



KIRK MERRINGTON PRIMARY SCHOOL

PE - 2019-2021

School Drivers

Independent Learners Independent, Resilient, Able to solve problems, Creative and Curious, Able to think critically	Healthy Living Healthy Eating, Being Active, Healthy mind, Healthy relationships Outdoor learning
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P.E. Cycle A - 2019-2020

Reception Healthy Eating: Healthy or unhealthy? Being active: Activity log- when am I active, when could I be more active? How could I achieve this? Healthy Mind: Feeling happy/ sad	FMS Creating space Gross motor skills <i>Core learning:</i> Find and move into an empty space. Move around a space safely without bumping into anyone or anything. Coordinate both arms to make large circles. <i>Vocabulary:</i> Space, Large, Small Big, Little, Circle	Dance FMS with music Adjusting pace <i>Core learning:</i> Move around a space whilst coordinating their arms. Move in different ways (i.e. hopping, skipping, jumping). <i>Vocabulary:</i> Hop, Skip, Jump, Walk Run	Gymnastics FMS- balance and Coordination <i>Core learning:</i> Balance on 2 points. Bend forwards without Falling. Coordinate arms and legs to touch opposite sides. Stand with legs at different widths. <i>Vocabulary:</i> Balance, Hands, Feet Opposite, Wide	Throwing and Catching Bean bags Large balls <i>Core learning:</i> Roll with two hands in a direction. Throw a ball with two hands in the direction they are aiming for. Identify which hand to throw with when throwing with one hand. <i>Vocabulary:</i> Roll, Aim, Direction	Striking and Kicking Aim towards target <i>Core learning:</i> Identify which foot to kick with. Demonstrate a whole leg motion. Kick in the direction of a target. <i>Vocabulary:</i> Kick, Aim, Direction	Rolling and Bouncing Small and large balls <i>Core learning:</i> Roll with two hands from different positions (i.e. sitting, kneeling, standing). Bounce a ball with two hands with some control. Bounce a ball to a partner/ target. <i>Vocabulary:</i> Sit, Stand, Kneel, Bounce Control, Target
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<p>Year 1</p> <p>Healthy Eating: 5 a day</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Emotions- how do I deal with them? Why do I do this?</p>	<p>FMS</p> <p>No core task</p> <p>Core learning: Demonstrate some control over body movements, using both arms, legs and being aware of the space around them</p> <p>Vocabulary: Control, Swing, Movement</p> <p>Throwing and Catching</p> <p>10 point hoops</p> <p>Core learning: Demonstrate a correct stand when throwing (opposite arm to leg) Demonstrate a correct underarm throw. Throw towards a target when demonstrating both underarm throws. Catch with two hands with some success.</p> <p>Vocabulary: Stand Opposite arm to leg Underarm, Catch</p>	<p>Dance</p> <p>Moving along</p> <p>Core learning: Suggest different ways of moving and demonstrate for their peers. Remember a simple sequence of moves directed by the teacher. Perform different shapes with their body.</p> <p>Vocabulary: Demonstrate Sequence Shapes</p> <p>Games</p> <p>Bouncing</p> <p>No core task</p> <p>Core learning: Bounce a ball with two hands with increasing control. Bounce a ball to a targeted area. Demonstrate bouncing with different forces for high and low bouncing. Begin to use dominant hand to bounce a ball one handed.</p> <p>Vocabulary: Bounce, Force, Hard Soft</p>	<p>Gymnastics</p> <p>Making Shapes</p> <p>Core learning: Balance on 4 points. Demonstrate 3 simple shapes made with their body (tuck, star and pike). Show some control of their core when demonstrating rolls. (log roll, tuck roll, teddy bear roll). Perform a simple sequence of moves including a travel, a shape/ balance and a roll.</p> <p>Vocabulary: Balance, Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel</p> <p>Games</p> <p>Rolling and Bowling</p> <p>No core task</p> <p>Core learning: Roll with two hands from different positions (i.e. sitting, kneeling, standing). Roll a ball with one hand to a target with some control.</p> <p>Vocabulary: Roll, Stand, Sit, Target, Kneel</p>	<p>Games</p> <p>Bat and Ball</p> <p>No core task</p> <p>Core learning: Use a racket/ bat to strike a ball with some success. Show some control of a bat with two hands.</p> <p>Vocabulary : Racket, Bat, Strike</p> <p>Games</p> <p>Throwing and Catching (large balls)</p> <p>Piggy in the middle</p> <p>Core learning: Throw a ball with two hands with increasing accuracy towards a target. Demonstrate a chest pass to a partner. Demonstrate an over head throw to a partner. Have some success when catching with two hands.