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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | **Health and wellbeing**  K- I will know what agility means | **Gymnastics**  K- I will know how to create ‘wide, narrow and curled’ balances on the floor and on apparatus, using a variety of body parts | **Dance**  K –I will know how to create big and small body movements | **Athletics**  K- I will know when and why we need to change speed when we are running in a game situation and how to jump skip with a step hop action, swinging our arms. | **Attack and defend**  K- I will know how to create and apply simple tactics for attacking and defending. | **Team building**  K- I will begin to know what makes an effective team and why we must include everyone. |
| S- I can perform circuits to develop my application and understanding of agility, balance and co-ordination | S- I can learn how to link two movements together. | S-I can learn how to co-ordinate and control my body to perform movements, creating a sequence. | S- I can learn to run for speed/acceleration and I will learn to skip. | S- I can understand, apply and consolidate attacking ad defending | S- I can learn how to cooperate and communicate |
| V- Attacker, defender, agility, balance, coordination, hand-eye coordination, throwing, aiming. | V- champion gymnastics, wide, narrow, curled, big, small, linking. | V- champion dancers, beat, moving, control, rhythm. Sequence, motif, expression. | V-jumping, distance, space, attacker, defender, skipping, landing, speed, acceleration, tagging/Tag. | V- attacker, defender, space, rules, tactics, team | V- team work, inclusion, communication, cooperation, trust, team member, fairness |
| **Year 2** | **Health and Wellbeing**  K- I will know what happens to our heart and muscles when we perform an activity or play a sport. | **Gymnastics**  K- I will know how to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. | **Dance**  k- I will know what a motif is. | **Athletics**  K- I will know when and where we dodge, applying this into game and how to link jumps together and execute them in combination. | **Attack and defend**  K- I will develop underarm and over arm throwing. | **Team building**  K- I will know how to create and apply simple tactics. |
| S- I can perform circuits, understanding how motivation can enhance performance. | S- I can complete a sequence and perform. | S-I can apply choreography to my motif. | S-I can develop dodging and consolidate jumping | S- I can hit (strike) a ball (with a racket) with accuracy and power to beat an opponent. | S- I can explore simple strategies. |
| V- attacker, defender, agility, balance, coordination | V- Champion gymnastics, linking, flow, transition, jump, roll sequence | V- champion dancers, control. Rhythm, expression, emotion, choreography, unison, motif. | V-jumping, distance, space, attacker, defender, speed, landing, dodge, tagging/tag | V-attacker, defender, opponent, accuracy, power, batting, fielder. | V- team work, inclusion, communication, cooperation, strategy, courage, motivation. |
| **Year 3** | **Dance**  K- I know how to peer and self-assess, identifying strengths and weaknesses in my own and others performances. | **Gymnastics**  K- I know what symmetry and asymmetry means | **Netball**  K- I know how to pass the ball keeping possession to beat my opponent, | **Tennis**  K-I know where to hit the ball on the court. | **Athletics**  K- I know how to run for speed. | **Competition**  K-. I know what a changeover is. |
| S- I can create and develop a character in order to tell a story through movements | S- I can execute balances and movements in both symmetrical and asymmetrical ways and link these movements and balances together. | S- I can learn how to keep possession and eventually score in order to win a modified game. | S- I can throw/hit the ball in to space on my opponents side of the court. | S- I can run for speed by creating a pumping action with my arms and elbows bent, springing off the balls of my feet. | S- I can run and jump as fast/far as possible with the correct techniques and throw for distance. |
| V-Excellent dancers, expression, creativity, emotion, motif, interconnecting, character | V-excellent gymnastics, linking, flow, interesting, extension, symmetrical, asymmetrical | V- attacker, defender, possession, chest pass, footwork | V- Outwit, space, return, recover, baseline, forehand, rally, out | V- tactics, speed, acceleration, distance, accuracy, relay, changeover. | V- tactics, speed, acceleration, distance, accuracy, relay, changeover |
