



Physical Education Curriculum Map

By the end of Key Stage One, we expect pupils to be able to:

- ✓ Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- ✓ Be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

By the end of Key Stage Two, we expect pupils to be able to:

- ✓ 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.
- ✓ They should enjoy communicating, collaborating and competing.
- ✓ They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Year 1	Autumn 1 Gymnastics	Autumn 2 Dance	Spring 1 Team Games Ball Skills	Spring 2 Invasion games Basketball	Summer 1 Athletics: Sports Day Running and Jumping	Summer 2 Orienteering School Site	Summer 1 Athletics: Sports Day Throwing and Catching
National Curriculum Programme of Study	Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Perform dances using simple movement patterns.	Master basic movements throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Participate in team games, developing simple tactics for attacking and defending.	Master basic movements in running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Develop balance, agility and coordination and apply these to a range of activities.	Use, throwing and catching in isolation and in combination.
RDPS Knowledge and skills	<p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p> <p>Carry out a range of simple jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment. Begin to move with control and care.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Move freely to music Dance in the wider space.</p> <p>Move fast or slow.</p> <p>Move high or low.</p> <p>Make different shapes, at different levels.</p> <p>Copy Movements.</p> <p>Work on their own.</p> <p>Know that dance is used to express and to communicate feelings.</p> <p>Make a shape hold it and move about it in that shape.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Travel in at least two different ways e.g. running and side stepping.</p> <p>Stop travelling to change direction.</p> <p>Pass a ball to another player over a short distance.</p> <p>Travel forwards, backwards and sideways.</p> <p>Change direction when travelling.</p> <p>Travel with a ball using their feet and hands.</p>	<p>Vary their pace and speed when running.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Jog and sprint in a straight line.</p> <p>Change direction when jogging and sprinting.</p> <p>Maintain control as they change direction when jogging and sprinting.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Begin to use the correct technique for jumping as high and as far as they can.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Complete simple obstacle courses with instruction from an adult.</p> <p>Design a simple obstacle course for others using equipment.</p> <p>Evaluate and change a course to increase/decrease challenge.</p>	<p>Throw underarm and overarm.</p> <p>Throw a ball towards a target with increasing accuracy.</p> <p>Improve the distance they can throw by using more power.</p> <p>Roll a ball and pick it up as it slows down.</p> <p>Catch a ball with two hands.</p> <p>Roll a ball along a line or to a target and pick it up as it slows down.</p> <p>Catch a ball thrown by a partner, with two hands.</p> <p>Roll a ball or a quoit along a line or to a target with speed and control, then track it and stop it with two hands.</p> <p>Catch a ball with one hand.</p>

	<p>Skills to be taught</p> <p>Log roll Curled side roll Teddy bear roll Jumps: Straight jump, Tuck jump, Jumping jack, Half turn, Cat Spring, Bunny hop Front support Wheelbarrow with partner. Hopscotch Skipping Galloping Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p>	<p>Dance in their personal space and the wider space.</p> <p>Dance (or pretend to dance) with an object to communicate an idea.</p> <p>Move to the rhythm of the music.</p> <p>Perform basic actions like turning, rolling, jumping, travelling, making a shape and holding it.</p> <p>Mirror movements.</p> <p>Perform a Canon.</p> <p>Perform in unison.</p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game</p>	<p>Change direction while travelling with a ball.</p> <p>Use their hands to pass to another player.</p> <p>Pass the ball quickly whilst in a game situation.</p> <p>Travel in different ways with control to get a useful space.</p> <p>Select the most appropriate way of travelling for the context of the game.</p> <p>Keep good control of a ball while travelling with it.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p>	<p>Explore different types of jumps.</p> <p>Land Safely.</p> <p>Make a simple sequence of jumps.</p> <p>Jump as high and as far as possible using the correct techniques.</p> <p>Use different ways of jumping.</p> <p>Land Safely, with control.</p> <p>Create a sequence of jumps and show it to a partner.</p> <p>Use the correct technique for jumping for height and distance improving their performance.</p> <p>Jump from a standing position with accuracy and control.</p> <p>Land safely with control and technique.</p> <p>Create and improve a sequence of jumps, acting on feedback.</p>		<p>Clap, or turn before catching a ball.</p>
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Year 2	<u>Autumn 1</u> Gymnastics	<u>Autumn 2</u> Dance	<u>Spring 1</u> Team Games <i>Ball Skills</i>	<u>Spring 2</u> Invasion games <i>Netball</i>	<u>Summer 1</u> Athletics: Sports Day <i>Running and Jumping</i>	<u>Summer 2</u> Orienteering <i>School Site</i>	<u>Summer 2</u> Athletics: Sports Day <i>Javelin</i>
National Curriculum Programme of Study	Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Perform dances using simple movement patterns.	Master basic movements including throwing and catching and begin to apply these in a range of activities.	Participate in team games, developing simple tactics for attacking and defending.	Master basic movements including jumping and begin to apply these in a range of activities.	Develop balance, agility and coordination and apply these to a range of activities.	Use, throwing and catching in isolation and in combination.
RDPS Knowledge and Skills	<p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Explain what they need to stay healthy.</p> <p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p>	<p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Explain what they need to stay healthy.</p> <p>Copy, remember and repeat actions.</p> <p>Create a short motif inspired by a stimulus.</p> <p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music. Improve the timing of their actions.</p> <p>Watch and describe performances and use what they see to improve their own performance.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Know the definitions of the terms attacking and defending.</p> <p>Throw and catch a ball with a partner using different techniques.</p> <p>Drop and catch a ball with two hands.</p> <p>Push or pat the ball in a downwards motion.</p> <p>Bounce a ball when moving.</p> <p>Bounce using 1 hand.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Vary the speed and direction in which they are travelling.</p> <p>Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Follow a simple set of prepositional instructions to navigate a simple obstacle course.</p> <p>Design and guide peers through a simple obstacle course.</p> <p>Evaluate and change a course to increase/decrease challenge.</p> <p>Navigate a set of instructions using a map and symbols.</p> <p>Know the four points of a compass. Know how to use a key to follow a map.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance.</p>

