



Physical Education overview

Key concepts

Physical competence

The ability to perform physical activities using skills, tactics, and knowledge.



Performance

Using physical competence to achieve effective outcomes.



Evaluation

Identifying ways to improve performance and what constitutes good practice.



Creativity

Using techniques, tactics, and ideas to produce effective outcomes.



Motor competence

Understanding the range of movements that are specific to physical activity and sport.



Healthy living

Understanding the benefits of regular physical activity for mental and physical health.



Rules, strategies and tactics

Understanding the conventions of participating in different physical activities and sports,



Healthy participation

Understanding how to participate safely and effectively.



EYFS	Autumn		Spring		Summer	
Physical Development	<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p> <p>Throughout the academic year children will:</p> <ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Develop overall body-strength, balance, co-ordination and agility. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. • Develop the foundations of a handwriting style which is fast, accurate and efficient. • Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of ‘screen time’, having a good sleep routine and being a safe pedestrian. <p>Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes and personal hygiene.</p>					
	Fundamental Movement Skills	Fundamental Movement Skills How to catch a star	Fundamental Movement Skills Rumble in the Jungle	Fundamental Movement Skills Jack and the Beanstalk	Fundamental Movement Skills Transport	Fundamental Movement Skills Seaside

Year 1/2	Autumn	Spring	Summer			
Key skills & ideas (disciplinary knowledge)	Fundamental Skills Cricket and Football	Fundamental Skills Netball, Gymnastics, Orienteering	Invasion Games and Dance Benchball, Dodgeball, Handball, Tag rugby			
Key vocabulary	Dodge, Endurance, Strength, Stamina, Batting, boundaries, catching, runs, umpire, Pass, shoot, score, attack, defend	centre pass, chest pass, toss-up, throw-in, shoulder pass, Balance, Apparatus, Arch, Tuck	Dodge, Duck, Dip, Dive, Teamwork, Pass, Catch, Positioning			
Learning objectives (substantive knowledge)	<ul style="list-style-type: none"> To play team based evasion games Cricket Under arm throwing with accuracy at a target To throw over arm with accuracy at a target To practice throwing and catching between two partners To practice throwing and catching between multiple partners To practice throwing and hitting with a bat To practice throwing, hitting with a bat and catching Football To learn how to kick and receive a football pass correctly Kicking a football with accuracy to a target To pass accurately and receive passes with control Begin to understand roles of attackers and defenders choosing skills effectively for games Understand and use attacking and defending tactics Take part in Football games 	<ul style="list-style-type: none"> Netball To demonstrate throwing a large ball with accuracy To demonstrate throwing a large ball with accuracy and moving into space To demonstrate passing the ball with accuracy and moving into space To use tactics while playing To use tactics while playing to outwit an opponent Gymnastics Show a pencil roll Demonstrate travelling actions To show travel and roll in shape To apply travelling, rolling, jumping into sequence To apply travelling, rolling, jumping into sequence with two shapes To apply travelling, rolling, jumping into sequence with two shapes with an apparatus Orienteering To take part in the Christmas orienteering challenge 	<ul style="list-style-type: none"> To learn and play the rules of benchball To take part in benchball tournaments To learn and play the rule Handball Tournament Dr Dodgeball Dodgeball tournament Tag Rugby Tag Rugby Tournament Dance – Robots Create a mirroring dance with your partner perform it to the class. Remember the Robot dance with help from a teacher. Create a mirroring dance with your partner perform it to the class. Remember the Robot dance without help from a teacher. 	