



PE Subject Overview

Reception	<p>EYFS Physical Development Education Programme (Statutory)</p> <p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p> <p>ELG: Gross Motor Skills (Statutory) Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>					
------------------	---	--	--	--	--	--

	Autumn		Spring		Summer	
	Theme	Knowledge and skills	Theme	Knowledge and skills	Theme	Knowledge and skills
EYFS 1st half term	Introduction to PE: Unit 1	<ul style="list-style-type: none"> To learn the basic principles of a PE lesson such as finding space, freezing on command. To use and share equipment and working individually, with a partner and group. To take part in activities which will develop fundamental movement skills such as running, jumping, skipping. 	Fundamentals : Unit 1	<ul style="list-style-type: none"> To develop balancing, running, changing direction, jumping, hopping and travelling. To develop gross motor skills through a range of activities. To learn how to stay safe using space, follow rules and instructions and work independently and with a partner. 	Fundamentals : Unit 2	<ul style="list-style-type: none"> To develop skills of balancing, running, hopping, jumping, travelling and changing direction. To develop fine and gross motor skills, through handling equipment. To learn how to stay safe using space and understand and follow rules and instructions. To work independently and with a partner to complete tasks
EYFS 1st half term SPORTS COACH			Ball Skills: Unit 1	<ul style="list-style-type: none"> To develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. To develop their fine and gross motor skills through a range of 	Ball Skills: Unit 2	<ul style="list-style-type: none"> To develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. To develop their fine and gross motor skills through a range of game play with balls.

				game play using a variety of equipment.		<ul style="list-style-type: none"> To work independently and with a partner. 	<ul style="list-style-type: none"> To work independently and with a partner and will develop decision making and using simple tactics.
EYFS 2nd half term	Introduction to PE: Unit 2	<ul style="list-style-type: none"> To learn basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. To develop fundamental movement skills such as running, jumping and skipping. To play simple games and begin to understand and use rules. 	Gymnastics: Unit 1	<ul style="list-style-type: none"> To explore creating shapes, balances, and jumps and begin to develop rocking and rolling. To show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. To copy, create, remember and repeat short sequences. To begin to understand using levels and directions when traveling and balancing. 	Gymnastics: Unit 2	<ul style="list-style-type: none"> To explore creating shapes and balances, jumps and rolls. To begin to develop an awareness of space and how to use it safely. To perform basic skills on both floor and apparatus. To copy, create, remember and repeat short sequences. To begin to understand using levels and directions when travelling and balancing. 	
EYFS 2nd half term SPORTS COACH			Games: Unit 1	<ul style="list-style-type: none"> To develop fundamental movement skills through games. To learn how to score and play by the rules, how to work with a partner. To begin to understand what a team is, as well as learning how to behave when winning and losing. 	Games: Unit 2	<ul style="list-style-type: none"> To learn and develop skills by playing a variety of games. To learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules. 	

	Autumn			Spring			Summer		
	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills
Year 1 1st half term	Gymnastics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a 	<ul style="list-style-type: none"> To explore basic shapes straight, tuck, straddle and pike. To perform balances making your body tense, stretched and curled. 	Yoga	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a 	<ul style="list-style-type: none"> To perform balances and poses making your body tense, stretched and curled. To expose poses and movements that challenge my flexibility. 	Striking and fielding games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete 	<ul style="list-style-type: none"> To explore striking a ball with their hand and equipment. To develop tracking and retrieving a ball. To explore technique when

