

	Autumn	Autumn	Spring	Spring	Summer	Summer
EYFS A	<u>Multi-skills</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Gymnastics</u>	<u>Multi-skills</u>	<u>Athletics/ OAA</u>
	<p>Key learning</p> <ul style="list-style-type: none"> • Moving • Throwing • Catching • Coodination • Balancing an object • Spatial Awareness <p>Key Vocab: Throw Catch Position Jump Fast Medium Slow</p> <p>Activities Movement and positional games Target throwing games Rolling a ball Catching games Throwing and rolling different sized balls FUNS Cards</p>	<p>Key learning</p> <ul style="list-style-type: none"> • Core Strength • Balance • Stability • Agility <p>Key Vocab: Balance Control Movement</p> <p>Activities Using the soft play equipment: balance challenges Climbing Obstacle courses</p>	<p>Key learning</p> <ul style="list-style-type: none"> • Movement • Balance • Stability • Coordination • Creativity • Spatial awareness <p>Key Vocab: Balance Control Shape Rhythm</p> <p>Activities Animal movements Movement to music TOPs Cards</p>	<p>Key learning</p> <ul style="list-style-type: none"> • Core Strength • Balance • Stability • Agility <p>Key Vocab: Balance Control Movement Stable</p> <p>Activities Using the hall apparatus: Exploring the apparatus Balance Movement TOPs Cards</p>	<p>Key learning</p> <ul style="list-style-type: none"> • Coordination • Kicking • Striking • Throwing • Catching <p>Key Vocab: Kick Strike Control Hard Soft</p> <p>Activities Kicking a football at a target Striking a stationary ball with a racket / bat Hitting a moving ball with a racket Throwing and catching games</p>	<p>Key learning</p> <ul style="list-style-type: none"> • Running • Jumping • Balance • Stability • Agility • Spatial awareness <p>Key Vocab: Race Team Athletics</p> <p>Activities Mini races: running, hurdles, sack Obstacle Courses Outdoor trails Parachute games TOPs Cards OAA Folder Co Joe's?</p>
				<u>Cricket</u>		<u>Football (Trident Soccer)</u>
				<p>Key learning</p> <ul style="list-style-type: none"> • Throw a ball underarm • Throw a ball overarm • Catch using both hands • Hit a stationary ball with a bat (coordination) • Build confidence hitting a moving ball (coordination) • Running games 		<p>Key learning</p> <ul style="list-style-type: none"> • Strength • Coordination – kicking • Spatial awareness • Positional awareness • Stability <p>Key Vocab: 5 – 8 words</p> <p>Activities Spatial awareness games</p>

						Football drills
KS1 A	<u>Multi-Skills</u> Key learning <ul style="list-style-type: none"> • Throwing • Catching • Kicking • Teamwork • Spatial Awareness • Coordination Key Vocab: 5 – 8 words Activities Invasion games Tag using rugby tags Target throwing - dodgeball Catching games 2 v 2 throwing and catching Ball control drills FUNS Cards	<u>Dance</u> Key learning <ul style="list-style-type: none"> • Use simple movement patterns • Show balance, control and coordination • Copy and repeat simple actions • Change and vary simple actions shown • Change and vary direction • Change and vary speed • Link movement to form a simple dance phrase Key Vocab: 5 – 8 words Activities Move in different ways (e.g. animals, transport) Learn a sequence Move between positions in time with music TOPs Cards	<u>Gymnastics</u> Key learning <ul style="list-style-type: none"> • To build control with balance putting weight on different parts of the body • To build agility using different types of apparatus • To control a jump on the floor and from apparatus • To build core strength, stability and control through a range of movement types • To build coordination and control through three roll types (teddybear, log, forward) Key Vocab: 5 – 8 words Activities Balancing Rolling: teddybear / log / forward Moving across different apparatus Balances using apparatus Jumping using apparatus	<u>Cricket</u> Key learning <ul style="list-style-type: none"> • Catch a ball with increasing consistency • Throw a ball a short distance accurately underarm • Throw a ball a short distance accurately overarm • Increase coordination striking a ball with a bat • Fielding - blocking and retrieving a ball 	<u>Invasion Games</u> Key learning <ul style="list-style-type: none"> • Attacking • Defending • Spatial positioning • Running Key Vocab: 5 – 8 words Activities Tag and similar warm up games Simple Tag Rugby Handball	<u>Athletics / OAA</u> Key learning <ul style="list-style-type: none"> • Running • Jumping • Throwing • Problem solving • Teamwork • To use a simple map to follow a route Key Vocab: 5 – 8 words Activities Sprints, relays, hurdles, long jump, high jump, javelin throw Outdoor problem solving Orienteering TOPs Cards OAA Folder Co Joe's?
		<u>Gymnastics</u> Key learning <ul style="list-style-type: none"> • To build control with balance putting weight on different parts of the body • To build agility using different types of apparatus 	<u>Dance</u> Key learning <ul style="list-style-type: none"> • Respond to different stimuli for dance • Show canon and unison with a partner • Evaluate and comment on own and others' dance performance 	<u>Football (Trident Soccer)</u> Key learning <ul style="list-style-type: none"> • Coordination and building accuracy – kicking to a partner and at a target • Controlling a ball while moving - dribbling • Balance 	<u>Swimming</u>	