<ul style="list-style-type: none"> To play UV dodgeball Demonstrate underarm throw with accuracy (bridge back to autumn 1) Demonstrate rolling an object with some accuracy Demonstrate rolling an object and throw with some accuracy Demonstrate overarm throw with accuracy To demonstrate sending an object three different ways To demonstrate sending an object three different ways Shooting without keeping score Shooting with accuracy and keeping score Team games such as bullseye and archery golf One on one archery matches 	<ul style="list-style-type: none"> Tennis Demonstrate how to bounce and catch a ball between two partners Demonstrate how to hit a ball using a racket to a partner To strike a ball between partners with accuracy To compete in fours using simple tactics To apply simple tactics in a game using a net To apply simple tactics in a game using a net to outwit an opponent Athletics To apply simple tactics in a game using a net to outwit an opponent To apply simple tactics in a game using a net To apply simple tactics in a game using a net to outwit an opponent To learn the rules of long jump To learn the rules of triple jump To take part in Egg and Spoon/obstacle races To take part in running and relay races To take part in throwing competitions 	<ul style="list-style-type: none"> Tag Rugby Demonstrate a pass by using a swing move Demonstrate a pass by using a swing move and move into space Demonstrate a pass by using a swing move To apply a feint whilst passing to outwit a defender Rounders Rules of rounders with no bat (Kick ball rounders) Kick ball rounders Rules of Rounders and hitting with the bat Rules of fielding and catching Play mini rounders games Play large competitive games Orienteering Cooperate and work within a team using a map Football Take part in a class football tournament
Equipment / resources	Footballs, cones, bibs, cricket bats, cricket balls, wickets	Netball posts, bibs, netballs, cones, Gymnastic mats, Maps, apparatus	Rugby ball, rugby tags, bibs, cones, dodgeballs, Handball nets			
National curriculum	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Take part in outdoor and adventurous activity challenges both individually and within a team. Pupils should enjoy communicating, collaborating and competing with each other.	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending perform dances using a range of movement patterns			
			UV lights, various types of balls, archery equipment, thri golf clubs			
			Tennis rackets, Tennis nets, Tennis balls, Egg and spoon, obstacles			
			Rounders bats, rounders ball, cones, Rugby ball, rugby tags, bibs, Maps for orienteering, Football nets			
			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 They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations			
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Year 3	Autumn		Spring		Summer	
Key skills & ideas (disciplinary knowledge)	Fitness and ball skills	Basketball, Gymnastics and Table Tennis	Invasion Games and Dance	Circuits, Hockey and Archery	Racquet Games and Athletics	Pickleball, Rounders and Football
Key vocabulary	Laps, Bowling, Bat, Runs	Balance, Apparatus, Arch, Tuck, Rally, Field goal, Dunk	Pass, Routine, Rhythm, Dance	Circuits, Intervals, Attacking zone, Green yellow and red card rule, stroke	Racket, Rally, love, deuce, court, out of bounds, Long distance, Metres, Baton, Lanes	Backswing, Baseline, Bases, Back shot, Back stop, forehand
