



PE Long-term Overview	AUTUMN		SPRING		SUMMER	
Nursery	Fundamental Movement Skills Children will learn: <ol style="list-style-type: none"> to squats with steadiness with objects. to run safely on their whole foot. different modes of movement. to run with spatial awareness and negotiate space successfully. to runs or walk on different levels of surface. to jump in the air with both feet leaving the floor. to jump a short distance and land on two feet. 	Fundamental Movement Skills Children will learn: <ol style="list-style-type: none"> an increasing awareness of controlling equipment. to kick a stationary ball with either foot and in various directions. to throw an object with increasing accuracy and force. to catch a large ball by using their two hands and their chest to trap it. to control over an object by pushing, patting, throwing, catching and kicking it. 	Gymnastics Children will learn: <ol style="list-style-type: none"> to rise to their feet without using hands. to move across climbing equipment using alternate feet. to use hands and arms to help with balance and stability. to balance on one foot. to hold a position momentarily. to shift bodyweight to improve stability. to show confidence by climbing over and under equipment. to balance on equipment. to jump off equipment and land appropriately using hands, arms 	Dance – Animal Movements Children will learn: <ol style="list-style-type: none"> to move in response to music or rhythm. to choose to move in a range of ways. to move freely and with confidence making changes to body shape. to change position and pace of movement. to hold a position momentarily. to observe and imitate movements of adults. to control and coordination in movements. 	Games Children will learn: <ol style="list-style-type: none"> to show increasing awareness of controlling equipment. to kick a stationary ball with either foot and in various directions. to throw an object with increasing accuracy and force. to catch a large ball by using their two hands and their chest to trap it. to show control over an object by pushing, patting, throwing, catching and kicking it. to negotiates space successfully when playing racing and chasing games with other children. to adjust speed or changing direction to avoid obstacles 	Athletics Children will learn: <ol style="list-style-type: none"> to run safely on whole foot. to jump a short distance and land on two feet. to throw an object with increasing accuracy and force towards a target. to throw an object from different positions. to experiment with different ways of moving, testing out ideas and adapting movements to reduce risk. to show increasing understanding of movement by slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, hopping.

			and body to stabilise.			
Reception	Fundamental Movement Skills Children will learn: <ol style="list-style-type: none"> to squats with steadiness with objects. to run safely on their whole foot. different modes of movement. to run with spatial awareness and negotiate space successfully. to runs or walk on different levels of surface. to jump in the air with both feet leaving the floor. to jump a short distance and land on two feet. 	Fundamental Movement Skills Children will learn: <ol style="list-style-type: none"> an increasing awareness of controlling equipment. to kick a stationary ball with either foot and in various directions. to throw an object with increasing accuracy and force. to catch a large ball by using their two hands and their chest to trap it. to control over an object by pushing, patting, throwing, catching and kicking it. 	Gymnastics Children will learn: <ol style="list-style-type: none"> to rise to their feet without using hands. to move across climbing equipment using alternate feet. to use hands and arms to help with balance and stability. to balance on one foot. to hold a position momentarily. to shift bodyweight to improve stability. to show confidence by climbing over and under equipment. to balance on equipment. to jump off equipment and land appropriately using hands, arms and body to stabilise. 	Dance – Animal Movements Children will learn: <ol style="list-style-type: none"> to move in response to music or rhythm. to choose to move in a range of ways. to move freely and with confidence making changes to body shape. to change position and pace of movement. to hold a position momentarily. to observe and imitate movements of adults. to control and coordination in movements. 	Games Children will learn: <ol style="list-style-type: none"> to show increasing awareness of controlling equipment. to kick a stationary ball with either foot and in various directions. to throw an object with increasing accuracy and force. to catch a large ball by using their two hands and their chest to trap it. to show control over an object by pushing, patting, throwing, catching and kicking it. to negotiates space successfully when playing racing and chasing games with other children. to adjust speed or changing direction to avoid obstacles. 	Athletics Children will learn: <ol style="list-style-type: none"> to run safely on whole foot. to jump a short distance and land on two feet. to throw an object with increasing accuracy and force towards a target. to throw an object from different positions. to experiment with different ways of moving, testing out ideas and adapting movements to reduce risk. to show increasing understanding of movement by slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, hopping.