</p> <p>Vocabulary: Throw, Catch, Chest pass, Overhead throw</p>	<p>Games</p> <p>Striking and Fielding</p> <p>Bean Bag Throw</p> <p>Core learning: Use hand and feet to strike a beanbag with some success. Catch a beanbag with two hands with increasing Success.</p> <p>Vocabulary: Strike, Cradle catch</p> <p>Games</p> <p>Kicking</p> <p>No core task</p> <p>Core learning: Kick with the inside part of the foot with some control. Kick with some accuracy towards a partner/ target.</p> <p>Vocabulary: Inside foot, Accurate</p>	<p>Athletics</p> <p>Honey Pot</p> <p>Core learning: Demonstrate a standing jump with the use of bended knees. Begin to change speeds From walking, jogging to running. Begin to underarm throw with increasing force to gain distance.</p> <p>Vocabulary: Bended knee, Speed, Force, Distance</p> <p>Games</p> <p>Sending and receiving</p> <p>No core task</p> <p>Core learning: Demonstrate an ability to roll, throw, kick and hit with some accuracy towards a target/ partner. Identify empty spaces to aim towards as part of a tactical game. Demonstrate some success when receiving a roll, kick, throw or hit from a partner. Show increasing control when in contact with a ball.</p> <p>Vocabulary: Tactics, Receive, Send, Control</p>
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<p>Year 2</p> <p>Healthy Eating: Food labels-making choices</p> <p>Being active: Activity log-when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Power of words-what I say can change the way a person feels.</p>	<p>FMS No core task Core learning: Demonstrate increased control over body movements, using both arms, legs and being aware of the space around them.</p> <p>Vocabulary: Movements, Space</p> <p>Throwing and Catching Small balls and Bean bags No core task Core learning: Consistently stand correctly (opposite arm to leg) when throwing. Demonstrate a correct underarm and overarm throw. Throw towards a target when demonstrating both underarm and overarm throws. Catch with increasing success with two hands.</p> <p>Vocabulary: Opposite arm to leg Underarm, Overarm, Cradle catch</p>	<p>Dance How does it feel? (EDS) Core learning: Demonstrate different travels with different levels. (i.e. on the floor, at body height, on tip toes). Suggest and perform a sequence of moves as part of a group performance. Perform different shapes with their body on different levels. Use facial expressions to express an emotion.</p> <p>Vocabulary: Travel, Levels, High, Low, Perform, Expression</p> <p>Games Bouncing No core task Core learning: Bounce a ball with one hand with increasing control. Bounce a ball with interchanging hands showing some control.</p> <p>Vocabulary: Bounce, Control, One handed, Interchange</p>	<p>Gymnastics Families of Actions Core learning: Demonstrate simple balances with a partner. Demonstrate 3 simple shapes made with their body (tuck, star and pike) on different levels (floor, standing, air- use of apparatus). Show increased control of their core when demonstrating rolls. (log roll, tuck roll, teddy bear roll). Perform a sequence of moves including a travel, a jump and a roll including the use of apparatus.</p> <p>Vocabulary: Simple balance, Shapes, (star, tuck, pike), Level, Apparatus</p> <p>Games Rolling No core task Core learning: Roll a ball with one hand with increasing control to a target. Roll a ball with one Hand with interchanging hands through cones.</p> <p>Vocabulary: Roll, Accurate, Interchange</p>	<p>Games Bat and Ball Mini Tennis Core learning: Use a racket to strike a ball with increasing success. Show increased control of a bat with two hands. Demonstrate some Control of a bat with the dominant hand.</p> <p>Vocabulary: Racket, Strike, Bat, Dominant hand</p> <p>Games Throwing and Catching (small balls) No core task Core learning: Throw a ball with the dominant hand with increasing accuracy towards a target. Demonstrate a shoulder pass. Demonstrate a cradle Catch. Consistently catch a ball with two hands (cradle catch) Have some success when catching with one hand.</p> <p>Vocabulary: Dominant hand, Cradle catch, Shoulder pass</p>	<p>Games Striking and Fielding No core task Core learning: Use different bats and rackets to strike a ball/ shuttlecock with increasing success. Catch a ball with some success (apply cradle catch). Show an awareness of empty space.