Learning objectives (substantive knowledge)	<p>Fitness</p> <ul style="list-style-type: none"> Evasion Games (scarecrow tig, tig, stuck in the mud) To take part in cross country <p>Cricket</p> <ul style="list-style-type: none"> To Bowl with accuracy Batting and catching Bowling and batting Recap rules of Continuous Cricket Continuous Cricket practice games Continuous Cricket house tournament <p>Netball</p> <ul style="list-style-type: none"> Different types of passes (chest, overhead, under arm) Passing with partners Shooting Mini games and tournament <p>Orienteering</p> <ul style="list-style-type: none"> To follow a map to find objects <p>Boules</p> <ul style="list-style-type: none"> To play a competitive game of boules 	<p>Basketball</p> <ul style="list-style-type: none"> Passing (bridge back to netball passes) Dribbling Dribbling and passing Shooting Dribbling and shooting Mini Games/ tournament <p>Gymnastics</p> <ul style="list-style-type: none"> Balance Jumping and landing (apparatus's) Create a Routine Station carousel (rolling, balancing, beams, jumping) <p>Table Tennis</p> <ul style="list-style-type: none"> Basic skills (paddle control) Creating a rally with a partner Create rally's and play competitive games To compete in house tournaments 	<p>Invasion Games</p> <ul style="list-style-type: none"> To learn the rules of Benchball Benchball Tournament To learn the rules of Handball Handball Tournament To learn and play Dr Dodgeball Dodgeball tournament To learn and play Tag Rugby Tag Rugby Tournament <p>Dance</p> <ul style="list-style-type: none"> To form movement based on music To form movement based in Rhythm 	<p>Circuit Training</p> <ul style="list-style-type: none"> Introduction to circuits Circuit time trials tournaments <p>Hockey</p> <ul style="list-style-type: none"> To learn how to pass in hockey To pass with accuracy To learn to dribbe in hockey Dribbling and passing Dribbling, passing and shooting Shooting and Mini games <p>Archery</p> <ul style="list-style-type: none"> Shooting at a target (without keeping score) Shooting with accuracy and keeping score Take part in team games such as bullseye and archery golf One on one archery matches 	<p>Tennis</p> <ul style="list-style-type: none"> Balancing and bouncing ball on a racket and bouncing the balls with control Hitting the ball with accuracy Creating a rally without a net Creating a rally with a net Being able to take part in mini games Play Tennis Games using rules <p>Badminton</p> <ul style="list-style-type: none"> Basic skills (bat skills) Creating rally's with partner Mini games Competitive games <p>Athletics</p> <ul style="list-style-type: none"> Cross Country Running Running races and Relay Throwing (javelin, shot put) Jumping (Long jump, triple jump) 	<p>Pickleball</p> <ul style="list-style-type: none"> Rules of pickleball and draw comparisons to tennis and table tennis Create rally's with a partner Begin to take part in mini games Compete against one another competitively <p>Rounders</p> <ul style="list-style-type: none"> Rules of rounders with no bat (Kick ball rounders) Kick ball rounders Rules of Rounders and hitting with the bat Fielding Play mini games Play large competitive games <p>Football</p> <ul style="list-style-type: none"> Passing between partners Passing and moving into space Attacking and defending Large games using tactics
Equipment / resources	Footballs, cones, bibs, cricket bats, cricket balls, wickets	Netball posts, bibs, netballs, cones, Gymnastic mats, Maps, apparatus	Rugby ball, rugby tags, bibs, cones, dodgeballs, Handball nets	UV lights, various types of balls, archery equipment, thri golf clubs	Tennis rackets, Tennis nets, Tennis balls, Egg and spoon, obstacles	Rounders bats, rounders ball, cones, Rugby ball, rugby tags, bibs, Maps for orienteering, Football nets
National curriculum	Take part in outdoor and adventurous activity challenges both individually and within a team Pupils should enjoy communicating, collaborating and competing with each other.	Pupils should continue to apply and develop a broader range of skills develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] play competitive games, modified where appropriate	perform dances using a range of movement patterns play competitive games, modified where appropriate Pupils should enjoy communicating, collaborating and competing with each other.	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 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	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. play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	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. Develop flexibility, strength, technique, control and balance

