

Athletics	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> ➤ Develop the sprinting technique and improve on your personal best. ➤ Develop changeover technique in relay events. ➤ Develop jumping technique in a range of approaches and take off positions. ➤ Developing throwing for distance and accuracy. ➤ Develop throwing for distance in a pull throw. ➤ Develop officiating and performing skills. 	<ul style="list-style-type: none"> ➤ To develop stamina and an understanding of speed and pace in relation to distance. ➤ To develop power and speed in the sprinting technique. ➤ To develop technique when jumping for distance. ➤ To develop power and technique when throwing for distance. ➤ To develop a pull throw for distance and accuracy. ➤ To develop officiating and performing skills. 	<ul style="list-style-type: none"> ➤ To understand pace and apply different speeds over varying distances. ➤ To develop fluency and co-ordination when running for speed. ➤ To develop technique in relay changeovers. ➤ To build momentum and power in the triple jump. ➤ To develop throwing with force for longer distances. ➤ To develop throwing with greater control and technique. 	<ul style="list-style-type: none"> ➤ To develop my own and others sprinting technique. ➤ To identify a suitable pace for the event. ➤ To develop power, control, and technique for the triple jump. ➤ To develop power, control and technique when throwing for distance. ➤ To develop throwing with force and accuracy for longer distances. ➤ To work collaboratively in a team to develop the officiating skills of measuring, timing, and recording.

Basketball	Year 3	Year 4	Year 5	Year 6
		<ul style="list-style-type: none"> ➤ To develop attacking skills to move towards a goal. ➤ To develop passing and moving and play within the rules of the game. ➤ To develop movement skills to lose a defender and move into space. ➤ To develop defending skills to delay and attacker and gain possession. ➤ To use space effectively to create shotting opportunities. ➤ To apply skills and knowledge to play games using basketball rules. 	<ul style="list-style-type: none"> ➤ To develop ways to move the ball and apply them to different situations. ➤ To develop movement skills to lose a defender in different situations. ➤ To communicate with my team, move into space and take the ball towards goal. ➤ To defend an opponent and know when to try to intercept. ➤ To develop shooting and explore when to pass, dribble or shoot. ➤ To use and apply skills, principles and tactics to a game situation. 	<ul style="list-style-type: none"> ➤ To dribble with control under pressure. ➤ To move into and create space to support a teammate. ➤ To choose when to pass and when to dribble. ➤ To use the appropriate defensive technique for the situation. ➤ T develop shooting technique and make decisions about when to pass, dribble or shoot. ➤ To apply principles, rules and tactics to a tournament.

Cricket	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> ➤ To develop overarm and underarm throwing and apply these to a striking and fielding game. ➤ To develop bowling technique and learn the rules of the skill within this game. ➤ To develop batting technique and understand where to hit the ball. ➤ To develop fielding techniques and apply them to game situations. ➤ To play different roles in a game and begin to think tactically about each role. ➤ To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> ➤ To develop overarm and underarm throwing and apply these to a striking and fielding game. ➤ To develop bowling technique and learn the rules of the skill within this game. ➤ To develop batting technique and understand where to hit the ball. ➤ To develop fielding techniques and apply them to game situations. ➤ To play different roles in a game and begin to think tactically about each role. ➤ To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> ➤ To develop throwing and catching skills and apply them relevantly to the situation. ➤ To develop bowling accuracy and perform the skill within the rules of the game. ➤ To develop batting skills, identify when I am successful and what I need to do to improve. ➤ To develop techniques and begin to use these under some pressure. ➤ To understand the need for tactics and identify when to use them. ➤ To apply skills and knowledge to compete in a tournament. Using tactics identified throughout the unit. 	<ul style="list-style-type: none"> ➤ To develop throwing and catching under pressure and apply these to a striking and fielding game. ➤ To develop bowling under pressure whilst abiding by the rules of the game. ➤ To strike a bowled ball with increasing consistency. ➤ To develop fielding techniques and select the appropriate action for the situation. ➤ To understand and apply tactics in a game. ➤ To apply skills and knowledge to compete in a tournament.

Dance

Year 3

- Create actions in response to a stimulus and move in unison with a partner.
- Create actions to move in contact with a partner.
- Link appropriate actions and dynamics to show dance ideas.
- Remember, repeat, and create actions to represent ideas.
- Share ideas of actions and dynamics to create a dance that shows a location.
- To use choreographing ideas to develop dance.
- Use straight pathways and clear changes in direction in a line dance.
- Use formations, canon, and unison to make line dancing more interesting.
- Remember, repeat, and create actions around a theme.
- Understand and use formations.