| **Mutli skills**  K- | **Mindfulness**  K- I know what relaxation means. | **C&T**  K- I know what makes an effective team. | **Rounders’**  K- I know how to catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball. | **Orienteering**  K- I know what navigate means. | **Problem Solving**  K- I know what makes an effective team |
| S- | S- I can perform and utilise meditative balances. | S- I can use communication skills successfully within a team to complete activities. | S- I can apply overarm and underarm throwing. | S- I can orientate a map, locate points on the map then travel to them and record what I find | S-I can develop my communication and leadership skills. |
| V- | V- Emotions, relaxed, anxious, balanced, relaxation techniques, meditative balances, deep breathing. | V-communication, tactics, teamwork, strategy, attacker, defender, tag | V- batting, fielder, throwing, base/posts, rounders’, the long barrier | V- navigate, teamwork, strategy, tactics, communication, orienteering, symbols. | V- communication, tactics, teamwork, strategy, problem solving, co-operation |
| **Year 4** | **Dance**  K- I know what we mean by emotion and include this choreography element in my performance. | **Gymnastics**  K- I know how to create a ‘bridge balance’ with a partner using different levels and different connection points | **Netball**  K- I know what footwork means and will be able to apply this understanding in a game. | **Tennis**  K-I know when to apply either a forehand or backhand shot in a game situation. | **Athletics**  K- I know why I need to pace myself when running for distance. | **Throwing and jumping**  K- I know the correct techniques to use and why using the correct techniques are important when jumping or throwing. |
| S-I know how to develop sequences with my partner in character. | S-I can create sequences combining movements and bridge balance with a partner. | S- I can develop passing, moving and shooting skills. | S- I can apply a forehand and back hand in a game situation. | S- I can explain what a stride pattern is | S- I can throw a Javelin accurately. |
| V-excelelnt dancers, expression, creativity, emotion, motif, choreography | V-excellent gymnastics, extension, control, interesting, bridge, levels, flow | V- attacker, defender, possession, chest pass, footwork | V- outwit, space, accuracy, power, baseline, forehand, backhand, rally, out | V-tactics, speed, distance, pace, power, stride pattern. | V- tactics, speed, distance, pace, power, stride pattern. |
| **Swimming**  K-I know how swimming can affect my breathing | **Swimming**  K-I know water can be dangerous and repeat what to do when in difficulty | **Problem Solving**  K- I know how to create tactics. | **Rounders’**  K- I know what a back stop should do if a batter misses the ball, to try and prevent the batter from scoring. | **Orienteering**  K-I know what out of bounds means | **Running**  **k-**I know why we need to select certain pupils for certain events in order for our team to be successful. |
| S-I can swim 10m front or back using a recognised stroke. | S- I can demonstrate action for getting help (shout and float) | S- I can apply tactics and strategies to solve problems. | S- I can apply my ability to evaluate and improve strategies to solve problems. | S- I can locate points on a map in a set order. | S- I can demonstrate an advanced understanding of how to apply the correct technique in each event. |
| V- backstroke, breaststroke, floatation, submersion, rotation, streamlining | V- backstroke, breaststroke, lifeguard, floatation, submersion, rotation, streamlining | V- communication, tactics, teamwork, strategy, non-verbal communication, verbal communication | V- communication, tactics, teamwork, strategy, responsibility, listening, trust. | V- navigate, team work, strategy, tactics, map, route, out of bounds. | v-tactics, teamwork, speed, distance, evaluation |
| **Year 5** | **Dance**  K- I know how to create a sequence. | **Gymnastics**  K- I know what ‘counter balance’ and ‘counter tension’ means and understand the difference between them. | **Netball**  K- I know how marking is used during a game and when this is applied. | **Tennis**  K- I know when and where to serve and why. | **Athletics**  K-I know when and where the changeovers take place on a curved track. | **Competition**  K- I know how to throw a shot putt accurately. |
| S- I can include a change of speed in my movement | S- I can accurately apply flow as I link my balances with movements. | S- I can develop tactics for both attacking and defending. | S- I can serve the ball accurately to start a game. | S-. I can maintain my speed until I cross the finish line. | S- I can hurdle safely, applying the correct technique |
