Foundation Stage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Locomotion	Ball Skills	Gymnastics	Dance	Ball Skills	Games for
						Understanding
	Locomotion: Walking	Ball Skills: Hands 1	High, Low, Over, Under	Nursery Rhymes	Ball Skills: Feet 1	Games For Understanding
	Explore walking	Explore pushing	Introduction to high	Humpty Dumpty:	• Explore moving with a	 Taking Turns
	Develop walking	Explore rolling	Introduction to low	Moving in sequence	ball using our feet	Keeping the Score
	Explore walking in	Explore bouncing	Introduction to the	Jack and Jill: Creating	Develop moving with	Understanding rules:
80	different pathways	Explore bouncing into	apparatus	our own movements	a ball using our feet	Playing by the rules
Stage	Sustain walking	space	High and low on	Hickory, dickory, dock:	Develop dribbling	Avoiding a defender
	Explore marching	Combine pushing and	apparatus	Creating simple	Understand dribbling	 Preventing an
ō	Apply walking into a	rolling	High, low, over and	movement sequences	Develop dribbling	attacker from scoring
ati	game	Combine rolling,	under	Three little pigs:	against an opponent	 Applying attacking
Foundation		pushing and bouncing	• High, low, over and	Responding in	Dribbling	and defending into a
n	Locomotion: Jumping		under extended	movement to words	competitions	game
Ъ	Explore jumping			and music		
	Develop jumping			The big bad wolf:		
	Apply jumping into a			Exploring contrasting		
	game			tempos		
	Jumping for distance		1 1 1	Little Miss Muffet:		
	Explore jumping high		/ // //	Working with a		
	Explore hopping			partner exploring character movements		
			1 5 5 1			

<u>Year 1</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
-	Locomotion	Ball Skills	Ball Skills	Ball Skills	Athletics	Athletics
	 Locomotion: Running Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running: Apply running into a competitive game 	 Ball Skills Hands 1 Develop bouncing: Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce stopping a ball Develop stopping, combining sending skills Combine sending and receiving skills 	 Ball Skills: Feet 1 Recap moving with a ball using our feet Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	 Ball Skills: Hands 2 Introduce throwing with accuracy (beanbags) Apply throwing with accuracy in a team (beanbags) Extend throwing with accuracy Introduce stopping a ball (small ball) Develop sending (rolling) skills to score a point Consolidation of sending (rolling) and stopping skills to win a game 	 Quad Kids Sprint, long distance, throw and jump Link activities to skills and actions learnt during the year. Set times and distances and try to beat themselves. 	 Sports Day Combination of events linked to sports day.
Year 1	Gymnastics	Dance	Dance	Gymnastics	Locomotion	Games for understanding
	 <u>Body Parts</u> Introduction to 'big' body parts Introduction to 'small' body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together Creative ways of adding (linking) movements together 	The ZooCreating movements as 'big' animals: Exploring expressionDeveloping our movements as 'small' animals: Adding movements togetherResponding to a rhythm: Introducing partner workCreating an animal sequence: MotifsBig cats and the zookeeper: Exploring relationships within our motifsRelationships and performance	 <u>Growing</u> Growing: Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance 	 Wide, Narrow, Curled Introduction to 'Wide' Introduction to 'Narrow' Introduction to 'Curled' Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together 	 Locomotion: Jumping Recap jumping Developing jumping Jumping circuits: Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game 	 Games For Understanding Understanding the principles of attack Applying attacking principles into a game Understand the principles of defence Applying defending principles into a game Consolidate attacking Consolidate defending

<u>Year 2</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Locomotion	Ball Skills	Ball Skills	Ball Skills	Athletics	Athletics
Year 2	 Locomotion: Dodging Explore dodging Develop dodging: Apply dodging: Explore attacking and defending Apply dodging in teams Consolidate dodging 	 Ball Skills: Hands 1 Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Develop passing and receiving to score a point Combine dribbling, passing and receiving to score a point 	 Ball Skills: Feet 1 Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Combine dribbling, passing and receiving to score a point Apply dribbling, passing and receiving as a team to score a point 	 Ball Skills: Hands 2 Develop pupils application and understanding of underarm throwing Consolidate pupils application and understanding of underarm throwing Applying the underarm throw to win a game Applying the underarm throw to beat an opponent Introduce overarm throwing: Applying overarm throwing to win a game 	 Quad Kids Sprint, long distance, throw and jump Link activities to skills and actions learnt during the year. Set times and distances and try to beat themselves. 	 Sports Day Combination of events linked to sports day.
	Gymnastics	Dance	Dance	Gymnastics	Locomotion	Games for understanding
	 Linking Developing 'Linking' Linking on apparatus Jump, roll, balance sequences Jump, roll, balance on apparatus Creation of sequences Completion of sequences and performance 	 <u>Exploring</u> Preparing for an expedition: Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Applying choreography in our motifs Extending our motifs Sequences, relationships and performance 	WaterWater: Responding to stimuliDeveloping whole group movementImprovisation and physical descriptionsCreating sequencesCreating contrasting movement sequencesSequences, relationships and performance	 Pathways Exploring zig-zag pathways Developing zig-zag pathways on apparatus Exploring curved pathways Developing curved pathways on apparatus Creation of pathway sequences Completion of pathways sequences and performance 	 <u>Locomotion: Jumping</u> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations 	 Games For Understanding Attacking as a team Defending as a team Understanding the transition between defence and attack Create and apply attacking tactics Create and apply defensive tactics

Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion	Invasion	Invasion	Gymnastics	Net/Wall	Striking and Fielding
	 Invasion: Football Introduce dribbling keeping control Develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling 	 Invasion: Hockey Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	 Invasion: Dodgeball Develop changing direction. Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed. Combine throwing and dodging. 	 Symmetry & Asymmetry Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	 <u>Tennis</u> Introduction tennis; outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand 	 <u>Cricket</u> Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent
m	Dance	OAA			Athletics	Athletics
Year	 Wild Animals Responding to stimuli Developing character dance into a motif Extending sequences with a partner in character Developing sequences with a partner in character that show relationships Extending dance skills in choreography 	 Problem Solving Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	Swim	iming	 Quad Kids Sprint, long distance, throw and jump Link activities to skills and actions learnt during the year. Set times and distances and try to beat themselves. 	 Running Explore running for speed Develop running for speed Introduction relay; running for speed in a team Develop relay running for speed in a team Explore running for distance Understand and apply tactics when running for distance

			<u>Curriculum</u>	<u>Overview</u>		
			Year	4		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion	Invasion	Invasion	OAA	Athletics	Striking and Fielding
Year 4	 Invasion: Football Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting 	 Invasion: Tag Rugby Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending Develop defending in game situations Combine passing and moving to create an attack and score 	 Invasion: Netball Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork 	 <u>Communication and</u> <u>Tactics</u> Creating and applying simple tactics Developing leadership Developing communication as a team Communicating as a team Communicating to collaborate effectively as a team Communicating to create defending and attacking tactics as a team 	Quad Kids Sprint, long distance, throw and jump Link activities to skills and actions learnt during the year. Set times and distances and try to beat themselves. (use athletics unit for activities and ideas)	 <u>Cricket</u> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angels and speeds
	Gymnastics	Dance	Invasion	Net/Wall		
	 Bridges Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	 <u>Cats</u> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves The Jellicle Ball Performance 	 Invasion: Dodgeball Introduce jumping and ducking. Develop throwing with accuracy and power over an increased distance. Develop catching. Consolidate dodging, jumping and ducking in to games. Combine dodging, catching and throwing. 	 <u>Tennis</u> Developing the forehand Creating space to win a point suing a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point 	Swim	ıming

<u>Year 5</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion	Invasion	Invasion	Dance	Athletics	Health Related Exercise
Year 5	 Invasion: Football Recap and refine dribbling and passing to maintain possession Introduce defending Develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating 	 Invasion: Netball Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Introduction to High Five Netball, consolidating learning Explore the function of other passing styles 	 Invasion: Dodgeball Introduce blocking. Consolidate catching. Understand where we throw and why we need to throw with accuracy and power. Explore basic attacking and defending tactics. 	Greeks • Exploring the Greeks using compositional principles • Extending sequences with a partner using compositional principles • Creating movement using improvisation where movement is reactive • Developing sequences showing interlinking dance moves • Opening Ceremony	Quad Kids • Sprint, long distance, throw and jump • Link activities to skills and actions learnt during the year. • Set times and distances and try to beat themselves. (use athletics unit for activities and ideas)	Health Related ExerciseInitial Fitness AssessmentCardio Fitness 1FlexibilityStrengthCardio Fitness 2Fitness Assessment
×			OAA	performance Gymnastics	Net/Wall	Striking and Fielding
	Swim	nming	OAA Orienteering Face orienteering Oone orienteering Point and return Point to point Timed course Orienteering competition	 Gymnastics <u>Counter Balance &</u> <u>Counter Tension</u> Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	 Net/ Wall <u>Tennis</u> Introduce the volley Develop the volley Controlling the game from the serve Doubles; understanding a applying tactics to win a point 	Cricket • Refine batting, understand and develop batting tactics • Refine bowling, understand and develop bowling tactics • Refine fielding stooping, catching and throwing • Combine bowling and fielding creating and applying tactics. • Introduce umpiring and scoring

<u>Year 6</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion	Invasion	Invasion	OAA	Athletics	Striking and Fielding
Year 6	 Invasion: Football Consolidate keeping possession Consolidation of possessional skills, develop officiating Consolidate defending Organise formations and mange teams Organise formations decide tactics, manage reams and officiate games 	 Invasion: Netball Consolidate keeping possession Consolidation of possessional skills, develop officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations 	 Invasion: Tag Rugby Consolidate passing and moving Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations Consolidate attacking and defending in mini games 	Orienteering Face orienteering Ocine orienteering Point and return Point to point Timed course Orienteering competition	 Quad Kids Sprint, long distance, throw and jump Link activities to skills and actions learnt during the year. Set times and distances and try to beat themselves. (use athletics unit for activities and ideas) 	 <u>Cricket</u> Consolidate batting Consolidate fielding Consolidate bowling Create, understand and apply attacking tactics in game situations Create, understand and apply defensive tactics in game situations
•	Health Related Exercise	Dance	Invasion	Gymnastics	Net/Wall	Athletics
	 Health Related Exercise Initial Fitness Assessment Cardio Fitness 1 Flexibility Strength Cardio Fitness 2 Fitness Assessment 	 <u>Carnival</u> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery 	 Invasion: Dodgeball Consolidate/understand attacking and defending tactics. Transition between attack and defence. Applying the rules – officiating games. Managing tactics and officiate games. 	 Matching & Mirroring Introduction to matching Application of matching learning onto apparatus Introducing mirroring Application of mirroring learning onto apparatus Sequence development 	TennisGame application; cone tennisGame application; round robin gamesGame application; mixed ability doubles, round robin gamesGame application; tag team tennis	Competitions Level 1 Running Level 1 Throwing Level 1 Jumping Mini Olympics