Year 4	Autumn		Spring		Summer	
Key skills & ideas (disciplinary knowledge)	Fitness and ball skills	Basketball, Gymnastics and Table Tennis	Invasion Games and Dance	Circuits, Hockey and Archery	Racquet Games and Athletics	Pickleball, Rounders and Football
Key vocabulary	Endurance, Laps, Bowling, Bat, Runs, Attack, defend, chest pass,	Balance, apparatus, arch, tuck, Dribbling, double dribbles, block, ballhandler	Teamwork, pass, catch, Positioning, pass, throw, Dodge, duck, dip, dive, tackle, backward pass, try, Rhythm, movement, space, partner, routine	Endurance, circuit, time trial, Attacking zone, green yellow and red card rule, stroke	Racket, rally, love, deuce, court, out of bounds, shuttlecock, serve, rally push shot, drop shot	Backswing, baseline, drop shot, double shot, forehand, Runs, caught out, Rounder, Bowler, Bases,
Learning objectives (substantive knowledge)	<p>Fitness</p> <ul style="list-style-type: none"> Evasion Games (scarecrow tig, tig, stuck in the mud) To take part in cross country <p>Cricket</p> <ul style="list-style-type: none"> To Bowl with accuracy Batting and catching Bowling and batting Recap rules of Continuous Cricket Continuous Cricket practice games Continuous Cricket house tournament <p>Netball</p> <ul style="list-style-type: none"> Different types of passes (chest, overhead, under arm) Passing with partners Shooting Mini games and tournament <p>Orienteering</p> <ul style="list-style-type: none"> To follow a map to find objects <p>Football</p> <ul style="list-style-type: none"> Play in a small tournaments 	<p>Basketball</p> <ul style="list-style-type: none"> Passing (bridge back to netball passes) Dribbling Dribbling and passing Shooting Dribbling and shooting Mini Games/ tournament <p>Gymnastics</p> <ul style="list-style-type: none"> Balance Jumping and landing (apparatus's) Create a Routine Station carousel (rolling, balancing, beams, jumping) <p>Table Tennis</p> <ul style="list-style-type: none"> How to use the table tennis paddle correctly Create a rally with a partner Create rally's and play competitive games House Tournaments 	<p>Invasion Games</p> <ul style="list-style-type: none"> Benchball Tournament Handball Tournament Dr Dodgeball Dodgeball tournament Tag Rugby Tag Rugby Tournament <p>Dance</p> <ul style="list-style-type: none"> Movement Rhythm 	<p>Circuit Training</p> <ul style="list-style-type: none"> Introduction to circuits Circuit time trials tournaments <p>Hockey</p> <ul style="list-style-type: none"> Passing Passing with accuracy Dribbling Dribbling and passing Dribbling, passing and shooting Shooting and Mini games <p>Archery</p> <ul style="list-style-type: none"> Shooting without keeping score Shooting with accuracy and keeping score Team games such as bullseye and archery golf One on one archery matches 	<p>Tennis</p> <ul style="list-style-type: none"> Balancing and bouncing ball on a racket and bouncing the balls with control Hitting the ball with accuracy Creating a rally without a net Creating a rally with a net Being able to take part in mini games 2. Play Tennis Games using rules <p>Badminton</p> <ul style="list-style-type: none"> Basic skills (racket skills) Creating rally's with partner Badminton Mini games 2. Competitive games <p>Athletics</p> <ul style="list-style-type: none"> Cross Country Running Running races and Relay Long distance, metres, baton, lanes Throwing (javelin, shot put) Jumping (Long jump, triple jump) 	<p>Pickleball</p> <ul style="list-style-type: none"> Rules of pickleball and draw comparisons to tennis and table tennis Create rally's with a partner Begin to take part in mini games Compete against one another competitively <p>Rounders</p> <ul style="list-style-type: none"> Rules of Rounders and hitting with the bat Fielding Play mini games Play large competitive games <p>Lacrosse</p> <ul style="list-style-type: none"> Rules of Lacrosse/throwing and catching with a partner Throwing and catching whilst moving Throwing and catching, whilst moving with multiple partners Competing in small games <p>Football</p> <ul style="list-style-type: none"> Attacking and defending Large games using tactics
Equipment / resources	Footballs, cones, bibs, cricket bats, cricket balls, wickets	Netball posts, bibs, netballs, cones, Gymnastic mats, Maps, apparatus	Rugby ball, rugby tags, bibs, cones, dodgeballs, Handball nets	UV lights, various types of balls, archery equipment, thri golf clubs	Tennis rackets, Tennis nets, Tennis balls, Egg and spoon, obstacles	Rounders bats, rounders ball, cones, Rugby ball, rugby tags, bibs, Maps for orienteering, Football nets
National curriculum	Take part in outdoor and adventurous activity challenges both individually and within a team Pupils should enjoy communicating, collaborating and competing with each other.	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. 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. use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. use running, jumping, throwing and catching in isolation and in combination 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	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. use running, jumping, throwing and catching in isolation and in combination	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. Develop flexibility, strength, technique, control and balance. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending use running, jumping, throwing and catching in isolation and in combination

