

The Dove Federation

PE and school sport policy

Working in partnership with Premier Education

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Extra Curricular

Provision: Example: Stay Active

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Provision:

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Intent - School Sport on a Page

Whole School vision and ethos:

School Vision

“God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.” 1 Peter 4:10

School Values

Respect, Beauty, Trust, Community, Love & Friendship

School Ethos

- To give each child experience of a wide programme of study including the requirements of the National Curriculum
- To make provision for all pupils to develop their academic, moral, social and cultural potential.
- To foster an attitude of care and respect for others through the religious and moral education and through the general ethos of the federation.
- To develop skills appropriate to the individual child’s capabilities.
- To stimulate and develop the child’s interests and capabilities.
- To encourage care and respect of the environment and the local community, alongside an awareness of the wider community in which we live.
- To provide equality of opportunity and equality of regard for every member of the federation community.
- To enable pupils to learn a wider range of skills

School intent/vision statement for PE and sport:

At the Dove Federation, we recognise the importance of PE and the role it has to play in promoting long term healthy lifestyles. The intent of the primary curriculum at the Dove Federation is to provide all children with high quality PE and sports provision. It is our vision for every pupil to succeed and achieve their potential as well as to lead physically active lifestyles. It is our aim to inspire our pupils through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. We would like our pupils to appreciate and know the benefits of a healthy and physically active lifestyle. Through our teaching of PE, we will provide opportunities for pupils to develop values and transferable life skills such as fairness and respect which is key in becoming responsible citizen as well as providing them with opportunities to take part in competitive sport.

Whole School Sport Improvement Plan Aim/Objectives

1. To promote wider engagement of pupils in physical activities by encouraging wider participation in extracurricular activities and at sporting competitions.
2. To raise the profile of PE and sport across the federation
3. To increase the knowledge, skills and confidence of class teachers
4. To broaden pupils experience of sport and physical activity by widening the sports, activities and resources on offer.
5. To develop a rigorous system for monitoring and evaluating the teaching and learning of PE so as to ensure all staff have high aspirations, a developing skill set and promote healthy lifestyles and high aspirations for all pupils.

School Sports Premium Funding Intent

1. To provide opportunities for pupils to take part in extracurricular activities
2. For pupils to benefit from regular high quality teaching from those who are PE specialists
3. For pupils to have access to a wide range of resources which can be used to promote active lifestyles through being used across the wider curriculum and break times.

School Games and Competitions Intent

1. For our pupils to be able to take part in regular competitions both internally and externally that cover a wide range of different types of sports and which will appeal to a wide range of pupils interests.

National Curriculum Intent

Guidance from afPE for the progression within PE was taken into account- along with the national curriculum- when designing our PE curriculum.

Early Years

Expected

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Children know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe. Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity.

Exceeding

Children can hop confidently and skip in time to music Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.

Key Stage One

Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Implementation

Pupil Progression plan

	Reception ⇒	Year 1 ⇒	Year 2 ⇒	Year 3 ⇒	Year 4 ⇒	Year 5 ⇒	Year 6
<p>Team Games</p> 	<p>Fundamentals of Movement</p> <p>Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce</p>	<p>Multi Skills</p> <p>Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)</p>	<p>Multi Skills</p> <p>Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include, kicking, Trapping, throwing, catching, bouncing, pushing, rolling</p>	<p>Invasion Games (Football / Hockey)</p> <p>Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.</p>	<p>Invasion Games (Football / Hockey)</p> <p>Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4</p>	<p>Invasion Games (Tag Rugby/Basketball)</p> <p>Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4</p>	<p>Invasion Games (Tag Rugby/Basketball)</p> <p>Theme: Teamwork and tactics Coverage: Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6</p>
<p>Dance</p> 	<p>Fundamentals of Movement - ABC</p> <p>Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.</p>	<p>Dance</p> <p>Theme: Short stories or story based class/school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level /direction (teacher led)</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.</p>	<p>Dance</p> <p>Theme: Science, linked to class/school theme Coverage: Create and perform a short group dance showing a range of movement patterns</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Perform a partner dance that includes a range of stimuli that allows performers to react to.</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers.</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.</p>