Year 1	Dodgeball and Football Children will learn:	Gymnastics Children will learn: <ol style="list-style-type: none"> the basic shapes on 	Dance Children will learn: <ol style="list-style-type: none"> to demonstrate travelling actions, 	Danish Longball Children will learn: <ol style="list-style-type: none"> to send a ball along the ground 	Tennis Children will learn: <ol style="list-style-type: none"> to steer a ball along the ground with a 	Athletics Children will learn: <ol style="list-style-type: none"> specific basic skills for running focusing on

	<ol style="list-style-type: none"> 1. to use different ways of travelling in different directions or pathways. 2. to run at different speeds. 3. to use space in a game. 4. to combine travelling movements with simple defensive skills such as marking a player or defending a space. 5. to combine travelling movements with simple attacking skills such as dodging to get past a defender. 6. to combine travelling movements with travelling with equipment in different directions 	<p>different body parts on the floor, e.g. on back, side, front, bottom and feet, exploring different levels</p> <ol style="list-style-type: none"> 2. how to demonstrate ways of traveling on the floor on small and large body parts including step, jump and hop, hopscotch, skipping and galloping. 3. a variety of ways of travelling in a curled-up shape 4. to make a simple shape for a partner to step over or travel underneath. 5. the safety implications and show a tucked jump, straight jump, half turn jump on the floor. 	<p>such as walking, stepping running skipping, galloping, creeping, rolling, sliding and hopping, at different speeds</p> <ol style="list-style-type: none"> 2. to demonstrate jumping actions such as springing, bounding, leaping and pouncing in different ways 3. to demonstrate turning actions such as spinning, twirling, pivoting, rolling and spiralling 4. to demonstrate gesturing actions such as punching, stamping, stretching, leaning and reaching 5. to demonstrate stillness such as go and stop, freezing, holding, pausing 6. to demonstrate the ability to hold clear body shapes both in movement and stillness. 7. to change and vary actions – demonstrate using contrasting levels, 	<p>and through the air for a partner to catch or receive.</p> <ol style="list-style-type: none"> 2. to play safely with a partner in running games and when using equipment. 3. to send a ball in various ways. 4. to play individual target games or target games with a partner. 5. to aim consistently between, into, at or over a variety of targets using a range of small equipment. 6. to play aiming games cooperatively with a partner and ‘keep the score’. 7. to practise and develop their sending and receiving skills in cooperative games with a partner. 8. to use steering, hitting along the ground and 	<p>bat in a controlled way using different directions and weaving through slaloms.</p> <ol style="list-style-type: none"> 2. to balance a ball on a bat when standing still or walking. 3. to hit a ball with a bat, upwards and downwards with some control. 4. to send a ball along the ground and through the air for a partner to catch or receive. 5. to bounce and pat bounce a ball with a degree of control. 6. to dribble a ball with control. 7. to aim consistently between, into, at or over a variety of targets using a range of small equipment. 8. to use steering, hitting along the ground and hitting through the air to play individual and cooperative target games. 	<p>the technique needed for different speeds.</p> <ol style="list-style-type: none"> 2. to run with a basic technique over different distances. 3. to change speeds in a safe and controlled way. 4. to develop their spatial awareness when running and control their movement. 5. to complete an underarm throw with accuracy. 6. the difference between a push throw (underarm throwing) and a pull throw (overarm throwing). 7. to show a variety of jumping techniques: jumping for distance, jumping for height. 8. to perform a simple jumping sequence, e.g. hop and jump.