Year 4

- To copy and create actions in response to an idea and be able to adapt this using changes of space.
- To choose actions which relate to the theme.
- To develop a dance using matching and mirroring.
- To learn and create dance moves in the theme of carnival.
- To develop a carnival dance using formations, canon, and unison.
- To develop a dance phrase and perform as part of a class performance.
- To understand how dynamics, space and relationships can be used to represent a state of matter.
- To use actions, dynamics, space, and relationships to represent a state of matter.
- To order and structure phrases to create a dance performance.
- To copy and repeat a set phrase in a 1960s style showing energy and rhythm.
- To learn and perform a partner dance in a 1960s style.
- To develop my own 1960s inspired dance using changes in relationships.

Year 5

- To create a dance using a random structure and perform the actions showing quality and control.
- To understand how changing dynamics changes the appearance of the performance.
- To understand and use relationships and space to change how a performance looks.
- To copy and repeat movements in the style of rock 'n' roll.
- To work with a partner to copy and repeat actions in time with the music.
- To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.
- To develop set choreography inspired by a Mayan god.
- To choose actions to create a motif in each character with consideration of dynamics, space and relationships.
- To use structure to choreograph a dance performance.
- To use matching, canon, and unison in the style of the lion dance.
- To use space and relationships to create a dragon dance.
- To select and combine dance tools to choreograph and perform a Chinese dance.

Year 6

- To copy and repeat a dance phrase showing confidence in movements.
- To work with others to explore and develop the dance idea.
- To use changes in dynamics in response to the stimulus.
- To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To perform a bhangra dance, showing an awareness of timing, formations, and direction.
- To select, order, structure and perform movements in a bhangra style, showing various group formations.
- To develop a dance phrase using actions, dynamics, space, and relationships.
- To copy and create actions with consideration to stimulus.
- To use choreographic devices to improve the aesthetics of a performance.
- To copy and repeat a phrase of movement in the 1970s disco style.
- To choreograph a freeze frame montage in the 1970s style.
- To use feedback to develop and refine a 1970s dance performance.

	Year 3	Year 4	Year 5	Year 6
Dodgeball		<ul style="list-style-type: none"> ➤ Develop throwing and apply this to a target game. ➤ Develop dodging skills to avoid being hit. ➤ Develop catching and learn the rules of the skill within this game. ➤ Further develop catching and use the rules of the skill within this game. ➤ Begin to think tactically and apply this to a game. <p>Apply skills and knowledge to compete in a tournament.</p>		

	Year 3	Year 4	Year 5	Year 6
Fitness	<ul style="list-style-type: none"> ➤ To understand how balance helps us in everyday life. ➤ To understand how co-ordination helps us in everyday life. ➤ To understand how strength helps us in everyday life. ➤ To understand how speed helps us in everyday life. ➤ To understand how agility helps us in everyday life. <p>To understand how stamina helps us in everyday life.</p>	<ul style="list-style-type: none"> ➤ To recognise different areas of fitness and explore what your body can do. ➤ To develop speed and strength. ➤ To develop co-ordination. ➤ To develop agility. ➤ To develop balance. ➤ To develop stamina. 	<ul style="list-style-type: none"> ➤ To develop an awareness of what your body can do. ➤ To develop speed and stamina. ➤ To develop strength using my own body weight. ➤ To develop co-ordination. ➤ To develop agility. ➤ To develop balancing with control. 	<ul style="list-style-type: none"> ➤ To develop an awareness of what your body can do. ➤ To develop speed and stamina. ➤ To develop strength using my own body weight. ➤ To develop co-ordination. ➤ To develop agility. ➤ To develop balancing with control.

	Year 3	Year 4	Year 5	Year 6
Fundamentals	<ul style="list-style-type: none"> ➤ Develop balancing and apply it to other fundamental movement skills. ➤ To understand how the body move differently at different speeds. ➤ Develop technique when changing speed. ➤ Develop agility using a change of speed and direction. ➤ Develop technique and control when jumping, hopping, and landing. ➤ Apply fundamental skills to a variety of games. 	<ul style="list-style-type: none"> ➤ Develop balancing and understand the importance of this skill. ➤ Develop technique when running at different speeds. ➤ Develop agility using a change of speed and direction. ➤ Develop technique and control when jumping, hopping, and landing. ➤ Develop skipping with a rope. ➤ Apply fundamental skills to a variety of challenges. 		