</p> <p>Vocabulary: Bats, Racket, Shuttlecock</p> <p>Games Kicking Kick Rounders Core learning: Kick with the inside part of the foot with increasing control. Kick with increasing accuracy towards a target (empty space). Show some power when kicking into an empty space</p> <p>Vocabulary: Power, Aim Spatial awareness, Tactics</p>	<p>Athletics Off Up and Away (EDS) Core learning: Demonstrate a standing jump and forward jump with the use of bended knees on take off and landing. Show an awareness of arms to support both running at a quicker pace and jumping a further distance. Have increased control and power when using a shoulder pass to gain distance.</p> <p>Vocabulary: Forward, Bended knee, Take off, Landing, Quicker Pace</p> <p>ames Sending and receiving No core task Core learning: Demonstrate an ability to roll, throw, kick and hit with increasing accuracy towards a target/ partner. Identify empty spaces to aim towards as part of a tactical game. Demonstrate some success when receiving a roll, kick, throw or hit from a partner. Show increasing control when in contact with a ball.</p> <p>Vocabulary: Accuracy, Target, Tactics, Receive, Contact</p>
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<p>Year 3/4</p> <p>Healthy Eating: Impact of sugary foods/ drinks</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Changes to relationships- how can this affect my mood and my feelings. How can I adjust to changes?</p>	<p>Swimming</p> <p>Net and Wall Tennis Mini Tennis 2 Core learning: Know how to correctly hold a racket. Demonstrate a forehand, backhand and overhead shot. Perform a simple rally.</p> <p>Vocabulary: Racket, Rally, Forehand, Backhand, Overhead, Shot</p>	<p>Swimming</p> <p>Dance Round the Clock Core learning: Compose an individual phrase to communicate an idea. Coordinate and synchronise movement-link phrases to music. Perform expressively.</p> <p>Vocabulary: Coordination, Synchronise, Expression, Performance</p>	<p>Swimming</p> <p>Gymnastics Balancing Act Core learning: Develop balance skills (counter balance) Devise a sequence with a beginning, a middle and an end. Apply a range of travel techniques to move from one balance to another. Continue to use apparatus to challenge moves and balances.</p> <p>Vocabulary: Counter balance, Sequence, Technique, Apparatus</p>	<p>Swimming</p> <p>Invasion Games Basketball 3 Touch Ball Core learning: Demonstrate a range of Techniques to pass the ball. Show an awareness of free space.</p> <p>Vocabulary: Technique, Pass, Control, Spatial awareness</p>	<p>Swimming</p> <p>Striking and Fielding Cricket No core task Core learning: Hit the ball hard. Hit the ball into free space. Identify battling hand and technique. Understand the rules and format of the game.</p> <p>Vocabulary: Strike, Field, Batting Technique</p>	<p>Swimming</p> <p>Athletics Faster, Higher, Further (EDS) Core learning: Demonstrate a range of jumps with appropriate landing. Demonstrate a range of throws with correct technique. Demonstrate a correct running stance.</p> <p>Vocabulary: Jump, Landing Appropriate Technique, Stance</p>
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<p>Year 4/5</p> <p>Healthy Eating: Snacking habits</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Pressure/ Stress /Anxiety- How can I deal with these negative emotions- mindfulness/ yoga/ relaxation techniques.</p>	<p>Invasion Games Football On the Attack Core learning: Ball control- use of inside and outside foot. Move to try and intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Ball control, Intercept, Consistency, Speed</p> <p>Net and Wall Games Tennis Long and Thin, Short and Fat Core learning: To know when to Use a forehand, backhand and overhead shot. Consistently get a ball near a target. Perform a rally with some variation of shot type.</p> <p>Vocabulary: Forehand, Backhand, Overhead, Shot, Rally, Vary</p>	<p>Dance What's so funny? Core learning: Work constructively with a partner/group. Refine, repeat and remember dance phrases. Put moves to a dance rhythm (5,6,7,8).</p> <p>Vocabulary: Teamwork Rhythm Counts Beats</p> <p>Invasion Games Netball No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Techniques, Position, Receive, Pivot</p>	<p>Gymnastics Acrobatic Gymnastics Core learning: Know the difference between a top and base. Compose a sequence with a change of level, speed and direction. Perform a range of acrobatic balances. Use apparatus confidently to demonstrate movements and balances.</p> <p>Vocabulary: Top, Base, Sequence, Compose, Acrobatic balance</p> <p>Invasion Games Hockey 5s and 3s Core learning: Select appropriate passes to hit an intended target. Attempting to outwit their opponent by using agreed tactics.