



PE Two Year Rolling Programme

Points to Note:

- **On the Passport to PE Classes appear in the following way:**

Reception – Diamond Class

Year 1- Ruby Class

Year 2 – Topaz

Year 3 – Emerald

Year 4 -

Year 5 – Sapphire

Year 6 - Amethyst

- Due to the nature of the Passport to PE App that we use, slight adjustments may will need to be made during the cycle. Our mixed year groups in a class (the configuration of which changes from year to year), is not accounted for in the App. Consequently, this needs to be considered each year. In year 2021/2022 Diamond, Ruby, Amethyst classes are all single year groups. Whereas, Topaz, Emerald and Sapphire are mixed year groups. Topaz PE lessons need to be altered and complemented with Year 3 content to ensure these pupils are extended in their learning and access progressive content for their age. (This is particularly pertinent to gym units ie look at **Year 3** gym as well as year 2, also any other units in **red**)
- Key Stage 1 lessons that focus on the FMS are fluid, in that if a cohort on assessment, need further work on a particular skill, then the units taught will need to be altered and this is possible on the PE App.
- An annual review of planning is necessary.
- PE units can be printed off for reference too or if units need to be combined.

Cycle I

2021/2022

2023/2024

2021/2022	Autumn		Spring		Summer	
2023/2024						
Diamond	<u>Travel Through Time</u> <small>By the end of this unit all children should be able to...</small>		<u>Infinity and Beyond</u> <small>By the end of this unit all children should be able to...</small>		<u>All the Worlds a Stage</u> <small>By the end of this unit all children should be able to...</small>	
N/C Links	<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 		<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 		<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 	
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

	<p>1.EYFS FMS To throw underarm To jump and land safely To throw overarm To hop on left foot To hop on right foot To catch a large ball To travel under, over and through equipment To climb with confidence</p>	<p>1.Elmer FMS To throw underarm To jump and land safely To perform a pencil roll To perform an egg roll To run fast To throw overarm To carry equipment safely To work with a partner</p>	<p>1.How to Catch a Star FMS To throw underarm To jump and land safely To throw overarm To balance in the shape of a star To travel on hands and feet To balance on equipment To climb on climbing frame with confidence</p>	<p>1.Hungry Caterpillar FMS To jump and land safely To perform a pencil roll To perform an egg roll To run fast To balance on a range of body parts To jump in different ways To be determined to keep a balance still</p>	<p>1.Castles FMS To throw underarm To roll a ball To jump and land safely To perform a pencil roll To perform an egg roll To carry equipment safely To climb on the climbing frame with confidence</p>	<p>1.Rumble in the Jungle FMS To throw underarm To perform a pencil roll To perform an egg roll To throw overarm To travel on hands and feet To carry equipment safely To climb on climbing frame with confidence</p>
	<p>2.Superworm FMS To jump and land safely To throw overarm To hop left foot To hop on right foot To catch a large ball To travel on hands and feet To carry equipment safely To explore different ways of travelling using</p>	<p>2.Transport FMS To throw underarm To roll a ball To jump and land safely To perform a pencil roll To perform an egg roll To carry equipment safely To climb on climbing frame with confidence</p>	<p>2.Space FMS To throw underarm To roll a ball To jump and land safely To perform a pencil roll To perform an egg roll To run fast To throw overarm To carry equipment safely</p>	<p>2. Mini Beasts To perform the basic skill of jumping To travel over, under and through climbing equipment To balance on equipment To catch a large sponge ball To catch with increasing accuracy</p>	<p>2.Seaside FMS To throw underarm To jump and land safely To perform a pencil roll To perform an egg roll To run fast To catch a large ball To carry equipment safely To travel and jump off apparatus with confidence</p>	<p>2.Jack and the Beanstalk FMS To throw underarm To jump and land safely To perform a pencil roll To perform an egg roll To hop on left foot To hop on right foot To catch a large ball To carry equipment safely</p>

	equipment and apparatus To climb a climbing frame with confidence		To climb on climbing frame with confidence	To roll in a variety of ways		To roll a ball with a partner
Ruby	<u>Travel Through Time</u> By the end of this unit children should be able to		<u>Infinity and Beyond</u> By the end of this unit children should be able to		<u>All the Worlds a Stage</u> By the end of this unit children should be able to	
N/C Links	<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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. 		<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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. 		<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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. 	
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1.Lost and Found FMS Baseline YR1 Bouncing a ball, Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Running fast,	1.Yr1 FMS Supertato Can perform an egg roll Can perform a pencil roll Can bounce a ball	1.Dance (Yr1) Fire Fire Can create ways of moving around obstacles Can demonstrate stillness and balance skills	1.FMS Yr1 Zog Can jump and land safely Can run fast Can throw overarm Can hop on left leg Can hop on right leg Can travel on hands and feet using apparatus	1.FMS Yr 1. Underarm Throw Can perform a side gallop with some rhythm Can throw a bean bag underarm	1.Yr 1 Gym Activities 2 Can carry apparatus safely Can perform a balance on one leg Can perform a jump off apparatus safely