	Year 3	Year 4	Year 5	Year 6
Hockey	<ul style="list-style-type: none"> ➤ To send and receive with some control. ➤ To move safely and with control when dribbling. ➤ To develop decision making in attack. ➤ To understand the role of a defender. ➤ To apply tactics to small, sided games. To apply rules, skills and tactics to play in a tournament. 	<ul style="list-style-type: none"> ➤ To develop sending and receiving the ball with accuracy and control. ➤ To develop the attacking skill of dribbling. ➤ To develop dribbling to beat a defender. ➤ To use defending skills to delay an opponent and gain possession. ➤ To apply attacking skills to move towards goal and find space. ➤ To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> ➤ To develop dribbling to beat a defender. ➤ To send and receive the ball with control under pressure. ➤ To select the appropriate skill, choosing when to pass and when to dribble. ➤ To move into and create space to support a teammate. ➤ To use the appropriate defensive technique for the situation. ➤ To apply rules, skills, and principles to play in a tournament. 	<ul style="list-style-type: none"> ➤ To develop dribbling to beat a defender. ➤ To send and receive the ball with control under pressure. ➤ To select the appropriate skill, choosing when to pass and when to dribble. ➤ To move into and create space to support a teammate. ➤ To use the appropriate defensive technique for the situation. ➤ To apply rules, skills, and principles to play in a tournament.

Gymnastics

Year 3

- To be able to create interesting point and patch balances.
- To develop point and patch balances on apparatus.
- To develop stepping into shape jumps with control.
- To develop stepping into shape jumps using apparatus.
- To develop the straight, barrel, and forward roll.
- To include rolls in sequence work using apparatus.
- To be able to transition smoothly into and out of balances.
- To be able to transition smoothly in and out of balances using apparatus.
- To create a sequence with matching and contrasting actions and shapes.
- To create a sequence on apparatus using matching and contrasting.
- To create a partner sequence using the skills I have learnt and including a hoop.
- To create a partner sequence using the skills that I have learnt and apparatus.

Year 4

- To develop individual and partner balances.
- To develop individual and partner balances using apparatus.
- To develop control in performing and landing rotation jumps.
- To develop rotation jumps and sequence building using apparatus.
- To develop the straight, barrel, forward and straddle roll.
- To assess my straight, barrel, forward and straddle roll.
- To link actions that flow using the rolls I have learnt.
- To link actions that flow in a partner sequence using the rolls I have learnt.
- To develop strength in inverted movements.
- To develop strength in inverted movements.
- To create a great partner sequence to include the skills I have learnt and apparatus.
- To create a great partner sequence to include the skills I have learnt and apparatus.

Year 5

- To perform symmetrical and asymmetrical balances.
- To perform interesting symmetrical and asymmetrical balances using apparatus.
- To develop the straight, forward, straddle and backward roll.
- To develop the straight, forward, straddle and backwards roll into a sequence.
- To explore different travelling actions using both canon and synchronisation.
- To explore different methods of travelling, linking actions in both canon and synchronisation.
- To perform progressions of inverted movements.
- To perform progressions of inverted movements.
- To explore matching and mirroring in sequence work.
- To explore matching and mirroring using actions both on the floor and on apparatus.
- To create a partner sequence using apparatus.
- To create a group sequence using apparatus.

Year 6

- To develop the straddle, forward and backward roll.
- To develop rolling into sequence work and on apparatus.
- To develop counterbalance and counter tension.
- To develop counterbalance and counter tension into sequence work with apparatus.
- To develop jumps and explore the effect of height.
- To explore jump sequence work with consideration of performance tools.
- To develop inverted movements with control.
- To develop inverted movements with control.
- To use flight from hands to travel over apparatus.
- To use flight from hands to travel over apparatus.
- To create a group sequence using formations and apparatus.
- To create a contrasting group sequence using formations and apparatus.

Rounders	Year 3	Year 4	Year 5	Year 6
		<ul style="list-style-type: none"> ➤ To develop overarm and underarm throwing and catching and apply these to a striking and fielding game. ➤ To develop bowling and learn the rules of the skill within this game. ➤ To develop batting technique and understand where to hit the ball. ➤ To develop fielding techniques and apply them to game situations. ➤ To play different roles in a game and begin to think tactically about each role. ➤ To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> ➤ To develop throwing and catching under pressure and apply these to a striking and fielding game. ➤ To develop bowling under pressure whilst abiding by the rules of the game. ➤ To strike a bowled ball with increasing consistency. ➤ To develop fielding techniques and select the appropriate action for the situation. ➤ To understand and apply tactics in a game. ➤ To apply skills and knowledge to compete in a tournament. 	<ul style="list-style-type: none"> ➤ To develop throwing and catching under pressure and apply these to a striking and fielding game. ➤ To develop bowling under pressure whilst abiding by the rules of the game. ➤ To strike a bowled ball with increasing consistency. ➤ To develop fielding techniques and select the appropriate action for the situation. ➤ To understand and apply tactics in a game. ➤ To apply skills and knowledge to compete in a tournament.