</p> <p>Vocabulary: Invasion, Opponent, Tactics, Put, Grip</p>	<p>Invasion Games Tag Rugby Grid Rugby Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass, Offside</p> <p>Invasion Games Basketball No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Dribble, Positions, Jump shot</p>	<p>Striking and Fielding Rounders Run the Loop Core learning: Run fluently between bases. Use different throwing Techniques. To understand that throwing a ball is quicker than running to a base.</p> <p>Vocabulary: Base, Teamwork, Communication, Strike, Field</p> <p>OAA Crystal Star Challenge Core learning: Plan before starting challenge. Listen, contribute ideas and cooperate with others. Choose efficient Approaches to challenges.</p> <p>Vocabulary: Teamwork, Communication, Trust, Cooperate, Contribute, Challenge</p>	<p>Athletics Distance Challenge (EDS) Core learning: Stamina- sustain pace over longer distances. Throw with greater control, accuracy and efficiency. Perform a range of jumps showing power, control, consistency at both take off and landing.</p> <p>Vocabulary: Stamina, Distance, Pace, Power, Technique</p> <p>Striking and Fielding Cricket Runners Core learning: Demonstrate the correct batting stance. Move into a correct position to intercept a moving ball. Use a range of techniques to strike the ball.</p> <p>Vocabulary: Stance, Intercept, Spatial awareness, Tactics</p>
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<p>Year 5/6</p> <p>Healthy Eating: What are calories?</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Social Media- impact on what I think I am meant to be like (perfect bodies)</p>	<p>Invasion Games Football Calling the Shots Core learning: Use both the inside and outside when dribbling to control the ball. Use a range of Movement to turn when in control of the ball. Move into different positions to receive the ball.</p> <p>Vocabulary: Dribble, Control, Intercept, Shoot</p> <p>Net and Wall Games Tennis No core task Core learning: To apply an appropriate shot. Consistently hit a target. Play the ball away from their opponent. Demonstrate a serve.</p> <p>Vocabulary: Forehand, Backhand, Overhead, Shot Opponent, Serve, Rally</p>	<p>Dance Making the Grade Core learning: Show coordination, control, strength, alignment and flow of energy. Show an awareness of dance styles- name some styles of dance. Demonstrate different techniques (cannon, complimentary, mirroring).</p> <p>Vocabulary: Coordination, Control, Strength, Cannon Mirroring</p> <p>Invasion Games Netball No core task Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Positions, Pivot, Pass, Intercept, Defend</p>	<p>Gymnastics Double Take Core learning: Create a sequence with up to eight elements. Perform balances with control showing good body tension. Begin to take more weight on hands. Jump on and off apparatus of varying heights with control in air and on landing.</p> <p>Vocabulary: Elements, Body tension</p> <p>Invasion Games Hockey 5s and 3s Core learning: Apply principles of team play to keep possession. Make decisions quickly in games.</p> <p>Vocabulary: Possession, Invasion, Grip, Shoot, Intercept, Defend</p>	<p>Invasion Games Tag Rugby Tag Rugby (EDS) Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Tag, Belt, Invasion, V position, Line on, Try</p> <p>Invasion Games Basketball No core task Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Invasion, Positions, Intercept, Possession, Defend, Shoot</p>	<p>Striking and Fielding Rounders Zone Rounders Core learning: Vary their play. Decide on the best position for fielders. Know and apply the rules of the game and follow them fairly.</p> <p>Vocabulary: Positions, Striker, Fielder, Tactics, Outwit, Opponents</p> <p>OAA Electric Fence Core learning: Use a map to find their way between check points. Show control and coordination in their physical skills. Adapt plans to work more efficiently.</p> <p>Vocabulary: Teamwork, Trust, Communication, Contribute, Coordination</p>	<p>Athletics Three Jump Challenge Core learning: Explain how warming up can affect their performance. Describe how some activities improve strength, power and stamina. Continue to run, jump and throw with consistent techniques.</p> <p>Vocabulary: Strength, Power, Stamina, Techniques</p> <p>Striking and Fielding Cricket Pairs Crickets Core learning: Use the correct batting stance. Consistently move into a position to intercept a moving ball. Select appropriate fielding positions.</p> <p>Vocabulary: Stance, Intercept, Strike, Field, Intercept</p>