	<p>Move with increasing control and care.</p> <p>Skills to be taught: Log, curled, side, egg, teddy bear roll Rocking and crouched forward Straight, Tuck Jumping jack Half turn Cat spring Cat spring to straddle Hurdle step onto springboard Straight jump off springboard Tuck jump off springboard Bunny hop Front support Wheelbarrow with partner T-lever scissor kick Tiptoe, step, jump and hop Hopscotch Skipping</p>		<p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throws used.</p> <p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>Know how to pass the ball in different ways.</p>	<p>Bounce a ball with control, changing hands.</p> <p>Begin to use throwing, catching skills in a game with some success.</p> <p>Use at least one technique to attack, such as dodging to play a game with some success.</p> <p>Begin to choose and use the best space in a game.</p> <p>Understand the importance of rules and follow them in simple games.</p> <p>Know how to work as part of a team.</p> <p>Know the terms attacking and defending.</p> <p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>	<p>Know the correct technique for jumping as high and as far as they can.</p> <p>Recognise and try different types of jumps.</p> <p>Land Safely.</p> <p>Make a simple sequence of jumps.</p> <p>Jump as high and as far as possible using the correct techniques.</p> <p>Use different ways of jumping.</p> <p>Land Safely, with control. Create a sequence of jumps and show it to a partner.</p> <p>To be able to jump and display different, basic shapes whilst in the air.</p>	<p>Follow a set of instructions using a map of the school grounds to find hidden objects.</p> <p>Use a simple map with symbols to find hidden objects in and around school.</p>	
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Year 3	<u>Autumn 1</u> Gymnastics	<u>Autumn 2</u> Dance	<u>Spring 1</u> Team Games <i>Ball Skills</i>	<u>Spring 2</u> Invasion Games <i>Basketball</i>	<u>Summer 1</u> Athletics: Sports Day <i>Running and Jumping</i>	<u>Summer 2</u> Orienteering <i>Richardson Dees Park</i>	<u>Summer 2</u> Athletics: Sports Day: <i>Javelin</i>
National Curriculum Programme of Study	<p>Develop flexibility, strength, technique, control and balance through gymnastics.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Use, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p>	<p>Use, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p>	<p>Use running, jumping and throwing in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance through athletics.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Use, throwing and catching in isolation and in combination.</p>
RDPS Knowledge and Skills	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body</p> <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Use the skill of improvisation, responding to a stimulus (such as music).</p> <p>Change their movements according to different stimuli.</p> <p>Combine and link a small number of movement phrases and patterns.</p> <p>Work cooperatively with a partner and in a small group.</p> <p>Begin to see strength and areas to improve.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding where appropriate.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch with greater control and accuracy.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Know the definitions of the terms attacking and defending.</p> <p>Know the difference between attack and defence.</p> <p>Pass, receive and travel with a ball with some control and accuracy.</p> <p>With guidance, begin to use basic attacking and defending skills such as marking, dodging and intercepting.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Identify and demonstrate how different techniques can affect their performance.</p> <p>Focus on their arm and leg action.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Use one and two feet to take off and to land with.</p> <p>Develop an effective takeoff for the standing long jump.</p>	<p>Know how the body feels before, during and after exercise.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Orienteate themselves with increasing confidence and accuracy around a short trail.</p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used on a key.</p> <p>Begin to choose equipment that is appropriate for an activity.</p> <p>Begin to complete activities in a set period.</p>	<p>Throw with greater control and accuracy.</p> <p>Show increasing control in their overarm throw.</p> <p>Perform a push throw.</p> <p>Continue to develop techniques to throw for increased distance.</p>