		<ul style="list-style-type: none"> To control a jump on the floor and from apparatus To build core strength, stability and control through a range of movement types To build coordination and control through three roll types (teddybear, log, forward) <p>Key Vocab: 5 – 8 words</p> <p>Activities Balancing Rolling: teddybear / log / forward Moving across different apparatus Balances using apparatus Jumping using apparatus</p>	<ul style="list-style-type: none"> Suggest ways to improve a dance motif <p>Key Vocab: 5 – 8 words</p> <p>Activities Responding to different styles of music Working in partnership to create a routine Mirror movement Create a sequence with a group TOPs Cards</p>	<ul style="list-style-type: none"> Simple tactics for attacking and defending <p>Key Vocab: 5 – 8 words</p> <p>Activities Football drills and basic skills Invasion games Dribbling, passing, shooting</p>		
LKS2 A	<p><u>Multi-skills</u></p> <p>Key learning</p> <ul style="list-style-type: none"> To run, jump, throw and catch in isolation and in combination To control a ball: with feet, with hands (including bouncing), with a hockey stick To apply basic skills for attacking and defending <p>Key Vocab: 5 – 8 words</p> <p>Activities Handball, benchball, netball. Kwik Sticks Hockey Football Drills FUNS Cards</p>	<p><u>Dance</u></p> <p>Key learning</p> <ul style="list-style-type: none"> Create dance phrases to a range of accompaniment Develop character and narrative ideas Use a wide range of actions and movement phrases Explore different pathways, levels, shape and speed Create and perform sequences with a partner Build a sense of rhythm when performing Reflect and evaluate performance <p>Key Vocab: 5 – 8 words</p>	<p><u>Gymnastics</u></p> <p>Key learning</p> <ul style="list-style-type: none"> To be able to control a forward roll and a backwards roll To be able to control the five jumps on the ground and from apparatus: star, tuck, pike, straddle, straight To be able to hold a balance putting weight on different parts of the body To be able to practice and perform a short sequence of jumps, movement and balances To adapt floor work to include different types of apparatus To perform with fluency and control 	<p><u>Hockey</u></p> <p>Key learning</p> <ul style="list-style-type: none"> To accurately pass the ball a short distance and a longer distance To maintain control of the ball while moving To build spatial awareness To apply basic principles for attacking and defending <p>Key Vocab: 5 – 8 words</p> <p>Activities Spatial awareness games Invasion games Hockey drills Kwik Sticks Hockey</p>	<p><u>Tennis</u></p> <p>Key learning</p> <ul style="list-style-type: none"> To control a ball on the racket individually To control a forehand shot To control a backhand shot To complete a simple rally To control an underarm serve To build accuracy with an overarm serve <p>Key Vocab: 5 – 8 words</p> <p>Activities Tennis drills</p>	<p><u>Athletics</u></p> <p>Key learning</p> <ul style="list-style-type: none"> To build strength, agility and discipline To run fast over a short distance To control pace over a longer distance To control jumping while running (hurdles) To jump from a standing start and from a run up: To control throwing To work towards beating a personal best <p>Key Vocab: 5 – 8 words</p> <p>Activities Running races over a short and longer distance</p>