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P.E. Cycle B - 2020-2021

<p>Reception</p> <p>Healthy Eating: Healthy or unhealthy?</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Feeling happy/ sad</p>	<p>FMS Creating space Gross motor skills</p> <p><i>Core learning:</i> Find and move into an empty space. Move around a space safely without bumping into anyone or anything. Coordinate both arms to make large circles.</p> <p><i>Vocabulary:</i> Space, Large, Small, Big, Little Circle</p>	<p>Dance FMS with music Adjusting pace</p> <p><i>Core learning:</i> Move around a space whilst coordinating their arms. Move in different ways (i.e. hopping, skipping, jumping).</p> <p><i>Vocabulary:</i> Hop, Skip, Jump, Walk, Run</p>	<p>Gymnastics FMS- balance and Coordination</p> <p><i>Core learning:</i> Balance on 2 points. Bend forwards without Falling. Coordinate arms and legs to touch opposite sides. Stand with legs at different widths.</p> <p><i>Vocabulary:</i> Balance, Hands, Feet, Opposite, Wide</p>	<p>Throwing and Catching Bean bags Large balls</p> <p><i>Core learning:</i> Roll with two hands in a direction. Throw a ball with two hands in the direction they are aiming for. Identify which hand to throw with when throwing with one hand.</p> <p><i>Vocabulary:</i> Roll, Aim, Direction</p>	<p>Striking and Kicking Aim towards target</p> <p><i>Core learning:</i> Identify which foot to kick with. Demonstrate a whole leg motion. Kick in the direction of a target.</p> <p><i>Vocabulary:</i> Kick, Aim, Direction</p>	<p>Rolling and Bouncing Small and large balls</p> <p><i>Core learning:</i> Roll with two hands from different positions (i.e. sitting, kneeling, standing). Bounce a ball with two hands with some control. Bounce a ball to a partner/ target.</p> <p><i>Vocabulary:</i> Sit, Stand, Kneel, Bounce, Control, Target</p>
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<p>Year 1</p> <p>Healthy Eating: 5 a day</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Emotions- how do I deal with them? Why do I do this?</p>	<p>FMS</p> <p>No core task</p> <p>Core learning: Demonstrate some control over body movements, using both arms, legs and being aware of the space around them</p> <p>Vocabulary: Control, Swing, Movement</p> <p>Throwing and Catching</p> <p>10 point hoops</p> <p>Core learning: Show a correct stand when throwing (opposite arm to leg) Demonstrate a correct underarm throw. Throw towards a target when demonstrating both underarm throws. Catch with two hands with some success.</p> <p>Vocabulary: Stand, Opposite arm to leg, Underarm Catch</p>	<p>Dance</p> <p>Moving along</p> <p>Core learning: Remember a simple sequence of moves directed by the teacher. Perform different shapes with their body.</p> <p>Vocabulary: Demonstrate, Sequence, Shapes</p> <p>Games</p> <p>Bouncing</p> <p>No core task</p> <p>Core learning: Bounce a ball with two hands with increasing control. Bounce a ball to a targeted area. Demonstrate bouncing with different forces. Begin to use dominant hand to bounce a ball one handed.</p> <p>Vocabulary: Bounce, Force, Hard, Soft</p>	<p>Gymnastics</p> <p>Making Shapes</p> <p>Core learning: Balance on 4 points. Demonstrate 3 simple shapes made with their body (tuck, star, pike). Show some control of their core when demonstrating rolls. (log, tuck, teddy bear). Perform a simple sequence of moves including a travel, balance and a roll.</p> <p>Vocabulary: Balance, Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel</p> <p>Games</p> <p>Rolling and Bowling</p> <p>No core task</p> <p>Core learning: Roll with two hands from different positions (i.e. sit, kneel, stand). Roll a ball with one hand to a target with some control.</p> <p>Vocabulary: Roll, Stand, Sit, Target, Kneel</p>	<p>Games</p> <p>Bat and Ball</p> <p>No core task</p> <p>Core learning: Use a racket/ bat to strike a ball with some success. Show some control of a bat with two hands.</p> <p>Vocabulary : Racket, Bat, Strike</p> <p>Games</p> <p>Throwing and Catching (large balls)</p> <p>Piggy in the middle</p> <p>Core learning: Throw a ball with two hands with increasing accuracy towards a target. Demonstrate a chest pass to a partner. Demonstrate an overhead throw to a partner. Have some success when catching with two hands.</p> <p>Vocabulary: Throw, Catch, Chest pass, Overhead throw</p>	<p>Games</p> <p>Striking and Fielding</p> <p>Bean Bag Throw</p> <p>Core learning: Use hand and feet to strike a beanbag with some success. Catch a beanbag with two hands with increasing Success.