



Physical Education overview

Nursery	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Developing Listening Skills -To know PE rules and routines. -To follow instructions including stop and go. -To move in a variety of ways; running, walking and jogging. -To change direction during a listening game. -To follow the rules of listening games. -To take turns when playing circle games.	Follow simple instructions -To follow simple instructions during parachute games. -To throw a large ball (underarm). -To catch a large ball. -To throw a large ball (overarm). -To travel in a variety of ways (hopping and skipping). -To balance on one, two, three and four body parts.	FMS – Rosie’s Walk -To jump and land appropriately. -To experiment with different ways of travelling; shuffling, running, jumping, skipping, sliding and hopping. -To climb under, over and through climbing equipment. -To experiment with different way of travelling on hands and feet.	FMS – How to Catch a Star -To balance on small and large body parts in the shape of a star. -To send a ball/throwing equipment with increasing accuracy. -To jump and land appropriately. -To climb under over and through climbing equipment. -To practise throwing overarm.	FMS – Space -To travel in a variety of ways. To adjust speed and direction to avoid obstacles -To show increasing control over an object by pushing it. -To perform a variety of gymnastics rolls. -To overarm throw for distance. -To climb nursery play climbing equipment.	FMS- Superworm -To perform the basic skill of jumping To travel in a variety of ways low to the ground. -To travel around the space hopping and skipping. -To catch a large ball -To travel under, over and through balancing and climbing equipment -To pull themselves up on climbing equipment

EYFS	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Fundamental Movement Skills To jump for distance and land appropriately. To hop on both feet. To underarm throw for distance To overarm throw for distance To catch with increasing accuracy To climb with confidence under, over and through climbing equipment.	FMS – Seaside To balance on small body parts. To travel on hands and feet. To show increasing control over an object pushing and patting it. To perform a variety of gymnastic rolls. To show increasing control over an object pushing and patting it. To show increasing control over an object pushing and patting it. To underarm throw with some accuracy. To revise fundamental movement skills covered in the unit	FMS – Transport To travel in a variety of ways. To adjust speed and direction to avoid obstacles. To show increasing control over an object pushing it. To perform a variety of gymnastic rolls. To over arm throw for distance To climb nursery play climbing equipment	FMS – Jack and the Beanstalk To experiment with different ways of moving. To use increasing control over an object by touching, pushing, patting, throwing, or catching. To jump and land appropriately. To roll in a variety of ways. To roll a ball accurately. To climb up and down apparatus using alternate feet.	FMS – Rumble in the Jungle To travel on your hands and feet slowly (Elephants and rhinos) To travel on your hands and feet quickly (Lions and tigers) To jump around on your hands and feet while moving forward and backwards (Chimpanzees) To roll in a variety of ways. To use an underarm and over arm throw with increasing accuracy.	FMS – Kicking To move safely in space and follow instructions To become comfortable with a ball at their feet To move with the ball in a direction To turn and change direction with the ball To tick a ball towards a target



Year 1&2	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	FMS – Catching and Bouncing (T) National Curriculum objectives: Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities Participate in team games To demonstrate catching a ball with some accuracy. To demonstrate catching and bouncing a ball with some accuracy. To demonstrate catching and bouncing a ball with some accuracy. To demonstrate catching and bouncing a ball with some accuracy. To show a simple defending and attacking tactic in a game To apply a simple tactic in a game MS – Playground games (T) National Curriculum objectives: 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 Participate in team games, developing simple tactics for attacking and defending To develop the skill of dodging /changing direction when playing a tig game. To develop the skill of hopping when playing a game To demonstrate catching a ball with some control. To throw underarm with some accuracy To throw a ball underarm to a partner with some accuracy. To demonstrate a side gallop. To show the ready position To perform a side gallop To catch a ball from the ready position. To strike a ball to a partner To strike a ball with some accuracy. To apply a simple defending and attacking tactic in a net/wall game.	