

Subject: Physical Education (PE) (Using PE Hub)

National Curriculum aims and purpose

Purpose of study - A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims - The national curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods
- Engage in competitive sports and activities
- Lead healthy, busy lives

Attainment targets - By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Links to Early Learning Goals:

- Personal, Social and Emotional Development - Show resilience and perseverance. Think about the perspective of others. Know and talk about the aspects that affect their overall health, such as regular exercise and healthy eating.
- Physical Development - Revise and refine fundamental movement skills such as rolling and jumping. Develop overall agility, balance, coordination and strength. Develop small motor skills. Use their core muscle strength. Combine different movements with ease and fluency. Confidently and safely use small and large apparatus. Develop ball skills such as throwing for accuracy.
- Communication and Language – Listen attentively and respond, participate in discussions, express ideas, and feelings.
- Understanding the world - Draw information from a simple map. Describe what they see, hear, and feel outside.
- Expressive arts and design – Perform and try to move in time with music, move and talk about music. Watch and talk about dance. Develop storylines

Intent

Physical Education is a beautiful opportunity to develop the whole child. Children are entitled to a rich, broad and balanced PE curriculum. Through PE, children should develop behaviour and attitudes that will benefit them throughout school life and beyond.

Children should:

- Experience a broad range of activities through curriculum PE time, including gymnastics, dance, games, outdoor Education, athletics, and swimming
- Know how to stay fit, healthy, and active and enjoy doing so, choosing to engage in physical activity and sport in their own time
- Learn to win and lose, support others and be supported, showing sportsmanship and good character
- Work as part of a team towards a common goal as well as individually improving their performance
- Be allowed to be creative in a range of activities
- Play competitively, respecting officials and other players
- Develop spiritually, morally and culturally through diverse activities and opportunities

Quality physical Education can develop the whole child:

- Strengthening thinking and decision-making skills
- Building and increasing confidence and self-esteem
- Developing character and resilience
- Enhancing their commitment and desire to improve
- Allowing opportunities for enjoyment, fun and to be free-spirited
- Fostering feelings of safety and security

Year group: EYFS (Nursery)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Body Management, (Unit 1)	Cooperate & Solve Problems (Unit 1)	Dance (Unit 1)	Gymnastics (Unit 1)	Manipulation & Coordination (Unit 1)	Speed, Agility, Travel (Unit 1)
Skills	Explore balance and managing own body. Able to stretch, reach, and extend in a variety of ways and positions. Able to control the body and perform specific movements on command.	Organise and match items, images, colours and symbols. Work with a partner to listen, share ideas & questions. Collect, distinguish and differentiate colours and create a shape as a team.	Recognise actions can be performed to music. Copy, repeat and perform some basic actions to music.	Develop confidence in fundamental movements. Experience jumping, sliding rolling moving over and under apparatus. Develop coordination and gross motor skills.	Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts in a variety of activities and in different ways.	Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare.
Knowledge	Balance beanbags. Move through hoops in different ways. Reach and stretch to get equipment. Make bridges and tunnels with our bodies. Travel over and under apparatus. Make shapes with our bodies.	Match colours and symbols. Work as a team to complete a task. Use our bodies to make number shapes. Follow a trail. Work with others to make patterns. Work with a partner to complete challenges.	Link colours to feelings Explore animal movements & levels Replicating actions in larger groups Seasons sequence work Exploring leader and follower work	Adapt instruction to physical actions. Take off positions. Landing positions. Moving over and under apparatus. Shapes and balances.	Co-ordinate limbs to carry out defined movements and actions. Reproduce movements with a ball bilaterally. Make contact with a ball using feet and legs. Practice hop, step and jump sequences. Send and stop objects using hands and feet.	Demonstrate agility in a variety of games. Recognise and follow instructions. Experimenting different starting and stopping positions. Perform fast and slow movements. Show control to stop and perform actions
Key vocabulary	Climb, step, feet, alternate, one foot, balance, stand, stop, reach,	Cooperate, team, individual, partner, pair, work, choose, collect,	Dance, twist, turn, rhythm, step, music, beat, stretch,	Balance, control, fast, high, jump, link, low, stretch,	Carry, crawl, feet, freeze, grip, hands, high, hold, hop,	Pause, prepare, freeze, high, low, switch,

	stretch, hold, carry, touch, crawl, jump, roll.	suits, deck, cards, trail, body shape, number.	feet, curl, high, low, fast, slow.	pattern.	jump, low, music, one foot, pause, prepare, eyes.	agility, music, beat.
Assessment of progress	Ongoing assessment on Tapestry. End of year assessment.					

Year group: EYFS (Reception)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Body Management (Unit 2)	Cooperate & Solve Problems (Unit 2)	Dance (Unit 2)	Gymnastics (Unit 2)	Manipulation & Coordination (Unit 2)	Speed Agility Travel (Unit 2)
Skills	Explore a variety of rolling, sliding etc. Jump using a variety of take-offs/landings; use hands and feet in different combinations. Participate in a variety of small group cooperative activities.	Copy and repeat various patterns and actions. Continue to work in teams. Solve more complex problems.	Count and move to beats of 8. Work as an individual, partner and part of a group. Copy and repeat movement patterns.	Further develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions.	Coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. Skip in isolation and with rope.	Participate in a variety of agility-based activities. Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully. Relate body movements to music and percussion beats.
Knowledge	Perform rolls. Show some body control. Perform different jumps. Jump using apparatus. Travel across apparatus. Work as part of a team.	Follow a trail with a partner. Play parachute games. Make jumping patterns. Create movement patterns. Lead a partner in tapping patterns.	Circle dancing. Learning and repeating phrases. Perform to the count of 8. Remember and perform 4 actions. Perform an African dance motif.	Refine shapes and jumps. Egg roll and log roll. Pathways and direction. Points and patches. Linking movements.	Play parachute games. Moving small objects using dominant and non-dominant hand. Push, hit, dribble. Using baton steer objects to targets. Roll, spin, rotate, throw and catch hoops.	Play games, taking turns. Move by inching, crawling and jumping. Jumping for speed and distance. Recognise cues in lyrics to change

						actions. Use strength to maintain a body shape.
Key vocabulary	Beanbags, mats, cones, quoits , hoops, box tops, balls, bibs, benches , apparatus , music player, music, percussion instruments.	Switch, agility, den, hop, step , grip, trails, over, under , through, around.	Africa, elephants, fast, feet, flow , giraffes, join, link , monkeys, rhythm, step, stretch, teamwork.	Pattern, shape , sequence, movement, timing, pathway , direction .	Weight, spin , slide , apparatus, anticipate, freeze, high, low, switch, beat, hop, jump, step, grip , opposition.	Reach, stretch, hold, carry, touch, crawl , jump, roll , hands, feet, weight, softly, quietly, quickly, powerful, music, beat.
Assessment of progress	Ongoing assessment on Tapestry. End of year EYFS assessment.					

Year group: Year 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Hit Catch Run (Unit 1) & Run Jump Throw (Unit 1)	Attack Defend Shoot (Unit 1) & Dance (Unit 1)	Send & Return (Unit 1) & Gymnastics (Unit 1)	Hit Catch Run (Unit 2) & Dance (Unit 2)	Attack Defend Shoot (Unit 2) & Run Jump Throw (Unit 2)	Send & Return (Unit 2) & OAA
Skills	<p>Hit Catch Run Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points.</p> <p>Run Jump Throw Starting and stopping at speed. Show power in run,</p>	<p>Attack Defend Shoot Send to targets. Catch and intercept. Bounce ball to self. Defend a target. Attack and defend as a pair. Communicate with partner. Compete in a basic tournament 2v2.</p> <p>Dance Exploring storytelling through dance. Use a theme to create a dance. Develop</p>	<p>Send & Return Sliding and receiving a ball/beanbag. Explore different ways of sending a ball. Moving towards and returning balls. Scoring points against opposition. Attempt to hit a ball. Basic rally with slow moving objects (balloon). Feeding the ball</p>	<p>Hit Catch Run Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points.</p> <p>Dance Exploring storytelling through dance. Use a theme to create</p>	<p>Attack Defend Shoot Send to targets. Catch and intercept. Bounce ball to self. Defend a target. Attack and defend as a pair. Communicate with partner. Compete in a basic tournament 2v2.</p> <p>Run Jump Throw Starting and stopping at speed. Show power in run,</p>	<p>Send & Return Sliding and receiving a ball/beanbag. Explore different ways of sending a ball. Moving towards and returning balls. Scoring points against opposition. Attempt to hit a ball. Basic rally with slow moving objects (balloon). Feeding the ball</p>

	<p>use arms. Take off on two feet. Use leading arm to throw. Compete in relay teams. Perform agile movements. Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions.</p>	<p>actions to express friendship. Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds.</p>	<p>over a net. Track balls. Develop core strength to send objects from a sitting, kneeling, and standing position. Gymnastics Carry equipment safely. Hurdle step take off. Perform egg roll and log roll. Explore body tension. Linking movements. Rock, spin, turn. Move on, off, over. Point balances h,y, front/back support</p>	<p>a dance. Develop actions to express friendship. Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds.</p>	<p>use arms. Take off on two feet. Use leading arm to throw. Compete in relay teams. Perform agile movements. Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions.</p>	<p>over a net. Track balls. Develop core strength to send objects from a sitting, kneeling, and standing position. OAA Follow simple instructions. Recognise, remember, and match some symbols. Perform physically challenging actions. Follow a movement pattern with others. Take part in competitive races and work with a partner. Undertake simple speed stack arrangements.</p>
Knowledge	<p>Hit Catch Run Know what tracking a ball is and how to stop the ball. Know and use a range of different throws for different Situations. Know the principles of catching a ball. Know how to score points in a striking and fielding game.</p>	<p>Attack Defend Shoot Kick the ball over long and short distances. Stop a ball with control using the foot. Work as a team to keep the ball. Bounce a ball with my partner. Bounce the ball while we are moving (dribbling).</p>	<p>Send & Return Know how to hit a ball accurately in different ways. Know how to track, stop and return a beanbag or ball. Know how to work with a partner to collect a ball. Know techniques to send a ball or object to a partner</p>	<p>Hit Catch Run Know where to hit a ball to maximise the chance of scoring. Be able to decide where to stand when fielding to intercept a ball. Know how to position a group of fielders to restrict run-scoring. Understand the</p>	<p>Attack Defend Shoot To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise. Run Jump Throw</p>	<p>Send & Return Know what it means to feed a ball. Know what it means to track a moving object. Be able to show where the core muscles of the body are. Know and name some net/wall games. Know that people with disabilities</p>

	<p>Understand the role of teamwork when fielding.</p> <p>Run Jump Throw Know the quickest way to move an object from one place to another. Know how to change speed when running. Know how the arms can increase the speed of running. Know how to perform a two-footed jump. Know how to overarm throw for distance. Know how the importance of balance, agility and coordination in athletics.</p>	<p>Pass the ball forward in a game.</p> <p>Dance Know how to respond to a range of stimuli. Understand about space, direction, levels and speeds and how to perform with different body parts.</p>	<p>Accurately.</p> <p>Gymnastics Know some of the fundamental gymnastics shapes. Know the risks of working on low apparatus. Know difference between large and small body parts. Know how to take off jump and land with a run-up. Know a variety of ways to travel on their feet. Know actions that can be performed at different levels. Know how to create a short gymnastics sequence.</p>	<p>importance of collaboration and teamwork when fielding. Know how to play a game with basic rules.</p> <p>Dance Know how to build simple movement patterns from given actions. Know how to compose and link actions to make simple movement phrases.</p>	<p>Know why agility is important when changing direction at speed. Know and recognise different ways of starting and stopping an Activity. Know what a lap is. Understand the importance of stamina when running. Know how to bound or stride to improve jumping height. Know the best position to start a running activity in. Know why it is important to stay in your lane.</p>	<p>have their own class of sports e.g. goalball, sitting volleyball.</p> <p>OAA Use thinking skills to follow multi step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence.</p>
Key vocabulary	<p>Hit Catch Run Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p> <p>Run Jump Throw Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.</p>	<p>Attack Defend Shoot Aim, attack, compete, control, cooperate, receive, restart, side-line.</p> <p>Dance Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle, end.</p>	<p>Send & Return Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.</p> <p>Gymnastics Balance, body tension, tensed, relaxed, shape, stretched, curled, carry, control, extension, fast,</p>	<p>Hit Catch Run Batter, bowl, catch, collect, feed, field, hit, hitter, pick-up, retrieve, roll, stop, strike, throw.</p> <p>Dance Compose, choose, select, emotions, canon, rhyme, theme, character, round, respond.</p>	<p>Attack Defend Shoot Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch.</p> <p>Run Jump Throw Run, hop, skip, step, sideways, throw, slow, medium, agile, link, skipping, power, track, relay, tag, partner, sprint.</p>	<p>Send & Return Bowl, hit, net, pick up, roll, serve, stop, track, opposition, umpire.</p> <p>OAA Sequence, problems, instructions, perform, symbol, pyramid, stacking, up stack, down stack, shape, map, repeat, pattern, individual, group.</p>

			hang, high, jump, like, link, low, safety.			
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment

Year group: Year 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Hit Catch Run (Unit 1) & Run Jump Throw (Unit 1)	Attack Defend Shoot (Unit 1) & Gymnastics (Unit 1)	Send & Return (Unit 1) & Dance (Unit 1)	Hit Catch Run (Unit 2) & Gymnastics (Unit 2)	Attack Defend Shoot (Unit 2) & Run Jump Throw (Unit 2)	Send & Return (Unit 2) & OAA
Skills	Hit Catch Run Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hot to space. Move in line to stop ball. Run Jump Throw Aware of others when running	Attack Defend Shoot Kick with inside of foot and stop ball with feet. Control a ball. Bounce the ball to send it. Bounce a ball to begin to dribble. Throw/send a variety of equipment. Pass and move. Intercepting in a game. Play goalkeeper. Gymnastics Use start & finish shapes. Power in	Send & Return Identify the dominant and non-dominant side. Use basic serving rules in a game. Able to self-feed a ball to a partner using a racquet. Develop agility in isolated challenges. Develop the ready position to receive a ball. Play a variety of roles in a simple game. Throw into space to make it	Hit Catch Run Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hot to space. Move in line to stop ball. Gymnastics Use start & finish shapes.	Attack Defend Shoot Kick with inside of foot and stop ball with feet. Control a ball. Bounce the ball to send it. Bounce a ball to begin to dribble. Throw/send a variety of equipment. Pass and move. Intercepting in a game. Play goalkeeper. Run Jump Throw Aware of others when running	Send & Return Identify the dominant and non-dominant side. Use basic serving rules in a game. Able to self-feed a ball to a partner using a racquet. Develop agility in isolated challenges. Develop the ready position to receive a ball. Play a variety of roles in a simple game.

	<p>in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques.</p>	<p>jumping. Levels and speed. Rhythm in performing. Body management in a range of actions. Arabesque, bridge, japana.</p>	<p>difficult for opponent to return. Play out a point from a serve. Dance Dance in solo and duet. Explore creative footwork. Discuss how a dance can develop. Respond to visual stimulus. Comment on contrasting actions. Use the theme of a clockface to develop a dance. Perform 'freestyle' moves. Perform a motif to music. Explore movement pathways.</p>	<p>Power in jumping. Levels and speed. Rhythm in performing. Body management in a range of actions. Arabesque, bridge, japana.</p>	<p>in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques.</p>	<p>Throw into space to make it difficult for opponent to return. Play out a point from a serve. OAA Use equipment in unconventional ways. Build on speed stack skills. Compose a small group movement pattern. Participate in blindfold activities. Introduce the principle of map keys and use in a simple way.</p>
Knowledge	<p>Hit Catch Run Make choices about where to hit the ball to maximise the chances of scoring. Know the reason to defend a target when batting. Know how to hit the ball to different areas when batting. Know how to work as a team to score points in a striking</p>	<p>Attack Defend Shoot Know how to send a ball using feet and can receive a ball using feet. Understand ways to refine control of bodies and a range of equipment. Be able to recall and link combinations of skills, e.g., dribbling and passing. Gymnastics</p>	<p>Send & Return Know which is their dominant and non-dominant side. Send and receive the ball consistently. Know why and when you would need to change direction quickly in a game. Explain principle of court boundaries. Know why improving your agility would</p>	<p>Hit Catch Run Know how to send a ball using different parts of the foot. Judge and change pace to score runs. Know how to be a wicketkeeper/back stop. Know different hitting techniques to increase scoring opportunities. Know how to play a game using some basic rules.</p>	<p>Attack Defend Shoot Know how to select and apply a small range of simple tactics. Recognise good qualities in self and others. Understand how to work with others to build basic attacking play. Run Jump Throw Know why we need to be able to run for sustained periods.</p>	<p>Send & Return Know where a long, high ball might go on a court. Know where a short, low ball might go on a court. Know what an attacking shot is in net/wall games. Know some keys to manage themselves in a competition (listening, self-control, play to</p>

	<p>and fielding game. Know which bat they would choose when playing.</p> <p>Run Jump Throw Know why it is important to be aware of other people when running at speed. Know how to generate power to start a running or jumping action. Know different ways to overcome obstacles. Know when to use different types of throws. Know how quick feet helps sprinting. Know the difference between static and dynamic balances</p>	<p>Know and can name several point and patch balances/shapes. Know how to inject power into a range of jumps. Know why taking weight on hands is a fundamental skill for gymnastics. Know that they can do 'scaled' versions of a skill e.g glute bridge instead of full bridge. Knowing what to straddle means</p>	<p>improve your tennis game</p> <p>Dance Describe and explain how performers can transition from shapes and balances. Challenge themselves to move imaginatively responding to music. Understand how to work as part of a group to create and perform.</p>	<p>Gymnastics Know and can name several point and patch balances/shapes. Know how to inject power into a range of jump. Know why taking weight on hands is a fundamental skill for gymnastic. Know that they can do 'scaled' versions of a skill eg glute bridge instead of full bridge. Knowing what to straddle means</p>	<p>Know some exercises to improve strength. Know the breathing technique for running longer distances. Know how to work with a partner to improve performance. Know how and why we compete in running, throwing and jumping activities. Know how athletics skills can be used in other activities/sports.</p>	<p>whistle). Know what a 'zone' on a court is.</p> <p>OAA Know how to use searching skills to find given things from clues and pictures. Know how to navigate space as a pair. Know how to use and explore unusual equipment to develop motor skills, coordination and problem solving.</p>
Key vocabulary	<p>Hit Catch Run Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps.</p> <p>Run Jump Throw Run, throw, handle, power, quick, burpee, obstacle, control,</p>	<p>Attack Defend Shoot Aim, attack, compete, control, cooperate, receive, restart, sideline.</p> <p>Gymnastics Front straddle, cup, v-sit, puck, jumping, power, taking weight, flexibility, teddy/ dolly roll.</p>	<p>Send & Return Serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.</p> <p>Dance Direction, huddle, group, mood, feeling, penguin, musicality, respond, galloping, flying.</p>	<p>Hit Catch Run Outwit, bowler, strike, respond, stump, stumping, wicketkeeper, backstop, position, role.</p> <p>Gymnastics Body tension, carry, control, extension, fast, hang, timing, travel, turn, transition, smooth.</p>	<p>Attack Defend Shoot Rebound, aim, speed, direction, scoring, controlling, following, intercepting, tactics.</p> <p>Run Jump Throw Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere,</p>	<p>Send & Return Front, back, tactics, compete, score, wide, deep, rotate, point.</p> <p>OAA Reach, search, find, explore, teamwork, speed, verbal, tactile, map, key, equipment, variety.</p>

	stamina, static, dynamic, collect.				tally, develop, lap, cooperate, compete.	
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment

Year group: Year 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Football & OAA	Volleyball & Dance (Unit 1)	Hockey & Gymnastics (Unit 1)	Basketball & Cricket	Athletics & Rounders	Lacrosse & Tag Rugby
Skills	<p>Football Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Using inside and outside of foot, trapping.</p> <p>OAA Use non-verbal communication effectively. Develop further simple map reading skill. Respond to and resolve problems as a team. Participate in trust activities. Plan on route map.</p>	<p>Volleyball Ready position. Seated movement. Overarm seated serve. Team contacts.</p> <p>Dance Perform a jazz square. Perform two contrasting characters. Communicate ideas as part of a group. Use a prop in a four action dance phrase. Discuss examples of professional work. Create your own floor patterns. Create longer dance phrases</p>	<p>Hockey Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Using flat side of stick. Close control, preparing to tackle.</p> <p>Gymnastics Contrasting shapes, body control when rolling. Partner unison. Patterns. Fluency in movement. Half lever. Bouncing, smooth transitions and extension.</p>	<p>Basketball Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Jump Ball, 2 handed shot. Defensive body position.</p> <p>Cricket Bowl with some accuracy and consistency. Use the long barrier to collect a rolling ball / collect and return a moving ball. Forward drive into space. Foot placement to hit</p>	<p>Athletics Combination jumps. Recognising and performing different paced runs. Approaching hurdles. Pull action when throwing. Skipping technique. Recording scores accurately.</p> <p>Rounders Bowl with some accuracy and consistency. Use the long barrier to collect a rolling ball / collect and return a moving ball. Consistently hot one handed. Use underarm</p>	<p>Lacrosse Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Underarm and overarm throw. Groundball collection. Shot, pass and run.</p> <p>Tag Rugby Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding</p>

		by linking shorter ones. Introduce start and endings to dances. Perform in solo, duet and group. Apply feedback to improve own performance.		the ball effectively. Use overarm throw to send ball longer distances. Explore role of wicket keeper.	bowling action to bowl a 'good' ball. Selecting best base to throw to get players out. Introduction to the role of the backstop.	space to receive the ball. Shot, pass, dribble theory. Ball handling. Running past defenders. Evading taggers and tag protocol.
Knowledge	<p>Football Be able to show basic control skills. Know how to pass with accuracy to maintain possession and build attacking play. Know how to implement the basic rules of football.</p> <p>OAA Know how to work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between and explain when a task is competitive and when it is collaborative.</p>	<p>Volleyball Know why sitting volleyball was invented and when it is played. Know what the seated ready position is in sitting volleyball. Know how to start a point using an overarm serve. Know we need to move around the court. Know the role of boundaries in sitting volleyball. Know and play with the basic rules of sitting volleyball.</p> <p>Dance Know how to put together a performance. Know how to use facial expressions. Know how to perform with a prop.</p>	<p>Hockey Know how to play in hockey-type invasion game. Improve game-based agility. Know how to manipulate objects, stick and ball with safety and control.</p> <p>Gymnastics Know how to modify actions independently using different pathways, directions and shapes. Know how to improve movements and gymnastics actions. Know about the relationship between strength and flexibility to actions. Know how to use basic compositional ideas.</p>	<p>Basketball Know what ball-handling skills are. Know the key steps for a basic dribble. Know why we always look to shoot before anything else. Know what defensive posture is and why we use it. Know why we use two hands to shoot in basketball. Know how a game is started.</p> <p>Cricket Know how to hit a straight drive that travels along the floor. Know how to bowl accurately underarm. Know how to move towards a delivered ball to hit it consistently. Know how to use a long barrier to stop a moving ball. Know</p>	<p>Athletics Know what a good approach and taking off for a jump is. Know the importance of changing pace when running. Know key techniques to hurdle obstacles while maintaining pace. Know how to use the pull-throw technique to throw a javelin. Draw links between athletics and real-life skills (javelin/hunting). Know different skipping techniques. Know how to compete in athletic activities.</p> <p>Rounders Know different methods to stop a moving ball. Explain how to hit a ball consistently. Know and explain</p>	<p>Lacrosse Know how to pass and catch in a game situation. Know how to maintain possession including ground balls. Know and follow some basic rules of lacrosse.</p> <p>Tag Rugby Know how to use speed to run past defenders. Know why we use a short pass. Know techniques to evade defenders. Know the tag protocol. Know how and when to close down an attacker's space. Know the similarities and differences between tag rugby and other invasion games.</p>

