|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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. |

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