



Key stage 1

KS1 Topic	Year 1	Year 2
National Curriculum	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and Coordination, individually and with others.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - Participate in team games, developing simple tactics for attacking and defending. - Perform dances using simple movement patterns. 	
Athletic Activities	<p>Lesson progression</p> <ul style="list-style-type: none"> - To develop the skill of running fast - To develop the skill of hopping - To develop the skill of rolling a ball with accuracy - To develop the skill of changing direction - To develop the skill of underarm throwing - To develop the skill of jumping for distance - To develop posture when walking and running - To complete jumping challenges - To apply changing direction in relay type races - To complete run, jump and throw challenges 	<p>Lesson progression</p> <ul style="list-style-type: none"> - To develop the skill of running fast - To explore different ways of throwing - To throw underarm accurately - To throw overarm for distance - To throw overarm with accuracy - To explore jumping for distance - To explore a push throw - To complete an obstacle course - To complete run, jump and throw challenges
Dance	<ul style="list-style-type: none"> - Exploring different ways of travelling and using the space. - Creating travelling patterns using a stimulus - Creating pathways using a stimulus - Recreating ideas, adding expression and developing and improving our work - Creating effective travelling pathways individually and in a group 	

	- Performing in a whole class performance (assessed and recorded) and responding to own work.	
Games (Striking and Fielding, Net and Wall, Invasion games)	<ul style="list-style-type: none"> - To explore the skill of catching a ball - To develop travelling skills - To catch a ball with two hands - To develop the skill of bouncing a ball with control - To revise the skill of catching a ball and bouncing a ball - To apply simple tactics in a game - To bounce a ball while travelling in a game. - To explore the skill of running fast - To explore the skill of throwing overarm - To develop the skill of running fast - To develop the skill of throwing overarm for distance - To develop the skill of throwing overarm for accuracy - To understand simple tactics in a game - To work cooperatively in a small group - To strike a ball off a tee - To apply simple tactics in a game - To explore rolling different equipment - To explore the skill of jumping - To develop the skill of rolling different equipment - To explore the skill of dodging - To apply the skill of rolling different equipment - To work cooperatively in a small group - To explore throwing equipment underarm - To develop the skill of the side gallop - To develop the skill of running - To apply the skill of an underarm throw in different ways - To develop the skill of dodging - To apply simple tactics in a team game - To explore different ways of moving a ball with the foot - To explore different ways to kick a ball 	<ul style="list-style-type: none"> - To develop the skill of throwing underarm - To develop the skill of catching - To develop the skill of dodging - To apply the skill of throwing underarm with accuracy - To develop the skill of passing and moving into space - To develop simple tactics - To apply throwing, moving and catching in a simple team game - To develop the skill of throwing overarm for distance - To develop the skill of running - To develop the skill of striking a ball - To develop the skill of striking a ball with accuracy - To develop the skill of fielding a ball - To apply the skill of striking ball in a simple game - To develop simple tactics - To apply striking a ball, throwing and fielding in a simple team game - To apply tactics in a simple striking/fielding game - To develop the skill of side gallop - To know the ready position and how to hold a bat - To develop the skill of striking a ball - To apply striking a ball and tactics in a simple team game

Gymnastics	<ul style="list-style-type: none"> - To develop kicking with accuracy - To develop the basic skills of travelling - To develop the basic skills of rolling - To develop the basic skills of jumping - To perform basic skills with straight and tuck shapes - To link basic movements together - To apply the skills of travelling, rolling and jumping with two different shapes - To link basic movements together to create a sequence - To adapt the sequence to perform on apparatus 	<ul style="list-style-type: none"> - To develop the skills of jumping with different shapes - To develop the basic skills of travelling on hands and feet. - To develop the skill of balancing on different body parts. - To develop the basic skills of rolling. - To link actions of movement together to create a simple sequence. - To develop the basic skills of travelling, balancing, jumping and rolling. - To link actions of movement together to create a simple sequence. - To adapt a sequence of moves to apparatus.
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Key stage 2

<u>Topic</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Athletics	<ul style="list-style-type: none"> - To perform the pull throwing action - To explore different running techniques - To perform the sling throw - To develop jumping actions - Select an appropriate running technique for distance - To perform a push throw - To perform a start in a sprint type race - To throw for distance using three different throws - To perform a hop, step and jump - To pass a baton successfully in a race - To perform 5 different jumps - To perform in athletic type competitive events (run, jump and throw) 		<ul style="list-style-type: none"> - To develop running skills in isolation. - To develop throwing skills - To evaluate their own success - To explore ways of combining jumping actions - To develop throwing skills in an athletic type activity - To develop jumping actions in combination - To develop running skills in isolation - To develop throwing skills in an athletic type activity - To develop running, jumping and throwing skills in an athletic type activity. 	