		healthy lifestyle.	<ul style="list-style-type: none"> To explore barrel, straight and forward roll progressions. To explore shape jumps, including jumping off low apparatus. 		healthy lifestyle.	<ul style="list-style-type: none"> To explore strength whilst transitioning from one pose to another. To recognise your own feelings in response to a task or activity. 		and lead a healthy lifestyle.	<ul style="list-style-type: none"> throwing over and underarm. To develop co-ordination and technique when catching.
1st half term SPORTS COACH	Fundamental skills	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To explore changing direction and dodging and discover how the body moves at different speeds. To move with some control and balance and explore stability and landing safely. To demonstrate control in take-off and landing when jumping. To begin to explore hopping in different directions. To show co-ordination when turning a rope and to use rhythm to jump continuously in a French rope 	Invasion Games	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To explore sending and receiving with hands and feet to a partner. To explore dribbling with hands and feet. To recognise good space when playing games. To explore changing direction to move away from a partner. To explore tracking and moving to stay with a partner 	Athletics	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To explore running at different speeds. To develop balance whilst jumping and landing and explore hopping, jumping and leaping for distance. To explore throwing for distance and accuracy.
2nd half term	Dance	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To copy, remember and repeat actions to represent a theme. To create my own actions in relation to a theme. To explore varying speeds to represent an idea. To explore pathways within my performance. To begin to explore actions and pathways with a partner. 	Dance	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To copy, remember and repeat actions to represent a theme. To Create my own actions in relation to a theme. To explore varying speeds to represent an idea. To explore pathways within my performance. To begin to explore actions and pathways with a partner. 	Gymnastics	• To develop practical skills in order to participate, compete and lead a healthy lifestyle.	<ul style="list-style-type: none"> To explore basic shapes straight, tuck, straddle and pike. To perform balances making your body tense, stretched and curled. To explore barrel, straight and forward roll progressions. To explore shape jumps, including jumping off low apparatus.

			<ul style="list-style-type: none"> To perform on my own and with others to an audience. 			<ul style="list-style-type: none"> To perform on my own and with others to an audience. 			
2nd half term SPORTS COACH	Ball Skills	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To roll and throw with some accuracy towards a target. To begin to catch with two hands. To catch after a bounce. To track a ball being sent directly. To explore dribbling with hands and feet. 	Sending and receiving	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. To work with a range of different sized balls. To apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. To understand the importance of abiding by the rules to keep themselves and others safe. 	Net & wall games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore hitting a dropped ball with a racket. To throw a ball over a net to land into the court area. To explore sending a ball with hands and a racket. To use the ready position to move towards a ball
Year 2 1st half term	Gymnastics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore using shapes in different gymnastic balances. To remember, repeat and link combinations of gymnastic balances. To explore barrel, straight and forward roll and put into sequence work. To explore shape jumps and take off combinations. 	Yoga	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle. 	<ul style="list-style-type: none"> To remember, copy, and repeat sequences of linked poses. To show increased awareness of extension in poses. To demonstrate increased control in performing poses. To explore controlling my focus and sense of calm. 	Swimming	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<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. To develop entry and exit, travel further, float and submerge. To show breath control/ To become more confident in deep water. To tread water.

1st half term SPORTS COACH	Invasion Games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop sending and receiving with increased control. To explore dribbling with hands and feet with increasing control on the move. To explore moving into space away from others. To develop moving into space away from defenders. To explore staying close to other players to try and stop them getting the ball 	Sending and receiving	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. To use equipment to send and receive a ball. To use different sized balls. To apply their skills individually, in pairs and in small groups and begin to organise and self manage their own activities. To build on their knowledge of sending and receiving by applying their skills in different situations. 	Athletics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop the sprinting action. To develop jumping, hopping and skipping actions. To explore safely jumping for distance and height. To develop overarm throwing for distance.
2nd half term	Dance	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To accurately remember, repeat and link actions to express an idea. To develop an understanding of dynamics. To develop the use of pathways and travelling actions to include levels. To explore working with a partner using unison, matching and mirroring. To develop the use of facial expressions in my performance. 	Gymnastics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore using shapes in different gymnastic balances. To remember, repeat and link combinations of gymnastic balances. To explore barrel, straight and forward roll and put into sequence work. To explore shape jumps and take off combinations. 	Swimming	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<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. To develop entry and exit, travel further, float and submerge. To show breath control/ To become more confident in deep water.