FMS - Kicking (T) National Curriculum objectives: Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending To explore different ways of kicking objects To explore different ways of kicking objects with increasing accuracy and control. That being active is good for them and fun To kick objects with increased accuracy. To receive a kick with control To intercept a ball To explore kicking with a variety of equipment. To choose skills effectively for a game. FMS – Rolling a ball To demonstrate rolling a ball with some accuracy. To demonstrate rolling different equipment with some accuracy. To demonstrate rolling different equipment with some accuracy. To show the skill of rolling equipment in different ways. To demonstrate a simple tactic in a rolling game. To show two simple tactics in a game. To show two simple tactics in a game.	Dance – Alice in Wonderland To understand how we can use space in dance To understand dynamics through character exploration Understanding use of props and rhythm to enhance characterisation. To understand different dance relationships. To develop an understanding of performance practices. Gymnastics (I) National Curriculum objectives: Master developing balance, agility and co-ordination, and begin to apply these in a range of activities To demonstrate a travel and pencil roll To show a jump 2 feet to 2 feet with a straight shape To demonstrate travelling actions i.e. frog & bunny hop. To show an egg roll To show a jump 2 feet to 2 feet with a tuck shape. To demonstrate travelling actions To show a travel and roll with a shape To jump 2 feet to 2 feet with a wide shape To apply the skills of travelling, rolling, jumping into a sequence To apply the skills of travelling, rolling, and jumping into a sequence with two different shapes To show the skills of travelling, rolling, and jumping into a sequence with two different shapes using apparatus	Dodgeball National Curriculum focuses on developing fundamental movement skills—throwing, catching, dodging, and spatial awareness—aligned with KS1/lower KS2 PE aims. Lessons emphasize throwing accuracy, dodging techniques, team cooperation, and working within rules. Activities are designed to be fun, building confidence, balance, and coordination. To play competitive dodgeball Demonstrate underarm throw with accuracy (bridge back to autumn 1) To show agility in dodging games To throw balls at a stationary target To throw balls at a moving target Introduce skill related games FMS – Zog (I) National Curriculum objectives: 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 To perform the skill of running and changing direction quickly. To demonstrate how to jump as far as possible, landing safely with control. Demonstrate an overarm throw and hopping To demonstrate travelling on feet and hands and feet on apparatus Demonstrate an overarm throw and hopping	Net & Wall – Tennis National Curriculum focuses on developing fundamental movement skills—agility, balance, and coordination—through racket-and-ball activities. Pupils learn to control rackets, handle balls with increasing confidence, and play modified competitive games, including basic rallies. Demonstrate how to bounce and catch a ball between two partners To 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 (I) National Curriculum objectives: 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 To throw underarm accurately into a target. To throw as far as possible. To throw overarm accurately. To throw overarm for distance To throw using a push and two-handed throw for distance. To jump for distance with control To throw using an underarm and overarm throw for distance and accuracy To complete an obstacle course with speed and agility	KS1 - OAA The Great Outdoors Able to take responsibility for self and others. Able to respect, trust and care for each other. Can remember objects on a trail. To cooperate and work together as a team. Can work with a partner to undertake an adventurous journey. Can work with others to complete a journey within the school grounds. Can work collaboratively to record answers. Can work with others to complete a journey within the school grounds and mark a control card correctly. Can make decisions about how to navigate safely, to a control site. Games – Striking and Fielding (T) National Curriculum objectives: 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 Participate in team games, developing simple tactics for attacking and defending To demonstrate and overarm throw for distance To strike a ball for distance. To play a simple striking and fielding game To strike a ball with accuracy for distance. To play a simple striking and fielding game and use a simple tactic.