</p> <p>Vocabulary: Strike, Cradle catch</p> <p>Games</p> <p>Kicking</p> <p>No core task</p> <p>Core learning: Kick with the inside part of the foot with some control. Kick with some accuracy towards a partner/ target.</p> <p>Vocabulary: Inside foot, Accurate</p>	<p>Athletics</p> <p>Honey Pot</p> <p>Core learning: Do a standing jump with the use of bended knees. Begin to change speeds From walking, jogging to running. Begin to underarm throw with increasing force to gain distance.</p> <p>Vocabulary: Bended knee, Speed, Force, Distance</p> <p>Games</p> <p>Sending and receiving</p> <p>No core task</p> <p>Core learning: Show an ability to roll, throw, kick and hit with some accuracy to a target/ partner. Identify empty spaces to aim towards as part of a tactical game. Demonstrate some success when receiving a roll, kick, throw or hit from a partner.</p> <p>Vocabulary: Tactics, Receive, Send, Control</p>
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<p>Year 2</p> <p>Healthy Eating: Food labels-making choices</p> <p>Being active: Activity log-when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Power of words-what I say can change the way a person feels.</p>	<p>FMS No core task Core learning: Demonstrate increased control over body movements, using both arms, legs and being aware of the space around them.</p> <p>Vocabulary: Movements, Space</p> <p>Throwing and Catching Small balls and Bean Bags No core task Core learning: Consistently stand correctly (opposite arm to leg) when throwing. Demonstrate a correct underarm and overarm throw. Throw towards a target when demonstrating both underarm and overarm throws. Catch with increasing success with two hands.</p> <p>Vocabulary: Opposite arm to leg, Underarm, Overarm, Cradle catch</p>	<p>Dance How does it feel? (EDS) Core learning: Demonstrate different travels with different levels. (i.e. on the floor, at body height, on tip toes). Suggest and perform a sequence of moves as part of a group performance. Perform different shapes with their body on different levels. Use facial expressions to express an emotion.</p> <p>Vocabulary: Travel, Levels, High, Low, Perform, Expression</p> <p>Games Bouncing No core task Core learning: Bounce a ball with one hand with increasing control. Bounce a ball with interchanging hands showing some control.</p> <p>Vocabulary: Bounce, Control, One handed, Interchange</p>	<p>Gymnastics Families of Actions Core learning: Demonstrate simple balances with a partner. Demonstrate 3 simple shapes made with their body (tuck, star and pike) on different levels (floor, standing, air- use of apparatus). Show increased control of their core when demonstrating rolls. (log roll, tuck roll, teddy bear roll). Perform a sequence of moves including a travel, a jump and a roll including the use of apparatus.</p> <p>Vocabulary: Simple balance, Shapes (star, tuck, pike), Level, Apparatus</p> <p>Games Rolling No core task Core learning: Roll a ball with one hand with increasing control to a target. Roll a ball with one Hand with swapping hands through cones.</p> <p>Vocabulary: Roll, Accurate, Interchange</p>	<p>Games Bat and Ball Mini Tennis Core learning: Use a racket to strike a ball with increasing success. Show increased control of a bat with two hands. Demonstrate some Control of a bat with the dominant hand.</p> <p>Vocabulary: Racket, Strike, Bat, Dominant hand</p> <p>Games Throwing and Catching (small balls) No core task Core learning: Throw a ball with the dominant hand with increasing accuracy towards a target. Demonstrate a shoulder pass. Demonstrate a cradle Catch. Consistently catch a ball with two hands. Have some success when catching with one hand.</p> <p>Vocabulary: Dominant hand Cradle catch Shoulder pass</p>	<p>Games Striking and Fielding No core task Core learning: Use different bats and rackets to strike a ball/ shuttlecock with increasing success. Catch a ball with some success (apply cradle catch). Show an awareness of empty space.</p> <p>Vocabulary: Bats, Racket, Shuttlecock</p> <p>Games Kicking Kick Rounders Core learning: Kick with the inside part of the foot with increasing control. Kick with increasing accuracy towards a target (empty space). Show some power when kicking into an empty space</p> <p>Vocabulary: Power, Aim, Spatial awareness, Tactics</p>	<p>Athletics Off Up and Away (EDS) Core learning: Demonstrate a standing jump and forward jump with the use of bended knees on take off and landing. Show an awareness of arms to support both running at a quicker pace and jumping a further distance. Have increased control and power when using a shoulder pass to gain distance.</p> <p>Vocabulary: Forward, Bended knee, Take off, Landing, Quicker, Pace</p> <p>Games Sending and receiving No core task Core learning: An ability to roll, throw, kick and hit with increasing accuracy to a target/ partner. Have some success when receiving a roll, kick, throw or hit from a partner. Show increasing control when in contact with a ball.</p> <p>Vocabulary: Accuracy, Target, Tactics, Receive, Contact</p>
