ul style="list-style-type: none"> • To throw (under arm) and catch a ball. • Develop consistency of throwing skills. • To develop batting skills • Throw (underarm and overarm) and catch a rounders ball. • Develop a range of fielding techniques. • Develop an understanding of the rules of rounders and apply them effectively. 	<ul style="list-style-type: none"> • Develop skill to track and collect. • Throw and catch ball with increased accuracy/ aim. To develop skills for rapid retrieval. 	<ul style="list-style-type: none"> • To throw and catch under pressure. • To use fielding skills to stop the ball effectively. • To learn batting control. • To learn the role of backstop. • To play in a tournament and work as team, using tactics in order to beat another team. To play in a tournament and work as team, using tactics in order to. 	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Dodgeball</p>			<ul style="list-style-type: none"> • To throw using underarm and side sling shot. • To catch -chest, low and high • To dodge using ducking and jumping. 	<ul style="list-style-type: none"> • To learn to throw overarm and snatch. • Catching focus on a rebound catch. To focus on game play techniques (eg faking a throw, splitting).
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Swimming</p>	<ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water. • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids. 			

- To develop entry and exit, travel further, float and submerge.
- To develop balance, link activities and travel further on whole stroke.
- To show breath control. Introduction to deeper water. Treading water.