Year 3	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Swimming (I) National Curriculum objectives swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations.	Swimming (I) National Curriculum objectives swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations.	Dance – The Nutcracker To understand use of space in dance Increase awareness of actions to build motifs To understand dynamics in dance To understand different dance relationships To develop an understanding of performance practices	Games – Net and Wall (T) National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Explore different throwing actions To consolidate throwing actions and practise catching Explore different ways of throwing. Consolidate catching skills. To suggest ideas and practices to improve their play Strike the ball using their hand or small bat Improve movement skills and body positions. Familiarise them with a racquet and practise striking skills using a racquet. To devise own game.	Athletics (I) National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance To throw using a pull action To explore different running techniques To perform the sling throwing action To develop jumping action (two feet to two feet) To throw using a push action To throw for distance using a push, pull and sling throw To pass a quoit/baton to a teammate To perform a hop, step and jump To perform pull, push and sling throw. To perform a combination of 5 jumps.	Outdoor Adventurous Activities - OAA (T) National Curriculum objectives take part in outdoor and adventurous activity challenges both individually and within a team Communicate effectively when working as a team Trust and work with others to solve problems Take responsibility for others Listen attentively, record information accurately and apply strategies for remembering important information Follow instructions and work with others to complete a complex task Work effectively as part of a team to solve problems Generate and share ideas Review performance and apply learning Share ideas confidently, when working as part of a team Review a performance and apply the learning to complete a task successfully. Recognise the important role played by all team members Organise time and resources within a team Encourage others to improve performance
	Invasion Games - Football National Curriculum develop fundamental football skills and basic tactical awareness. Including passing, control, shooting special awareness. To dribble with close control using feet, changing speed in space. Perform short passes with some accuracy (inside of foot). Stop the ball using foot with basic control. Strike a stationary ball towards goal. Begin to find space and support teammates. Understand basic marking and trying to win the ball. Play 3v3 mini-games	Invasion Games – Handball (T) National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To demonstrate passing a ball using a handball pass. To move into space after using a handball pass in a game. To demonstrate passing a ball using a bounce pass. To move into space after passing in a game To perform a one handed pass and bounce pass in a game To apply a feint when passing to outwit a defender To apply a simple attacking tactic to outwit a defender To perform a one-handed pass or bounce pass in an invasion game.	Gymnastics (I/T) National Curriculum objectives develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best To demonstrate travelling with control on 4 points. To show balances on 2 and 3 points of the body. To show balances with stillness on 1,2,3 and 4 points of the body. To combine actions of travelling and balance To demonstrate basic rolls with accuracy and control. To move from one action to another smoothly To demonstrate jumping and landing safely. To create and demonstrate a sequence to a partner To create and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and alancing on small body parts To adapt and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed	Hockey 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. To perform a push pass with accuracy To perform a slap pass with accuracy To demonstrate close control while dribbling To demonstrate holding a stick properly To take part in mini passing games To take part in mini Dribbling games To demonstrate shooting from a stationary position To take part in mini shooting	Striking and Fielding – Cricket (T) National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To demonstrate an underarm throw with accuracy. To demonstrate how to throw a ball underarm with some accuracy. To catch a ball in a striking and fielding game. To demonstrate how to strike a ball from a batting tee or drop feed. To catch a ball in a striking and fielding game. To demonstrate bowling a ball underarm. To strike a ball	Net & Wall – Tennis National Curriculum- Pupils develop basic racket and ball control, learning to track, hit, and send a ball over a net with increasing consistency. They begin simple rallies with a partner and explore positioning, showing early understanding of how to keep a point going. The focus is on

			To show different travelling and balancing actions using the apparatus To use the apparatus to perform jumping actions. To evaluate successful transitions between actions To use the apparatus to perform rolling actions. To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling To evaluate successful transitions between travelling, balancing on small body parts, jumping and rolling	games	from a bowler, tee or drop feed. To apply simple attacking and defending tactics in a modified competitive game.	coordination, control, and cooperative play rather than competition. Key Skills To develop hand-eye coordination through catching, throwing, and striking To hold a racket correctly (basic grip awareness) To track and hit a stationary or dropped ball To begin forehand push shots with control To send and receive a ball over a low net or line To use Tactical Awareness To understand the idea of sending the ball into space Begin simple cooperative rallies (keep the ball going) Physical Development To improve agility, balance, and coordination (ABC skills) To move into position to receive the ball Rules & Understanding To know basic court boundaries To understand simple rules: rally, net, in/out
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Year 4	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Hockey To learn safe use of equipment with correct grip and stance To change direction while dribbling Speed control To use the push pass technique, receiving with control To begin using attacking tactics - moving into space to receive passes. To begin using defensive tactics – blocking one another’s passes. To begin to use defensive and attacking tactics in unison while playing a competitive game.	Tag Rugby To demonstrate passing a ball using a swing pass accurately. To use a simple tactic in a game. To demonstrate how run with a rugby ball. To move into a space to receive a swing pass in a game. To use a simple tactic in a game. To evaluate what worked well in a game. To use the success criteria to identify strengths of the attacking team. To use tactics to outwit an opponent. To evaluate what worked well in a team.	Dance Communicating characters exploring movement Communicating characters exploring movement Choreograph principles and perform a complex routine with a partner Choreograph principles and perform a complex routine with multiple partners Create a movement based on a character Work as a group to create a final performance	Health & Fitness To explore the difference in heart rate when jogging vs running To take part in body weight exercises To take part in body weight exercises while in partner resistance games To explore flexibility and mobility through a yoga stretch circuit To take part in aerobic circuit training To take part in body weight circuit training	Badminton <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To demonstrate a forehand shot with some consistency To demonstrate a forehand and backhand shot with some consistency To direct the shuttlecock reasonably well to their partner to continue a rally To demonstrate a simple tactic in a net type game (i.e. To be able to hit a shuttlecock away from their partner). To play the game for the core task and incorporate tactics to score points	Golf <i>National Curriculum - 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.</i> To understand safety and basic grip/stance – Stop, Look and swing. To make consistent contact with the ball when swinging. To hit towards a target. Understand how hard to hit the ball. – Near, middle, far zones To apply basic skills in a simple course. To complete a simple golf course.
