

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
Y3	Tag Rugby	Football	Netball	Gymnastics	Hockey	Handball	Volleyball	EG / D / B	Athletics	Basketball	Tennis	Cricket
	Intro. to basic rugby skills: Holding, carrying, receiving, releasing.	Basic control skills including sending and receiving the ball. Maintaining possession and build attacking play.	Passing and catching using recognized throws. Using space effectively to build attacking play.	Use a greater number of my own ideas for movement in response to a task. Explain and show how strength and suppleness affect performances. Compare and contrast gymnastic sequences, commenting on similarities and differences. Work in a controlled Way. Bring explosive moves to floor work through jumps and leaps.	Adapt to using new equipment and understand body position and grip needed Develop basic skills: dribble, push pass Understand basic rules of hockey	Passing and catching using recognized throws. Using space effectively to build attacking play. Moving with or without the ball.	Understanding of basic hand positions: set, clasp, bump. Practice basic passing between players. Introduce net work and pushing the ball with height	Understand concept of evasion games: Flee, capture, escape. Develop effective footwork for evasion and apply to variety of games. Introduce basic rules/tactics of dodgeball.	Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force.	Sending and receiving using recognized throws (chest, bounce). Develop skills to travel with the ball. Send and receive while travelling	Adapt to using new equipment and understand body position and grip needed. Serve to begin a game. Explore forehand hitting.	Adapt to using new equipment and understand body position and grip needed. Develop a range of cricket essential skills: throwing; catching; bowling; Batting.
Dance (In conjunction with Shakespeare production)								Swimming Lessons				
Core skills development across all disciplines: Basic understanding of rules of game and key skills required to perform effectively.												

Y4

Tag Rugby	Football	Netball	Gymnastics	Hockey	Handball	Volleyball	EG / D / B	Athletics	Basketball	Tennis	Cricket
<p>Consistently perform basic rugby skills.</p> <p>Increase speed and develop endurance play.</p> <p>Develop release and receive skills while moving.</p>	<p>Introduce defensive skills</p> <p>Dribble in different directions using different parts of their feet</p> <p>Pass for distance</p>	<p>Acquire and apply basic shooting techniques.</p> <p>Develop netball skill such as marking and footwork.</p> <p>Introduce high five netball positions and some basic rules.</p>	<p>Adapt sequences to suit different types of apparatus. I can work in a controlled way.</p> <p>Work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Refine taking weight on small and large body parts, for example hand and shoulder</p> <p>Use compositional ideas in sequence such as changes in height, speed, shape and direction.</p>	<p>Combine core skills such as dribble and push pass.</p> <p>Develop tactics and apply to competitive situation.</p> <p>Increase speed and endurance</p>	<p>Acquire and apply basic shooting techniques.</p> <p>Develop handball skills such as marking and footwork.</p> <p>Introduce handball positions and some basic rules.</p>	<p>Develop volleyball skills such as body positioning and footwork.</p> <p>Introduce volleyball netball positions and some basic rules.</p>	<p>Develop dodgeball skills.</p> <p>Introduce benchball</p> <p>Use a variety of ways to send and receive an object.</p> <p>Develop speed and agility within specific games.</p>	<p>Use running, jumping and throwing work stations - children investigate each activity in small groups.</p> <p>Use a variety of equipment, to measure and time performance.</p> <p>Compare the effectiveness of different styles of runs, jumps and throws.</p>	<p>Develop awareness of partners/opponents within the area of play.</p> <p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Develop shooting techniques (lay-up, two handed).</p> <p>To be able to apply sending and receiving skills in a game situation</p>	<p>Explore different shots (forehand, backhand).</p> <p>Work to return serve.</p> <p>Know positions in game play.</p> <p>Develop movement and body position in shot preparation.</p>	<p>Develop the range of Cricket skills they can apply in a competitive context.</p> <p>Choose and use a range of simple tactics in isolation and in a game context.</p>
<p>Dance (In conjunction with Shakespeare production)</p> <p>Work to include freeze frames in routines.</p> <p>Practise and perform a variety of different formations in dance.</p> <p>Develop a dance to perform as a group with a set starting position.</p>											
<p>Swimming Lessons</p>											

Core skills development across all disciplines: Develop key skills learned from previous year, improving specific performance technique.