		Activities Move to a range of musical styles Tell a story through dance Practice moving to rhythm at different speeds and in different styles Create own sequences to music TOPs Cards	Key Vocab: 5 – 8 words Activities Practising rolling Balancing and jumping with and without different apparatus Creating and performing a sequence TOPs Cards			Mini-hurdles Standing long jump and high jump Running long jump and high jump TOPs Cards
	<u>Tag Rugby</u> Key learning <ul style="list-style-type: none"> To use positional strategies to defend a tag To use the W hand grip to pass the ball accurately To pass the ball along a linear formation To drop kick a rugby ball with increasing accuracy To catch a rugby ball from height To use spatial and positional awareness to form a team strategy 	<u>Football (Trident Soccer)</u> Key learning <ul style="list-style-type: none"> Techniques for passing and shooting Dribbling with growing speed and control Passing and moving Applying basic principles for attacking and defending Positional awareness in football Key Vocab: 5 – 8 words	<u>Swimming</u>		<u>OAA</u> Key learning <ul style="list-style-type: none"> To demonstrate understanding and use maps and diagrams To show initiative, starting to plan sensible responses to problems To work and communicate as part of a team To recognise strengths and weaknesses in their approach Activities Orienteering OAA Folder TOPs Cards Co Joe's?	<u>Cricket</u> Key learning <ul style="list-style-type: none"> Throw a ball at a target with increasing accuracy from increasing distance Bowl a ball underarm Strike a moving ball with a bat with increasing force Build accuracy striking a ball with a bat Catch a ball from an increasing distance Build awareness of strategy and positional tactics while fielding
UKS2 A	<u>Cricket</u> Key learning <ul style="list-style-type: none"> Throw with increasing speed, distance and accuracy 	<u>Multi-Skills/Football</u> Key learning <ul style="list-style-type: none"> Apply skills for attacking and defending within a range of contexts 	<u>Dance</u> Key learning <ul style="list-style-type: none"> Perform dances from different times, places and cultures Show creativity and imagination in movements 	<u>Gymnastics</u> Key learning <ul style="list-style-type: none"> Create, practice and refine more complex, longer sequences Build smooth transitions within sequences 	<u>Tennis</u> Key learning <ul style="list-style-type: none"> Use forehand and backhand shots with increasing control 	<u>Athletics</u> Key learning <ul style="list-style-type: none"> Can control speed, strength and stamina when running Can throw a variety of objects with control