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Gymnastics 	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Gymnastics Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space	Gymnastics Theme: Rolling and Jumping, Linking actions. Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions	Gymnastics Theme: Shapes, jumping and landing Coverage: Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.	Gymnastics Theme: Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.	Gymnastics Theme: Sequences, effective combinations Coverage: Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.	Gymnastics Theme: Sequencing, matching and mirroring Coverage: To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.
OAA 	Fundamentals of Movement Theme: Simple skills of sending/receiving Coverage: send/receive various equipment using feet, hands, other. Kick, throw, hit, catch, trap, roll	Team Work Theme: Send, receive and retrieve & teamwork Coverage: Kicking, striking, catching (using various equipment) and working in teams, co-operation.	Team Work Theme: Develop FMS. Developing simple attacking and defending skills for invasion sports (basketball, netball) Coverage: Working in pairs– Send, receive and score, based on a 2v1 or 2v2 scenario.	Outdoor Adventurous Activity Theme: planning/ recording in different activities and problem solving. Coverage: Use maps and diagrams to orientate. Plan to overcome challenges to problems as a group. Identify success.	Outdoor Adventurous Activity Theme: Responding to challenges in different environments Coverage: Attempt to adapt quickly to unfamiliar situations and recognise solutions. Understand what is needed in challenging situations and take a lead role in their group being	Outdoor Adventurous Activity Theme: OAA in familiar/ unfamiliar environments; working Individual /small groups Coverage: Adapt quickly to unfamiliar situations and recognise solutions. Implement changes needed in challenging situations and take a lead role in their group	Outdoor Adventurous Activity Theme: Planning, recording, navigation and evaluation in different activities, problem solving Coverage: Assess weakness and discuss ways of improving performance.

					successful with ideas.	being successful with ideas.	
	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Athletics 	Sports Day Preparation Theme: run, Jump, throw. Coverage: development of fundamental movement skills for run, throw, jump	Sports Day Athletics Theme: Different ways of running, jumping and throwing. Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.	Sports Day Athletics Theme: Running, jumping and throwing skills, setting personal targets Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others	Athletics Theme: Running, jumping and throwing skills, partner work. Coverage: Developing hurdle and running events with a partner. Competing in pairs in throwing and jumping events.	Athletics Theme: Running/ jumping/throwing. Time and direction. Coverage: Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events	Athletics Theme: Running, jumping and throwing. Personal best. Coverage: Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.	Athletics Theme: Running, jumping and throwing. Achieving personal best. Team events. Coverage: Compete in a variety of athletics events for pupils to be able to achieve their personal best. Introduce competitive team events.
Striking and Fielding 	Team Games Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.	Games Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.	Games (Striking & Fielding) Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game	Striking & Fielding Games Theme: Finding and closing down space. Coverage: Create small-sided and modified games of cricket and rounders. Introduce basic rules of these sports	Striking & Fielding Games - Rounder's Theme: Bowling & Striking Coverage: Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.	Striking & Fielding Games – Cricket Theme: Batting and fielding tactics and strategies Coverage: Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.	Striking & Fielding – Cricket & Rounder's Theme: Teamwork and tactics Coverage: Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains, coaches and officiators.

Curriculum Overview

Below is an overview of the curriculum delivery topics that will be delivered throughout the year. We aim to create a broad and balanced PE curriculum that also revisits the skills developed at different touch points throughout the year to reinforce the learning within that topic. The curriculum will also be developed to link into other key values and topics within the school.

Premier delivery – Blue

Teacher delivery- Orange

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental movement skills	Ball/multi skills	Movement to music	Gymnastics	Ball/Multi Skills	Fundamental movements skills
Year 1	Multi Skills	Gymnastics	Movement to music	Invasion games	Striking and fielding	Athletics and sports day activities
	Movement to music	Striking and fielding	Multi Skills	Gymnastics	Invasion games	Athletics and sports day activities
Year 2	Multi Skills	Gymnastics	Movement to music	Invasion games	Striking and fielding	Athletics and sports day activities
	Movement to music	Striking and fielding	Multi Skills	Gymnastics	Invasion games	Athletics and sports day activities
Year 3	Invasion Games	Gymnastics	Dance	Net/wall activities	Striking and fielding	Athletics and sports day activities
	Dance	Striking and fielding	Invasion Games	Gymnastics	Net/wall activities	Athletics and sports day activities
Year 4	Invasion Games	Gymnastics	Dance	Net/wall activities	Striking and fielding	Athletics and sports day activities
	Dance	Striking and fielding	Invasion Games	Gymnastics	Net/wall activities	Athletics and sports day activities
Year 5	Invasion Games	Gymnastics	Dance	Net/wall activities	Striking and fielding	Athletics and sports day activities
	Dance	Striking and fielding	Invasion Games	Gymnastics	Net/wall activities	Athletics and sports day activities
Year 6	Invasion Games	Gymnastics	Dance	Net/wall activities	Striking and fielding	Athletics and sports day activities
	Dance	Striking and fielding	Invasion Games	Gymnastics	Net/wall activities	Athletics and sports day activities