	<p>Skipping, Underarm throw. To show willpower when bouncing a ball To know I can learn I can get better at PE skills if I try To keep trying even when we find it hard</p>	<p>Can roll a ball with accuracy Can jump and land safely off a bench Keeps trying to perform a skill even when it is hard To set a personal challenge when jumping and landing Can focus on task of rolling a ball through a target</p>	<p>Can use action words to create interesting movement ideas Can hold interesting shapes still and balanced for varying lengths of time Can learn a simple dance Can recall and successfully repeat their dance with improved performance skills Can work with a partner and follow simple timing/sequencing structure Can work well in teams to make shapes with their body related to the images suggested Does help someone in the lesson Can ask a friend for help</p>	<p>Shows courage when jumping and landing Can control their fear when using apparatus Practices their skills to be the best they can be</p>	<p>Can throw a beanbag underarm at a range of different targets Can choose a tactic to outwit an opponent ie pretend to throw one way and throw the other Can defend the hoop sometimes Can throw with a level of accuracy into target Does keep trying when they find something difficult Does show will power when performing skills Can focus on applying a tactic in a game</p>	<p>Can perform balances on three and four parts of their body Can travel on hands and feet showing basic control and coordination using apparatus Can create a sequence to link three actions on the floor and apparatus and be able to remember and repeat the movement Can record their sequence using symbols they can understand and explain Repeat a simple movement phase/keep repeating it showing control/accuracy</p>
	<p>2.Supertato FMS Baseline Yr1 Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Skipping, Underarm throw To know I can learn and get better at PE skills if I try To keep trying even when I find it hard</p>	<p>2.Yr1 FMS – Tri Throlf Can throw underarm with accuracy Can roll a ball with the right pace Can throw overarm for distance Can side gallop Can decide which throw to use in a game of Throlf Can demonstrate a simple tactic in a game-pretend to send an object one way but send it another way Can focus on throwing with accuracy</p>	<p>2.Year 1 Gymnastic Activities 1 Can carry apparatus safely Can perform a pencil and egg roll showing basic control and coordination Can record their sequence using symbols they can understand and explain Make up and perform a sequence of gymnast actions with two shapes Repeat a simple movement phase/keep repeating it showing control/accuracy</p>	<p>2.Yr1 FMS - Overarm Throw Can throw into space in a game Can throw overarm with some consistency Can throw with some accuracy into a target Can use their arms driving forwards and backwards to help them run fast Can apply a simple tactic to score more runs Can explain which throw to use for distance ie overarm for distance, underarm for accuracy</p>	<p>2.FMS Yr1. - Catching and Bouncing a Ball Can bounce a ball with control when moving with the ball Can catch a bean bag or ball with some consistency Can hop rhythmically on one leg Can apply a simple tactic ie pretend to throw a ball one way and throw it the other Can move into the path of a ball and catch it when playing a game Keeps trying at a skill they find difficult</p>	<p>2.Yr1. Athletics Y1 Can jump 2 feet to 2 feet for distance and land safely with control Can perform at least 5 rhythmical hops Can roll a ball underarm with opposite arm to foot Can run and change direction with some control</p>

		Can follow the rules of the game and not cheat Can focus on applying the tactics in a game	Can focus on what they need to do to improve Can concentrate on creating a sequence	Can explain why they need to throw into space	Can work in a small group cooperatively and encourage others Can focus on applying a tactic in a game	
Topaz	<u>Travel Through Time</u> By the end of this unit children should be able to		<u>Infinity and Beyond</u> By the end of this unit children should be able to		<u>All the Worlds a Stage</u> By the end of this unit children should be able to	
N/C Links	<p>Yr2</p> <ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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 <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best. 	<p>Yr2</p> <ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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. <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<p>Yr2</p> <ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast. Develop balance, agility, coordination 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. <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best 			
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

