

PE - 2021-2023

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

The document below provides an overview of our PE curriculum for each year group.

P.E. Cycle A - 2021-2022

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: Space, Large, Small Big, Little, Circle 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: Roll, Aim, Direction 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: Hop, Skip, Jump, Walk Run Demonstrate, Sequence, Shapes</p> <p>Games</p> <p>Bouncing 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: Sit, Stand, Kneel, Bounce Control, Target 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, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel</p> <p>Games</p> <p>Rolling and Bowling 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 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) 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: Roll, Aim, Direction Throw, Catch, Chest pass, Overhead throw</p>	<p>Games</p> <p>Striking and Fielding 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</p> <p>Games</p> <p>Kicking 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: Kick, Aim, Direction 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 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: 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: Space, Large, Small Big, Little, Circle Control, Swing, Movement</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: Roll, Aim, Direction Stand, Opposite arm to Leg, Underarm, Catch 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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes 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: Sit, Stand, Kneel, Bounce Control, Target, Hard, Soft Control, Force, 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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel 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, Stand, Sit, Target,</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, Bat, Strike 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: Roll, Aim, Direction Throw, Catch, Chest pass, Overhead throw 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: Strike, 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: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness,</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace</p> <p>Games 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: Receive, Send, Control</p>
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			Kneel Accurate, Interchange			Accuracy, Target
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End of Key Stage One targets:

- Pupils should develop fundamental movement skills
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games
- Develop simple tactics for attacking and defending
- Perform dances using simple movement patterns.

<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 (Yr4)</p> <p>Invasion Games (Yr3) Football No core task Core learning: Ball control- use of inside and outside foot- dribbling. Move to try and intercept the ball.</p> <p>Vocabulary: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency</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, Bat, Strike Dominant hand, Racket, Rally, Forehand, Backhand, Overhead, Shot</p>	<p>Swimming (Yr4)</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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance</p> <p>Invasion Games (Yr3) Netball No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball.</p> <p>Vocabulary: Position, Receive, Pivot</p>	<p>Swimming (Yr4)</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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique</p> <p>Invasion Games (Yr3) Hockey No core task Core learning: Pass to hit an intended target. Attempting to outwit their opponent by using agreed tactics.</p> <p>Vocabulary: Invasion, Opponent, Put, Grip</p>	<p>Swimming (Yr4)</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>Invasion Games (Yr3) Tag Rugby No core task Core learning: Pass the ball with correct technique. Move into different positions to receive the ball.</p> <p>Vocabulary: Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass, Offside</p>	<p>Swimming (Yr4)</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, Bats Field, Batting Technique</p> <p>OAA (Yr3) No core task Core learning: Plan before starting challenge. Listen, contribute ideas and cooperate with others.</p> <p>Vocabulary: Teamwork, Communication, Trust,</p>	<p>Swimming (Yr4)</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance</p> <p>Striking and Fielding (Yr3) Rounders No core task Core learning: Run fluently between bases. Use different throwing Techniques.</p> <p>Vocabulary: Stance, Spatial awareness,</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>Swimming (Yr4)</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: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency Speed</p> <p>Net and Wall (Yr5) 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>Swimming (Yr4)</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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance Rhythm, Counts, Beats</p> <p>Invasion Games (Yr5) 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: Position, Receive, Pivot</p>	<p>Swimming (Yr4)</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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique Top, Base, Compose, Acrobatic balance</p> <p>Invasion Games (yr5) Hockey 5s and 3s Core learning: Select appropriate passes to hit an intended target.</p>	<p>Swimming (Yr4)</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: Technique, Pass, Control, Spatial awareness Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass,</p> <p>Invasion Games (yr5) 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: Technique, Pass, Control, Spatial awareness</p>	<p>Swimming (Yr4)</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, Bats Field, Batting Technique Base, Teamwork, Communication</p> <p>OAA (Yr5) 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>Swimming (Yr4)</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance Stamina, Power</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:</p>
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	<p>Vocabulary: Racket, Bat, Strike Dominant hand, Racket, Rally, Forehand, Backhand, Overhead, Shot Vary</p>	<p>Techniques</p>	<p>Attempting to outwit their opponent by using agreed tactics.</p> <p>Vocabulary: Invasion, Opponent, Put, Grip Tactics, shoot, defend</p>	<p>Invasion, Dribble, Positions, Jump shot</p>		<p>Stance, Spatial awareness, Tactics</p>
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<p>Year 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: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency Speed Intercept</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>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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance Rhythm, Counts, Beats 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>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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique, Top, Base, Compose, Acrobatic balance 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:</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: Technique, Pass, Control, Spatial awareness Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass, Offside</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: Technique, Pass, Control, Spatial awareness Invasion, Dribble, Positions, Jump shot Intercept, Possession</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, Bats Field, Batting Technique Base, Teamwork, Communication 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, Communication, Trust, Cooperate, Contribute, Challenge 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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance, Stamina, Power Strength</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, Spatial awareness, Tactics Intercept</p>
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	Vocabulary: Racket, Bat, Strike Dominant hand, Racket, Rally, Forehand, Backhand, Overhead, Shot, Vary Opponent, Serve	Vocabulary: Position, Receive, Pivot, Techniques Pass, Intercept, Defend	Invasion, Opponent, Put, Grip, shoot, defend, Tactics Possession, Intercept			
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End of Key Stage Two targets:

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

P.E. Cycle B - 2022-2023

<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: Space, Large, Small Big, Little, Circle 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: Roll, Aim, Direction 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: Hop, Skip, Jump, Walk Run</p> <p>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: Sit, Stand, Kneel, Bounce Control, Target 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 over head throw to a partner. Have some success when catching with two hands.</p> <p>Vocabulary: Roll, Aim, Direction 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.</p> <p>Catch a beanbag with two Hands with increasing Success.</p> <p>Vocabulary: Strike</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: Kick, Aim, Direction 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: 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: Space, Large, Small Big, Little, Circle Control, Swing, Movement</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: Roll, Aim, Direction Stand, Opposite arm to Leg, Underarm, Catch 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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes 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: Sit, Stand, Kneel, Bounce Control, Target, Hard, Soft Control, Force, 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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel 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. Vocabulary: Roll, Stand, Sit, Target, Kneel 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 Bat and Ball No core task 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 Throwing and Catching (large balls) Piggy in the middle 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: Roll, Aim, Direction Throw, Catch, Chest pass, Overhead throw</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace</p> <p>Games 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. Vocabulary: Receive, Send, Control Accuracy, Target</p>
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End of Key Stage One targets:

- Pupils should develop fundamental movement skills
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games
- Develop simple tactics for attacking and defending
- Perform dances using simple movement patterns.

<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 (Yr4)</p> <p>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>Invasion Games (Yr3) Football No core task Core learning: Ball control- use of inside and outside foot- dribbling. Move to try and intercept the ball.</p> <p>Vocabulary: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency</p>	<p>Swimming (Yr4)</p> <p>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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance</p> <p>Invasion Games (Yr3) Netball No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball.</p> <p>Vocabulary: Position, Receive, Pivot</p>	<p>Swimming (Yr4)</p> <p>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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique</p> <p>Invasion Games (Yr3) Hockey No core task Core learning: Select appropriate passes to hit an intended target.</p> <p>Vocabulary: Invasion, Opponent, Put, Grip</p>	<p>Swimming (Yr4)</p> <p>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: Position, Receive, Pivot</p> <p>Invasion Games (Yr3) Tag Rugby No core task Core learning: Use a range of Techniques to pass the ball. Move into different positions to receive the ball.</p> <p>Vocabulary: Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass, Offside</p>	<p>Swimming (Yr4)</p> <p>Striking and Fielding Rounders 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: Strike, Bats Field, Batting Technique</p> <p>OAA (Yr3) No core task Core learning: Plan before starting challenge. Listen, contribute ideas and cooperate with others.</p> <p>Vocabulary: Teamwork, Communication, Trust,</p>	<p>Swimming (Yr4)</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance</p> <p>Striking and Fielding (Yr3) Cricket No core task Core learning: Demonstrate the correct batting stance. Move into a correct position to intercept a moving ball.</p> <p>Vocabulary: Stance, Spatial awareness,</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>Swimming (Yr4)</p> <p>Invasion Games Yr5 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: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency Speed</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, Racket,</p>	<p>Swimming (Yr4)</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: Vocabulary: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance Rhythm, Counts, Beats</p> <p>Invasion Games (Yr5) 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: Position, Receive, Pivot</p>	<p>Swimming (Yr4)</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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique Top, Base, Compose, Acrobatic balance</p> <p>Invasion Games (Yr5) Hockey On the Attack Core learning: Select appropriate passes to hit an intended target. Attempting to outwit their opponent by using</p>	<p>Swimming (Yr4)</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: Technique, Pass, Control, Spatial awareness Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass,</p> <p>Invasion Games (Yr5) 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: Technique, Pass, Control, Spatial awareness</p>	<p>Swimming (Yr4)</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, Bats Field, Batting Technique Base, Teamwork, Communication</p> <p>OAA (Yr5) 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>Swimming (Yr4)</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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance Stamina, Power</p> <p>Striking and Fielding (Yr5) 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>
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	Forehand, Backhand, Overhead, Shot, Rally Vary	Techniques	agreed tactics. Vocabulary: Invasion, Opponent, Put, Grip Tactics, shoot, defend	Invasion, Dribble, Positions, Jump shot		Vocabulary: Stance, Spatial awareness, Tactics
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<p>Year 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: Kick, Aim, Direction Inside foot, Accurate Power, Spatial awareness, Ball control, Consistency Speed Intercept</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:</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: Hop, Skip, Jump, Walk Run, Demonstrate, Sequence, Shapes Travel, Levels, High, Low, Perform, Expression Coordination, Synchronise, Expression, Performance Rhythm, Counts, Beats Control, Strength, Cannon, Mirroring</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:</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: Balance, Hands, Feet Opposite, Wide Tuck, Star, Pike Log roll, Tuck roll, Teddy bear roll, Travel Level, Apparatus, Counter, Sequence, Technique, Top, Base, Compose, Acrobatic balance 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:</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: Technique, Pass, Control, Spatial awareness Invasion, Tag, Belt, V position, Line on, Try, Receive, Back pass, Offside</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: Technique, Pass, Control, Spatial awareness Invasion, Dribble, Positions, Jump shot Intercept, Possession</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, Bats Field, Batting Technique Base, Teamwork, Communication 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, Communication, Trust, Cooperate, Contribute, Challenge 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: Bended knee, Speed, Force, Distance Forward, Take off, Landing, Quicker Pace Appropriate Technique, Stance, Stamina, Power Strength</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, Spatial awareness, Tactics Intercept, positions</p>
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	Racket, Bat, Strike Dominant hand, Racket, Rally, Forehand, Backhand, Overhead, Shot, Vary Opponent, Serve	Position, Receive, Pivot, Techniques Pass, Intercept, Defend	Invasion, Opponent, Put, Grip, shoot, defend, Tactics Possession, Intercept			
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End of Key Stage Two targets:

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