	<p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Skills to be taught Crouched forward roll Forward roll from standing Tucked backward roll Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump Cat leap Squat on vault Star jump off Tuck jump off Straddle jump off Pike jump off Handstand Lunge into handstand cartwheel Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap Large and small body part balances, including standing and kneeling balances on apparatus Matching and contrasting partner balances</p>	<p>Use movements to tell a narrative.</p> <p>Combine and link increasing numbers of movement phrases and patterns.</p> <p>Create fluent movement patterns using precision and control.</p> <p>Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics.</p> <p>Take responsibility of their own skill progressions by suggesting ways to make activities more challenging.</p>	<p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Pass the ball in two different ways in a game situation with some success.</p>	<p>Know what they and their team need to do to keep possession and contribute to this occasionally.</p> <p>Identify and use tactics to help themselves and their team keep possession of the ball.</p> <p>Use space well to pass and receive the ball.</p> <p>Know when to pass or dribble with the ball and use a variety of techniques with control and accuracy.</p> <p>Read the game to be able to intercept effectively.</p> <p>Work effectively as part of a team.</p>	<p>Develop an effective flight phase for the standing long jump.</p> <p>Land safely with control</p>	<p>Begin to offer an evaluation of personal performances and activities.</p>	
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Year 4	<u>Autumn 1</u> Gymnastics	<u>Autumn 2</u> Swimming	<u>Spring 1</u> Team Games <i>Ball Skills</i>	<u>Spring 2</u> Invasion Games <i>Netball</i>	<u>Summer 1</u> Athletics: Sports Day <i>Running and Jumping</i>	<u>Summer 2</u> Orienteering Plessy Woods	<u>Summer 2</u> Athletics: Sports Day <i>Javelin</i>
National Curriculum Programme of Study	<p>Develop flexibility, strength, technique, control and balance through gymnastics.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Swim competently, confidently and proficiency over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Use, throwing and catching in isolation and in combination.</p>	<p>Use, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance through athletics.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Use, throwing and catching in isolation and in combination.</p>
RDPS Knowledge and Skills	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body</p> <p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p> <p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions</p>	<p>Be able to swim confidently from one end of a 25m pool to the other without touching the walls or floor.</p> <p>Know how to maintain their strength throughout the swim so that they can comfortably achieve the distance.</p> <p>Know how to use their chosen stroke effectively throughout the swim.</p> <p>How to swim on their front and back using different swimming strokes.</p> <p>Which stroke to use when. For example, treading water to help with survival and self-rescue, front crawl to swim fast in a race.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Accurately serve underarm.</p> <p>Use at least two different shots in game.</p> <p>Use hand-eye coordination to strike a moving and stationary ball.</p> <p>Develop different ways of throwing and catching.</p> <p>Move with the ball using a range of techniques showing control and fluency.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Know the definitions of the terms attacking and defending.</p> <p>Know the difference between attack and defence.</p> <p>Move in multiple directions with game situation.</p> <p>Change direction quickly (dodge) and feint a move, using a low body position using a low body position</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Confidently demonstrate an improved technique for sprinting.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Develop a fluent changeover.</p> <p>Speed up and slow down smoothly.</p> <p>Learn how to combine a hop, step and jump to perform the triple jump.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Orienteer themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Start to recognise features of an orienteering course.</p> <p>Communicate clearly with other people in a team, and with other teams.</p>	<p>Know the reasons to carry sports equipment safely.</p> <p>Know the reasons to carry sports equipment safely.</p> <p>Know the importance of a warmup and a cool down and how this affects the body.</p> <p>Perform a pull throw.</p> <p>Measure the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>

