

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><b><u>Walking</u></b> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game</p> <p><b><u>Jumping</u></b> Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping</p>	<p><b><u>Moving</u></b> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes <b><u>Moving in pairs</u></b> Creating shapes in pairs</p>	<p><b><u>Dance:Ourselves</u></b> Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating own movements Exploring opposites</p> <p><b><u>Dance: Nursery Rhymes</u></b> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements</p>	<p><b><u>Ball Skills:Hands</u></b> Explore pushing/rolling /bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing</p> <p><b><u>Ball Skills:Feet</u></b> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent</p>	<p><b><u>Ball Skills:Hands 2</u></b> Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching</p>	<p><b><u>Games for Understanding</u></b> Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring</p>
Year 1	<p><b><u>Health and Wellbeing</u></b> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing</p> <p><b><u>Locomotion: Running</u></b> Explore running Apply running into a game Explore running at different speeds Running for speed:</p>	<p><b><u>Gymnastics: Wide, Narrow, Curled</u></b> Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together</p> <p><b><u>Dance:Growing</u></b> Responding to rhythm Developing the growing plant 'dance' Introduction to motifs</p>	<p><b><u>Ball Skills:Hands</u></b> Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p> <p><b><u>Ball Skills:Feet</u></b> Develop moving the ball</p>	<p><b><u>Ball Skills: Hands 2</u></b> Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p> <p><b><u>Attack v Defence: Games for Understanding</u></b> Understanding the</p>	<p><b><u>Attack v Defence: Games for Understanding</u></b> Applying attacking/defending principles into a game Consolidate attacking/defending</p> <p><b><u>Locomotion: Jumping</u></b> Recap/develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and</p>	<p><b><u>Team Building</u></b> Introducing teamwork Building trust and developing communication Cooperation and communication Problem solving: Consolidate teamwork</p> <p><b><u>Ball Skills:Rackets, Bats and Balls</u></b> Develop pushing (dribbling) a ball with a racket Introducing control Explore hitting and</p>

	Acceleration Explore running in a team	Creating motifs Creating movement sequences Relationships and performance	using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	principles of attack/defence	jumping into a game	develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with accuracy and power
Year 2	<b><u>Health and Wellbeing</u></b> Consolidate agility Consolidate balancing Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking <b><u>Locomotion: Dodging</u></b> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams	<b><u>Gymnastics:Pathways</u></b> Explore/develop zigzag pathways on apparatus Explore/develop curved pathways/on apparatus Creation of pathway sequences Completion of pathways sequences and performance <b><u>Dance:Explorers</u></b> Responding to stimuli Developing a motif with expression and emotion Applying choreography in motifs Sequences, relationships and performance	<b><u>Ball Skills:Hands</u></b> Develop dribbling/ passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point <b><u>Ball Skills:Feet</u></b> Develop dribbling/ passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	<b><u>Ball Skills:Hands</u></b> Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent <b><u>Attack v Defence:</u></b> <b><u>Games for Understanding</u></b> Attacking/defending as a team	<b><u>Attack v Defence:</u></b> <b><u>Games for Understanding</u></b> Understanding the transition between defence and attack Create and apply attacking/ defensive tactics <b><u>Locomotion:Jumping</u></b> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	<b><u>Team Building</u></b> Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving <b><u>Ball Skills:Rackets, Bats and Balls</u></b> Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) a ball into a space: Where and why? Striking the ball (with a bat) into space with intent
Year 3	<b><u>Health and Wellbeing:Mindfulness</u></b> Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing balanced	<b><u>Gymnastics: Symmetry and Asymmetry</u></b> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation <b><u>Dance:Weather</u></b>	<b><u>Games:Invasion:Handball</u></b> Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting	<b><u>Games:Invasion:Netball</u></b> Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting	<b><u>Games:Net Wall:Tennis</u></b> Introduction to tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game	<b><u>Outdoor Adventure Activities: Communication and Tactics</u></b> Creating and applying simple tactics Developing leadership Develop communication as a team Create defending and

	<p>meditative poses Using props to help us balance in our meditative poses</p> <p><b><u>Athletics</u></b> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing Long Jump</p>	<p>Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner</p>	<p>Develop passing and shooting</p> <p><b><u>Games:Invasion:Football</u></b> Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling</p>	<p><b><u>Games:Invasion:Tag Rugby</u></b> Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities</p>	<p>Introduce rackets and forehand</p> <p><b><u>Athletics:Throwing and Jumping</u></b> Explore the differences between throwing for accuracy and throwing for distance learn how to throw a primary school shot put and how to use their bodies to throw with greater distance</p>	<p>attacking tactics as a team</p> <p><b><u>Games:Striking and Fielding:Rounders</u></b> Introduce rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game</p>
Year 5	<p><b><u>Health Related Exercise</u></b> Perform a cardio circuit developing aerobic fitness Understand the meaning of flexibility and how flexibility affects our bodies</p> <p><b><u>Athletics</u></b> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles</p>	<p><b><u>Gymnastics:Counter Balance and Counter Tension</u></b> Introduction to Counterbalance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion</p> <p><b><u>Dance:Greeks</u></b> Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive</p>	<p><b><u>Games:Invasion:Handball</u></b> Consolidate passing and receiving Explore the function of other passes Develop defending Develop passing and creating space, introduce officiating Refine shooting</p> <p><b><u>Games:Invasion:Football</u></b> Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating</p>	<p><b><u>Games:Invasion:Netball</u></b> Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating</p> <p><b><u>Games:Invasion:Tag Rugby</u></b> Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics.</p>	<p><b><u>Games:Net Wall:Tennis</u></b> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point</p> <p><b><u>Athletics:Throwing and Jumping</u></b> Learn how to throw a primary school javelin and discus and how they can use their bodies to throw with greater distance Explore how to use our bodies to jump as far as possible in one jump</p>	<p><b><u>Outdoor Adventure Activities: Communication and Tactics</u></b> Look at what makes an effective team with the focus being on creating tactics as a team Learn why we need to communicate within our team whilst developing different ways of communicating</p> <p><b><u>Games:Striking and Fielding:Rounders</u></b> Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games</p>