			<ul style="list-style-type: none"> - To compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	
Dance	<ul style="list-style-type: none"> - Create movement using a stimulus - Using mime effectively to communicate an idea - Understanding gestures and developing transitions - Creating gestures and developing work - Working creatively with a stimulus - Performing in a whole class performance (assessed and recorded) and responding to own work. - Other resources to support the units 		<ul style="list-style-type: none"> - Using a stimulus, creating gestures and developing and improving their work. - Creating travelling patterns and learning to use canon effectively. - Learning a set Dance, creating a solo sequence and participating in a whole class performance. - Using development techniques and performing with accuracy, control and timing. - Creating travelling patterns and exploring contrasting emotions and different ways to demonstrate them. - Performing in a whole class performance (assessed and recorded) and responding to own work. 	
Gymnastics	<ul style="list-style-type: none"> - To develop ways of travelling on hands and feet - To develop balance on small body parts - To create a sequence of travelling and balancing actions - To develop ways of rolling - To develop the skills of jumping, shape and landing - To create a sequence of gymnastic actions - To evaluate and recognise their own success - To create a sequence to meet the core task "Balancing Act" - To perform gymnastic actions using apparatus 	<ul style="list-style-type: none"> - To develop ways of travelling on feet and hands and feet. - To develop balance on small body parts. - To develop a range of jumping actions - To develop balance on large body parts. - To create a gymnastic sequence of travelling and balancing. - To explore different ways of rolling. - To perform rolling actions and link 	<ul style="list-style-type: none"> - To perform partner balances (matched and mirrored) - To perform counter balance - To perform Counter tension balances - To evaluate and recognise their own success - To create a gymnastic sequence with a partner - To perform the core task "Acrobatic gymnastics" 	<ul style="list-style-type: none"> - To perform matched and mirrored paired balances - To perform counter balance and counter tension paired balances. - To perform a group counter balance - To create a gymnastic sequence with counter balances and counter tension in a group. - To evaluate success of group and paired balances.

		<p>these with other actions to create a sequence.</p> <ul style="list-style-type: none"> - To explore different ways of balancing, jumping and travelling. - To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions - To make simple judgements about the quality of performances. - To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions. - To make simple judgements about the quality of performances and suggest ways they can be improved. 	<ul style="list-style-type: none"> - To evaluate and recognise their success - To develop a sequence onto apparatus 	<ul style="list-style-type: none"> - To perform paired and group counter balances in unison. - To create a sequence of gymnastic actions, paired and group balances. - To perform a part weight bearing balance. - To create a sequence of gymnastic actions, paired and group balances using apparatus. - To evaluate success at working as a team.
Invasion games	<ul style="list-style-type: none"> - To send and receive a ball - To send a ball and move into space to receive a pass - To send and receive a ball in a simple game - To use simple tactics in a game 	<ul style="list-style-type: none"> - To send and receive a ball - To travel with a ball. - To travel with a ball with control 	Hockey <ul style="list-style-type: none"> - To send a ball using a push pass - To receive a ball - To intercept a pass - To dribble a ball using a hockey stick 	<ul style="list-style-type: none"> - To revise travelling with an object - To revise sending and receiving skills using a variety of objects - To revise tactics used in an invasion game

<ul style="list-style-type: none"> - To send and receive a ball in an invasion game - To revise simple tactics in an invasion game - To evaluate their own and others success - To play “three touch ball” 	<ul style="list-style-type: none"> - To use simple tactics to outwit and opponent - To apply basic principles suitable for attacking - To evaluate and recognise their own success - To travel with a ball with control in an invasion game - To apply basic principles suitable for attacking in an invasion game i.e. core - task “On the Attack” - To evaluate and recognise their own success 	<ul style="list-style-type: none"> - To develop shooting skills using hockey equipment - To select tactics when playing a hockey type game - To develop their ability to evaluate their own and others work and suggest ways to improve it. - To choose and apply skills and tactics consistently in hockey type competitive games. - To play a role in a modified competitive hockey type game <p>Netball</p> <ul style="list-style-type: none"> - To develop the skill of passing and catching a netball. - To develop the skill of passing a netball using a shoulder pass. - To develop the skill of shooting in netball - To select appropriate strategies for attack - To develop their ability to evaluate their own and others 	<ul style="list-style-type: none"> - To undertake a leadership/officiating role - To select and apply tactics in different invasion games - To evaluate tactics across invasion games for similarities - To develop the skills to play a rugby type game - To explore creating a rugby league type game - To create an invasion game to solve a tactical problem - To explore adapting an invasion games to explore positions and attacking/defending options. - To choose and apply skills and tactics consistently in an invasion type competitive games. - To develop the ability to evaluate their teams work and suggest ways to improve it.
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work and suggest ways to improve it.