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	<p>(side to side, forwards and backwards) with control and fluency.</p> <p>7. to demonstrate coordination when passing a ball around different parts of the body.</p> <p>8. to bounce and pat bounce a ball with a degree of control.</p> <p>9. to dribble a ball with control.</p> <p>10. to follow simple rules to play games, including team games.</p> <p>11. to play safely with a partner in running games and when using equipment.</p> <p>12. to send a ball in various ways to play individual target games or target</p>	<p>6. high and low level and link two jumps with a low-level movement.</p> <p>7. which small parts of the body can safely take weight.</p> <p>8. to show high and low balanced positions using different combinations on the floor.</p> <p>9. the safety implications involved in various types of rolling (egg roll, log roll, teddy bear roll).</p> <p>10. different combinations of shapes, linked by a travelling movement on the floor, on low apparatus and high apparatus.</p> <p>11. about the beginning, middle and</p>	<p>directions, speeds and weights (dynamic elements).</p> <p>8. simple choreographic devices such as unison, canon and mirroring.</p> <p>9. to remember and repeat short dance phrases and simple routines.</p> <p>Health and Fitness Children will learn:</p> <ol style="list-style-type: none"> 1. about changes in our body when we exercise. 2. what cardio is and what its intention is. 3. ways of doing cardio. 	<p>hitting through the air to play individual and cooperative target games.</p> <p>9. to understand the concept of simple games and how to make their games harder.</p>		
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	<p>games with a partner.</p> <p>13. to aim consistently between, into, at or over a variety of targets using a range of small equipment.</p> <p>14. to throw and catch individually and in pairs using a variety of apparatus including hoops.</p> <p>15. to send a ball, beanbag or quoit using under arm throw, roll or kick</p> <p>16. to receive a ball, beanbag or quoit with control.</p>	<p>end of a sequence.</p>				
Year 2	<p>Benchball and Hockey</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. different ways of traveling with increasing speed and agility. 2. different ways of travelling at 	<p>Gymnastics</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. various ways of travelling and balancing with different parts of the body being the highest point 	<p>Dance</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. to make shapes with their whole body and with isolated body parts, showing how to make the shapes round, spikey, twisty, flat. 	<p>Kickball Rounders</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. sending and receiving skills using throwing, catching and kicking with consistency, coordination and control, 	<p>Tennis</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. which part of the racket will give the best bounce on contact with the ball. 2. one handed holding of a racket. 	<p>Athletics</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. a technique to use in short distance running and when following a curved line. 2. to pace themselves when running and travel at different speeds, starting to be

	<p>different speeds and following different pathways, directions or courses.</p> <ol style="list-style-type: none"> 3. to change speed and direction whilst running. 4. to choose and use the best space in a game. 5. to demonstrate consistency and accuracy in bouncing, throwing, catching, dribbling, kicking and striking skills. 6. sending and receiving skills using throwing, catching and kicking with consistency, coordination and control, using a variety of apparatus, when in a stationary position and when on the move. 7. passing and receiving skills 	<p>or the closet to the ground.</p> <ol style="list-style-type: none"> 2. how one movement can link with another smoothly and continuously. 3. that movement can be performed at different speeds and on different levels. 4. to plan and link together two or three movements showing control and coordination. 5. different pathways on the floor or apparatus e.g. straight, zig zag and curving and travel along them using different directions. 6. to select and link three different ways of travelling to create an interesting 	<ol style="list-style-type: none"> 2. to perform the basic dance actions with expressions to show mood and feelings. 3. to demonstrate jumping actions such as springing, bounding, leaping, pouncing in different ways (light and heavy) to fit a purpose, for example for joy. 4. to give consideration to the timing of their actions, considering rhythm. 5. to travel using curved and zig zag pathways. 6. to work with a partner to show simple relationships and compositional ideas including follow my leader, copying movements, follow side by side, back to back, moving at the same time or one after another. 7. to improvise, create and 	<p>using a variety of apparatus, when in a stationary position and when on the move.</p> <ol style="list-style-type: none"> 2. passing and receiving skills when under pressure. 3. to understand and demonstrate striking, passing and receiving with a partner using a range of apparatus 4. to use 'beat your own record' activities to put skills under pressure and improve performance. 5. simple tactics to work as a team. 6. to play co-operative and competitive striking, net, aiming and invasion type games with a partner using appropriate 	<ol style="list-style-type: none"> 3. to control a racket by balancing the ball on a racket and moving from one point to another. 4. to pass and throw a flat object to a partner using their racket. 5. to pass and throw the ball to their partner by using their racket. 6. to bounce the ball on their racket with increasing consistency. 7. to understand the term hand eye coordination and how this helps us in racket based sports. 8. underarm hitting off the bounce to pass the ball to a partner. 9. underarm hitting to hit the ball towards a target. 10. the use of sidestepping to move towards a thrown ball. 	<p>aware of my different stride lengths.</p> <ol style="list-style-type: none"> 3. to run over a series of hurdles without knocking them over by lifting up their knee to waist height. 4. to push throw with two hands and with a bounce 5. underarm throwing (fling throw) for distance and accuracy 6. pull throw (overarm throwing). 7. to jump with different take offs and landings. 8. the difference in completing jumps from dominant – non dominant feet. 9. to jump for height with control, showing an understanding of how the arms can affect jumping for height .