Year 5	Autumn		Spring		Summer	
Key skills & ideas (disciplinary knowledge)	Fitness and ball skills	Basketball, Gymnastics and Table Tennis	Invasion Games and Dance	Circuits, Hockey and Archery	Racquet Games and Athletics	Pickleball, Rounders and Football
Key vocabulary	Endurance, Laps, Bowling, Bat, Runs, Attack, defend, chest pass,	Balance, apparatus, arch, tuck, Dribbling, double dribbles, block, ballhandler	Teamwork, pass, catch, Positioning, pass, throw, Dodge, duck, dip, dive, tackle, backward pass, try, Rhythm, movement, space, partner, routine	Endurance, circuit, time trial, Attacking zone, green yellow and red card rule, stroke	Racket, rally, love, deuce, court, out of bounds, shuttlecock, serve, rally push shot, drop shot	Backswing, baseline, drop shot, double shot, forehand, Runs, caught out, Rounder, Bowler, Bases,
Learning objectives (substantive knowledge)	<p>Fitness</p> <ul style="list-style-type: none"> Bleep Test and Cross Country Cross Country <p>Cricket</p> <ul style="list-style-type: none"> Bowling to a target 2. Batting with a partner Bowling, batting and fielding Rules of Cricket and Runs/Kwik Cricket Play competitive games, modified where appropriate Rules of Standard Cricket Kwik Cricket House Games <p>Netball</p> <ul style="list-style-type: none"> Passing Movement Passing and Shooting Tournaments <p>Team Building</p> <ul style="list-style-type: none"> Orienteering Football 	<p>Basketball</p> <ul style="list-style-type: none"> Dribbling Dribbling and shooting Passing, dribbling and shooting Passing, dribbling and shooting Play competitive games Tournament <p>Gymnastics</p> <ul style="list-style-type: none"> Balance Jumping and landing (apparatus's) Create a Routine Station carousel (rolling, balancing, beams, jumping) <p>Table Tennis</p> <ul style="list-style-type: none"> Basic skills (paddle control) Mini Games Mini Games and Paddle skills House Tournaments 	<p>Invasion Games</p> <ul style="list-style-type: none"> Rules of Benchball Tournament Rules of Handball Tournament Rules of Dr Dodgeball Dodgeball tournament Tag Rugby Tag Rugby Tournament <p>Dance</p> <ul style="list-style-type: none"> Movement Rhythm 	<p>Circuit Training</p> <ul style="list-style-type: none"> Introduction to circuits Circuit time trials tournaments <p>Hockey</p> <ul style="list-style-type: none"> Passing Passing with accuracy Dribbling Dribbling and passing Dribbling, passing and shooting Shooting and Mini games <p>Archery</p> <ul style="list-style-type: none"> Shooting without keeping score Shooting with accuracy and keeping score Team games such as bullseye and archery golf One on one archery matches 	<p>Tennis</p> <ul style="list-style-type: none"> Balancing and bouncing on a racket and bouncing the balls between players Creating a rally without a net Creating a rally with a net Rules of tennis games and begin playing basic matches Being able to take part in mini games Play Tennis Games using rules <p>Badminton</p> <ul style="list-style-type: none"> Basic skills (bat skills) Creating rally's with partner Mini games Competitive games <p>Athletics</p> <ul style="list-style-type: none"> Cross Country Running Running races and Relay Throwing Jumping (Long jump, triple jump) 	<p>Pickleball</p> <ul style="list-style-type: none"> Rules of pickleball and draw comparisons to tennis and table tennis Create rally's with a partner Begin to take part in mini games Compete against one another competitively Rules of Rounders and hitting with the bat Fielding Play mini games Play large competitive games <p>Lacrosse</p> <ul style="list-style-type: none"> Rules of Lacrosse/throwing and catching with a partner Throwing and catching whilst moving Throwing and catching, whilst moving with multiple partners Competing in small games <p>Football</p> <ul style="list-style-type: none"> Passing, attacking and defending Large games using tactics
Equipment / resources	Footballs, cones, bibs, cricket bats, cricket balls, wickets	Netball posts, bibs, netballs, cones, Gymnastic mats, Maps, apparatus	Rugby ball, rugby tags, bibs, cones, dodgeballs, Handball nets	UV lights, various types of balls, archery equipment, thri golf clubs	Tennis rackets, Tennis nets, Tennis balls, Egg and spoon, obstacles	Rounders bats, rounders ball, cones, Rugby ball, rugby tags, bibs, Maps for orienteering, Football nets
National curriculum	<p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>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.</p> <p>take part in outdoor and adventurous activity challenges both play competitive games, modified where appropriate</p> <p>Pupils should enjoy communicating, collaborating and competing with each other.</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>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.</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>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.</p>	<p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>perform dances using a range of movement patterns</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>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.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>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.</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>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.</p>

