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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Foundation | * Speed, power and endurance are developed using FUN games * Introduction to the simple rules and ethics of sports * ABCs (Agility, Balance, Coordination and Speed) * RJT (Running, Jumping, Throwing) * CKs (Catching, Kicking, Striking with an implement) * Be active and interactive * Develop coordination through control and movement - children show good control and co-ordination in large and small movements * Develop teamwork * Importance of physical activity – health * They move confidently in a range of ways, safely negotiating space. * Also include basic work on Athletics (working towards sports day), games with simple rules and ball skills (catching and target throwing)   Teach each in 2 week blocks returning to key points each week | | | | | |
| Year 1 | ABC’s work continuing from foundation looking at and assessing their agility, balance and coordination – lots of games and activities to test and improve these aspects. (move and stop safely)  **Gym** - Make my body curled, tense, stretched and relaxed. Roll, curl, travel and balance in different ways. | **Gym** – Copy sequences and repeat them. Control my body when travelling and balancing. Use equipment safely.  **Basic ball skills** – throwing, catching, rolling and techniques for this. | **Dance** - move to music. Copy dance moves. Perform my own dance moves.  **Ball skills (Feet)** - throw and kick in different ways. | **Dance** - make up a short dance. Move safely in a space.  **Basic ball skills** – I can throw underarm. Throw and catch with both hands. | **Boccia skills** - throw underarm, throw and kick in different ways, use equipment safely.  Athletics - move with control and care. Use equipment safely. | Athletics - move with control and care. Use equipment safely.  **Striking** - hit a ball with a bat, throw underarm. |
| Year 2 | **Gym** - plan and perform a sequence of movements, improve my sequence based on feedback. Copy and remember actions.  **Ball skills (feet)** - use hitting, kicking and/or rolling in a game. | **Dance** - change rhythm, speed, level and direction in my dance. Dance with control and coordination. Copy and remember actions.  **OAA** – Teamwork games and simple ‘searching activities’ - follow rules. | **Gym** - think of more than one way to create a sequence which follows some 'rules'. Work on my own and with a partner.  **Ball skills** – follow rules | **Dance** - I can make a sequence by linking sections together, I can use dance to show a mood or feeling.  Multiskills – fundamental movement through friction/push and pull, agility, balance and coordination | **Bench ball** - decide the best space to be in during a game. Use on tactic in a game. follow rules  **Striking** –  use hitting, kicking and/or rolling in a game. Decide the best space to be in during a game. Use on tactic in a game. follow rules | **Athletics** - I can follow rules. Talk about what is different from what I did and what someone else did.  **Net and Wall** - use hitting, kicking and/or rolling in a game. |
| Year 3  **Swimming**  Now done in term 1 as a week long block. | **Gym** - adapt sequences to suit different types of apparatus and criteria. Compare and contrast gymnastics sequences.  **Netball** - throw and catch with control. Aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly. | **Dance** - improvise freely and translate ideas from a stimulus into movement.  **OAA** - follow a map in a familiar context. Use clues to follow a route. Follow a route safely. | **Dance** - share and create phrases with a partner and small group. repeat, remember and perform phrases  **Hockey** - aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly. | **Gym** - explain how strength and suppleness affect performance. Compare and contrast gymnastics sequences.  **Tag Rugby** - aware of space and use it to support team-mates and to cause problems for the opposition. Throw and catch with control. Use rules fairly. | Tri Golf - use rules fairly. Throw/catch/strike with control.  **Athletics** - Throwing and jumping focus | **Athletics** - run at fast, medium and slow speeds; changing speed and direction.  Take part in a relay, remembering when to run and what to do.  **Dodgeball/ Bench ball** - throw and catch with control. Aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly. |
| Year 4  **Swimming**  Now done in term 1 as a week long block. | **Gym**- work in a controlled way. Include change of speed and direction.  Include a range of shapes.  **Football** – vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. | **Dance** - take the lead when working with a partner or group. Use dance to communicate an idea.  **Tag Rugby** –vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. Throw and catch accurately. | **Gym** - work with a partner to create, repeat and improve a sequence with at least three phases. Work in a controlled way.  **OAA** - follow a map in a (more demanding) familiar context.  I can follow a route within a time limit. | **Dance** - take the lead when working with a partner or group. Use dance to communicate an idea.  Tennis – ball control, keep possession of the ball. Strike accurately. Work with a partner | **Cricket** - vary tactics and adapt skills depending on what is happening in a game. Hit a ball accurately with control. Throw and catch accurately. Catch with one hand.  **Athletics** - run over a long distance.  Sprint over a short distance. Throw in different ways.  Hit a target. Jump in different ways. | **Athletics** – Throwing and jumping focus  **Ultimate Frisbee** - vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. Throw and catch accurately. Catch with one hand. |
| Year 5  **Swimming**  Now done in term 1 as a week long block. | **Gym** - make complex extended sequences. Perform consistently to different audiences.  **Tennis** - use forehand and backhand with a racket. | **Dance** - perform to an accompaniment.  My dance shows clarity, fluency, accuracy and consistency.  **OAA** - follow a map in an unknown location. Use clues and a compass to navigate a route.  Change my route to overcome a problem. Use new information to change my route. | **Gym** - Combine action, balance and shape.  Perform consistently to different audiences.  **Football** - gain possession by working a team.  Pass in different ways. Choose a tactic for defending and attacking.  Use a number of techniques to pass, dribble and shoot. | **Dance** - compose my own dances in a creative way. My dance shows clarity, fluency, accuracy and consistency.  **Flag Football** - gain possession by working a team.  I can pass in different ways.  I can field.  I can choose a tactic for defending and attacking. | **Rounder’s** - gain possession by working a team.  I can field.  **Athletics** - controlled when taking off and landing. Throw with accuracy. | **Athletics** - Combine running and jumping.  Sitting Volleyball – Striking the ball (hand or implement), tactic for attacking and defending. Using techniques to score points. |
| Year 6  **Swimming**  Now done in term 1 as a week long block. | **Gym** - combine my own work with that of others. Link sequences to specific things.  **Football** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation. | **Dance** - develop sequences in a specific style.  Choose my own music and style.  **Flag Football** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation. | **Netball** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation.  **Gym – (focus on flight and vaults)** combine my own work with that of others. Link sequences to specific things. | **Cricket** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation.  **Badminton** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation. | **Athletics** - demonstrate stamina.  **Tennis** - play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation. | **OAA** - plan a route and a series of clues for someone else. Plan with others taking account of safety and danger.  **Ultimate Frisbee -** play to agreed rules. Explain rules.  I can umpire. Make a team and communicate plan.  Lead others in a game situation. |

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| Gym | Target |
| Dance | OAA |
| Net and Wall | Strike and Field |
| Invasion | Swimming |
| Athletics |  |