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	<p>when under pressure.</p> <ol style="list-style-type: none"> simple attacking and defending strategies e.g. vary the height and speed of the pass. to play co-operative and competitive striking, net, aiming and invasion type games with a partner using appropriate apparatus and skills. 	<p>pathway (have a definite beginning, middle and end).</p> <ol style="list-style-type: none"> a variety of controlled jumps e.g. $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ or full turn using one foot to two feet or two feet to two feet. the safety implications and show a variety of rolls and spins on different parts of the body showing contrast in the speed. 	<p>perform simple movements and rhythmic patterns in different formations in response to a variety of stimuli, including dancing with an object.</p> <ol style="list-style-type: none"> to perform short dances, linking actions fluently and with control. <p>Health and Fitness</p>	<p>apparatus and skills.</p> <ol style="list-style-type: none"> to play with confidence in varying formations. where best to place a ball in a field of defenders. the impact of kicking the ball too high or straight to a player on the opposing side. how to field a ball using whole body. 		
Year 3	<p>Football</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to pass the ball using different parts of the foot. to pass the ball with increasing accuracy to a partner. to move with the ball at different speeds to manipulate the ball using 	<p>Gymnastics (Artistic)</p> <p>Children will learn:</p> <ol style="list-style-type: none"> how to do forward rolls, backward rolls, log rolls and teddy bear rolls safely. what upper body strength is and how to use it. how to balance using a combination of 	<p>Dance</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to create dance phrases or a dance to communicate an idea. to demonstrate movement through actions, space, relationships and dynamics. to use and demonstrate motif and repetition. 	<p>Kickball Rounders</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to clearly follow rules. teamwork and communication for defence. to thinking strategically on where best to place the ball when looking at the defence. to organise themselves for 	<p>Tennis</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to roll a ball around the surface of the racket. to keep the ball up while bouncing it on the racket, aiming to hit it with the centre of racket. to bounce a ball on the floor, alternating between throwing and racket. 	<p>Athletics</p> <p>Children will learn:</p> <ol style="list-style-type: none"> the basic principles of running as an individual, in a team, in relays and over obstacles to walk/jog/run in various directions and speeds in a controlled manner the arm and leg action to improve sprinting technique

	<p>their foot to change direction.</p> <p>5. that passing as a team is an effective method of attacking.</p> <p>6. how to get in front of the attacker to stop the ball.</p> <p>7. how to navigate game situations to get into space.</p> <p>Basketball</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. different ways of passing the ball. 2. to pass the ball while moving. 3. to move around court using different methods of travelling (e.g sidestep) 4. to shoot the ball with under arm throws. 5. about man to man marking for defensive play. 6. that quick passing and decision making 	<p>different touch points.</p> <p>4. how to move in and out of balances in a controlled manner.</p> <p>5. how to jump off from two feet and land safely with hands out and knees bent.</p> <p>6. to know and name different styles of jumping: straight, tucked, star and pike and demonstrate these.</p> <p>7. to choose appropriate ways of travelling and balancing on apparatus.</p> <p>Gymnastics (Rhythmic)</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. to perform a gymnastic sequence with clear changes of speed. 2. to use appropriate methods of 	<ol style="list-style-type: none"> 4. to leap forward by taking off on one foot and landing on the other. 5. to add a quarter or half turn into a jump before landing in a controlled manner. <p>Health and Fitness</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. what a warm-up and cool-down is. 2. the terms aerobic and anaerobic and explain the difference. 3. to complete fitness challenges such as a bleep test. 4. to understand different types of training, such as circuit training. 5. the difference between moderate and vigorous activity. 6. to have a practical understanding of how fitness effects the body. 7. to create their own individual warm ups. 	<p>appropriate tactics.