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<p>Year 3/4</p> <p>Healthy Eating: Impact of sugary foods/ drinks</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Changes to relationships- how can this affect my mood and my feelings. How can I adjust to changes?</p>	<p>Swimming Net and Wall Badminton Mini Tennis 2 Core learning: Know how to correctly hold a racket. Demonstrate a forehand, backhand and overhead shot. Perform a simple rally.</p> <p>Vocabulary: Shuttlecock, Racket, Forehand, Backhand, Overhead, Shot, Rally</p>	<p>Swimming Dance Indian Delight Core learning: Compose an individual phrase to communicate an idea. Coordinate and synchronise movement-link phrases to music. Perform expressively.</p> <p>Vocabulary: Coordination, Synchronise, Perform, Expressions</p>	<p>Swimming Gymnastics Partner Work Core learning: Develop balance skills (counter balance) Devise a sequence with a beginning, a middle and an end. Apply a range of travel techniques to move from one balance to another. Continue to use apparatus to challenge moves and balances.</p> <p>Vocabulary: Counter balance, Sequence, Travel, Techniques, Apparatus</p>	<p>Swimming Invasion Games Netball 3 Touch Ball Core learning: Demonstrate a range of Techniques to pass the ball. Show an awareness of free space.</p> <p>Vocabulary: Invasion, Positions, Pivot Defend, Travel, Shoot</p>	<p>Swimming Striking and Fielding Cricket Runners Core learning: Hit the ball hard. Hit the ball into free space. Identify battling hand and technique. Understand the rules and format of the game.</p> <p>Vocabulary: Spatial awareness, Strike, Field, Power, Tactics, Bat</p>	<p>Swimming Athletics Faster, Higher, Further (EDS) Core learning: Demonstrate a range of jumps with appropriate landing. Demonstrate a range of throws with correct technique. Demonstrate a correct running stance.</p> <p>Vocabulary: Landing, Bended knees, Take off, Power, Aim</p>
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<p>Year 4/5</p> <p>Healthy Eating: Snacking habits</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Pressure/ Stress /Anxiety- How can I deal with these negative emotions- mindfulness/ yoga/ relaxation techniques.</p>	<p>Invasion Games Football Calling the Shots Core learning: Ball control- use of inside and outside foot. Move to try and intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Possession, Dribble, Defend, Shoot, Positions, Intercept, Tackle, Control</p> <p>Net and Wall Games Badminton Long and Thin, Short and Fat Core learning: Consistently get a shuttlecock near a target. Perform a rally with some variation of shot type.</p> <p>Vocabulary: Shuttlecock, Forehand, Backhand, Overhead, Shot, Opponent, Tactics, Rally</p>	<p>Dance Machines Core learning: Work constructively with a partner/group. Refine, repeat and remember dance phrases. Put moves to a dance rhythm (5,6,7,8).</p> <p>Vocabulary: Teamwork, Performance Beats, Counts, Rhythm</p> <p>Invasion Games Netball 5s and 3s Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Positions, Possession, Pivot, Travel, Defend, Intercept</p>	<p>Gymnastics Balancing Act Core learning: Know the difference between a top and base. Compose a sequence with a change of level, speed and direction. Perform a range of acrobatic balances. Use apparatus confidently to demonstrate movements and balances.</p> <p>Vocabulary: Top, Base, Sequence, Acrobatic balances</p> <p>Invasion Games Hockey On the Attack Core learning: Select appropriate passes to hit an intended target. Attempting to outwit their opponent by using agreed tactics.</p> <p>Vocabulary: Invasion, Grip, Put, Spatial awareness, Opponent, Possession, Defend, Intercepts, Tactics</p>	<p>Invasion Games Tag Rugby Grid Rugby Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Tag, Belt, Try V position, Line on, Receive, Back pass</p> <p>Invasion Games Basketball No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Dribble, Basket, Tactics, Possession, Opponent, Intercept, Defend</p>	<p>Striking and Fielding Rounders Run the Loop Core learning: Run fluently between bases. Use different throwing Techniques. To understand that throwing a ball is quicker than running to a base.