<p>2nd half term</p> <p>Sports coach</p>	<p>Fundamentals</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To demonstrate balance when changing direction. To clearly show different speeds when running. To demonstrate balance when performing movements. To demonstrate jumping for distance, height and in different directions. To demonstrate hopping for distance, height and in different directions. To explore single and double bounce when jumping in a rope. 	<p>Ball Skills</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To roll, throw and kick a ball to hit a target. To develop catching a range of objects with two hands. To catch with and without a bounce. To consistently track and collect a ball being sent directly. To explore dribbling with hands and feet with increasing control on the move. 	<p>Striking and fielding games</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop striking a ball with their hand and equipment with some consistency. To develop tracking a ball and decision making with the ball. To develop co-ordination and technique when throwing over and underarm. To catch with two hands with some co-ordination and technique
<p>Year 3 1st half term</p>	<p>Swimming</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To begin to explore front crawl breathing technique. To explore techniques for personal survival to include survival strokes such as sculling and treading water. 	<p>Gymnastics</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore matching and contrasting shapes. To explore point and patch balances and transition smoothly into and out of them. To develop the straight, barrel, and forward roll. To develop stepping into shape jumps with control. 	<p>Cricket</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To begin to strike a bowled ball after a bounce with different equipment. To explore bowling to a target and fielding skills to include a two-handed pick up. To use overarm and underarm throwing in game situations. To catch with some consistency in game situations

<p>1st half term</p> <p>SPORTS COACH</p>	<p>Fundamental Skills</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To change direction. To show an increase and decrease in speed. To demonstrate balance when performing other fundamental skills. To link jumping and hopping actions. To jump and turn a skipping rope. To explore single and double bounce when jumping in a rope 	<p>Ball Skills</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To send a ball with accuracy and increasing consistency to a target. To catch a range of objects with increasing consistency. To track a ball not sent directly. To dribble a ball with hands and feet with control. 	<p>Athletics</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop the sprinting technique and apply it to relay events. To develop technique when jumping for distance in a range of approaches and take off positions. To explore the technique for a pull throw.
<p>2nd half term</p>	<p>Swimming</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To begin to explore front crawl breathing technique. To explore techniques for personal survival to include survival strokes such as sculling and treading water. 	<p>Dance</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To create actions in response to a stimulus individually and in groups. To use dynamics effectively to express an idea. To use direction to transition between formations. To develop an understanding of formations. To perform short, self-choreographed phrases showing an awareness of timing. 	<p>Rounders</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To begin to strike a bowled ball after a bounce with different equipment. To explore bowling to a target and fielding skills to include a two-handed pick up. To use overarm and underarm throwing in game situations. To catch with some consistency in game situations
<p>2nd half term</p> <p>SPORTS COACH</p>	<p>Yoga</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To demonstrate increased control when in poses. To explore poses and movement in relation to my breath. 	<p>Hockey</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore sending & receiving abiding by the rules of the game. To explore dribbling the ball abiding by the rules of the game under some pressure. To develop using space as a team. 	<p>Tennis</p>	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead 	<ul style="list-style-type: none"> To explore returning a ball using shots such as the forehand and backhand. To explore rallying using a forehand. To consistently use and return to

			<ul style="list-style-type: none"> To explore balances showing some stability. To develop my ability to stay still and keep my focus 			<ul style="list-style-type: none"> To develop movement skills to lose a defender. To explore shooting actions in Hockey To develop tracking opponents to limit their scoring opportunities. 		a healthy lifestyle	the ready position in between shots.
Year 4 1st half term	Gymnastics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop the range of shapes I use in my sequences. To develop strength in bridge and shoulder stand. To develop control and fluency in individual and partner balances. To develop the straight, barrel, forward and straddle roll and perform them with increased control. To develop control in performing and landing rotation jumps. 	Swimming	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To demonstrate improved breathing technique in front crawl. To ensure you are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. 	Cricket	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop batting technique with a range of equipment. To develop bowling with some consistency, abiding by the rules of the game. To use overarm and underarm throwing with increased consistency in game situations. To begin to catch with one and two hands with some consistency in game situations
1st half term SPORTS COACH	Football	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop passing techniques appropriate to the game with increasing success. To catch and receive a ball with feet/object with increasing success. To link dribbling the ball with other actions and change 	Fundamental Skills	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate. To demonstrate good balance and control when performing other fundamental skills. To link hopping and jumping actions with 	Athletics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when