	Basketball To demonstrate passing a ball using a swing pass accurately. To use a simple tactic in a game. To control with ball, while bouncing To bounce the ball while the moving (dribbling) To use a chest pass and bounce pass with a partner in isolation To use a chest pass and bounce pass with a partner while dribbling To shoot at a target while static To dribble, then shoot at a target while static To shoot, dribble and pass while moving	Lacrosse <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To Learn safe use of sticks and Correct grip and stance To scoop technique practice (low body, two hands, step through) To take part in partner loose-ball races and play a small game To demonstrate stationary and moving passing in pairs. To take part in shooting drills - Shooting at cones. Small 2v1 shooting situations To take part in attacking based tactical games	Gymnastics <i>National Curriculum objectives - Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i> To perform shapes and balances with a partner Demonstrate counterbalance and counter tension paired balances using apparatus To demonstrate a group counterbalance. To create a gymnastic sequence with counterbalances and counter tension in a group. Create a gymnastic sequence with counterbalances and counter tension with a partner Demonstrate paired and group counterbalances in unison. To create a sequence of gymnastic actions, paired and group balances.	Cross Country To Run at a steady pace over a short distance without stopping. To develop basic long distance running technique To recognise different speeds (jog, run, sprint). To improve stamina by running for longer periods. Follow a simple cross-country course. Complete a cross-country course with effort.	Athletics <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance</i> To perform running techniques for short and long distances. To perform a pull and push throw. To take off and land one foot to one foot (same and other). To develop running for a distance. To take off and land one foot to two. To develop running for speed. To take off and land using a combination of jumps. To perform a sling throw. To develop running techniques at different speeds. To take off and land using a hop, step and jump. To perform a heave throw	Rounders To demonstrate an underarm throw with accuracy. To demonstrate how to throw a ball underarm with some accuracy and to catch a ball in a striking and fielding game To strike a ball from a tee or a drop feed. To catch a ball in striking and fielding game To strike a ball from a tee or a drop feed. To apply a simple tactic in a striking and fielding game. To demonstrate bowling a ball underarm with accuracy. To apply simple tactics in a modified striking and fielding game. Evaluation – to make a simple assessment of their own performance based on the success criteria

Year 5	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Cross Country <i>emphasizing sustained physical activity, competitive running, and improving stamina.</i> <i>To apply pacing strategies while running over a long distance.</i> To refine efficient running form for endurance with a partner To use pacing strategies to manage energy, using them effectively. (Run, sprint, jog) Sustain effort over extended distance with minimal rest. Understand race tactics and positioning – safely overtaking, steady starts, strong finishes Apply pacing, technique, and tactics in a competitive race.	Invasion Games - Handball <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To dribble confidently under pressure and protect the ball. To use a range of passes (quick, bounce, over distance) in game situations. To catch under pressure and transition quickly into the next action. Shoot in dynamic game situations (e.g. on the move or after a feint). To create attacking opportunities using movement, quick passing and positioning. Apply rules confidently and independently in competitive play. To Play larger games (5v5) applying tactics and rules.	Swimming (I) <i>National Curriculum objectives swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations.</i> Gymnastics (T) National Curriculum objectives - Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. To perform partner balances. To create a simple sequence of matched and mirrored partner balances. To perform a range of counter-balance actions with a partner To know the difference between counter balance and counter tension. To perform a range of counter-tension actions with a partner. To create a gymnastic sequence with counter balances and counter tension with a partner. To evaluate and recognise their own success	Swimming (I) <i>National Curriculum objectives swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations.</i> Invasion Games - Hockey (T) National Curriculum objectives play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To show passing a ball to a teammate using a hockey stick To demonstrate dribbling and passing a ball using a hockey stick To demonstrate shooting a ball at a goal. To select attacking tactics when playing a hockey type game. To demonstrate dribbling and shooting a ball using a hockey stick To apply simple attacking and defending tactics when playing a hockey type game To play a role in a competitive modified game	Athletics (I) <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance</i> To perform running techniques for short and long distances. To perform a pull and push throw. To take off and land one foot to one foot (same and other). To develop running for a distance. To take off and land one foot to two. Striking & Fielding – Cricket National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To demonstrate bowling underarm with accuracy. To catch a ball when fielding To strike a ball with a cricket bat off a tee. To demonstrate a bowl overarm with accuracy. To strike a ball with a cricket bat off a tee with consistency. To apply a tactic in a cricket type game To demonstrate bowling overarm with accuracy in a game. To strike a ball with a cricket bat in a game. To use tactics in a cricket type game Demonstrate bowling overarm with accuracy and	Outdoor Adventurous Activities - OAA (T) National Curriculum objectives take part in outdoor and adventurous activity challenges both individually and within a team. Communicate effectively when working as a team Trust and work with others to solve problems Take responsibility for others Listen attentively, record information accurately and apply strategies for remembering important information Follow instructions and work with others to complete a complex task Work effectively as part of a team to solve problems Generate and share ideas Review performance and apply learning Share ideas confidently, when working as part of a team Review a performance and apply the learning to complete a task successfully. Recognise the important role played by all team members Organise time and resources within a team Encourage others to improve performance Net & Wall Tennis National Curriculum Pupils apply a wider range of tennis skills, including forehand, backhand, serving, and basic net play, with improved accuracy and consistency. They use simple tactics such as placing the ball into space and moving opponents, applying these in competitive situations. Pupils
	Invasion Games - Football National Curriculum pupils refine and apply these skills with increasing control, consistency and decision-making in competitive game situations. To dribble under pressure, using turns and shielding to keep possession. To use a range of passes (short/long) and make decisions on when to pass. To take a first touch into space under pressure to maintain possession. To shoot in game situations with control and placement. To create attacking opportunities using movement, space and quick passing. To apply pressure, positioning and interceptions effectively.	Invasion Games – Netball (T) National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To demonstrate passing and catching a netball with consistency, accuracy and				

	Play larger games (5v5) applying tactics and teamwork.	control. To demonstrate a shoulder pass. To shoot a netball with some accuracy. To apply simple tactics when playing a netball type game To apply simple tactics with and without the ball when playing a netball type game To apply simple tactics when playing a netball type game, including defending To apply simple attacking and defending tactics when playing a netball type game			consistency in a game. To apply tactics in a modified competitive cricket game	also demonstrate understanding of scoring, rules, and fair play while evaluating and improving their performance. To demonstrate a forehand shot with some consistency. To develop consistency in playing a forehand and backhand shot To evaluate their performance and explain what needs improving To direct the ball reasonably well to their partner to continue a rally. To demonstrate a simple tactic in a net type game (i.e. To be able to hit the ball to targets away from their partner.) To demonstrate a simple tactic in a net type game (i.e. To be able to hit the ball to targets away from their partner.) To play the game for the core task and incorporate tactics to score points.