</p> <p>5. when fielding, to use appropriate methods of movement (e.g sidestep).</p> <p>6. to help teammates when off the ball to create passing opportunities.</p> <p>Rounders</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. to use a larger bat with a greater surface area. 2. to hold a bat with two hands appropriately. 3. to develop coordination by starting with a bowled bouncing ball. 4. to track a ball with eyes until it is hit with the bat. 5. To organise teammates to help with attacking and defending. 6. a range of throwing 	<ol style="list-style-type: none"> 4. to hit the ball to themselves off the wall. 5. To have a small, controlled rally over a net with a partner. 6. to develop movement of side-step and stutter step. 7. to bend knees when hitting the ball. <p>Badminton</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. to hit the shuttlecock from a standing serve position. to hit the shuttlecock towards a target. 2. to hitting the shuttlecock underarm. 3. to demonstrate a controlled technique of how to hit the shuttlecock. 4. to develop strength to hold a racket with one hand. 5. to develop movement of sidestep. 	<ol style="list-style-type: none"> 4. the trail leg and lead leg action when running over hurdles 5. understand and show how changes in throwing actions can be affected by varying the amount of effort and speed 6. various throwing actions e.g. pushing, pulling and slinging. 7. the action needed when jumping for height. <p>OAA</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. the importance of planning and reviewing an activity 2. what orienteering involves 3. some of the basic orienteering symbols 4. to identify and use effective communication to begin to work as a team.
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	is effective for attacking.	travelling for balances and jumps. 3. to work with a partner to create a short sequence of combined skills. 4. to travel with a partner to move together and away from one another.		techniques (underarm, rolling).		
Year 4	<p>Hockey Children will learn:</p> <ol style="list-style-type: none"> 1. to manipulate and use one side of the hockey stick to dribble around an area. 2. how to push the ball across the floor rather than hitting it. 3. how to receive and stop a passing ball by cushioning the ball with their stick and getting their body behind it. 4. how to judge passing lanes (through balls). 5. how to move effectively to 	<p>Gymnastics (Artistic) Children will learn:</p> <ol style="list-style-type: none"> 1. to safely move equipment. 2. to combine two rolls together based on their starting and finishing position. 3. to identify and use a variety of body parts to support balancing and explain the importance of a stable base. 4. to balance on hands/head and explain which area of the body helps 	<p>Dance Children will learn:</p> <ol style="list-style-type: none"> 1. how to compose their own dances in a creative way. 2. to perform dance to an accompaniment, devising the sequence to take account of rhythm and style of music. 3. to show clarity, fluency, accuracy and consistency in their dance. 4. a varying number of styles of dance. 5. appropriate styles of dance, movements and sequencing that are appropriate to the music. 	<p>(Kickball) Rounders Children will learn:</p> <ol style="list-style-type: none"> 1. different ways of sending into, and fielding from, different directions (e.g. fielding a ball coming directly towards or to one side of the fielder) 2. to strike a ball along the ground or through the air in different directions with control 3. how to direct or place a ball into spaces in order to score 4. how to best intercept and 	<p>Badminton Children will learn:</p> <ol style="list-style-type: none"> 1. to use a racket to strike a ball with a degree of accuracy and control 2. to hit a shuttlecock using both underarm and overhead techniques. 3. to throw or strike a ball over a range of high, low and ground level barriers to show variations in level, speed and directions. 4. to aim a ball over a barrier to land in spaces on the other side. 5. to play a game (1v1 or 3v3) over a low 	<p>Athletics Children will learn:</p> <ol style="list-style-type: none"> 1. a suitable rhythm when running over obstacles. 2. that the back foot at the start of the race will be the lead leg over an obstacle in a race. 3. a suitable method of relay changeovers for both the incoming and outgoing runners. 4. that the coordinated use of the arms, trunk and legs will affect the speed and distance of the throw. 5. that the force applied to a throwing implement will affect its speed. 6. three basic jumps that are used in athletics

