



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p>Locomotion: Jumping 1 The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances.</p> <p>Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.</p>	<p>Gymnastics: High, Low, Over, Under The unit of work will explore 'champion gymnastics'.</p> <p>Pupils will create movements and balances in high and low ways on the floor and on the apparatus. Pupils will self-select where to work, explore movements and balances and start to identify features of other pupils' work.</p>	<p>Ball Skills: Hands 1 The unit of work will explore different ways of using our hands to move with a ball, keeping control.</p> <p>Pupils will explore rolling, pushing and bouncing a ball with a partner.</p>	<p>Dance: Nursery Rhymes The unit of work will enable pupils to explore creating simple movement sequences that relate to specific words in different nursery rhymes.</p> <p>Pupils will add movements together to form sequences and begin to explore character movements with a partner.</p>	<p>Ball Skills: Feet 1 The unit of work will enable pupils to explore moving with a ball using their feet.</p> <p>Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.</p>	<p>Games for Understanding The unit of work will explore why we need to follow the rules and keep the score during a game.</p> <p>Pupils will learn how to apply very simple tactics for attacking and defending in games.</p>
	<p>Locomotion: Walking 1 The unit of work will explore walking using different body parts in different directions, at different levels and at different speeds.</p> <p>Pupils will learn how to apply their walking skills into games.</p>	<p>Gymnastics: Moving The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in big and small ways on the floor and on apparatus.</p> <p>Pupils will work in pairs to explore creating movements and balances with a partner.</p>	<p>Ball Skills: Hands 2 The unit of work will explore the different ways of throwing, rolling and stopping a ball.</p> <p>Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.</p>	<p>Dance: Ourselves The unit of work will enable pupils to explore creating simple movement sequences. Pupils will respond to words and music using their bodies and props.</p> <p>Pupils will explore movements such as creeping, tiptoeing and hiding as they try to become different characters.</p>	<p>Dance Children will be learning a dance for their summer fayre. They will develop on performing sequences as a whole class and individual sequences. They will also be performing this in front of an audience.</p>	
Year 1	<p>Locomotion: Running The unit of work will develop pupils' ability to run using different parts of their bodies.</p> <p>Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.</p>	<p>Ball Skills: Hands 1 The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why.</p> <p>Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.</p>	<p>Dance: Growing The unit of work will challenge pupils to respond to rhythm and patterns through their movements.</p> <p>Pupils will learn how to control and co-ordinate their bodies to perform a motif. In addition, pupils will explore various dynamics and movement qualities as they create movement patterns.</p>	<p>Ball Skills: Hands 2 The unit of work will consolidate pupils' ability to accurately roll a ball towards a target.</p> <p>Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.</p>	<p>Locomotion: Jumping 1 The unit of work will develop pupils' understanding of how and why we jump, using our head, arms and feet, and applying the correct jumping technique.</p> <p>Pupils will begin to understand the different reasons when, where and why we jump in different ways</p>	<p>Health and Wellbeing The unit of work will introduce pupils to agility, balance, and coordination, understanding what they mean and why they are important.</p> <p>Pupils will perform circuits to develop their application and understanding.</p>
	<p>Gymnastics: Wide, Narrowed, Curled The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus.</p> <p>Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.</p>	<p>Gymnastics: Body Parts The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus.</p> <p>Pupils will transition between the theme words as they link movements together developing simple sequences.</p>	<p>Ball Skills: Feet The unit of work will develop pupils' ability to apply effective dribbling skills.</p> <p>Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team.</p>	<p>Dance: The Zoo The unit of work will challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled movements showing character expression.</p> <p>Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.</p>	<p>Games For Understanding The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Team Building The unit of work will introduce teamwork.</p> <p>Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems.</p>

Year 2	<p>Locomotion: Dodging 1 The unit of work will challenge pupils to apply their knowledge of how, where and why to dodge.</p> <p>Pupils will learn the roles of attacking and defending and start to understand when we attack and when we defend while using their dodging skills.</p>	<p>Ball Skills: Hands 1 The unit of work will challenge pupils to combine their developing dribbling, passing and receiving skills in order to keep possession and score a point.</p> <p>Pupils will apply these skills in teams in various games and activities.</p>	<p>Ball Skills: Feet 1 The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.</p>	<p>Ball Skills: Hands 2 The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents.</p> <p>Pupils will further extend their understanding of why we need to be accurate when we throw.</p>	<p>Locomotion: Jumping 1 The unit of work will challenge pupils to apply their prior learning of how to jump and use this to jump in combination and link jumps.</p> <p>Pupils will continue to develop their ability to apply jumping in games.</p>	<p>Health and Wellbeing The unit of work will consolidate pupils' understanding of agility, balance, and coordination, applying these elements of fitness in a variety of activities.</p> <p>Pupils will perform circuits, understanding how motivation can enhance performance.</p>
	<p>Gymnastics: Linking The unit of work will challenge pupils to explore different ways that they can link movements and balances together.</p> <p>Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.</p>	<p>Gymnastics: Pathways The unit of work will challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways.</p> <p>Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.</p>	<p>Dance: Water The unit of work will challenge pupils to use their whole body when creating sequences of movements.</p> <p>Pupils will explore and respond to music as a stimulus. Using various dynamics and movement qualities, pupils will be able to use descriptive language to discuss these various movement qualities.</p>	<p>Dance: Explorers The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression, and emotion to their performance.</p> <p>Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography.</p>	<p>Games for Understanding The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack.</p> <p>Pupils will apply these tactics as a team into games.</p>	<p>Team Building The unit of work will develop pupils' ability to apply effective teamwork, ensuring that everyone is included and understands their role.</p> <p>Pupils will begin to develop and apply simple strategies to solve problems.</p>
Year 3	<p>Games: Invasion - Netball The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving.</p> <p>Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Games: Invasion - Handball The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving.</p> <p>Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Games: Invasion - Basketball The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving, dribbling, and shooting.</p> <p>Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p>Games: Invasion - Tag Rugby The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving to score a try.</p> <p>Pupils will develop their understanding of when, where, and why they need to create space when they are attacking.</p>	<p>Dance: Wild Animals The unit of work will challenge pupils to respond to different stimuli being able to sustain characters to add drama and emotion to the dance.</p> <p>Pupils will bring together the choreography to create a final performance in groups.</p>	<p>Athletics The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.</p> <p>Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.</p>
	<p>Gymnastics: Symmetry & Asymmetry The unit of work will focus on exploring movements and balances in symmetrical and asymmetrical ways.</p> <p>Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.</p>	<p>Dance: Weather The unit of work will challenge pupils to respond to different stimuli, being able to add drama and emotion to the dance.</p> <p>Pupils will create a performance which will include stage presence, timing, rhythm and sustaining character.</p>	<p>Swimming Pupils will be taught to: swim competently, confidently, and proficiently over a distance of at least 25 metres and use a range of strokes effectively [for example, front crawl, backstroke, and breaststroke]</p>	<p>Swimming Pupils will be taught to: perform safe self-rescue in different water-based situations</p> <p>They will continue to develop on their techniques and will learn to recognise hazards and dangers in their environment.</p>	<p>OAA: Problem Solving The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.</p>	<p>Games: Striking & Fielding - Rounders The unit of work will explore the concept of batting and fielding (attack and defence).</p> <p>Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.</p>