	<p>1.FMS Yr2 Bounce Ball An bounce a ball Can catch a ball Can catch dribble a ball by bouncing it Can aim and shoot the ball at a target Can show a simple tactic when playing a game ie running into a space to receive a pass or pretend to throw one way then throw another Can persevere and try to improve their dribbling a ball through sustained effort Learns from their mistakes and asks for feedback so that they can improve Can keep trying in a game situation</p>	<p>1.Yr3 Gymnastic Activities 1 Can demonstrate travelling with control on 4 points Can show balances on 1, 2,3, or 4 points of the body Can combine actions of travelling and balance Can demonstrate basic rolls with accuracy and control. Can move from one action to another Can demonstrate jumping and landing safely Can demonstrate a sequence to a partner Can create and demonstrate a gymnastic sequence of at least 6 actions using travelling, rolling, jumping and balancing on small body parts Can show trust to willingly accept feedback from a partner to help improve</p>	<p>1.Dance Activities Yr2 Once Upon a Giant Can choose and perform movements and gestures that express an idea Can perform body actions with control and coordination Can perform contrasting actions in a simple sequence Can create a sequence of travelling and gesture Can create and perform a dance sequence that includes travel, jump, turn and gesture fluently Can perform short dances showing an understanding of expressive qualities Can select their best ideas, combine them with others' ideas and develop these into a travelling phrase</p>	<p>1.Yr2 Striking and Fielding Games Can catch a ball Can strike a ball off a tee Can strike with a drop feed Can throw a ball overarm when fielding Can explain where the best place is to strike a ball so they can run as far round as possible Can use simple tactics, ie looking for space to strike the ball into</p>	<p>1.Yr2 Games – Net and Wall Games Can perform a side gallop Can return a ball by striking it when thrown to them Can strike a dropped ball with some consistency Can explain where the best place is to strike the ball to score a point Can use simple tactics ie looking for space to strike the ball into Can focus on the skills of performing the skills of side gallop and catching Can recognise that they can improve striking a ball into a space if they practice Can listen to instructions and focus on the task</p>	<p>1.FMS End of KS1 Assessment for yr2 Bouncing a ball, Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Running fast, Skipping, Underarm throw</p>
	<p>2.Yr2 Gymnastic Activities 1 Can perform animal movements (crab, caterpillar, bunny hop bear) with coordination and control Can perform balances on large body parts (dish, arch, shoulders, bottom)</p>	<p>2.Piggy in the Middle Yr2 Can catch a ball with some level of coordination and consistency Can change direction with coordination and control Can throw a ball underarm with accuracy</p>	<p>2.Yr2 FMS Playground Games in the 20th Century Can change direction quickly Can hop on left leg Can hop on right leg Can catch Can throw underarm Can side gallop</p>	<p>2.FMS and Gym Jack and the Beanstalk Can jump and land safely Can throw overarm Can travel on hands and feet in different ways Can perform an egg roll Can create a sequence of travel, roll, jumping with two different shapes</p>	<p>2.Yr2 OAA The Great Outdoors Can record answers on a control card Can share ideas and agree on a plan Can travel around safely when working on challenges Can recall with accuracy what they observed on the trail</p>	<p>2. Athletics Yr2 Can jump distance and land on two feet Can perform running techniques Can throw an object overarm for distance Can throw an object underarm Can complete an obstacle course with speed and agility</p>

	<p>Can perform jumps with different shapes in the air (star, straight, tuck)</p> <p>Can perform rolls with control (pencil, egg and teddy roll)</p> <p>Can adapt the sequence and perform it using apparatus</p> <p>Can create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end</p> <p>Can overcome the challenge of jumping high with a shape</p> <p>Can control fears of performing a new roll</p>	<p>Can use a simple tactics ie pretend to throw one way then throw the other, running into a space</p> <p>Can help others develop their skills</p> <p>Can be honest about the number of passes made in a group game</p> <p>Can focus on what to do to improve</p>	<p>Can work in a small group cooperatively and encourage each other</p> <p>Can throw a ball into a space away from an opponent</p> <p>Can explore different ways of playing games</p> <p>Can keep trying at a skill I find difficult</p> <p>Can focus on applying a tactic in a game to outwit an opponent</p>	<p>Can create a sequence of a travel and a roll with a shape</p> <p>Can focus on the task of rolling a ball with control</p> <p>Can focus on what they need to do to improve</p>	<p>Can work with a partner</p>	
Emerald	<u>Travel Through Time</u>		<u>Infinity and Beyond</u>		<u>All the Worlds a Stage</u>	
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	
N/C Links	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 		
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