	<p>retrieve an inaccurate pass.</p> <p>6. how to apply attacking and defending strategies to keep possession of the ball.</p> <p>7. how to demonstrate an interception.</p> <p>Dodgeball Children will learn:</p> <ol style="list-style-type: none"> 1. the rules of dodgeball and how follow them clearly. 2. different types of throwing to get the most accurate result. 3. how to work as a team to communicate strategies for attacking and defending (spacing out rather than being huddled together). 	<p>us when balancing.</p> <p>5. how to transfer weight to combine balances.</p> <p>6. that utilising our core can aid balancing.</p> <p>Gymnastics (Rhythmic) Children will learn:</p> <ol style="list-style-type: none"> 1. how to safely enter and dismount a partner/group balance. 2. how to combine movements based on ease of entry. 3. what is meant by the term blocking and demonstrate this when planning a sequence. 	<p>6. the impact that increased poise, balance and coordination can make.</p> <p>7. How to show increased poise, balance and coordination when moving and stopping within a sequence.</p> <p>8. that dance can communicate feelings and narratives.</p> <p>Health and Fitness Children will learn:</p> <ol style="list-style-type: none"> 1. the different muscle groups in the body. 2. ways of working these muscle groups without weight training. 3. which muscles are used for specific sports and exercise. 4. to create their own workout for a specific sport and evaluate effectiveness. 	<p>field the ball to return it</p> <p>5. to combine the skills to play small sided striking and fielding games to show understanding of simple attacking and defending strategies.</p> <p>Kwik Cricket Children will learn:</p> <ol style="list-style-type: none"> 1. to stand side on when striking the ball. 2. to hold the bat with two hands. 3. that hand-eye coordination helps us strike a ball. 4. the consequences of hitting the ball high in the air and too close to the wicket. 5. that a ball is bowled by guiding the ball, not by throwing it. 	<p>or high barrier throwing into spaces to score.</p> <p>Volleyball Children will learn:</p> <ol style="list-style-type: none"> 1. that a ball must be kept up off the ground in volleyball. 2. that volleyballs are pushed in the air, not hit. 3. to use a triangle shape when pushing the ball up in the air. 4. that bending the knees and pushing through the ball will put more power into the shot. 5. how to manipulate direction of the ball to aim for a target. 	<p>7. an effective flight phase for the standing long jump</p> <p>8. a hop, step and jump to perform, the standing triple jump.</p> <p>OAA Children will learn:</p> <ol style="list-style-type: none"> 1. to make an informed decision on the best equipment to use for an activity. 2. to orientate themselves with accuracy around a short trail. 3. a range of roles within a team and begin to identify the key skills required to succeed at each role.
Year 5	Netball Children will learn:	Gymnastics (Artistic)	Dance Children will learn:	Cricket Children will learn:	Volleyball Children will learn:	Athletics Children will learn:

<ol style="list-style-type: none"> 1. the rules of netball. 2. the roles of different positions on the court. 3. how to pivot. 4. to combine skills of jumping and catching. 5. netball terms: contact, obstruction, held ball, footwork. 6. that different passes are needed for different situations. 7. the importance of moving the ball towards the opponent's goal. 8. basic principles of attack and defence and accompanying movement (e.g. keeping possession, facing opponent, moving backwards, looking for intercept). 	<p>Children will learn:</p> <ol style="list-style-type: none"> 1. a variety of spatial relationships when working with a partner, i.e. follow my leader, side by side, face to face, back to back and 2. ways of meeting and parting a partner. 3. ways of traveling over and under a partner. 4. the terms synchronisation and canon when working with a partner. 5. the possible variations in level, speed and direction when working with a partner. 6. the terms counter balance and counter tension (i.e. counter balance is pushing or 	<ol style="list-style-type: none"> 1. how to compose their own dances in a creative way, individually, with a partner and within a small group. 2. to perform dance to an accompaniment devising the sequence to take account of rhythm and style of music and mood of the piece. 3. to develop sequences in a specific style of dance. 4. to choose their own music and style 5. the importance of warming up specific muscle groups in preparation for dance, as well as cooling down. 6. that dance can communicate an idea, as well as feelings and narratives. 