School PE curriculum

See the below for an overview of the progression of skills, experiences and developments within each topic. We have also included the year groups termly topic/theme which can be used for a possible line of enquiry for cross curricular links.

Early Years Foundation stage overview

We recognise that PE and sport can positively impact the EYFS prime and specific area of learning and development. Whilst EYFS do not have to do PE, we value the role PE can play within their development and have implemented the below overview to achieved specific early learning goals:

Premier delivery – Blue Teacher delivery- Orange

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental movement skills	Ball/multi skills	Movement to music	Gymnastics	Ball/Multi Skills	Fundamental movements skills

The above topics will help support/achieve the below early learning goals:

Physical development: Moving and handling: Early Learning Goal Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development: Health and Self-Care: Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Personal, Social and emotional development: Self- Confidence and self-awareness: Early Learning Goal Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Expressive arts and design: being imaginative Early Learning Goal Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

Key Stage 1 overview

Premier delivery – Blue Teacher delivery- Orange

Year 1	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Multi Skills</p> <p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts).</p> <p>Experience: Experience using floor and apparatus, safe lifting</p>	<p>Movement To Music</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring),</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball.</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring),</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p>

		<p>and carrying, using/finding space, using different body parts -shape/levels/direction, improving actions, making up a sequence.</p> <p>Develop: Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus</p>	<p>from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control</p>	<p>playing these games – alone/with a partner</p>	<p>playing these games – alone/with a partner</p>	<p>Develop: Develop an understanding of safe practice linked to the activities</p>
	<p>Movement To Music</p> <p>Activity Theme: Physical exercise designed to challenge the children’s creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end;</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball.</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Multi Skills</p> <p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts).</p> <p>Experience: Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts -shape/levels/direction, improving actions, making up a sequence.</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>Develop: Develop an understanding of safe practice linked to the activities</p>

	responding to rhythm, music, coordination and control			<ul style="list-style-type: none"> Develop: Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus 		
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Year 2	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Multi skills</p> <p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping</p> <p>Experience: Experience consolidating work identified in this section from Year One, adapting and improving control of actions</p> <p>Develop: Develop and consolidate work identified in this section from Year One with emphasis in repeating sequences of movements, linking activities on</p>	<p>Movement to Music</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing</p> <p>Develop: Develop making movements/patterns some from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end;</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy and distance</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>Develop: Develop an understanding of safe practice linked to the activities</p>

		<p>floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases</p>	<p>responding imaginatively to rhythm, music, co-ordination, control, rhythmic responses, poise and elevation</p>			
	<p>Movement to Music</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end; responding imaginatively to rhythm, music, co-ordination, control, rhythmic responses, poise and elevation</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Multi skills</p> <p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping</p> <p>Experience: Experience consolidating work identified in this section from Year One, adapting and improving control of actions</p> <p>Develop: Develop and consolidate work identified in this section from Year One with emphasis in repeating sequences of movements, linking activities on floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy and distance</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>Develop: Develop an understanding of safe practice linked to the activities</p>

Lower Key Stage 2 overview

Year 3	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner</p> <p>Experience: Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus</p> <p>Develop: Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions</p>	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; increase range of body actions; compose, practice and perform actions with control</p> <p>Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>Develop: Develop making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p>Net/wall games activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>

	<p style="text-align: center;">Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children’s creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; increase range of body actions; compose, practice and perform actions with control</p> <p>Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>Develop: Develop making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p style="text-align: center;">Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder’s, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p style="text-align: center;">Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p style="text-align: center;">Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner</p> <p>Experience: Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus</p> <p>Develop: Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions</p>	<p style="text-align: center;">Net/wall games activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p style="text-align: center;">Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>
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Year 4	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>Experience: Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice</p> <p>Develop: Develop an understanding of selecting</p>	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; using whole body control; explore and select actions which can be developed within chances, practiced and repeated</p> <p>Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>Develop: Develop selecting content for making dances; discussing the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p>Net/Wall game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>