Tag Rugby	Year 3	Year 4	Year 5	Year 6
		<ul style="list-style-type: none"> ➤ Develop throwing, catching, and running with the ball. ➤ Develop an understanding of how to defend using tagging rules. ➤ Begin using the 'forward pass' and 'offside rule'. ➤ Develop movement skills to dodge a defender. ➤ Track an opponent and begin to defend as a team. ➤ Apply the rules and skills to play tag rugby. 		

Tennis	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> ➤ To develop racket and ball control. ➤ To explore rallying using a forehand. ➤ To explore returning the ball using a forehand. ➤ To explore returning the ball using a backhand. ➤ To learn how to score and use simple rules. ➤ To work co-operatively with others to begin to manage a game. 	<ul style="list-style-type: none"> ➤ To develop racket and ball control. ➤ To develop returning the ball using a forehand and understand when to use it. ➤ To develop the backhand and understand when to use it. ➤ To keep a continuous rally going showing increased technique. ➤ To use and apply rules and simple tactics. ➤ To understand and use rules to manage a game. 	<ul style="list-style-type: none"> ➤ To return the ball using a forehand groundstroke under pressure. ➤ To return the ball using a backhand groundstroke under pressure. ➤ To use a variety of shots to keep a continuous rally going. ➤ To develop the underarm serve and understand the rules of serving. ➤ To develop the volley and understand when to use it. ➤ To apply rules, skills, and principles to play against an opponent. 	<ul style="list-style-type: none"> ➤ To develop placement of the ball using a forehand. ➤ To return the ball using a backhand groundstroke. ➤ To develop the volley and understand when to use it. ➤ To employ tactics when playing with a partner. ➤ To develop accuracy and consistency using the underarm serve. ➤ To apply rules, skills, and principles to play against an opponent.

Volleyball	Year 3	Year 4	Year 5	Year 6
			<ul style="list-style-type: none"> ➤ To use the serve with consideration of attacking principles. ➤ To develop the fast catch volley with consideration of attacking principles. ➤ To develop the set shot and use it to pass to a teammate. ➤ To recap the set shot and develop the dig, identifying when to use each. ➤ To use a variety of shots to keep a continuous rally going. ➤ To apply rules, skills, and principles to play against an opponent. 	<ul style="list-style-type: none"> ➤ To use the fast catch volley to create space and place the ball. ➤ To develop the set shot and understand when to use it. ➤ To develop the dig and understand when to use it. ➤ To select and apply skills to keep a continuous rally going. ➤ To develop the underarm serve and learn the rules of serving. ➤ To apply rules, skills, and principles to play in a tournament.

	Year 3	Year 4	Year 5	Year 6
Yoga			<ul style="list-style-type: none"> ➤ To develop flexibility through the sun salutation flow. ➤ To develop strength through yoga flows. ➤ To create your own flow showing quality in control, balance, and technique. ➤ To develop balance through yoga flows. ➤ To work collaboratively to create a controlled paired yoga flow. ➤ To create your own yoga flow that challenges technique, balance, and control. 	<ul style="list-style-type: none"> ➤ To develop flexibility through the sun salutation flow. ➤ To develop strength through yoga flows. ➤ To create your own flow showing quality in control, balance, and technique. ➤ To develop balance through yoga flows. ➤ To work collaboratively to create a controlled paired yoga flow. ➤ To create your own yoga flow that challenges technique, balance, and control.

	Year 3	Year 4	Year 5	Year 6
OAA	<ul style="list-style-type: none"> ➤ To develop co-operation and teamwork skills. ➤ To develop trust and teamwork. ➤ To involve all team members to work towards a shared goal. ➤ To develop trust whilst listening to others and following instructions. ➤ To be able to identify objects, draw and follow a simple map. ➤ To draw a route using directions, orientate a map and navigate around a grid. 	<ul style="list-style-type: none"> ➤ To develop co-operation and teamwork skills. ➤ To orientate a map and navigate around a grid. ➤ To develop observational skills, listening to others and following instructions. ➤ To develop trust whilst listening to others and following instructions. ➤ To be able to identify, draw and follow a simple map. ➤ To be able to orientate and navigate around a map and draw a route using directions. 	<ul style="list-style-type: none"> ➤ To develop communication and negotiation skills. ➤ To develop strong communication and negotiation skills to solve challenges. ➤ To develop planning and problem-solving skills. ➤ To share ideas and work as a team to solve problems. ➤ To develop navigation skills and map reading. ➤ To create and follow a key and route on a map. 	<ul style="list-style-type: none"> ➤ To build communication and trust whilst showing an awareness of safety. ➤ To collaborate as a team to solve problems. ➤ To develop tactical planning and problem solving. ➤ To work as a team and use critical thinking to determine the best approach. ➤ To develop navigational skills and map reading. ➤ To use a key to identify objects and locations.