	<ul style="list-style-type: none"> Strike a ball with a bat with control Catch a ball from distance Apply strategies for fielding Apply the basic rules of cricket 	<ul style="list-style-type: none"> Apply skills of passing and moving, and defending, in arrange of games contexts Build control with running, jumping, throwing and catching in combination Build coordination through a range of ball-control skills: football dribbling, shooting, passing; basketball dribbling, shooting, passing; working with different sized balls <p>Activities FUNS cards Ball skill drills Invasion games</p>	<ul style="list-style-type: none"> Plan dances creatively and collaboratively Compose, develop and adapt motifs Perform longer dances with control and fluency Use appropriate dance terminology to describe dance <p>Key Vocab: 5 – 8 words</p> <p>Activities Learning cultural dances, and historical styles (e.g. jive, street, samba) Composing to a musical stimulus TOPs Cards</p>	<ul style="list-style-type: none"> Show controlled changes in level, direction and speed Adapt sequences from floor to apparatus with confidence Demonstrate control in a variety of pair balances Use apparatus to support more challenging actions with control Show reflective and evaluative thinking skills in response to performance <p>Key Vocab: 5 – 8 words</p> <p>Activities TOPs Cards Combining a range of balances, jumps, rolls and movements into longer sequences Developing more challenging movements and actions using apparatus Building apparatus into sequences</p>	<ul style="list-style-type: none"> Combine striking the ball with positional awareness and movement Develop volley, overhead and drop shots Work with a partner to build longer rallies Start to build control with overhead service Play a game showing increasing accuracy with striking the ball <p>Key Vocab: 5 – 8 words</p> <p>Activities Tennis drills</p>	<ul style="list-style-type: none"> Can control speed and strength when throwing and jumping Can evaluate and improve techniques for throwing, jumping and running Can work towards a personal target and suggest ways to beat a personal best <p>Key Vocab: 5 – 8 words</p> <p>Activities Running over a variety of distances Hurdles Long and high jump from a standing and a running start</p>
UKS2 B	<u>Swimming</u>		<u>Football (Trident Soccer)</u>	<u>Hockey</u>	<u>Tag Rugby</u>	<u>OAA</u>
			<p>Key learning</p> <ul style="list-style-type: none"> To control a ball moving at pace To dribble the ball around obstacles To control different techniques for passing and shooting To apply principles of attack and defend To combine movement, spatial awareness and positioning, control of the ball and passing/shooting 	<p>Key learning</p> <ul style="list-style-type: none"> To pass accurately over a short and longer distance To control the ball while moving To apply principles of attack and defend To combine movement, spatial awareness and positioning, control of the ball and passing/shooting To communicate as part of a team demonstrating a sense of strategy 	<p>Key learning</p> <ul style="list-style-type: none"> To apply team strategies for attacking and defending To combine passing and moving To accurately kick and pass a rugby ball To combine passing, catching and movement To apply positional knowledge and spatial awareness to a match situation 	<p>Key learning</p> <ul style="list-style-type: none"> To plan and follow a route for orienteering using a map To show initiative, creativity and resilience with outdoor problem solving To work and communicate as part of a team to solve a problem To build leadership skills To evaluate an approach and suggest improvements <p>Key Vocab:</p>

		<ul style="list-style-type: none">To communicate as part of a team demonstrating a sense of strategy <p>Key Vocab: 5 – 8 words</p> <p>Activities Football drills</p>	<ul style="list-style-type: none">To play according to the rules of hockey <p>Key Vocab: 5 – 8 words</p> <p>Activities Hockey drills Passing and moving Attack V defence Matches</p>	<ul style="list-style-type: none">To apply key skills to different roles within the team	5 – 8 words Activities Orienteering TOPs Cards OAA Folder Co Joe's?
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Disciplinary Knowledge

By the end of...	I can...
Nursery	
Reception	Explain how exercise and a healthy diet keeps me healthy I know that if I practise a technique, I can get better
Year 1	
Year 2	Apply simple tactics for outwitting an opposition player Explain the benefits of warming up and cooling down Know that regular exercise combined with a healthy diet helps the body stay healthy Practise a technique and work towards a personal goal Know that exercise increases heart rate Evaluate and suggest improvements to my own and others' performance
Year 3	
Year 4	To design and lead an effective warm up for exercise Explain that our bodies need more oxygen as we exercise, so our heart beats faster and we breath faster

	<p>Apply basic principles for attacking and defending</p> <p>Make deliberate changes to a technique in order to improve performance</p> <p>Plan how to work to beat a personal best or towards a personal goal</p> <p>Suggest how to adjust an activity to support the ability of the group - increase or decrease difficulty</p> <p>Communicate as part of a team in different sporting contexts</p> <p>Identify strengths and ways to improve own and others' performance</p>
Year 5	
Year 6	<p>Lead different warm ups suitable to different activities</p> <p>Link in science learning to explain how the circulatory system is affected by exercise</p> <p>Explain which food groups help to build stamina and muscle growth</p> <p>Demonstrate basic principles of leadership and coaching within a group</p> <p>In a range of contexts, identify strengths and ways to improve own and others' performance</p> <p>Plan and adapt training activities to support the progress of individuals</p> <p>Work collaboratively towards beating a personal best</p>