7. which aspects of their own and others' performance were 	<ol style="list-style-type: none"> 1. how to bowl the ball with an overarm throw. 2. the importance of communication when running between the wickets. 3. the importance of following through when striking to get more distance in the air. 4. a variety of tactics when fielding e.g short distance throws. 5. how to use body blocking to be an effective defender. <p style="text-align: center;">Rounders</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. the different roles in the game: bowler, batter, fielder, base. 2. effective bowling and batting actions. 3. some fielding skills: tracking, stopping, picking, throwing the ball. 	<ol style="list-style-type: none"> 1. how to set the ball and what this means. 2. how to bump the ball. 3. how speed and position can affect the pass that is chosen. 4. the rules of volleyball. 5. some simple tactics to help aid the successful game play, tallest at front, smallest at back. 6. how to successfully pass the ball with control to one another. 7. how to spike the ball. 8. when each type of strike would be used (set, bump and spike). <p style="text-align: center;">Tennis</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. the difference between topspin, flatshot, slice and dropshot, 2. when each of these shots would be used. 3. how to put topspin and slice on the ball. 	<ol style="list-style-type: none"> 1. to judge pace and be able to plan a run, 2. the basic throwing actions of the pull, push, fling and heave. 3. the core principles of throwing. 4. that good jumps need to have head up, torso erect, an even rhythm and flat-footed landings. 5. an effective technique for the standing vertical jump (jumping for height) including take-off and flight. 6. to take part in competition with a strong understanding of tactics and how technique can affect performance. <p style="text-align: center;">OAA</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. to improve their accuracy and consistency in setting a map of a familiar area 2. the ability to establish direction of travel. 3. to improve their ability to plan an activity and improve performance by changing or adapting
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	<p>9. Techniques to force a turnover.</p> <p>Tag-Rugby</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. the receiving ready position in Rugby. 2. to run forwards (towards opponent try line), pass backwards (away from opponent try line). 3. the 'stay behind the ball' rule (offside and onside). 4. the attacking principles with these rules. 5. Tag Rugby rules: no blocking or protecting tags, 3 seconds to pass backwards after tag taken by an opponent. 6. the 'W' hand position with thumbs touching and palms facing out when receiving pass. 	<p>leaning against a partner and counter tension is pulling or leaning away).</p> <ol style="list-style-type: none"> 7. to show counter balance and counter tension in twos or threes and know that variations can be developed through changing body shape or being on different levels. <p>Gymnastics (Rhythmic)</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. what makes a successful routine in gymnastics. 2. how to use complex movements safely. 3. some complex routines. 4. how to combine complex movements together to 	<p>particularly strong and which they could improve on.</p> <p>Health and Fitness</p> <p>Children will learn:</p> <ol style="list-style-type: none"> 1. the impact of physical exercise has on the body such as cardiovascular health, heart and lung health, as well as improvements to muscle strength and endurance. 2. different styles of workouts that target the whole body with high intensity (e.g Zumba, body combat, hit) 3. to lead their own health and fitness related activity. <p>(Year 5 begin to demonstrate leadership by running their own warm ups in other sessions).</p>	<ol style="list-style-type: none"> 4. the type of throw to suit situation and consider the best place to throw. 5. where and when to send the ball to stump a batter out. 6. when to select the best fielding technique for different situations 7. when to use a long and short barrier. 	<ol style="list-style-type: none"> 4. how to communicate effectively with a doubles partner (switch, mine, yours and baseline). 5. how to serve both underarm and overarm. 	<p>approaches as necessary.</p> <ol style="list-style-type: none"> 4. to consistently cooperate with others in problem solving activities regardless of role.
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	<p>7. to accelerate into a space in front of them.</p> <p>8. to 'draw' defenders by running towards them then passing.</p>	create a sequence.				
