

YEAR 3

In addition to previous learning, pupils should learn to...

Gymnastics	Tag Rugby	Netball	Basketball
<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) <p>Pathways and direction of skills</p>	<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 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"> • To send and receive a basketball effectively • To control the bounce of a basket ball • To shoot a basketball through a hoop • Use dribbling to travel with a basket ball • To change direction and speed avoiding collision • To apply sending and receiving skills in a game situation
Hockey	Dance	Rounders	Athletics
<ul style="list-style-type: none"> • To know how to use different sides of the hockey stick correctly • To dribble the ball using the correct side of the stick • To be able to find space when attacking and defending • Begin to score a goal from a designated spot 	<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. 	<ul style="list-style-type: none"> • To throw (under arm) and catch a ball • Develop consistency of throwing skills • To develop batting skills 	<ul style="list-style-type: none"> • To run in different directions and at different speeds, using a good technique. • To improve throwing technique.

<ul style="list-style-type: none"> • Build on understanding of hockey rules • To use the correct techniques in a mini game 	<ul style="list-style-type: none"> • Use simple dance vocabulary to compare and improve work. 	<ul style="list-style-type: none"> • 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"> • To reinforce jumping techniques. • To understand the relay and passing the baton. • To compete in a minicompetition, recording scores.
Football	Tennis		
<ul style="list-style-type: none"> • Control a ball using our feet • Start to accurately pass a ball using our feet • Learn to dribble and turn with a ball using our feet • Learn to defend/ attack the ball safely and lawfully • Accurately kick a ball to score a goal • Work as a small team to compete in a game 	<ul style="list-style-type: none"> • Learn to move when catching a ball • Control a ball with a racket whilst moving • Learn to hit the ball using backhand • Start to hit the ball accurately to a desired area • Attempt to keep a rally between two people 		
<u>YEAR 4</u>			
In addition to previous learning, pupils should learn to...			
Gymnastics	Tag Rugby	Netball	Basketball

<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/shape symmetry/ asymm • Partner work/sequences Jumping 	<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"> • 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"> • 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 • Develop an awareness of opponents positioning within the area of play
<p style="text-align: center;">Hockey</p>	<p style="text-align: center;">Circuit Training</p>	<p style="text-align: center;">Rounders</p>	<p style="text-align: center;">Athletics</p>
<ul style="list-style-type: none"> • Send, receive and dribble with a ball whilst keeping control and possession whilst turning • To send and receive a hockey ball with accuracy • Perform a controlled dribble technique whilst being able to create space to send and receive a ball • Show an understanding of moving to screen the opposition from receiving the ball • To be able to dribble under control whilst maintaining possession of a hockey ball opposed 	<ul style="list-style-type: none"> • To increase stamina and strength 	<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 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

<ul style="list-style-type: none"> • Create space to receive the ball unopposed and opposed with key focus on receiving the ball under control 			<p>effective when jumping for distance.</p> <ul style="list-style-type: none"> • To utilise all the skills learned in this unit in a competitive situation.
<p style="text-align: center;">Cricket</p>	<p style="text-align: center;">Dance</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. • 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. 	<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. • 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. 		

YEAR 5

In addition to previous learning, pupils should learn to...

Gymnastics	Tag Rugby	Netball	Circuit Training
<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 <p>Jumping from box top and springboard</p>	<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"> • 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 increase stamina and strength
Rounders	Athletics	Football	Dance
<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. 	<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. 	<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 	<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.

<ul style="list-style-type: none"> To play in a tournament and work as team, using tactics in order to 	<ul style="list-style-type: none"> 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"> 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"> Show a change of pace and timing in their movements. Develop an awareness of their use of space. Improvise with confidence, still demonstrating fluency across the sequence.
<p>Tennis</p>	<p>Hockey</p>		
<ul style="list-style-type: none"> To identify and apply techniques for hitting a tennis ball. To develop the techniques for ground strokes and volleys. To develop a backhand technique and use it in a game. To practise techniques for all strokes. To play a tennis game using an overhead serve and the correct selections of shots. 	<ul style="list-style-type: none"> To choose and implement a range of strategies and tactics to attack and defend Use speed, changing of direction and dribbling to advance towards team's goal. To combine and perform more complex skills at great speed To recognise and describe good individual and team performances To suggest, plan and lead a warm up as a small group - To show all skills learnt in match 		

	playmoving the ball over longer distances		
<u>YEAR 6</u>			
In addition to previous learning, pupils should learn to...			
Gymnastics	Tag Rugby	Netball	Circuit Training
<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 	<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 	<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 	<ul style="list-style-type: none"> • To increase stamina and strength
Athletics	Football	Dance	Cricket

<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. <p>To utilise all the skills learned in this unit in a competitive situation.</p>	<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 <p>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</p>	<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. • 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 	<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.
<p>Tennis</p>	<p>Dodgeball</p>		

<ul style="list-style-type: none"> • To demonstrate and use the correct grip of the racket and understand how to get into the ready position. • To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. • Understand how to serve the ball in order to start the game. • Recognise the difference between the low serve and the high serve. • To develop children’s ability to perform and understand the ‘overhead clear’ shot and the impact that playing the overhead clear can have on winning points during game play. • To understand that the drop shot is an attacking shot, and why. • To know where the drop should be aimed for, for it to be most productive, and why. 	<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) 		
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