| V-Excellent dancers, expression, creativity, emotion, stimulus, choreography, rhythm | V-excellent gymnastics, interesting, flow, levels, counter balance, counter tension, unison, canon. | V-tactics, transition, possession, marking, shoulder pass, bounce pass | V- tactics, outwit, space, accuracy, forehand, backhand, volley, serve. | V- tactics, speed, distance, evaluation, change over, personal best, lap. | V- tactics, speed, distance, evaluation, change over, personal best, lap. |
| **Rounders**  K- I know how the fielding team can stop the batter scoring if they hit or miss the ball. | **Health related exercise**  K-I know what the cardiovascular system is. | **swimming**  K-I know how to keep safe whilst in water and what dangers should be identified. | **swimming**  K-I know how to put my face in water and breath correctly when swimming in one identifiable stroke. | **Orienteering**  K- I know what a control point is. | **Problem Solving**  K- I know how to create advanced tactics. |
| S- I can apply accurate throwing, catching and retrieving skills | S- I can perform cardio, flexibility and strength focused circuits. | S- I can swim 10m on front and back using a recognised stroke. | S- I can demonstrate a shout and signal rescue | S-I can follow a route I have been given to reach as many points as possible in an allocated time. | S-I can switch fluidly between attack and defence as possession changes. |
| V- Tactics, fielder, bowling, batting and bowling square, no ball | V- Cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment/test. | V- backstroke, breaststroke, lifeguard, open water, floatation, submersion, rotation, streamlining | V- backstroke, breaststroke, lifeguard, open water, floatation, submersion, rotation, streamlining | V- teamwork, strategy, tactics, communication, control points, scale. | V-communication, tactics, teamwork, strategy, adapt, listening, support. |
| **Year 6** | **Dance**  K- I know what choreography means. | **Gymnastics**  K- I know what mirroring and matching means. | **Netball**  K- I know how to apply the basic rules of netball and will be able to take responsibility for officiating and managing our won games. | **Tennis**  K- I know how to use the correct scoring system during a mini game. | **Running**  K- I know why we need to apply accurate head, arm and foot techniques to make myself run quicker. | **Throwing and jumping**  K-I know why we need to select certain pupils for certain events in order for my team to be successful. |
| S-I can include a change of speed and dynamic in my performance. | S-I can create a sequence containing both matching and mirroring movements. | S-I can apply effective leadership skills. | S- I can organise, umpire and manage round robin games. | S- I can apply the correct techniques in a series of competitions. | S- I can transfer my body weight to push the shot put and throw the javelin further |
| V-excellent dancers, expression, creativity, emotion, motif | V-excellent gymnastics, flow, levels, matching, mirroring, unison, canon. | V- tactics, transition, umpire, netball positions, marking. | V- Tactics, space, outwit, forehand, backhand, volley, doubles, serve. | V- tactics, teamwork, speed, distance, evaluation, false start, events. | V- tactics, teamwork, speed, distance, evaluation, false start, events. |
|  | **Health related exercise**  K- I know what strength and flexibility means. | **Leadership**  K- I know what makes an effective leader | **Rounders’**  K- I know how to umpire and score in a game. | **Swimming**  K- I how to remain safe in water and what do if you or someone nearby gets into difficulty | **Swimming**  K- I know where incidents could take place and what number to call for help |
|  | S- I will complete fitness assessments and participate in circuits that will enhance their fitness. | S- I can use the STEP principle: space, task, equipment and people. | S- I can apply effective tactics for both batting and fielding. | S- I can swim 25m using a front stroke | S- I can swim 25m using a back stroke. |
|  | V- Cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment/test. | . V- | V- tactics, fielder, bowling, run out, outfielder, umpire | V- backstroke, breaststroke, lifeguard, open water, lap, floatation, submersion, rotation, streamlining | V- backstroke, breaststroke, lifeguard, open water, lap, floatation, submersion, rotation, streamlining |