Y5

Tag Rugby	Football	Netball	Gymnastics	Hockey	Handball	Volleyball	EG / D / B	Athletics	Basketball	Tennis	Cricket
<p>Combining rugby skills e.g catch & pass.</p> <p>Increase power of passes over greater distance.</p> <p>Develop attack and defence play.</p>	<p>Play effectively in a variety of positions and formations on the pitch.</p> <p>Develop attacking and defensive tactics to game play.</p> <p>Performing movements at speed.</p>	<p>Confidently use specific netball skills in games for example: pivoting, dodging, bounce pass and previously learnt skills.</p> <p>Play effectively in different positions on the pitch in both attack and defence.</p> <p>Develop power and strength of passes, moving the ball over longer distances.</p>	<p>Follow a set of 'rules' to produce a sequence.</p> <p>Combine action, balance and shape.</p> <p>To develop symmetry individually, as a pair and in a small group</p> <p>Select a component for improvement. For example—timing or flow.</p> <p>Perform more complex actions, shapes and balances with consistency.</p> <p>Remember and repeat longer sequences with more difficult actions.</p>	<p>Select and apply skills in game situation.</p> <p>Effectively play and understand role of different positions on the pitch.</p> <p>Increase power and strength of passes, moving the ball over longer distances.</p>	<p>Confidently use specific handball skills in games for example: pivoting, dodging, reverse pass and previously learnt skills.</p> <p>Play effectively in different positions on the pitch in both attack and defence.</p> <p>Develop power and strength of passes, moving the ball over longer distances.</p>	<p>Play effectively in different positions on the pitch in both attack and defence.</p> <p>Introduce attack play – serve, set & spike</p> <p>Develop power and strength over the net, moving the ball over longer distances.</p>	<p>Improve methods of maintaining possession.</p> <p>Identify awareness of changing between attack and defence.</p> <p>Understanding common strategies/tactics common to all evasion games.</p>	<p>To sustain pace over short and longer distances.</p> <p>Be able to run as part of a relay team working at their maximum speed.</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy.</p>	<p>Improve understanding of creating space to receive a ball.</p> <p>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball.</p> <p>To be able to send basketball at varying speed, height and direction towards a target player.</p>	<p>Introduce Volley shots and Overhead shots.</p> <p>Apply new shots into game situations.</p> <p>Play with others to score and defend points in competitive games.</p> <p>Further explore Tennis service rules.</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Develop understanding of fielding strategy and how to counter this as a batter.</p>
<p>Dance (In conjunction with Shakespeare production)</p> <p>Perform different styles of dance fluently and clearly.</p> <p>Refine & improve dances adapting them to include use of space rhythm & expression.</p> <p>Work collaboratively in groups to compose simple dances.</p> <p>Recognise and comment on dances suggesting ideas for improvement.</p>											

Core skills development across all disciplines: Incorporate strategy and team tactics to develop successful outcomes.

Tag Rugby	Football	Netball	Gymnastics	Hockey	Handball	Volleyball	EG / D / B	Athletics	Basketball	Tennis	Cricket
Choose from a range of strategies and tactics	Choose from a range of strategies for attack and defence	Work as a team to improve group tactics and game play.	Make complex or extended sequences.	Choose and implement a range of strategies and tactics to attack and defend.	Work as a team to improve group tactics and game play.	Work as a team to improve group tactics and game play.	Choose and implement a range of strategies and tactics to attack and defend.	Become confident and expert in a range of techniques and recognise their own success.	Travel with the ball under control around opposition.	Develop backhand shots.	Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance.
Combine and perform complex skills at speed	Perform a wider range of more complex skills	Play within the rules using blocking skills for shots and passes.	Perform consistently to different audiences.	Combine and perform more complex skills at speed.	Play within the rules using blocking skills for shots and passes	Play within the rules using blocking skills for shots and passes	Combine and perform more complex skills at speed.	Apply strength and flexibility to a broad range of throwing, running and jumping activities.	Show an understanding of moving to screen the opposition from receiving the ball.	Introduce the lob.	Apply with consistency standard cricket rules in a variety of different styles of game.
Observe, analyse and recognise good individual and team performance	Observe, analyse and recognise good individual and team performance	Develop defensive skills.	Develop movements that are accurate, clear and consistent.	Recognise and describe good individual and team performances.	Develop defensive skills	Develop defensive skills	Recognise and describe good individual and team performances.	Work in collaboration, demonstrate improvement when working with self and others.	Play within the rules using blocking skills for shots and passes.	Begin to use full tennis scoring systems.	Attempt a small range of recognised shots in isolation and in competitive scenarios
Suggest, plan and lead warm ups	Suggest, plan and lead simple drills for specific skills		Combine my own work with that of others.	Suggest, plan and lead a warm up as a small group			Suggest, plan and lead a warm up as a small group		Develop defensive skills.		
<p>Dance (In conjunction with Shakespeare production)</p> <p>Work collaboratively to include more complex compositional ideas.</p> <p>Develop motifs and incorporate into self-composed dances as individuals, pairs & groups.</p> <p>Talk about different styles of dance with understanding, using appropriate language & terminology.</p>								Accurately and confidently judge across a range of activities.			

Core skills development across all disciplines:
Develop physiological awareness and how this can help improve specific technique and relationship to strength, stamina and flexibility.