				how and when to use an overarm throw. Know how the wicket keeper supports the fielding team.	different throwing techniques. Know how to play using basic rounders rules. Know how to work with teammates when fielding.	
Key vocabulary	<p>Football Teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession, accuracy, dribble.</p> <p>OAA Maps, diagrams, scale, symbols, orienteeing, controls, challenges, problem-solving, lead, follow, plan, trust.</p>	<p>Volleyball Hit, return, court, underarm, overarm serve, boundary, seated, inclusive, send, rally, score.</p> <p>Dance Facial expression, improvisation, rehearse, director.</p>	<p>Hockey Shoot, defend, attack, block, run, control, receive, pass, teamwork, score, hockey, shaft, foot, space.</p> <p>Gymnastics Fluency, contrasting, unison, low, combinations, full turn, half- turn, flexibility, compositional ideas, healthy active lifestyle.</p>	<p>Basketball Control, bounce, shoot, target, assist, jump ball, attack, defend, shoot, offensive.</p> <p>Cricket Batting, fielding, bowling, bat, wicket, stump, crease, boundary, run, batsman, bowler, wicketkeeper, innings, forward drive, long barrier, over.</p>	<p>Athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine.</p> <p>Rounders Batting, fielding, bowling, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders.</p>	<p>Lacrosse Pass, Catch, Push, Pull, Head, Stick, groundballs, Step, Squat, Scoop, Low, Overarm, Underarm</p> <p>Tag Rugby Space, accurately, mark, dodge, attack, defend, footwork, possession, evading, close down, sportsmanlike.</p>
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment

Year group: Year 4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Football & OAA	Volleyball & Dance (Unit 1)	Hockey & Gymnastics (Unit 1)	Netball & Cricket	Athletics & Swimming	Lacrosse & Swimming

<p>Skills</p>	<p>Football Passing over longer distances, use some marking technique and introduce some defending principles. Dribbling in different directions, defensive tackling, front of player and goal side marking. OAA Recognise compass points. Use a compass. Follow a course. Work cooperatively with a partner to follow a map and solve problems. Recognise a range of standard map symbols. Evaluate their own success.</p>	<p>Volleyball Rainbow pass. 3 contacts. Ready position and smooth movement. Moving to the net. Dance Develop dance freeze frames. Perform a slide and roll. Replicate a set phrase. Work collaboratively to sequence movements. Create a 5-action routine. Use formations to tell a story. Perform without prompts. Use devices to manipulate movements. Perform contact work as a group. Identify strengths in their performance.</p>	<p>Hockey Passing over longer distances, use some marking technique and introduce some defending principles. Push pass, slap pass, straight dribble, stopping and turning with the ball. Gymnastics Cartwheel progressions. Using STEP. Judging. Changes in speed. Shoulder roll. Shoulder stand. Showing flow. Fitness through tabattas.</p>	<p>Netball Passing over longer distances, use some marking technique and introduce some defending principles. Protecting the ball, basic shooting, playing within 3rds, 1 to 1 marking, pivoting, preliminary moves Cricket Directing hit to score runs. Attempt to stop a bouncing ground ball with some success. Anticipate when to run to score singles. Bowl overarm from a stationary position. Attempt a pull shot in a game. Intercept the ball with one hand.</p>	<p>Athletics Aiming at targets. Accelerating over short distances. Taking off from run with one foot to increase distance. Sling action when throwing. Perform baton exchanges. Swimming Beginner: Pulling and pushing. Stabilising – feet upright off the ground. Submerging. Prone float. Supine float. Leg action on back. Push, glide, turn. Doggy paddle. Transition from glide to stroke. Intermediate: Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged. Advanced: Relay change over. Mushroom float.</p>	<p>Lacrosse Passing over longer distances, use some marking technique and introduce some defending principles. Following your pass, maintain unopposed possession, short range shooting, receive and turn. Swimming Beginner: Pulling and pushing. Stabilising – feet upright off the ground. Submerging. Prone float. Supine float. Leg action on back. Push, glide, turn. Doggy paddle. Transition from glide to stroke. Intermediate: Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged. Advanced:</p>
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					Partner support. Crouching dive. Surface dive. Treading water. Tumble turn/tumble under water. Combining fluent breastroke arm and leg technique. Head out entry to water.	Relay change over. Mushroom float. Partner support. Crouching dive. Surface dive. Treading water. Tumble turn/tumble under water. Combining fluent breastroke arm and leg technique. Head out entry to water.
Knowledge	<p>Football Know some defensive skills. Know how to dribble in different directions using different parts of their feet. Know how to pass for distance. Be able to evaluating to aid improvement.</p> <p>OAA Know how to work as a team or group within defined and understood roles. Plan and refine strategies to solve problems. Be able to identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest</p>	<p>Volleyball Know what 'Three Contacts' is in volleyball. Know the ready position. Know the rules of service rules. Know the importance of sending a ball to a teammate to build an attack. Know why communicating with a partner is important to work the ball close to the net.</p> <p>Dance Know how to include freeze frames in routines. Know how to perform a variety of different formations in dance.</p>	<p>Hockey Know how to perform basic hockey skills such as dribbling and push pass. Know the basic rules of hockey. Know some tactics and how to apply them in competitive situations. Know about speed and endurance during gameplay</p> <p>Gymnastics Become increasingly competent and confident to perform skills more consistently. Know how to perform in time with a partner and group. Know how to</p>	<p>Netball Know why it's important to bring the ball to your chest to protect. Know where you are allowed to go on the court. Know the footwork rule. Know some simple high-five rules. Know why good marking is important. Name some preliminary moves.</p> <p>Cricket Know how to score single runs. Know where the crease is and its purpose in a game. Know how to deliver an overarm bowl. Know when to play a pull shot when batting. Know how to stop a bouncing ball when</p>	<p>Athletics Know how to select the most appropriate technique for the best performance when running, jumping or throwing. Know how to use a run-up to increase the distance when Jumping. Know what a sling throw is used for. Know how to measure a throw accurately. Know when and how to perform a relay baton exchange. Know how to measure and track scores in competitive running, throwing and jumping events.</p> <p>Swimming</p>	<p>Lacrosse Know some basic lacrosse skills such as ground balls and over- arm throws. Know the rules, and how to develop tactics and apply them to competitive situations. Know when to increase speed and endurance during game play.</p> <p>Swimming Beginners: Know how to use one consistent stroke. Know how to propel themselves over longer distances using swimming aids. Know how to submerge themselves fully.</p>

	<p>what they could do to improve.</p>		<p>use compositional ideas in sequences.</p>	<p>fielding. Know how to set up a game of French cricket independently.</p>	<p>Beginners: Know how to use one consistent stroke. Know how to propel themselves over longer distances using swimming aids. Know how to submerge themselves fully. Know how to enter and exit the water independently. Intermediate: Know how to swim further distances in shallow water. Know how to use basic swimming techniques including correct arm and leg action. Know how to use basic breathing patterns. Know a variety of ways to enter and exit the water. Know how to problem solve, such as group floats and team challenges. Advanced: Know how to use at least two recognised strokes. Know good breathing technique to allow for smooth stroke patterns.</p>	<p>Know how to enter and exit the water independently. Intermediate: Know how to swim further distances in shallow water. Know how to use basic swimming techniques including correct arm and leg action. Know how to use basic breathing patterns. Know a variety of ways to enter and exit the water. Know how to problem solve, such as group floats and team challenges. Advanced: Know how to use at least two recognised strokes. Know good breathing technique to allow for smooth stroke patterns. Know some personal survival techniques. Know how to turn for lengths and attempt tumble-turn in isolation and during a stroke.</p>
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					Know some personal survival techniques. Know how to turn for lengths and attempt tumble-turn in isolation and during a stroke.	
Key vocabulary	<p>Football Control, use space, defend, defensive, attack, dribble, pass, tactics, direction, tackle.</p> <p>OAA Challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points, success.</p>	<p>Volleyball Volleyball, pairs, net, serve, feed, receive, send, switch, court, sideline, height, rally, opposition.</p> <p>Dance Improvisation, rehearse, director, choreographer, slide, formation, freeze frames.</p>	<p>Hockey Control, use space, defend, attack, dribble, pass, push, slap.</p> <p>Gymnastics Control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap, refine, progression.</p>	<p>Netball Teamwork, foul, free pass, attack, centre, goal shooter, positions, offside, marking, preliminary.</p> <p>Cricket Zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles.</p>	<p>Athletics Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.</p> <p>Swimming Pull, push, glide, turn, stabilise, submerge, prone, supine, Doggy paddle, transition, stroke, sink, roll, Front crawl, surface dive, crouching dive, float, Breastroke, somersault, scull, kick, relay, Mushroom float, treading water, tumble-turn, fluent, technique.</p>	<p>Lacrosse Overarm, underarm, goal, interception, space, possession, crease.</p> <p>Swimming Pull, push, glide, turn, stabilise, submerge, prone, supine, Doggy paddle, transition, stroke, sink, roll, Front crawl, surface dive, crouching dive, float, Breastroke, somersault, scull, kick, relay, Mushroom float, treading water, tumble-turn, fluent, technique.</p>
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment

Year group: Year 5

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Football & OAA	Handball & Dance (Unit 1)	Badminton & Gymnastics (Unit 1)	Basketball & Cricket	Athletics & Rounders	Tennis & Tag Rugby
Skills	<p>Football Combine basic skills with confidence such as dribbling and shooting. Select and apply appropriate skills in a game situation. Turning with the ball, running with ball, keeping possession, step over.</p> <p>OAA Use memory and recall skills. Work at maximum physical capacity e.g., when running. Use control cards. Perform under pressure. Perform safely and with control. Classify and interpret simple morse code.</p>	<p>Handball Combine basic skills with confidence such as dribbling and shooting. Select and apply appropriate skills in a game situation. Jump shot, closing angles, pivoting to pass, set plays.</p> <p>Dance Perform locomotor and non-locomotor movements in a dance phrase. Describe the key features of line dancing. Work collaboratively in a group of 4. Use basic knowledge of line dancing steps to create own line dance. Copy and perform a specific dance action to communicate a theme. Communicate the</p>	<p>Badminton Moving opposition around court. Perform forehand long and short serves. Use close control. Develop reaction time.</p> <p>Gymnastics Symmetry & asymmetry. Perform counterbalances. Round off progressions. Linking cartwheels & roundoffs. Performing pathways. Devising warm-ups.</p>	<p>Basketball Combine basic skills with confidence such as dribbling and shooting. Select and apply appropriate skills in a game situation. Block, forward pivot, forward pass, push pass, boxing out.</p> <p>Cricket Throw for accuracy over short distances. Recognise where to play. Calling for runs with partner. Start to keep wicket. Attempt a bowling with a run up and correct ball grip. Forward defensive shot. Developing knowledge of on and off side as well as specific fielding positions.</p>	<p>Athletics Prepare to run an individual eg. Develop further the principles of pace. Steeplechase and jump for distance. Push action when throwing. Baton exchange within restricted area. Run up for long jump</p> <p>Rounders Throw for accuracy over short distances. Recognise where to play. Body position to catch a ball to stump players out. Apply backwards hit rule, attempt to catch a backward hit. Distinguish between deep and close fielding.</p>	<p>Tennis Volley shots. Clearing from the back of court. Different positioning for doubles games. Approach the ball and forehand and backhand. Conditioned games to encourage using different shot types.</p> <p>Tag Rugby Combine basic skills with confidence such as dribbling and shooting. Select and apply appropriate skills in a game situation. Tagging opposition, when to run and when to pass into space, deny space to opposition, pop pass, magic diamond formation, 3 step and pass technique.</p>

		idea of a hero. Copy and execute a high energy jump sequence. Create a low-level attack sequence.				
Knowledge	<p>Football Know how to play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Know how to perform movements at speed.</p> <p>OAA Know ways of communicating in a range of challenging activities. Know how to navigate and solve problems from memory. Know about and use trust to complete the task and perform under pressure.</p>	<p>Handball Know how to use specific handball skills in games. Know how to play effectively in different positions. Know how to increase power and strength of passes, moving the ball over longer distances. Know how to use a wide range of handball rules consistently.</p> <p>Dance Know how to perform different styles of dance fluently and clearly. Know how to refine & improve dances adapting them to include the use of space rhythm & expression.</p>	<p>Badminton Know how to use different types of serves & shots in-game. Know how to play with others to score and defend points in competitive games. Know how to move around the playing area using footwork techniques.</p> <p>Gymnastics Know how to create longer and more complex sequences and adapt performances. Be able to take the lead in a group. Know about symmetry. Compare performances and judge strengths and areas for improvement. Select a component for improvement.</p>	<p>Basketball Know why blocking is used in a game. Know what the term 'ball carrier' means. Know what the 'wing' refers to on a basketball court. Know what it means to be under pressure in a game. Know the importance of winning the rebounding ball. Know some basic rules of the game.</p> <p>Cricket Know what a run out is. Know how to judge and call for a run when batting with a partner. Know which is the off-stump when keeping wicket. Know how to grip the ball correctly to bowl overarm. Know how to play a forward defensive shot when batting. Know what the on</p>	<p>Athletics Know what a leg of a relay race is. Know how to pace a run over longer distances. Know how to mark out a run-up for long jump. Know what event(s) a push throw is used in. Know where to perform a baton exchange in a relay race. Know how to use the STEP principle to adapt a task.</p> <p>Rounders List the rules of rounders learned so far. Know how to maximise the chance of scoring as a batter. Know how to be effective as a fielder to reduce Scoring opportunities. Know how to work with other fielders to restrict run scoring.</p>	<p>Tennis Know when to use a volley. Know different doubles formations and when to use them. Know the rules of how to serve in tennis.</p> <p>Tag Rugby Know what a defensive line is. Know how accurate passing is important in invasion games and give examples. Know when you would use a pop pass. Know what a formation is in invasion games. Know how the magic diamond formation works.</p>

				and off side of the field refers to.		
Key vocabulary	Football Distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain. OAA Challenge, plan, trust, solve, team, design, instructions, extend, orient, Morse code, decipher, individual, signal.	Handball Dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw. Dance Facial expression, rehearse, choreographer, locomotion, Bangra, line dance, wall patterns.	Badminton Clear, overhead, cooperate, collaborate, lunge, shuffle, skip, run, backline, movement. Gymnastics Symmetry, asymmetry, sequences, combinations, direction, speed, partner, asymmetrical, symmetrical, aesthetics, counterbalance.	Basketball Blocking, pivot, forward, reverse, exploit, lay off, accurately, rebound, fake, feint. Cricket Calling, accuracy, rise of the ball, anticipating, forward defensive shot, setting a field flexibility, cardiovascular endurance, power.	Athletics Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump. Rounders Power, consistently, accuracy, stump, conditioned, fitness, miss-hit, strength, encouragement, defensive, offensive.	Tennis Service rules, volley, overhead, singles, doubles. Tag Rugby Contest, possession, pressure, support, pop pass, turn over, lose pass, W-grip, offence, formation.
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment

Year group: Year 6

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Football & OAA	Handball & Dance (Unit 1)	Badminton & Gymnastics (Unit 1)	Netball & Cricket	Athletics & Rounders	Tennis & Tag Rugby
Skills	Football Compare performances. Comprehend and show why player	Handball Compare performances. Comprehend and show why player	Badminton Drop and smash shot. Drop shot and recover.	Netball Compare performances. Comprehend and show why player	Athletics Sprint start techniques.	Tennis Introduce the lob. Communication in doubles play. Two handed back-hand