		<p>more relevant actions,</p> <p>continuity when linking movement actions</p>		<p>practices, understanding of game principles</p>		
	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; using whole body control; explore and select actions which can be developed within chances, practiced and repeated</p> <p>Experience: Experience responding to a range of music/stimuli, expressing moods and feelings</p> <p>Develop: Develop selecting content for making dances; discussing the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage. Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions</p> <p>Experience: Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice</p>	<p>Net/Wall game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improvement of own performance</p>

				<ul style="list-style-type: none"> • Develop: Develop an understanding of selecting more relevant actions, continuity when linking movement actions 	
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Upper Key Stage 2 overview

Year 5	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <ul style="list-style-type: none"> • Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks 	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <ul style="list-style-type: none"> • Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and 	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <ul style="list-style-type: none"> • Skills: Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated 	<p>Net/Wall game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <ul style="list-style-type: none"> • Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition 	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <ul style="list-style-type: none"> • Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks 	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <ul style="list-style-type: none"> • Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed • Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques • Develop: Develop understanding of safe practice

	<p>set by themselves and teacher, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>repeated through gymnastic actions</p> <p>Experience: Experience working within prescribed areas, considering and developing rules and scoring systems</p> <p>Develop: Develop an understanding of selecting more relevant actions, continuity when linking movement actions</p>	<p>Experience: Experience responding to music/stimuli, expressing moods and feelings</p> <p>Develop: Develop: Refine content for making dances; interpreting different elements of dance; control, co-ordination, poise, elevation; a number of dance forms, include dances from different times, places and cultures</p>	<p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>set by themselves and teacher, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>linked to activities, comparing and improving own performance</p>
	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage. Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and</p>	<p>Net/Wall game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques</p> <p>Develop: Develop understanding of safe practice</p>

	<p>Experience: Experience responding to music/stimuli, expressing moods and feelings</p> <p>Develop: Develop: Refine content for making dances; interpreting different elements of dance; control, co-ordination, poise, elevation; a number of dance forms, include dances from different times, places and cultures</p>	<p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>repeated through gymnastic actions</p> <p>Experience: Experience working within prescribed areas, considering and developing rules and scoring systems</p> <p>Develop: Develop an understanding of selecting more relevant actions, continuity when linking movement actions</p>	<p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	<p>linked to activities, comparing and improving own performance</p>
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Year 6	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with</p>	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body actions/control of body parts/stepping patterns;</p>	<p>Net/Wall Game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination.</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed</p>

	<p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions</p> <p>Experience: Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts</p> <p>Develop: Develop selecting own ideas and relevant apparatus to develop more complex sequences</p>	<p>compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated</p> <p>Experience: Experience responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement</p> <p>Develop: Develop use of other curriculum work to make dances; interpreting different elements of dance; control, coordination, poise, elevation; a number of dances from different times, places & cultures</p>	<p>versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improving own performance</p>
	<p style="text-align: center;">Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children’s creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body</p>	<p style="text-align: center;">Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder’s, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control</p>	<p style="text-align: center;">Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control</p>	<p style="text-align: center;">Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction,</p>	<p style="text-align: center;">Net/Wall Game activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination.</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control</p>	<p style="text-align: center;">Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Improve skills of running, throwing, jumping, refine basic technique by emphasis on</p>

	<p>actions/control of body parts/stepping patterns;</p> <p>compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated</p> <p>Experience: Experience responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement</p> <p>Develop: Develop use of other curriculum work to make dances; interpreting different elements of dance; control, coordination, poise, elevation; a number of dances from different times, places & cultures</p>	<p>accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions</p> <p>Experience: Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts</p> <p>Develop: Develop selecting own ideas and relevant apparatus to develop more complex sequences</p>	<p>accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	<p>accuracy, time, power, length, distance, speed</p> <p>Experience: Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques</p> <p>Develop: Develop understanding of safe practice linked to activities, comparing and improving own performance</p>
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