	<p>and levels in their sequences.</p> <p>Move with clarity, fluency and expression. Show changes of direction and speed.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Skills to be taught Straight half turn, straight full turn, cat leap, cat leap half turn squat on vault, straddle on Star jump off vault Tuck jump off vault Straddle jump off vault Pike jump off vault Lunge into handstand into cartwheel, into round-off Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Pivot Jumps: straight, tuck, jumping jack, star, straddle, pike, 1, 2, 3 and 4-point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support</p>	<p>The potential dangers of water and how to act responsibly when being near different types of water e.g. canal, river, lake, reservoir, sea.</p> <p>How to use self-rescue skills and when to use them if they unintentionally fall into the water or get into difficulty.</p> <p>What to do if someone else gets into trouble in the water and who to call for help.</p>	<p>Pass the ball with increasing speed, accuracy and success in a game situation</p>	<p>and apply this with some success in a game situation.</p> <p>Pass the ball using different techniques, demonstrating control and speed.</p> <p>Look up when passing while keeping good control of the ball.</p> <p>Pass the ball with control and accuracy over a range of distances.</p> <p>Receive a ball that is passed to them with good control.</p> <p>Make an opposition player with success in a game.</p> <p>Position themselves to see the player and ball at the same time.</p> <p>Anticipate where and when the ball will be passed and get into a position to be able intercept.</p> <p>Regularly contribute to their team in attack and defence.</p>	<p>Land safely with control.</p> <p>Begin to measure the distance jumped.</p> <p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Land safely and with control.</p> <p>Investigate different jumping techniques.</p> <p>Balance landing.</p>	<p>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Associate the meaning of a key in the context of the environment.</p> <p>Try a range of equipment for creating and completing an activity.</p> <p>Make an informed decision on the best equipment to use for an activity.</p> <p>Plan and organise a trail that others can follow.</p> <p>Complete an orienteering course more than once and begin to identify ways of improving completion time.</p> <p>Offer an evaluation of both personal performances and activities.</p> <p>Start to improve trails to increase the challenge of the course.</p>	
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Year 5	<u>Autumn 1</u> Gymnastics	<u>Autumn 2</u> Dance	<u>Spring 1</u> Team Games <i>Ball Skills</i>	<u>Spring 2</u> Invasion Games <i>Basketball</i>	<u>Summer 1</u> Athletics: Sports Day <i>Running and Jumping</i>	<u>Summer 2</u> Orienteering <i>Gibside</i>	<u>Summer 2</u> Athletics: Sports Day <i>Javelin</i>
National Curriculum Programme of Study	<p>Develop flexibility, strength, technique, control and balance through gymnastics.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Use, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p>	<p>Use, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance through athletics.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Use, throwing and catching in isolation and in combination.</p>
RDPS Knowledge and Skills	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their body</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Copy and perform a simple dance phrase.</p> <p>Change their movements according to different stimuli.</p> <p>Combine and link a small number of movement phrases and patterns.</p> <p>Demonstrate a range of dance techniques, such as unison, canon repetition.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Pass, receive and dribble in different ways with some control and accuracy.</p> <p>Apply a few skills and techniques with some consistency.</p> <p>Know about some tactics for attacking with support and apply them. E.g. when to pass and when to dribble.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Identify their reaction times when performing a sprint start.</p> <p>Accelerate from a variety of different starting positions.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of a run.</p> <p>Improve techniques for jumping for distance.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Design an orienteering course that can be followed and offers some challenge to others.</p> <p>Begin to use navigation equipment to orientate around a trail.</p>	<p>Perform a fling throw.</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>