Year 6	<p>Netball</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to apply appropriate footwork skills and rules with control and accuracy to games activities, for example landing in different ways without the ball, coordinating catching the ball with different landings and pivoting. to move at different speeds and in different directions and transfer this into a game scenario. to move with equipment using the correct technique in 	<p>Gymnastics (Artistic)</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to perform a range of straightforward part-weight partner balances safely and effectively to travel in different directions showing a range of bridge shapes with back, front or side towards the floor or apparatus the five basic jumps and demonstrate a variety of clear body shapes in the air. to plan and set up the layout for small and large 	<p>Dance</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to perform the basic actions (travelling, jumping, turning, gesture stillness) in different combinations to increase the complexity of the dance. how to develop motifs in relation to space, dynamics, relationship, rhythm (use a variety of rhythm) and a range of compositional devices (unison, canon, repetition, variation). to maintain the tempo and rhythm of particular patterns. an awareness of the value of other 	<p>Cricket</p> <p>Children will learn:</p> <ol style="list-style-type: none"> correct striking stance and direct the ball away from fielders using different angles and speeds how to bowl in competitive situations and understand strategies that can be deployed between bowler, wicket keeper, backstop and bases. how to field the ball and return it with an overarm throw when to run after hitting a ball how to play confidently and effectively in a range of small sided striking and fielding games 	<p>Badminton</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to play a range of small, sided net/wall games and apply basic common principles for attack and defence across the activities. play a variety of shots with intent when striking a ball after one bounce or on the volley. to direct a ball into an opponent's court at different speeds, heights and angles and explain why they are doing it. to evaluate the effectiveness of a shot and suggest ways of improving it. to work cooperatively as a team in twos or small groups to create rules and play them. <p>Tennis</p> <p>Children will learn:</p>	<p>Athletics</p> <p>Children will learn:</p> <ol style="list-style-type: none"> to run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. to confidently and independently select the most appropriate pace for different distances and different parts of the run. which athletics throwing events use push, pull or heave techniques. how the different equipment suits different styles of throwing. that a long stride will help increase distance or height. the need to start consistently from their own special starting

	<p>one or more invasion games with increasing speed and control, including changing direction.</p> <p>4. the positions they play and identify and show specific attacking and defending skills e.g. marking a player or a space, intercepting, dodging, moving into space and Shooting.</p> <p>Tag-Rug Children will learn:</p> <ol style="list-style-type: none"> 1. a range of controlled passing, receiving, striking, dribbling and shooting skills when kicking or when playing in ball handling invasion games and adapt them to meet the 	<p>gymnastics apparatus whilst considering the safety of others.</p> <p>5. how to take off and land safely in different directions and join together three different jumps or a jump and a roll showing variation in pathway</p> <p>Gymnastics (Rhythmic) Children will learn:</p> <ol style="list-style-type: none"> 1. to compose a sequence showing different actions and moves e.g. two different jumps, landings and rolls and one action of flight taking weight from feet to hands to feet. 2. to work as part of a group to develop a group sequence transferring all these skills to 	<p>dancers in their relationship to each other within the dance.</p> <p>5. the range of movements and use and develop new skills when working with a partner, including taking weight, supporting, leaning, balancing and lifting.</p> <p>Health and Fitness Children will learn:</p> <ol style="list-style-type: none"> 1. how to lead and develop their own fitness routine. 2. the purpose and intention behind a workout routine that they create. 3. key muscle groups they have intended to work out and explain what happens to the body once that workout is complete. <p>(Year 6 are to lead warmups in other areas of PE too).</p>	<p>and work as a team to develop strategies to outwit the batters.</p> <p>Rounders Children will learn:</p> <ol style="list-style-type: none"> 1. to apply appropriate footwork skills and rules with control and accuracy to games activities, for example landing in different ways without the ball, coordinating catching the ball with different landings and pivoting. 2. to move at different speeds and in different directions and transfer this into a game scenario. 3. to move with equipment using the correct technique in one or more invasion games with increasing speed and control, including 	<ol style="list-style-type: none"> 1. how to apply different shots to achieve a goal. 2. how to lob the ball effectively and where would be best to aim for on the court. 3. a good understanding of control when hitting the ball for a rally. 4. what would happen if the ball hit areas of the racket that was not central. 5. how to evaluate own performance and explain how to improve using subject vocabulary. 	<p>position and to mark out a run up. how to officiate and lead areas of athletics.</p> <p>OAA Children will learn:</p> <ol style="list-style-type: none"> 1. to discuss and plan an activity and consider the most effective approach for successful completion, adapting the approach as necessary. 2. to orientate themselves, their partner and their team with confidence and accuracy around an orienteering course when under pressure. 3. to work effectively as part of a team, demonstrating leadership skills where necessary
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	<p>needs of the situation.</p> <p>2. the positions they play and identify and show specific attacking and defending skills e.g. marking a player or a space.</p>	<p>apparatus with control precision and fluency.</p>		<p>changing direction.</p>		
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