Year 4	<p>Games: Invasion - Netball The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Games: Invasion - Handball The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Games: Invasion - Basketball The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p>Games: Invasion - Tag Rugby The unit of work will develop pupils' ability to apply the principles of attack vs defence</p> <p>Pupils will combine passing and moving to develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring.</p>	<p>Games: Net/Wall - Tennis The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis.</p> <p>Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.</p>	<p>Athletics The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance.</p> <p>Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump.</p>
	<p>Gymnastics: Bridges The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.</p>	<p>Games: Invasion - Football The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the pitch, creating an attack that results in a shooting opportunity.</p>	<p>Dance: Cats The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching.</p> <p>Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.</p>	<p>Dance: Space The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance.</p> <p>Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.</p>	<p>OAA: Problem Solving The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.</p>	<p>Games: Striking & Fielding - Rounders The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on the concept of batting.</p> <p>Pupils will continue to develop and apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.</p>
Year 5	<p>Games: Invasion - Netball The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.</p>	<p>Games: Invasion - Football The unit of work will challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p>	<p>Games: Invasion - Tag Rugby The unit of work will challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are used in a game.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p>	<p>Games: Invasion - Hockey The unit of work will challenge pupils to develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games.</p> <p>Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p>	<p>Games: Striking & Fielding - Rounders The unit of work will challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team.</p> <p>Pupils will be able to explore the skill set of each team and tactically select players to play in positions that utilise their skills.</p>	<p>Athletics The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team.</p> <p>Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.</p>
	<p>Gymnastics: Counter Balance & Counter Tension The unit of work will focus on exploring Counter Balance and Counter Tension balances on the floor and on apparatus. Pupils will create sequences by consistently applying flow and challenging their creativity. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.</p>	<p>Health-Related Exercise The unit of work will ensure that all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.</p>	<p>Dance: The Circus The unit of work will challenge pupils to bring together the different characters and performers that would have formed a 19th Century (1850) circus. Pupils will be able to distinguish between the different performers through clear movements and expression. Pupils will be able to perform their circus routine as part of a group.</p>	<p>OAA: Communication and Tactics The unit of work will refine pupils' ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to complete the challenges.</p>	<p>Games: Net/Wall - Tennis The unit of work will challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game in order to score points and win the game.</p>	<p>Games: Striking & Fielding - Cricket The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding. Pupils will be able to create and apply tactics for both batting, and fielding (including bowling) and apply these successfully within their teams.</p>

Year 6	<p>Games: Invasion - Football Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score.</p> <p>Pupils will in turn apply pressure when defending to regain possession effectively.</p>	<p>Games: Invasion - Tag Rugby Pupils will consolidate their understanding of attacking and defending.</p> <p>Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.</p>	<p>Games: Invasion - Handball Pupils will consistently apply effective passes, applying decision making as to which pass to make and when in order to keep possession and score.</p> <p>Pupils will create and apply tactics in games adapting them as the game situation changes.</p>	<p>Games: Invasion - Netball Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p>	<p>Games: Striking & Fielding - Rounders Pupils will learn to consistently apply effective tactics for both batting and fielding.</p> <p>Pupils will utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.</p>	<p>OAA: Problem Solving The unit of work will consolidate pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to lead others, applying skills essential to working within a team as well as create, evaluate and adapt tactics.</p>
	<p>Gymnastics: Matching and Mirroring The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements.</p> <p>Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.</p>	<p>Dance: Titanic The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances.</p> <p>Pupils will perform choreographed movements and balances that incorporate emotion, expression, and characterisation.</p>	<p>Dance: Carnival The unit of work will challenge pupils to experience dances from different cultural traditions. Pupils will develop group movements selecting and applying choreography into a performance.</p> <p>Pupils will continue to use their bodies to perform technical movements with control and rhythm.</p>	<p>Games: Net/Wall - Badminton Pupils will refine their ability to execute certain shots and to think tactically, deciding which shot to play and why in a game situation. Pupils will apply their learning in singles and doubles games.</p>	<p>Games: Striking & Fielding - Cricket Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and tactics into mini games.</p>	<p>Athletics The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions.</p> <p>Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.</p>