</p> <p>Vocabulary: Strike, Field, Bat, Teamwork, Communication, Tactics</p> <p>OAA Crystal Star Challenge Core learning: Plan before starting challenge. Listen, contribute ideas and cooperate with others. Choose efficient Approaches to challenges.</p> <p>Vocabulary: Team work, Communication, Cooperation, Trust, Contribute</p>	<p>Athletics Distance Challenge (EDS) Core learning: Stamina- sustain pace over longer distances. Throw with greater control, accuracy and efficiency. Perform a range of jumps showing power, control, consistency at both take off and landing.</p> <p>Vocabulary: Stamina, Control, Pace, Speed, Power</p> <p>Striking and Fielding Cricket Pairs Crickets Core learning: Demonstrate the correct batting stance. Move into a correct position to intercept a moving ball. Use a range of techniques to strike the ball.</p> <p>Vocabulary: Strike, Field, Bat, Tactics, Spatial awareness, Opponent</p>
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<p>Year 5/6</p> <p>Healthy Eating: What are calories?</p> <p>Being active: Activity log- when am I active, when could I be more active? How could I achieve this?</p> <p>Healthy Mind: Social Media- impact on what I think I am meant to be like (perfect bodies)</p>	<p>Invasion Games Football Calling the Shots Core learning: Use both the inside and outside when dribbling. Use a range of Movement to turn when in control of the ball. Move into different positions to receive the ball.</p> <p>Vocabulary: Invasion, Positions, Possession, Defend, Tackle, Intercept, Shoot, Dribble</p> <p>Net and Wall Games Badminton Long and Thin, Short and Fat Core learning: To apply an appropriate shot. Consistently hit a target. Play the shuttlecock away from their opponent. Demonstrate a serve.</p> <p>Vocabulary: Shot, Tactics, Opponent, Serve</p>	<p>Dance Do it in style Core learning: Show coordination, control, strength, alignment and flow of energy. Show an awareness of dance styles- name some styles of dance. Demonstrate different techniques (cannon, complimentary, mirroring).</p> <p>Vocabulary: Coordination, Teamwork, Strength, Style, Mirroring, Cannon</p> <p>Invasion Games Netball 5s and 3s Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Invasion, Positions, Pivot, Defend, Intercept</p>	<p>Gymnastics Group Dynamics Core learning: Create a sequence with up to eight elements. Perform balances with control showing good body tension. Begin to take more weight on hands. Jump on and off apparatus of varying heights with control in air and on landing.</p> <p>Vocabulary: Sequence, Elements, Body tension</p> <p>Invasion Games Hockey On the Attack Core learning: Apply principles of team play to keep possession. Make decisions quickly in games.</p> <p>Vocabulary: Invasion, Possession, Intercept, Defend, Opponent, Shoot</p>	<p>Invasion Games Tag Rugby Tag Rugby (EDS) Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Invasion, Tag, Try, Belt V position, Line on, Back pass, Opponent, Possession</p> <p>Invasion Games Basketball No core task Core learning: Apply a range of Techniques to pass the ball. Move into different positions to intercept the ball. Show consistency, control and speed.</p> <p>Vocabulary: Invasion, Basket, Dribble, Intercept, Possession, Teamwork, Shoot</p>	<p>Striking and Fielding Rounders Zone Rounders Core learning: Vary their play. Decide on the best position for fielders. Know and apply the rules of the game and follow them fairly.</p> <p>Vocabulary: Strike, Field, Spatial awareness, Communication, Position</p> <p>OAA Electric Fence Core learning: Use a map to find their way between check points. Show control and coordination in their physical skills. Adapt plans to work more efficiently.</p> <p>Vocabulary: Communication, Teamwork, Coordination, Control, Trust</p>	<p>Athletics Three Jump Challenge Core learning: Explain how warming up can affect their performance. Describe how some activities improve strength, power and stamina. Continue to run, jump and throw with consistent techniques.</p> <p>Vocabulary: Strength, Power, Stamina</p> <p>Striking and Fielding Cricket Zone Cricket Core learning: Use the correct batting stance. Consistently move into a position to intercept a moving ball. Select appropriate fielding positions.</p> <p>Vocabulary: Stance, Intercept, Strike, Field, Positions</p>
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