	<p>parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p> <p>Skills to be taught Forward roll from standing Straddle forward, Pike forward, Tucked backward roll Backward roll to straddle Straight jump, Tuck jump Jumping jack, Star jump Straddle jump, Pike jump Stag jump, Straight half turn Straight, Cat leap half turn Split leap, Squat on vault Straddle on vault Star jump/Tuck jump off Straddle jump off Pike jump off Squat through vault Lunge into handstand Lunge into cartwheel Lunge into round-off Tiptoe, step, jump and hop Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap, Half turn Pivot 1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes</p>	<p>Combine and link an increasing number of movement phrases and patterns.</p> <p>Respond and react accordingly to their partners/group members dance movements.</p> <p>Use movement to create a narrative Incorporate a range of dance techniques to create a topic themed phrase.</p> <p>Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics.</p> <p>Take responsibility of their own skill progressions by suggesting ways to make activities more challenging.</p>	<p>Practise techniques for all strokes.</p> <p>Consolidate different ways of throwing and catching and know when each is appropriate in a game.</p> <p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways and begin to link together.</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p>	<p>Know about some tactics for defending e.g. when to mark and delay and when to tackle.</p> <p>Know what needs to be done to keep possession.</p> <p>Use space well to receive a ball.</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p>Explain the effect that using a particular skill or technique has had on their performance.</p> <p>Begin to choose the best techniques for the correct situations in attack and defence.</p> <p>Begin to use criteria to evaluate performance of themselves and others.</p> <p>Use space effectively and intentionally to keep possession of the ball.</p>	<p>Perform an effective standing long jump. Land safely and with control.</p> <p>Investigate different jumping techniques.</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities both as part of a team and independently.</p> <p>Identify a key on a map and begin to use the information in activities.</p> <p>Choose the best equipment for an outdoor activity. Create an outdoor activity that challenges others.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p> <p>Improve a trail to increase the challenge of the course</p>	
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Year 6	<u>Autumn 1</u> Gymnastics	<u>Autumn 2</u> Dance	<u>Spring 1</u> Team Games <i>Ball Skills</i>	<u>Spring 2</u> Invasion Games <i>Netball/Basketball</i>	<u>Summer 1</u> Athletics <i>Running and Jumping</i>	<u>Summer 2</u> Orienteering <i>High Borrans</i>	<u>Summer 2</u> Athletics: Sports Day <i>Javelin</i>
National Curriculum Programme of Study	Develop flexibility, strength, technique, control and balance through gymnastics. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Use, throwing and catching in isolation and in combination. Play competitive games, modified where and apply basic principles suitable for attacking and defending.	Use, throwing and catching in isolation and in combination. Play competitive games, modified where and apply basic principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance through athletics.	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use, throwing and catching in isolation and in combination.
RDPS Knowledge and Skills	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Use dramatic expression in dance movements and motifs.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve to start a game. Throw and catch accurately and successfully under pressure in a game.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Move with the ball using the correct technique in at least two invasion games with increasing speed and control including changing direction. Pass and receive the ball using the correct technique in at least two invasion games with increasing speed and control and accuracy.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Build up speed quickly for a sprint finish. Use their preferred leg when running over hurdles. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Develop the technique for the standing vertical jump.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Orientate themselves with confidence and accuracy around an orienteering course when under pressure. Design an orienteering course that is clear to follow and offers challenge to others. Use navigation equipment (maps, compasses) to improve the trail.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Develop the technique for the push, pull and fling throw and support others in improving their performance. Accurately measure and record the distance of their throws.

	<p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Skills to be taught Forward roll from standing Straddle forward roll Pike forward, Dive forward, Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll Jumps: Straight jump, Tuck jump, Jumping jack, Star jump Straddle jump, Pike jump, Stag jump, Straight half turn Straight full turn Cat leap, Cat leap half/full turn Split/stag leap Squat and squat on vault Star jump/tuck jump off T Straddle jump and pike off Squat through vault Straddle over vault Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into roundoff Tiptoe, step, jump and hop Skipping Chassis steps Straight jump half turn Straight jump full turn 1, 2, 3 and 4- point balances Balances on apparatus Full body weight partner balances Pike, tuck, star, straight, straddle shapes</p>	<p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p>	<p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p>	<p>Link together different skills in a game with some fluency and success.</p> <p>Use space well to pass and receive a ball.</p> <p>Begin to choose and apply appropriate skills and techniques when attacking and defending.</p> <p>Show confidence when moving with the ball. Choose the best pass to make in a game situation and execute it with accuracy and precision.</p> <p>Link together different skills in a game consistently and effectively, such as passing the ball on the move.</p> <p>Use space effectively and intentionally to help keep possession of the ball.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p>	<p>Maintain control at each of the different stages of the triple jump.</p> <p>Land safely and with control.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Compete in orienteering activities both as part of a team and independently.</p> <p>Use a range of map styles and make an informed decision on the most effective.</p> <p>Choose the best equipment for an outdoor activity.</p> <p>Prepare an orienteering course for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Manage an orienteering event for others to compete in.</p>	
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