Year 6	Autumn		Spring		Summer	
Key skills & ideas (disciplinary knowledge)	Fitness and ball skills	Basketball, Gymnastics, and Table Tennis	Invasion Games and Dance	Circuits, Hockey and Archery	Racquet games and Athletics	Pickleball, Rounders and Football
Key vocabulary	Endurance, Laps, Bowling, Bat, Runs, Attack, defend, chest pass,	Balance, apparatus, arch, tuck, Dribbling, double dribbles, block, ballhandler	Teamwork, pass, catch, Positioning, pass, throw, Dodge, duck, dip, dive, tackle, backward pass, try, Rhythm, movement, space, partner, routine	Endurance, circuit, time trial, Attacking zone, green yellow and red card rule, stroke	Racket, rally, love, deuce, court, out of bounds, shuttlecock, serve, rally push shot, drop shot	Backswing, baseline, drop shot, double shot, forehand, Runs, caught out, Rounder, Bowler, Bases,
Learning objectives (substantive knowledge)	<p>Fitness</p> <ul style="list-style-type: none"> Fitness games and Cross Country Cross Country <p>Cricket</p> <ul style="list-style-type: none"> Bowling to a target Batting with a partner Bowling and batting Rules of Cricket and Runs/Kwik Cricket Rules of Standard Cricket Kwik Cricket House Games <p>Netball</p> <ul style="list-style-type: none"> Passing Movement Passing and Shooting Tournaments <p>Team Building</p> <ul style="list-style-type: none"> Orienteering Football 	<p>Basketball</p> <ul style="list-style-type: none"> Dribbling Dribbling and shooting Basketball Passing, dribbling and shooting Passing, dribbling and shooting Play competitive games Tournament <p>Gymnastics</p> <ul style="list-style-type: none"> Balance Jumping and landing (apparatus's) Create a Routine Station carousel (rolling, balancing, beams, jumping) <p>Table Tennis</p> <ul style="list-style-type: none"> Basic skills (paddle control) Mini Games Mini Games and Paddle skills House Tournaments 	<p>Invasion Games</p> <ul style="list-style-type: none"> Rules of Benchball Tournament Rules of Handball Tournament Rules of Dr Dodgeball Dodgeball tournament Tag Rugby Tag Rugby Tournament <p>Dance</p> <ul style="list-style-type: none"> Movement Rhythm 	<p>Circuit Training</p> <ul style="list-style-type: none"> Introduction to circuits Circuit time trials tournaments <p>Hockey</p> <ul style="list-style-type: none"> Passing Passing with accuracy Dribbling Dribbling and passing Dribbling, passing and shooting Shooting and Mini games <p>Archery</p> <ul style="list-style-type: none"> Shooting without keeping score Shooting with accuracy and keeping score Team games such as bullseye and archery golf One on one archery matches 	<p>Tennis</p> <ul style="list-style-type: none"> Balancing and bouncing on a racket and bouncing the balls between players Creating a rally without a net Creating a rally with a net Rules of tennis games and begin playing basic matches Being able to take part in mini games Play Tennis Games using rules <p>Badminton</p> <ul style="list-style-type: none"> Basic skills (bat skills) Creating rally's with partner Mini games Competitive games <p>Athletics</p> <ul style="list-style-type: none"> Cross Country Running Running races and Relay Throwing Jumping (Long jump, triple jump) use running, jumping, throwing and catching in isolation and in combination 	<p>Pickleball</p> <ul style="list-style-type: none"> Rules of pickleball and draw comparisons to tennis and table tennis Create rally's with a partner Begin to take part in mini games Compete against one another competitively <p>Rounders</p> <ul style="list-style-type: none"> Rules of Rounders and hitting with the bat Fielding Play mini games Play large competitive games <p>Lacrosse</p> <ul style="list-style-type: none"> Rules of Lacrosse/throwing and catching with a partner Throwing and catching whilst moving use running, jumping, throwing and catching in isolation and in combination 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. <p>Football</p> <ul style="list-style-type: none"> Passing, attacking and defending Large games using tactics
Equipment / resources	Footballs, cones, bibs, cricket bats, cricket balls, wickets	Netball posts, bibs, netballs, cones, Gymnastic mats, Maps, apparatus	Rugby ball, rugby tags, bibs, cones, dodgeballs, Handball nets	UV lights, various types of balls, archery equipment, thri golf clubs	Tennis rackets, Tennis nets, Tennis balls, Egg and spoon, obstacles	Rounders bats, rounders ball, cones, Rugby ball, rugby tags, bibs, Maps for orienteering, Football nets
National curriculum	Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 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.	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. use running, jumping, throwing and catching in isolation and in combination 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	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. play competitive games, modified where appropriate [for example, badminton, basketball, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	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. Develop flexibility, strength, technique, control and balance. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending