



	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	<u>Autumn 1</u>	<u>Autumn 1</u>	<u>Autumn 1</u>	<u>Autumn 1</u>	<u>Autumn 1</u>	<u>Autumn 1</u>	<u>Autumn 1</u>
	<p>Team Games: Tag and parachute games.</p> <p>Learning Thread link: Move energetically, such as running, jumping, hopping and skipping. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Classroom Focus: We will work on our hand strength and pencil control.</p> <p>Balance Bikes: We will show control over our bodies and perform simple moves using apparatus.</p>	<p>Target Games</p> <p>Learning Thread link: Use rolling and throwing(underarm/overarm) skills in combination.</p> <p>Invasion Games: Benchball</p> <p>Learning Thread link: Use throwing and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p>Target Games</p> <p>Learning Thread link: Use rolling and throwing(underarm/overarm) skills in combination.</p> <p>Invasion Games: Benchball</p> <p>Learning Thread link: Use throwing and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p>Target Games:</p> <p>Learning Thread link: Roll and throw(underarm/overarm) with control and accuracy. Choose appropriate tactics to cause problems for the opposition.</p> <p>Invasion Games: Football</p> <p>Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p>Target Games:</p> <p>Learning Thread link: Roll and throw (underarm/overarm) with control and accuracy. Choose appropriate tactics to cause problems for the opposition.</p> <p>Invasion Games: Football</p> <p>Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p>Target Games</p> <p>Learning Thread link: Choose and combine techniques in competitive game situations (rolling and throwing). Choose the most appropriate tactics for a game.</p> <p>Invasion Games:</p> <p>Football – Five a side</p> <p>Learning Thread link: Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>	<p>Swimming (6 Week Block)</p> <p>Invasion Games:</p> <p>Football – Five a side</p> <p>Learning Thread link: Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p> <p><i>Health and fitness (body awareness), self-reflection, and personal challenge – in focus.</i></p>
	<u>Autumn 2</u>	<u>Autumn 2</u>	<u>Autumn 2</u>	<u>Autumn 2</u>	<u>Autumn 2</u>	<u>Autumn 2</u>	<u>Autumn 2</u>
	<p>Drumba</p> <p>Learning Thread link: Move in response to music.</p> <p>Classroom Focus: We will work on our hand strength and pencil control.</p> <p>Gymnastics</p> <p>Learning Thread link: Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Jumps off an object and lands appropriately. Climb safely on equipment. Experiments with different ways of moving. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Demonstrate strength, balance and coordination.</p>	<p>Invasion Games: Football</p> <p>Learning Thread link: Use running and kicking skills (passing, dribbling & shooting) in combination.</p> <p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Climb safely on equipment. Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance.</p>	<p>Invasion Games: Football</p> <p>Learning Thread link: Use running and kicking skills (passing, dribbling & shooting) in combination.</p> <p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Climb safely on equipment. Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance.</p>	<p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Plan, perform and repeat sequences. Refine movements into sequences. Move in a clear, fluent and expressive manner. Show changes of direction, speed and level during a performance. Travel in a variety of ways; jumping, rolling and walking on beam. Show a kinesthetic sense in order to improve the placement and alignment of body parts. Take weight on hands safely (using hands). Swing and hang from equipment safely (using hands).</p> <p>Invasion Games:</p> <p>Basketball/Netball</p> <p>Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Plan, perform and repeat sequences. Refine movements into sequences. Move in a clear, fluent and expressive manner. Show changes of direction, speed and level during a performance. Travel in a variety of ways; jumping, rolling and walking on beam. Show a kinesthetic sense in order to improve the placement and alignment of body parts. Take weight on hands safely (using hands). Swing and hang from equipment safely (using hands).</p> <p>Invasion Games:</p> <p>Basketball/Netball</p> <p>Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p>Swimming (6-week block)</p> <p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Create complex and well-executed sequences that include a full range of movements including travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures and linking skills. Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinesthetic awareness. Use equipment to vault and to swing (remaining upright).</p>	<p>Target Games</p> <p>Learning Thread link: Choose and combine techniques in competitive game situations (rolling and throwing). Choose the most appropriate tactics for a game.</p> <p>Gymnastics: Partner Sequence + Vault & Apparatus</p> <p>Learning Thread link: Create complex and well-executed sequences that include a full range of movements including travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures and linking skills. Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinesthetic awareness. Use equipment to vault and to swing (remaining upright).</p>

Spring	<u>Spring 1</u>	<u>Spring 1</u>	<u>Spring 1</u>	<u>Spring 1</u>	<u>Spring 1</u>	<u>Spring 1</u>	<u>Spring 1</u>
	<p><u>Drumba</u> Learning Thread Link: Move in response to music. Copy and remember moves and positions. Link two or more actions to perform a sequence. Classroom Focus: We will manipulate small objects and show control over equipment (scissors, hole punch).</p> <p><u>Multi Skills: Football Link</u> Learning Thread Link: Can kick a large ball. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p>	<p><u>Drumba</u> Learning Thread link: Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence.</p> <p><u>Dance</u> Learning Thread link: Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence. Choose movements to communicate a mood, feeling or idea.</p>	<p><u>Drumba</u> Learning Thread link: Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence.</p> <p><u>Dance</u> Learning Thread link: Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence. Choose movements to communicate a mood, feeling or idea.</p>	<p><u>Invasion Games: Multi Sports</u> Learning Thread link: Use running and kicking skills (passing & dribbling) in combination (netball, football and hockey stick). Pass to teammates at appropriate times. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p><u>Dance</u> Learning Thread link: Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.</p>	<p><u>Swimming (6-week block)</u></p> <p><u>Dance</u> Learning Thread Link: Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.</p>	<p><u>Invasion Games:</u> Netball – High Five Learning Thread link: Work with teammates in order to gain points or possession. Defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p> <p><u>Dance</u> Learning Thread link: Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>	<p><u>Invasion Games:</u> Netball – High Five Learning Thread link: Work with teammates in order to gain points or possession. Defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p> <p><u>Dance</u> Learning Thread link: Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>
	<u>Spring 2</u>	<u>Spring 2</u>	<u>Spring 2</u>	<u>Spring 2</u>	<u>Spring 2</u>	<u>Spring 2</u>	<u>Spring 2</u>
	<p><u>Wheelchair Basketball</u> Learning Thread link: Can throw and catch a large ball. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Classroom Focus: We will manipulate small objects and show control over equipment (scissors, hole punch) Multi Skills: Ball Skills Fundamental Movement Link: Can throw and catch a large ball.</p>	<p><u>Invasion Game:</u> Tag Rugby Learning Thread link: Develop tactics. Use the terms ‘opponent’ and ‘team-mate’. Lead others when appropriate.</p> <p><u>Wheelchair Basketball</u> Learning Thread link: Use moving, throwing and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p><u>Invasion Game:</u> Tag Rugby Learning Thread link: Develop tactics. Use the terms ‘opponent’ and ‘team-mate’. Lead others when appropriate.</p> <p><u>Wheelchair Basketball</u> Learning Thread link: Use moving, throwing and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p><u>Drumba</u> Learning Thread link: Move in a clear, fluent and expressive manner. Refine movements into sequences. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.</p> <p><u>Wheelchair Basketball</u> Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p><u>Drumba</u> Learning Thread link: Move in a clear, fluent and expressive manner. Refine movements into sequences. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.</p> <p><u>Wheelchair Basketball</u> Learning Thread link: Maintain possession of a ball. Pass to teammates at appropriate times. Learn and follow the rules of the game and play fairly.</p>	<p><u>Drumba</u> Learning Thread link: Perform expressively and hold a precise and strong body posture. Perform complex sequences. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina. <u>Wheelchair Basketball</u> Learning Thread link: Work with teammates in order to gain points or possession. Defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>	<p><u>Drumba</u> Learning Thread link: Perform expressively and hold a precise and strong body posture. Perform complex sequences. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina. <u>Wheelchair Basketball</u> Learning Thread link: Work with teammates in order to gain points or possession. Defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>

Summer	<u>Summer 1</u>	<u>Summer 1</u>	<u>Summer 1</u>	<u>Summer 1</u>	<u>Summer 1</u>	<u>Summer 1</u>	<u>Summer 1</u>
	<p><u>Dance</u> Learning Thread Link: Copy and remember moves and positions. Experiments with different ways of moving; Move energetically, such as dancing. Link two or more actions to perform a sequence.</p> <p><u>Striking & Fielding Games</u> Learning Thread Link: Kicking a ball into a target, striking a stationary ball & striking a moving ball.</p>	<p><u>Striking & Fielding Games</u> Learning Thread link: Use throwing, hitting, catching, and kicking skills in combination.</p> <p><u>Athletics:</u> Learning Thread link: Use throwing, running, jumping skills in combination.</p>	<p><u>Striking & Fielding Games</u> Learning Thread link: Use throwing, hitting, catching, and kicking skills in combination.</p> <p><u>Athletics</u> Learning Thread link: Use throwing, running, jumping skills in combination. <i>Health and fitness (body awareness), self-reflection, and personal challenge – in focus</i></p>	<p><u>Striking & Fielding Games</u> Learning Thread link: Roll, throw and catch with control and accuracy. Strike a ball and field with control. Learn and follow the rules of the game and play fairly.</p> <p><u>Athletics</u> Learning Thread link: Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances.</p>	<p><u>Striking & Fielding Games</u> Learning Thread link: Roll, throw and catch with control and accuracy. Strike a ball and field with control. Learn and follow the rules of the game and play fairly.</p> <p><u>Athletics</u> Learning Thread link: Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances. <i>Health and fitness (body awareness), self-reflection, and personal challenge – in focus</i></p>	<p><u>Striking & Fielding Games:</u> Rounders Learning Thread link: Strike a bowled or volleyed ball with accuracy. Choose and combine techniques in competitive game situations (bowling, throwing & catching). Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.</p> <p><u>Athletics</u> Learning Thread link: Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take-off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.</p>	<p><u>Striking & Fielding Games:</u> Continuous Cricket Learning Thread link: Strike a bowled or volleyed ball with accuracy. Choose and combine techniques in competitive game situations (bowling, throwing & catching). Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.</p> <p><u>Athletics</u> Learning Thread link: Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take-off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.</p>
	<p><u>Summer 2</u></p> <p><u>OAA/Orienteering:</u> Topic Linked. Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. Simple orienteering.</p> <p><u>Athletics</u> Learning Thread Link: Move energetically, such as running, jumping, hopping and skipping. Jumps 2 feet to 2 feet.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Use throwing, hitting, running and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p> <p><u>Invasion Games:</u> Uni-Hoc Learning Thread link: Use hitting skills (shooting, dribbling & passing) in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Use throwing, hitting, running and catching skills in combination. Use the terms ‘opponent’ and ‘team-mate’.</p> <p><u>Invasion Games:</u> Uni-Hoc Learning Thread link: Use hitting skills (shooting, dribbling & passing) in combination. Use the terms ‘opponent’ and ‘team-mate’.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Throw with control and accuracy. Strike a ball with control.</p> <p><u>Invasion Game:</u> Tag Rugby Learning Thread link: Choose appropriate tactics to cause problems for the opposition. Learn and follow the rules of the game and play fairly. Lead others and act as a respectful team member.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Throw with control and accuracy. Strike a ball with control.</p> <p><u>Invasion Games:</u> Tag Rugby Learning Thread link: Choose appropriate tactics to cause problems for the opposition. Learn and follow the rules of the game and play fairly. Lead others and act as a respectful team member.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Work alone, or with teammates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Uphold the spirit of fair play and respect in all competitive situations.</p> <p><u>Invasion Games:</u> Hockey Learning Thread link: Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>	<p><u>Summer 2</u></p> <p><u>Net & Wall Games:</u> Tennis Learning Thread link: Work alone, or with teammates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Uphold the spirit of fair play and respect in all competitive situations.</p> <p><u>Invasion Games:</u> Hockey Learning Thread link: Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>