



P.E Curriculum: Intent

At St. Mary's, we aim to develop pupils who:

- are passionate, engaged and enthusiastic students.
- have the opportunity to experience a balanced and varied curriculum, allowing students to participate in a wide variety of activities covering invasion, racket, striking and fielding and athletics.
- develop a lifelong love of sports and physical exercise.
- make positive informed choices around their health, well-being and diet - inspiring them to lead an active lifestyle.



P.E Curriculum: Implementation

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of P.E.

- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

A St. Mary's P.E pupil has...

- A firm foundation in the fundamental movement skills, which pupils will build on to develop a life-long enjoyment of physical activity, healthy living and wellbeing.
- A greater appreciation of the importance of physical activity in promoting their health, happiness, and well-being.
- Regular opportunities to participate in physical activity, developing their skills and overcoming challenges in a supportive and fun environment.
- Enhanced resilience and development of their interpersonal and problem-solving skills.

Knowledge			<p>Gymnastics:</p> <p>Movement:</p> <p>How we can move our bodies in 'low' ways; slides, rolls (long, curled) hands and feet.</p> <p>Balance</p> <p>Why it is so important to move and balance like a 'Champion'. 'Champion' refers to when we are being silent, pointing their fingers and toes and are still when we make a shape/balance.</p> <p>Apparatus</p> <p>Why it is important to use the apparatus safely.</p> <p>How to be creative on the apparatus, moving through, along, across, over and under a variety of apparatus.</p> <p>Dance: Movement Freeze Control</p> <p>How to move our bodies in different ways linked to the theme.</p> <p>How to listen to the music and move the body in relation to the music.</p> <p>Why it is important to move with control.</p>	<p>Gymnastics:</p> <p>Wide, Narrow and Curled</p> <p>How to create 'Wide', 'Narrow' and 'Curled' balances (shapes) on the floor and on apparatus, using a variety of body parts.</p> <p>How we can move our bodies in 'high' ways; jumps, hops, skips, side steps and backwards.</p> <p>How to create high and low balances 'shapes'.</p> <p>Transition</p> <p>How to 'transition' between movements, adding movements together and transitioning between them</p> <p>How and where to use more than one piece of apparatus at the same time to create movements and balances. 'interesting' gymnastics.</p> <p>Why it is important to perform each movement and balance like a 'champion' and understand the difference between 'wide', 'narrow' and 'curled'.</p>	<p>Gymnastics:</p> <p>Linking</p> <p>How to create 'Wide', 'Narrow' and 'Curled' movements on the floor and on apparatus, using a variety of body parts</p> <p>Flow</p> <p>How to apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping.</p> <p>Why applying 'flow' as we link our movements together is so important</p> <p>How to use a variety of apparatus when we are creating movement sequences.</p> <p>Dance: Motif Flow</p> <p>How to apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping.</p> <p>How to add movements together to create simple movement sequences.</p> <p>What a 'Motif' is and how to successful create a mini sequence and repeat it. A Motif</p>	<p>Gymnastics:</p> <p>Symmetry and Asymmetry</p> <p>What Symmetry and Asymmetry means.</p> <p>How to execute balances and movements in both symmetrical and asymmetrical ways</p> <p>How to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.</p> <p>Why it is so important to create 'excellent' movements and balances. Pupils will understand that 'excellent' refers to when we control our bodies so they are silent, extending our fingers and toes and are able to hold our balances still for at least four seconds</p> <p>How to peer and self assess, identifying strengths and weaknesses in our own and others' performances.</p> <p>Dance: Excellent Dancers and Peer and Self Assess</p> <p>How to create and develop a character in</p>	<p>Gymnastics:</p> <p>Bridges</p> <p>How to reflect and evaluate using their observations to make accurate improvements to our own and others performances</p> <p>Sequences</p> <p>How to create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity</p> <p>Why it is essential to explore a variety of movements to ascertain the best moves to allow for flow and interesting gymnastics for the sequence.</p> <p>Why it is important to explore bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus.</p> <p>Dance: Emotion and Relationships</p> <p>How to develop sequences with our partner in character that show relationships and</p>	<p>Gymnastics:</p> <p>Counter Tension and Counter Balance</p> <p>What 'Counter Balance' and 'Counter Tension' means, understanding the difference between them</p> <p>How to create and execute 'Counter Balances' and 'Counter Tension Balances' with a partner using a variety of levels and connection points</p> <p>How to reflect and evaluate using their observations to make accurate improvements to our own and others performances.</p> <p>How to create a sequence, by accurately combining movements and balances, with flow and accurate timings within the Counter Balance and Counter Tension theme.</p> <p>Dance: Canon and Unison</p> <p>How to perform accurately and convincingly in character with big bold actions</p>	<p>Gymnastics:</p> <p>Matching</p> <p>What 'Matching' movements mean; Matching is where pupils perform exactly the same movements at the same time.</p> <p>Mirroring</p> <p>What 'Mirroring' means; Mirroring is where pupils perform their movements creating a mirror image of each other.</p> <p>How to include a change of speed in our movements.</p> <p>How to create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.</p> <p>Why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</p> <p>Dance: Choreography and Fluidity</p> <p>How to make effective evaluations of an individuals or</p>

			<p>'Control' means moving our bodies in time with the music, beat or sound.</p> <p>Why it is so important to move like a 'Champion Dancer'. Champion dancers can move with control, respond to the rhythm, move in relation to the music.</p>	<p>Dance: Expression Theme</p> <p>How to create a variety of 'small' body movements linked to the theme.</p> <p>How to create a variety of 'big' body movements linked to the theme.</p> <p>How to move our bodies with big clear actions.</p> <p>How to create a variety of 'freeze' positions linked to the theme.</p> <p>How to move in relation to the music and respond with appropriate movements and actions</p> <p>What we mean by 'expression' and begin to show this in our movements. Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.</p> <p>Health and Wellbeing:</p> <p>Coordination, Balance and Agility.</p> <p>What balance means. Balance is an even distribution of weight enabling someone or something to remain upright and steady.</p>	<p>is a series of movements that are repeated.</p> <p>How to respond to a variety of stimuli or themes with appropriate movements.</p> <p>How to use movements to tell a story.</p> <p>Health and Wellbeing: Warm up and Hand Eye Co-ordination.</p> <p>Why it is important to warm up before playing sport.</p> <p>Why we need to have good hand/feet eye coordination when playing sport.</p> <p>How motivation can help enhance our performance.</p> <p>What happens to our heart and muscles when we perform an activity or play a sport.</p> <p>Why we need to keep fit and healthy</p>	<p>order to tell a story through movements.</p> <p>How to develop characterisation, exploring characters that are opposites.</p> <p>Why it is so important to perform like an 'excellent dancer' Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph. Introduce these throughout the unit as appropriate.</p> <p>How to peer and self assess, identifying strengths and weaknesses in our own and others' performances</p> <p>Invasion Games: Netball. Possession and Attack v Defence</p> <p>How to pass the ball keeping possession to beat an opponent</p> <p>When, where and why we should pass.</p> <p>How to combine passing and moving to score points against another team.</p> <p>How we can combine passing and moving to create space and keep possession.</p> <p>Why we do not stand directly behind a defender when finding</p>	<p>interlinking dance moves.</p> <p>How to reflect and evaluate to make accurate improvements to our own and others performances</p> <p>How to create sequences in pairs, applying flow and challenging their creativity.</p> <p>What we mean by emotion and include this choreographical element in our performances. Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.</p> <p>Invasion Games: Netball: Footwork and Shooting</p> <p>How to effectively apply passing and moving skills to keep possession.</p> <p>What the four positions in 'Flier' netball are (GK, GD, GA, GS) and understand each role.</p> <p>When to shoot, where to shoot from and why.</p> <p>What 'footwork' means and will be able to apply this understanding in a</p>	<p>How to include a change of speed in our movements</p> <p>What canon and unison are and be able to include these choreographical elements in our performances. Canon: Canon is where pupils perform taking it in turns one after the other. Unison: Unison is where pupils perform the same movement at exactly the same time as each other.</p> <p>How to create a sequence, by accurately combining movements with flow and accurate timings.</p> <p>Invasion Games: Netball: Marking and Positions</p> <p>How 'marking,' is used during a game and when this is applied.</p> <p>How to move the ball up the court, creating an attack that results in a successful shooting opportunity</p> <p>Who we are marking during a game and why.</p> <p>When, where and why we use different passes in a game; chest, bounce and shoulder passes, in order to keep possession.</p>	<p>pairs' strengths and weaknesses.</p> <p>Why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</p> <p>What 'Choreography' means. Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.</p> <p>How to include a change of speed and dynamic in our movements.</p> <p>Invasion Games: Netball: Officiate and Tactics</p> <p>How to organise our team, selecting who to play in each position and understanding why</p> <p>How to create and apply attacking tactics during a game to create attacking opportunities.</p> <p>How to regain possession if we lose possession of the ball.</p> <p>How to create and apply defensive tactics during a game to prevent attacking opportunities.</p> <p>How to apply the basic rules of netball and will be able to take</p>
--	--	--	---	---	---	--	---	---	--

				<p>What agility means. Agility is the bodies ability to move quickly and easily</p> <p>What coordination means. Coordination is the ability to use different parts of the body together efficiently</p> <p>Why we need to remain balanced when playing sport.</p> <p>Why we need to be agile when playing sport.</p>	<p>a position to receive the ball</p> <p>How to apply the correct technique (chest pass) when passing. When applying the chest pass we step into the pass, pushing the ball away from our body (chest), with two hands towards our partners / team members hands (target).</p> <p>Handball: Possession and Attack v Defence</p> <p>When, where and why we should pass.</p> <p>How to pass the ball keeping possession to beat an opponent</p> <p>How we can combine passing and dribbling to create space.</p> <p>Why we need to have our hands ready to receive a pass</p> <p>Why we do not stand directly behind a defender when finding a position to receive the ball.</p> <p>How to apply the correct technique (shoulder pass) when passing. When passing we throw the ball with our arm high above our shoulder, stepping forwards into the pass.</p>	<p>game. A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.</p> <p>How to apply the correct technique when shooting. When shooting we need to keep the ball under control, with the palm of one of our hands under the ball with our fingers pointing upwards. Our other hand supports the side of the ball. We need to have a balanced stance, bending our knees and straighten them as we shoot.</p> <p>Handball: Shooting and Marking</p> <p>When to shoot, where to shoot from and why.</p> <p>How to effectively apply passing and moving skills to keep possession</p> <p>How 'marking,' is used during a game and when this is applied.</p> <p>Who we are marking during a game and why.</p>	<p>What the five positions in 'Stinger' netball are (GK, GD, C, GA, GS) and understand each role.</p> <p>Tag Rugby: Offside, Miss Pass and Loop Pass.</p> <p>When, where and why we apply a miss pass in a game situation.</p> <p>Why we should release the ball quickly once we have been tagged.</p> <p>When, where and why we apply a loop pass in a game situation.</p> <p>What offside means and where they need to stand depending on whether they are attacking or defending. The attackers need to remain behind the ball carrier. The defenders must stand at least 1m in front of the ball carrier once they have been tagged.</p> <p>Football: Tacking and Marking, Defensive Tactics.</p> <p>The different methods of defending that we can use during a game.</p> <p>How to move the ball up the pitch, creating an attack that results in a successful shooting opportunity</p>	<p>responsibility for officiating and managing our own games.</p> <p>How to apply the basic rules of netball and will be able to take responsibility for officiating and managing our own games.</p> <p>Basketball: Transition and High Press and Pressure.</p> <p>How we can regain possession if we miss a shot (rebound).</p> <p>How different attacking tactics can be applied during a game to create shooting opportunities.</p> <p>How to regain possession if we lose possession of the ball.</p> <p>How and when different defensive tactics (high press or retreating back) can be applied during a game to prevent attacking opportunities.</p> <p>How to apply the basic rules of basketball and will be able to take responsibility for officiating and managing our own games.</p> <p>Football: Counter Attack/Transition and Attacking and Defending Tactics.</p>
--	--	--	--	--	---	--	---	--

					<p>Tag Rugby: Possession, Try and Tag:</p> <p>How to carry the ball when moving. We hold it in two hands.</p> <p>How to pass the ball using a 'swing' pass technique. A swing pass is a two handed pass where our hands follow the direction of the pass</p> <p>How to score a try.</p> <p>Where to stand when receiving the ball from a pass from our partner or team mate.</p> <p>How to tag correctly. We tag the take from attacker carrying the ball. Stop and stand still. Hold the tag in the air and shout, "tag." We give the tag back to the attacker (in a game situation this happens once the ball has been passed), before returning to the game.</p> <p>Why the ball carrier need to move forwards when running with the ball. The ball carrier needs to run forwards in order to create space and attacking opportunities</p> <p>Tennis: Rally, Ready and Recover</p> <p>Where to throw (hit) the ball on the court.</p>	<p>Why we must win the ball back when we lose possession.</p> <p>How to apply the correct technique when shooting. When shooting we throw the ball with our arm high above our shoulder, stepping forwards to generate power and aiming for the corner of the goal.</p> <p>Basketball: Shooting and Triple Threat.</p> <p>How to effectively apply passing and moving skills to keep possession.</p> <p>When to pass, when to dribble or when to shoot and be able to explain why we have choose to made that decision.</p> <p>When to shoot, where to shoot from and why</p> <p>What 'triple threat' means and when this is applied during a game. The triple threat involves asking ourselves; can I shoot, if not can I pass, if not can I dribble before making and applying a skill.</p> <p>How to apply the correct technique when shooting. When shooting we need to keep the ball under control, with the palm of one of our hands under the ball with our</p>	<p>How "man-to-man marking," is used during a game and when this is applied.</p> <p>When, where and why we apply different methods of defending in order to prevent the attackers from scoring. Including: tackling, marking, intercepting a pass and tracking back.</p> <p>What the basic rules (laws) governing football are; including what the difference between a free kick and a penalty kick is. A free kick is awarded when a foul is committed by a defender on an attacker outside of the penalty area. A penalty kick is awarded when a foul committed by a defender on an attacker inside of the penalty area.</p> <p>Hockey: Marking and Goal Side.</p> <p>How "man-to-man marking," is used during a game and when this is applied</p> <p>How to combine passing and dribbling to create an attack that results in a successful shooting opportunity.</p> <p>When and why to apply different methods of defending;</p>	<p>What the consequences in a game of rushing into a tackle or miss-timing a tackle.</p> <p>How different attacking tactics can be applied during a game to create shooting opportunities.</p> <p>How different defending tactics can be applied during a game to prevent attacking opportunities.</p> <p>How to manage our team selecting players to play in certain positions and understand what skills and attributes are required to be successful in these positions</p> <p>Hockey: Counter Attack/Transition, Attacking and Defending Tactics.</p> <p>That once we regain possession of the ball we become attackers.</p> <p>How different attacking tactics can be applied during a game to create shooting opportunities.</p> <p>How different defending tactics can be applied during a game to prevent attacking opportunities.</p>
--	--	--	--	--	--	---	--	---

					<p>Why we need to throw (hit) the ball into space on the court.</p> <p>Why we need to control the ball when playing a shot.</p> <p>Why we need to return (recover) to the middle of the court (baseline) once we have thrown (hit) the ball.</p> <p>How and why we execute a basic forehand shot in a mini game. A forehand is a shot in which the palm of your hand faces the direction in which we are hitting the ball. We swing the racket low to high.</p> <p>The consequences* of throwing (hitting) the ball out of the court or letting it bounce more than once on our side of the court. *Our opponent wins a point</p> <p>Communication: Collaborate and Tactics.</p> <p>What makes an effective leader.</p> <p>How to create and apply simple tactics for completing challenges quickly</p> <p>Why our role is important if our team</p>	<p>fingers pointing upwards. Our other hand supports the side of the ball. We need to have a balanced stance, bending our knees and straighten them as we shot.</p> <p>Tag Rugby: Forward Pass and Support.</p> <p>Where to stand after the ball carrier has been tagged so that we are ready to receive a pass.</p> <p>Where to stand when we are defending to prevent the attackers from scoring a try.</p> <p>How and why we need to support the ball carrier when we are attacking. The attackers without the ball need to remain behind the ball carrier</p> <p>What the consequence in a game are of an inaccurate pass, dropping the ball or running off the pitch.</p> <p>Tennis: Forward and Backhand, Outwit.</p> <p>What the ready position looks like.</p> <p>How to use their racket to direct the ball towards a space to win a point.</p> <p>How we can outwit our opponent during a mini game.</p>	<p>tackling, marking, blocking or intercepting in order to prevent the attackers from scoring.</p> <p>Our role in team when we are defending and when we are attacking.</p> <p>Tennis: Volley and Serve.</p> <p>When and where to play a volley shot in a mini game.</p> <p>When and where we serve in a mini game.</p> <p>Where we stand on the court when applying a volley shot in a mini game.</p> <p>Where to serve to make it harder for our opponent to return the ball. We aim for the outside corner, forcing our opponent wide. This opens up lots of space on the court for our next shot.</p> <p>How to apply our prior learning of how we can win a point whilst playing with a partner (doubles)</p> <p>Rounders: Fielding and Batting Tactics.</p> <p>Where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</p>	<p>How to officiate our games fairly applying the rules correctly.</p> <p>Tennis: Tactics and Doubles.</p> <p>How to use the correct scoring system during a mini game.</p> <p>How to organise, umpire and manage round robin games.</p> <p>When, where and why we are selecting to play a shot (forehand, back or volley) to win a point.</p> <p>Rounders: Umpire and Adapt Tactics.</p> <p>How to create and apply simple fielding and batting tactics in a full game of Rounders, in order for our team to be successful.</p> <p>The difference between racing rounders and the full game, applying this understanding into mini games.</p> <p>How to umpire and score in a game</p> <p>Health Related Exercise: Flexibility and Strength.</p> <p>How strength and flexibility impact on our bodies performance.</p>
--	--	--	--	--	---	--	--	--

					<p>is going to be successful.</p> <p>How to communicate effectively, listening when others are speaking and using a clear voice when communicating our own ideas.</p> <p>How to collaborate with our own team members, applying the rules of the game.</p> <p>How to collaborate with the opposing team(s), applying the rules of the game.</p>	<p>How and why we execute a basic backhand shot in a mini game. A backhand is a shot in which we hit the ball with our arm across our body with the back of our hand facing the ball. We swing the racket low to high.</p> <p>When to apply either a forehand or backhand shot in a game situation.</p> <p>Communication: Create and Apply, Verbal and Non-Verbal.</p> <p>What the attributes of an effective team are. For example integrity, communication, co-operation, and collaboration.</p> <p>Why it is so important to be positive and approach the challenge positively.</p> <p>How and why we need to be able to communicate how we feel when working as part of a team</p> <p>What verbal and non verbal communication means. Verbal communication is a method of communicating using our voice. When</p>	<p>How to create and apply simple fielding and batting tactics in order for our team to be successful.</p> <p>How the fielding team can stop the batter scoring if they hit or miss the ball.</p> <p>Why we need to double up on fielding positions, to maximise our efficiency when we are fielding</p> <p>Cricket: Fielding and Batting Tactics.</p> <p>Where to strike the ball when we are batting depending on where the fielders are standing in order to score runs.</p> <p>How to create and apply simple fielding and batting tactics in order for their team to be successful.</p> <p>How and why the role as a batter may change depending on the situation of the game.</p> <p>Where and how to bowl in order to prevent the batters from scoring runs. Stepping forwards with one foot, releasing the ball from low to high using their opposite hand towards the wicket (stumps).</p>	<p>Which sports rely on athletes being flexible and/or being strong.</p> <p>What flexibility means. Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.</p> <p>What is strength means. Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.</p>
--	--	--	--	--	---	--	--	---

							<p>communicating verbally it is important that our message is clear and precise so that our team members can understand. Non-verbal communication is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.</p>	<p>Athletics: Change Over and Personal Best.</p> <p>Why we need to maintain our speed until we cross the finish line.</p> <p>When and where the changeovers take place on a curved track.</p> <p>How to hurdle safely, applying the correct technique.</p> <p>How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others performance.</p> <p>Communication: Orientate and Responsibility</p> <p>How to take responsibility for others and lead others in an effective way.</p> <p>Why we have to orientate a map in order to locate points on the map.</p> <p>How to plan a route effectively in order to locate as many points as possible.</p> <p>How to manage time and avoid being late</p>	
--	--	--	--	--	--	--	---	---	--

								<p>back and understand why this is important.</p> <p>Health Related Exercise: Fitness and Cardiovascular</p> <p>The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.</p> <p>What are the main functions of the heart, lungs, blood and muscles are</p> <p>What the cardiovascular system is.</p> <p>What we mean by Cardiovascular fitness. Fitness is the state of being physically, mentally and socially healthy as a result of proper nutrition and exercise.</p> <p>Why it is important to cool down.</p> <p>What are the dangers and consequences are of leading an unhealthy lifestyle</p>	
--	--	--	--	--	--	--	--	---	--

Skills		<p>Locomotion: Walking</p> <ul style="list-style-type: none"> • Explore/develop walking • Explore walking in different pathways • Sustain walking • Explore marching • Apply walking into a game. <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping. <p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, pushing and bouncing. <p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent. <p>Ball Skills Hands 2</p> <ul style="list-style-type: none"> • Explore throwing overarm • Explore throwing underarm • Explore rolling • Explore stopping a ball • Explore catching. 	<p>Locomotion: Running</p> <ul style="list-style-type: none"> • Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Consolidate running, apply running into a game. <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Recap jumping • Develop jumping • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping into a game. <p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills <p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) 	<p>Locomotion: Dodging</p> <ul style="list-style-type: none"> • Explore dodging • Develop dodging • Apply dodging: Explore attacking and defending • Apply dodging in teams. <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations <p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/ passing and receiving to score a point • Combine dribbling, passing and receiving to score a point. <p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Develop dribbling/ passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point 	<p>Invasion Games - Netball</p> <ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting <p>Gymnastics - Symmetry and Asymmetry.</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion. <p>Invasion Handball</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending. <p>Tactics and Communication</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	<p>Invasion Games - Netball</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting • Develop footwork. <p>Gymnastics - Bridges.</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion. <p>Invasion - Handball</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending. <p>Tactics and Communication</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	<p>Invasion Games - Netball.</p> <p>Recap and refine dribbling and passing to create attacking opportunities</p> <ul style="list-style-type: none"> • Develop marking • Refine shooting • Refine attacking skills, passing, dribbling and shooting <p>introduce officiating</p> <p>Gymnastics - Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> • Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion <p>Football</p> <ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating <p>Health Related Exercise</p> <ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness 	<p>Invasion Games - Netball</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations <p>Health Related Exercise</p> <ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness <p>Football</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games <p>Gymnastics - Matching and Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus • Sequence development
---------------	--	--	---	---	---	--	--	--

			<p>Gymnastics: High, Over, Under, Over</p> <ul style="list-style-type: none"> • Introduction to high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus. <p>Moving</p> <ul style="list-style-type: none"> • Explore moving and making shapes using different body parts • Explore moving in different directions • Explore big and small ways of moving and making shapes • Moving in pairs • Creating shapes in pairs. <p>Nursery Rhymes</p> <ul style="list-style-type: none"> • Moving in sequence • Creating our own movements • Creating simple movement sequences • Responding in movement to words and music • Exploring contrasting tempos • Exploring character movements <p>Games For Understanding</p> <ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules <ul style="list-style-type: none"> • Avoiding a defender • Preventing an attacker from scoring. 	<ul style="list-style-type: none"> • Apply kicking (passing) to score a point. <p>Ball Skills Hands 2</p> <ul style="list-style-type: none"> • Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending (rolling) skills to score a point • Consolidate sending and stopping to win a game. <p>Gymnastics: Wide, Narrow, Curled</p> <ul style="list-style-type: none"> • Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements together. <p>Gymnastics: Body Parts</p> <ul style="list-style-type: none"> • Introduction to big/small body parts • Combining big and small with wide, narrow and curled <ul style="list-style-type: none"> • Transition between wide narrow and curled using big and small body parts 	<p>Ball Skills Hands 2</p> <ul style="list-style-type: none"> • Consolidate pupils application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game <ul style="list-style-type: none"> • Applying the underarm throw to beat an opponent. <p>Gymnastics: Linking</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance. <p>Gymnastics: Pathways</p> <ul style="list-style-type: none"> • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance. <p>Dance: Water</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing whole group movement • Improvisation and physical descriptions <ul style="list-style-type: none"> • Creating contrasting movement sequences 	<p>Tag Rugby</p> <ul style="list-style-type: none"> • Introduce moving with the ball, passing and receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking opportunities. <p>Dance - Weather</p> <ul style="list-style-type: none"> • Responding to stimuli, extreme weather • Developing thematic dance into a motif <ul style="list-style-type: none"> • Extending dance to create sequences with a partner • Developing sequences with a partner. <p>Tennis</p> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand. 	<p>Basketball</p> <ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking. <p>Dance - Cats</p> <ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking dance moves. <p>Tag Rugby</p> <ul style="list-style-type: none"> • Refine passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Refine defending as a team • Create and apply defending tactics. Develop officiating <p>Dance Space</p> <ul style="list-style-type: none"> • Extending sequences with a partner in character <ul style="list-style-type: none"> • Developing sequences with a partner in character that show relationships and 	<p>Invasion - Tag Rugby</p> <ul style="list-style-type: none"> • Refine passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Refine defending as a team • Create and apply defending tactics. Develop officiating <p>Dance - The Circus</p> <ul style="list-style-type: none"> • Develop character movements linked to prejudices • Create movements that represent different characters and performers in a circus • Extending our performance incorporating props and apparatus linked to the variety of performers <p>Hockey</p> <ul style="list-style-type: none"> • Develop defending; blocking and tacking <ul style="list-style-type: none"> • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack <p>Striking and Fielding Rounders</p>	<p>Basketball</p> <ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations <p>Dance Carnival</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture <ul style="list-style-type: none"> • Chorographical elements including still imagery <p>Hockey</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations <p>Orienteering</p> <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition
--	--	--	--	--	--	---	--	---	---

				<ul style="list-style-type: none"> • Adding (linking) movements together <p>Dance: Growing</p> <ul style="list-style-type: none"> • Responding to rhythm • Developing the growing plant 'dance' • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance. <p>Dance: The Zoo</p> <ul style="list-style-type: none"> • Exploring expression • Developing our movements, adding movements together • Responding to a rhythm: Introducing partner work • Creating an animal sequence motifs • Exploring relationships within our motifs. <p>Games For Understanding</p> <ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/defending principles into a game • Consolidate attacking/defending. 	<ul style="list-style-type: none"> • Sequences, relationships and performance <p>Dance: Exploring</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing our motif with expression and emotion • Applying choreography in our motifs • Extending our motifs • Sequences, relationships and performance <p>Games For Understanding</p> <ul style="list-style-type: none"> • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking 		<p>interlinking dance moves</p> <ul style="list-style-type: none"> • Sequences, relationships, choreography and performance <p>Tennis</p> <ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point <p>Problem Solving</p> <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 	<ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games <p>Tennis</p> <ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point <p>Cricket</p> <ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring <p>Athletics</p> <ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles 	<p>Striking and Fielding Rounders</p> <ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations <p>Striking and Fieldwork Tennis</p> <ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games
--	--	--	--	--	---	--	--	--	---