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Year 6	Autumn		Spring		Summer	
Learning objectives (substantive knowledge)	Hockey <i>National curriculum - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To show passing a ball to a teammate using a hockey stick. To demonstrate dribbling and passing a ball using a hockey stick. To demonstrate shooting a ball at a goal. To select attacking tactics when playing a hockey type game.	Tag Rugby <i>National curriculum - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To demonstrate passing a ball using a swing pass accurately. To use a simple tactic in a game. To demonstrate how run with a rugby ball. To move into a space to receive a swing pass in a game. To use a simple tactic in a game. To evaluate what worked well in a game. To use the success criteria to identify strengths of the attacking team. To use tactics to outwit an opponent. To evaluate what worked well in a team.	Dance <i>National curriculum - perform dances using a range of movement patterns</i> Communicating characters exploring movement Communicating characters exploring movement Choreograph principles and perform a complex routine with a partner Choreograph principles and perform a complex routine with multiple partners Create a movement based on a character Work as a group to create a final performance	Health & Fitness <i>National curriculum - Develop flexibility, strength, technique, control and balance. Pupils should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success</i> To Track heart rate while interval training To perform body weight exercises with a partner counting repetitions To take part in speed drills in a circuit To re-explore flexibility and mobility through a yoga stretch circuit To design a circuit for others to take part in To take part in a whole class fitness challenge – obstacle circuit relay	Badminton National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending To demonstrate a forehand shot with some consistency To demonstrate a forehand and backhand shot with some consistency To direct the shuttlecock reasonably well to their partner to continue a rally To demonstrate a simple tactic in a net type game (i.e. To be able to hit a shuttlecock away from their partner). To play the game for the core task and incorporate tactics to score points	Golf <i>National Curriculum - 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.</i> To demonstrate correct grip, stance, and controlled swing To strike the ball with control and in the right direction. To adjust aim and power for accuracy when aiming for a target. To control distance using swing strength. – Near, middle, far zones Apply skills using strategy when faced with obstacles. Compete with a partner in a simple golf course using control, accuracy, and decision-making.
	Basketball <i>National curriculum - use running, jumping, throwing and catching in isolation and in combination</i> Demonstrate passing a ball using a chest pass and bounce pass accurately. To move into space after using a chest pass and/or bounce pass in a game. To demonstrate dribbling a basketball with some control. To pass a ball accurately to a teammate using a chest and bounce pass. To demonstrate dribbling a basketball with some control. To find space to receive a chest or bounce pass To use tactics to outwit an opponent. To evaluate what worked well in a game/ team	Lacrosse <i>National curriculum - use running, jumping, throwing and catching in isolation and in combination</i> To quickly recap of safety and grip, dribbling at speed, changing hands/adjusting grip for control To use passing while moving - grids Give-and-go relay races 3v2 fast-break drill To recap shooting at targets To shoot at targets while	Gymnastics <i>National Curriculum objectives develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best</i> To perform shapes and balances with a partner Demonstrate counter balance and counter tension paired balances using apparatus To demonstrate a group counter balance. To create a gymnastic sequence with counter balances and counter tension in a group. Create a gymnastic sequence with counter balances and counter tension with a partner Demonstrate paired and group counter balances in unison.	Cross Country <i>emphasizing sustained physical activity, competitive running, and improving stamina. To apply pacing strategies while running over a long distance.</i> To apply pacing strategies while running over a long distance. To refine efficient running form for endurance with a partner To use pacing strategies to manage energy, using them effectively. (Run, sprint, jog) Sustain effort over extended distance with minimal rest. Understand race tactics and	Athletics <i>National Curriculum objectives use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance</i> To perform running techniques for short and long distances. To perform a pull and push throw. To take off and land one foot to one foot (same and other). To develop running for a distance. To take off and land one foot to two. To develop running for speed.	Rounders <i>National curriculum - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> To demonstrate bowling underarm with accuracy and catch a ball when fielding. To strike a ball with a bat and throw a ball overarm when fielding. To demonstrate a bowl

		opposing players defend To use defensive tactic to stop opposing players from scoring To play a full game using defensive and attacking tactics	To create a sequence of gymnastic actions, paired and group balances.	positioning – safely overtaking, steady starts, strong finishes Apply pacing, technique, and tactics in a competitive race.	To take off and land using a combination of jumps. To perform a sling throw. To develop running techniques at different speeds. To take off and land using a hop, step and jump. To perform a heave throw	underarm with accuracy and strike a ball with a bat off a tee. To demonstrate an overarm throw when fielding a ball and explain where to strike a ball in a game. To demonstrate bowling with accuracy in a game while striking a ball with a bat and using tactics in a rounders type game. To demonstrate bowling underarm with accuracy in a game and strike a ball with a bat.
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