			<p>direction whilst dribbling with some control.</p> <ul style="list-style-type: none"> To develop moving into space to help my team. To change direction to lose an opponent with some success. To develop defending one on one and begin to intercept. 			<p>other fundamental skills.</p> <ul style="list-style-type: none"> To consistently skip in a rope. 			<p>jumping for distance.</p> <ul style="list-style-type: none"> To explore power and technique when throwing for distance in a pull and heave throw
2nd half term	Dance	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To respond imaginatively to a range of stimuli related to character and narrative. To change dynamics confidently within a performance to express changes in character. To confidently use changes in level, direction and pathway. To use action and reaction to represent an idea. To perform complex dances that communicate narrative and character well, performing clearly and fluently. 	Swimming	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. To demonstrate improved breathing technique in front crawl. To ensure you are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. 	Rounders	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop batting technique with a range of equipment. To develop bowling with some consistency, abiding by the rules of the game. To use overarm and underarm throwing with increased consistency in game situations. To begin to catch with one and two hands with some consistency in game situations.
2nd half term	Basketball	<ul style="list-style-type: none"> To develop practical skills in order to 	<ul style="list-style-type: none"> To develop passing techniques appropriate to the 	Ball Skills	<ul style="list-style-type: none"> To develop practical skills in order to 	<ul style="list-style-type: none"> To accurately use a range of techniques to send a ball to a target. 	OAA	<ul style="list-style-type: none"> To develop practical skills in 	<ul style="list-style-type: none"> To plan independently and in small groups,

Sports coach		participate, compete and lead a healthy lifestyle	<p>game with increasing success.</p> <ul style="list-style-type: none"> To catch and receive a ball with feet/object with increasing success. To link dribbling the ball with other actions and change direction whilst dribbling with some control. To develop moving into space to help my team. To change direction to lose an opponent with some success. To develop defending one on one and begin to intercept 		participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> To catch different sized objects with increasing consistency with one and two hands. To consistently track a ball sent directly and indirectly. To dribble a ball with increasing control and co-ordination 		order to participate, compete and lead a healthy lifestyle	<p>implementing a strategy with increased success.</p> <ul style="list-style-type: none"> To identify key symbols on a map and follow a route. To confidently communicate ideas and listen to others.
Year 5 1 st half term	Dodgeball	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To demonstrate clear technique and accuracy when throwing at a target. To demonstrate good technique and consistency in catching skills. To develop a wider range of striking techniques and begin to use them under pressure. 	Yoga	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To use my breath to maintain balance within a pose and when transitioning from one pose to another. To develop flexibility by connecting movement with breath. To demonstrate increased control and strength when holding and transitioning between poses. To explore methods I can use to control how I feel. 	Cricket	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To explore defensive and driving hitting techniques and directional batting. To develop over and underarm bowling technique. To develop long and short barrier and two handed pick up. To demonstrate good technique when using a variety of throws under pressure.

									<ul style="list-style-type: none"> To explore catching skills and apply these with some consistency in game situations.
1 st half term	Football	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop control when sending and receiving under pressure. To dribble with some control under pressure. To explore moving to create space for themselves and others in their team. To use a variety of techniques to lose an opponent e.g. change of direction or speed. To develop tracking and marking with increased success. 	Handball	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop control when sending and receiving under pressure. To dribble with some control under pressure. To explore moving to create space for themselves and others in their team. To use a variety of techniques to lose an opponent e.g. change of direction or speed. To develop tracking and marking with increased success. 	Athletics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. To explore technique and rhythm in the triple jump. To develop technique and power in javelin and shot put.
2 nd half term	Dance	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To choreograph dances by using, adapting and developing actions and steps from different dance styles. To confidently use dynamics to express different dance styles. To confidently use direction and patterning to express different dance styles. To confidently use formations, canon and unison to 	Gymnastics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To perform shapes consistently and fluently linked with other gymnastic actions. To explore progressions of a cartwheel. To explore symmetrical and asymmetrical balances. To develop control in the straight, barrel, forward, straddle and backward roll. To select a range of jumps to include in sequence work 	Rounders	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To explore defensive and driving hitting techniques and directional batting. To develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. To demonstrate good technique when using a variety of throws under pressure. To explore catching skills (close/deep and wicket keeping) and apply these with some

			<p>express a dance idea.</p> <ul style="list-style-type: none"> To perform dances expressively, using a range of performance skills, showing accuracy and fluency 						consistency in game situations.
2 nd half term	Basketball	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop control when sending and receiving under pressure. To dribble with some control under pressure. To explore moving to create space for themselves and others in their team. To use a variety of techniques to lose an opponent e.g. change of direction or speed. To develop tracking and marking with increased success. To explore intercepting a ball with one or two hands. 	Hockey	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop control when sending and receiving under pressure. To dribble with some control under pressure. To explore moving to create space for themselves and others in their team. To use a variety of techniques to lose an opponent e.g. change of direction or speed. To develop tracking and marking with increased success. 	Tennis	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To develop the range of shots used in a variety of games. To develop the range of serving techniques appropriate to the game. To use a variety of shots to keep a continuous rally. To demonstrate effective footwork patterns to move around the court.
Year 6 1 st half term	Dance	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To show controlled movements which express emotion and feeling. To explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. To use a variety of compositional principles when 	Dance	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To show controlled movements which express emotion and feeling. To explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. To use a variety of compositional principles when 	Cricket	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> To strike a bowled ball with increasing accuracy and consistency. To use a wider range of fielding skills with increasing control under pressure. To consistently demonstrate good technique in

			<p>creating my own dances.</p> <ul style="list-style-type: none"> To demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance. 			<p>creating my own dances.</p> <ul style="list-style-type: none"> To demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance. 			<p>throwing skills under pressure.</p> <ul style="list-style-type: none"> To consistently demonstrate good technique in catching skills under pressure.
<p>1st half term</p> <p>Sports coach</p>	<p>Football</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To consistently use a range of techniques with increasing control under pressure. To dribble consistently using a range of techniques with increasing control under pressure. To move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. To confidently change direction to lose an opponent To use a variety of defending skills (tracking, interception) in game situations 	<p>Volleyball</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To demonstrate increased success and technique in a variety of shots. To serve accurately and consistently. To successfully apply a variety of shots to keep a continuous rally. To demonstrate a variety of footwork patterns relevant to the game I am playing. 	<p>Athletics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. To develop power, control and technique in the triple jump. To develop power, control and technique when throwing discus and shot put
<p>2nd half term</p>	<p>Gymnastics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a</p>	<ul style="list-style-type: none"> To combine and perform gymnastic shapes more fluently and effectively. To develop control in progressions of a 	<p>Yoga</p>	<p>➤ To develop practical skills in order to participate, compete and lead a</p>	<ul style="list-style-type: none"> To link combinations of poses for balance with increased control in transition. To confidently transition from one pose to another 	<p>Tennis</p> <p>OAA (Mersea)</p>	<p>➤ To develop practical skills in order to participate,</p>	<ul style="list-style-type: none"> To demonstrate increased success and technique in a variety of shots. To serve accurately and consistently.

		healthy lifestyle	<p>cartwheel bridge and shoulder stand.</p> <ul style="list-style-type: none"> To explore counter balance and counter tension. To develop fluency and consistency in the straddle, forward and backward roll. To combine and perform a range of gymnastic jumps more fluently and effectively. 		healthy lifestyle	<p>showing extension connected to breath.</p> <ul style="list-style-type: none"> To explore poses that challenge my strength and work to maintain increased control and strength when in and transitioning between poses. To explore methods to control how I feel with some success. 		<p>compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> To successfully apply a variety of shots to keep a continuous rally. To demonstrate a variety of footwork patterns relevant to the game I am playing
2 nd half term Sports coach	Basketball	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To consistently use a range of techniques with increasing control under pressure. To dribble consistently using a range of techniques with increasing control under pressure. To move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. To confidently change direction to lose an opponent To use a variety of defending skills (tracking, interception) in game situations 	Hockey	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> To consistently using a range of techniques with increasing control under pressure. To dribble consistently using a range of techniques with increasing control under pressure. To move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. To confidently change direction to lose an opponent To use a variety of defending skills (tracking, 	Rounders	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> To strike a bowled ball with increasing accuracy and consistency. To use a wider range of fielding skills with increasing control under pressure. To consistently demonstrate good technique in throwing skills under pressure. To consistently demonstrate good technique in catching skills under pressure

						interception) in game situations.			
--	--	--	--	--	--	-----------------------------------	--	--	--