- To choose and apply skills and tactics consistently in netball type competitive games.
- To develop their ability to evaluate their teams work and suggest ways to improve it

Tag Rugby

- To develop the skill of running with a rugby ball in two hands.
- To develop the technique of passing and catching a rugby ball.
- To be able to score a try.
- To develop their understanding of when to pass and when to run with the ball.
- To apply the basic strategic and tactical principles of attack.
- To apply the basic strategic and tactical principles of attack.

			<ul style="list-style-type: none"> - To choose and apply skills and tactics consistently in rugby type games. - To develop their ability to evaluate their own and others work and suggest ways to improve it. - To understand the basic principles of warming up by choosing appropriate activities for rugby type games 	
Net and wall	<ul style="list-style-type: none"> - Explore different throwing actions - To consolidate throwing actions and practise catching. - Explore different ways of throwing. - Consolidate catching skills. - To suggest ideas and practices to improve their play - Strike the ball using their hand or small bat. - Improve movement skills and body positions. - Familiarise them with a racquet and practise striking skills using a racquet - Choose a range of simple tactics to use in a simple game. - To develop range of striking skills suitable for net / wall type 		<ul style="list-style-type: none"> - Develop consistency in playing shots with racket and ball. - Develop consistency in playing forehand and backhand shots with a ball. - Develop consistency in playing forehand and backhand shots with a partner. - To understand the basic principles of attack and use in a net/wall type game. - To understand the basic principles of attack and evaluate performances and explain how to improve. - Core Task and evaluate performance. 	
Outdoor and adventurous	<p>Task - Trails</p> <ul style="list-style-type: none"> - To improve communication skills. - To improve ability to work with and trust others. - To undertake an adventure trail to develop communication skills. - To work safely with a partner in an adventurous environment - To complete a Trail within the school grounds. - To increase confidence in decision making. 		<ul style="list-style-type: none"> - To know that a map is a bird's eye view plan of the ground. - To know how to keep the map "set or "orientated" when they move. - To know some of the symbols on a orienteering map - To know how to keep the map "set or "orientated" when they move around a simple course. 	

	<ul style="list-style-type: none"> - To complete a Photo Trail within the school grounds. - To know how to use a control card. <p>Task – problem solving</p> <ul style="list-style-type: none"> - To take part in outdoor and adventurous activity challenges - To develop communication and collaboration skills - To evaluate their own success - To take responsibility for self and others - Take part in activities that involve working with and trusting others - To work effectively as part of a team 	<ul style="list-style-type: none"> - To run safely with a map around a simple orienteering course. - To know the 8 points of a compass. - To navigate to a control marker - To navigate to a control marker on a simple course - To record information accurately at the control marker - To navigate to a control marker on a score event course - To plan effectively to visit as many control markers in the time allowed. - To understand how OAA can help their fitness and health - To navigate to a control marker on a score event course
Striking and fielding	<ul style="list-style-type: none"> - To send a ball in a striking and fielding game - To receive a ball in a striking and fielding game - To evaluate success - To strike a ball a striking and fielding game - To use simple tactics in a striking and fielding game - To evaluate tactics used in a striking and fielding game 	<ul style="list-style-type: none"> - To bowl underarm with accuracy - To catch a ball when fielding. - To strike a ball with a bat. - To throw a ball overarm when fielding - To bowl underarm with accuracy in a game - To know where to strike a ball in a game. - To use tactics in a rounders type game. - To evaluate what was successful in a game team
Heathy bodies		<ul style="list-style-type: none"> - To design a warm up for a different activities and evaluate the effectiveness of a warm up using simple criteria. To know that muscles work in pairs. - To explain what happens to our own temperature and breathing rate when participating in different activities - To explain how oxygen is transported around the body in the blood.

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| | | | <ul style="list-style-type: none">- To explain how the body takes in and uses up energy and why balancing energy in and energy out is important to health- To understand why exercise is good for our health, fitness and wellbeing. To perform exercises that develop strength and stamina.- To explore the impact of drugs on health through dance.- To perform a circuit to develop stamina and strength. |
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