	<p>with the ball should keep moving or be ready to pass quickly. Setting up others to shoot, deny space, role of covering defender, penalty shooting, goal keeping, close control knee, chest.</p> <p>OAA Follow and orient a map. Identify objects in a scavenger hunt. Perform complex group pyramid balances. Tie a reef knot. Design your own game using, refining, and adapting group ideas.</p>	<p>with the ball should keep moving or be ready to pass quickly. Screening, organisation around the D, dribbling with precision in game, utilising space.</p> <p>Dance Explore space in a deeper way in relation to dance. Identify appropriate dynamics and group formations for the Hakka. Perform some basic street dance skills. Compose a street dance performance. Create a phrase of gestures that communicate a theme. Describe the meaning/purpose of several different devices. Show formations that create tension and relationships. Create and perform a live aural setting.</p>	<p>Use quick reactions for confident net play. Offensive court positioning. Defensive formations for doubles.</p> <p>Gymnastics Prepare for vaulting. Dismounting from height. Flight in unison & cannon. Use music. Create group patterns. Entrance and relationships to one another. Use stimuli such as ribbons and hoops.</p>	<p>with the ball should keep moving or be ready to pass quickly. Double bounce rule, marking to pass or shoot, organisation around the D, rebounds as attacker and defender, knocking the ball away.</p> <p>Cricket Demonstrate urgency when acquiring runs /rounders. Track and catch high balls. Work in pairs to field a long ball. Ring field positions, mid on, mid off, mid wicket and cover. Bowling short. On drive. Attacking fielding roles slip, silly point and short leg.</p>	<p>Developing the phases of triple jump to jump for distance. Use the heave throw technique. Assess own ability in running tasks. Scissor jump preparation for high jump. Quad track and field competition.</p> <p>Rounders Demonstrate urgency when acquiring runs /rounders. Track and catch high balls. Work in pairs to field a long ball. Play using standard rounders pitch layout. Bowling fast ball. Play tactically to avoid overtaking teammates.</p>	<p>shot. Use full rules for modified tennis games. Use doubles tactics and court positioning effectively in competition.</p> <p>Tag Rugby Compare performances. Comprehend and show why player with the ball should keep moving or be ready to pass quickly. Set play for attacking, take the distance not the time, spaces not faces.</p>
Knowledge	<p>Football Know how to choose and implement a range</p>	<p>Handball Know how to work as a team to improve group</p>	<p>Badminton Know about a wider range of shots including drop and</p>	<p>Netball Know how to work as a team to improve group</p>	<p>Athletics Know why a crouch start to a sprint creates power.</p>	<p>Tennis Know how to hit a ball with more</p>

	<p>of strategies to attack and defend. Know how to perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan and lead simple drills for given skills.</p> <p>OAA</p> <p>Know how to use information given by others to complete tasks and work collaboratively. Know how to undertake more complex tasks. Understand how to take responsibility for a role. Know how to use knowledge of PE and physical activities to suggest design ideas & amendments to games.</p>	<p>tactics and gameplay. Know how to play within the rules using screening to break down offensive play. Know some defensive skills.</p> <p>Dance</p> <p>Know how to work collaboratively to include more complex compositional ideas. Be able to talk about different styles of dance with understanding, using appropriate language & terminology.</p>	<p>smash. Know how to use more sophisticated tactics. Know how to play fluently with a partner in doubles scenarios.</p> <p>Gymnastics</p> <p>Understand the importance of accuracy, consistency, and clarity of movement. Know how to arrange own apparatus to enhance work and vary compositional ideas. Know flight technique on and off of high apparatus.</p>	<p>tactics and gameplay. Know how to play within the rules using blocking skills for shots and passes. Know some defensive skills.</p> <p>Cricket</p> <p>Know some of the fielding positions in a ring field e.g. mid off. Know when the on and off side of the field change. Know how and when to bowl a short-pitched ball. Know how to work together to field a long ball. Know how to set an attacking field. Consistently apply the rules of cricket as a both player and umpire.</p>	<p>Know how to combine the phases correctly for a triple jump. Know when you would use a heave throw. Know what a parlauf is and how to run in one. Know which throwing event they perform best at.</p> <p>Rounders</p> <p>Know and apply modified rules of rounders. Explain tactical decisions when batting and fielding. Know how to work together when fielding. Explain attacking and defensive batting. Know how to avoid getting run out by your teammate. Know how to field a long ball.</p>	<p>Power. Know how to work collaboratively with a doubles partner. Know how to score a game.</p> <p>Tag Rugby</p> <p>Know how to support a ball carrier to create continuity. Know some set plays and how they benefit the attacking team. Explain why taking the distance, not the time, is best once tagged. Know what it means to attack 'spaces not faces'. Know how to transition quickly from attack to defence. Know what it means to transition from attack to defence and vice versa.</p>
Key vocabulary	<p>Football</p> <p>Fair play, tackle, covering, supporting, strategy, set up, assist, deny, set play, covering, defender.</p>	<p>Handball</p> <p>Control, use space, screen, skill selection, conditioned games, appropriate, organisation, consistency,</p>	<p>Badminton</p> <p>Smash shot, offensive, attacking, defending, rally, drop shot, net play.</p> <p>Gymnastics</p>	<p>Netball</p> <p>Tactics, gameplay, blocking, free, metre, organisation, rebounds, prone, thirds, area, offside.</p> <p>Cricket</p>	<p>Athletics</p> <p>Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess.</p> <p>Rounders</p>	<p>Tennis</p> <p>Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive,</p>

	OAA Maps, diagrams, scale, symbols, orienteering, compass , challenges, design, instructions, extend, knot, orient .	counterattack. Dance Motif, street dance, Hakka, composition, collaborate , stag leap, rebound, expression .	Flight , consistent, vault, vaulting sequences, combinations, direction, dismount .	Urgency , acquire, high ball, tracking, short delivery, long balls, on drive, off side, on side, slip, short leg, silly point, innings , retires, attack.	Shot, defensive, offensive, predict, place , select, tactics, stance , tracking.	improvement. Tag Rugby Transition , principle, STEP, agility, turnover, support, observe, analyse .
Assessment of progress	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment	In unit assessment, End of year milestones assessment