	<p>1.Yr4 Gymnastic Activities 1 Can use travelling actions on feet and hands and feet Can balance in front and back support Can demonstrate the dish and arch shape Can combine travelling, jumping and balancing actions Can demonstrate basic rolling actions Can plan and perform a simple sequence to include travel, rolling and jumping Can balance one foot and arabesque Can create and demonstrate a sequence of 6 actions and teach it to a partner. Make simple assessments of the quality of their performance Use self motivation to set personal challenge to practice and improve skills and performances</p>	<p>1.Dance Yr3/4 Ironman Can demonstrate good timing and unison skills when performing their dance Can suggest verbs (actions) to taking from the chapter and perform their own interpretation of these. Can use at least two different methods of travelling in their 8 counts. Can create a short dance sequence which reflects the dynamics and quality of their character Can create a unison phrase as their transition between the dances which is performed identically by all dancers and to the same timing (8 counts) Can work together with a partner to create, rehearse and perform a duet sequence Can identify key criteria of performance and know what is expected of them Can work together to improve their group dance</p>	<p>1.Yr4 Gymnastic Activities 2 Can show a mirrored shape with a partner Can create a matched balance with a partner Can create a sequence of gymnastic actions including matched and mirrored shapes with a partner on mats and on apparatus Can use problem solving skills in creating shapes and balances</p>	<p>1.Dance Yr3/4 Myths and Legends Can select travelling actions to convey different characters along varied pathways Can performed a mirrored sequence with a partner that tells a story Can use travelling actions along varied pathways Can create a sequence with a partner Can create a full performance from both of the sequences made and demonstrate strong character skills throughout Can link three sequences together Can think about what they have read, heard and seen and reflect that in the sequence Can explain why it is important to reflect on what they are doing to improve Can explain how reflecting helps us in life</p>	<p>1.Yr3/4 Net and Wall Unit – Core Task 1 Can explore different throwing actions and catching skills Can strike the ball using their hand or small bat Can improve movement skills and body positions Can familiarise themselves with a racket and practise striking skills using a racket Can create their own game</p>	<p>1.Yr3/4 OAA – Team Work and Problem Solving Can demonstrate working as part of a team to solve challenges Can cooperate and work together as a team to complete challenges Can show encouragement and support to team members Can demonstrate concise instructions Can use problem solving skills to try out ideas and try different solutions without fear of failure</p>
	<p>2. Yr3 Invasion Games – Handball Can throw and catch a ball using a bounce pass with control and accuracy, or limited</p>	<p>2.Yr3 Invasion Games - Rugby Can throw and catch a ball using a swing pass with: limited control or</p>	<p>2.Yr3/4 Creative Games - Tag and Target Can demonstrate rolling a ball at a target at a</p>	<p>2. Yr3/4 Target Games – Dodgeball Can demonstrate throwing a ball at a target using a one</p>	<p>2.Yr3/4 Striking and Fielding Games - Rounders Can bowl underarm with some control and accuracy</p>	<p>2. Yr3/4 Athletics Can demonstrate a pull, pus and sling throw with some accuracy and control</p>

	<p>control and accuracy, or with speed and precision Can pass and move into a space with help Can pass the ball using a chest or bounce pass to a teammate in space Can use a simple tactic to outwit an opponent ie pretend to throw one way then another Communicates with teammates and signals where they want the ball Moves away from the defender into space to receive the ball Uses a range of tactics when with the ball. Anticipates and reacts quickly Works well as a member of a team and can evaluate performance</p>	<p>control and accuracy, or with speed and precision Can pass and move into a space with help or to a teammate in a space Can use a simple tactic to outwit an opponent ie pretend to throw one way and then another Communicates with teammates and signals where they want the ball Moves away from a defender into a space to receive the ball Can recognise rules and evaluate play</p>	<p>mature level with accuracy Can perform a dodging skill which is smooth and coordinated Can perform an underarm throw at mature level with accuracy Can use non dominant hand to perform an underhand throw and rolling a ball at a target Can be aware of space around them when playing a tag game Can be balanced at all times and ready to move in any direction Can create and evaluate a target game Can cooperate with other people in a team</p>	<p>handed pass and do so with accuracy in a game situation Can control emotions in a game situation</p>	<p>Can catch a small ball Can return the ball quickly and accurately when fielding Can strike a ball off a tee Can throw and catch a ball using a bounce pass with control and accuracy Can choose throwing skills to make their game hard for opponents Can explain where the best place is to strike the ball to score more runs/points Can judge when fielding where the ball is going to be hit and try and intercept it Can set up small games, know rules and uses them fairly to keep games going Can adapt their style of communication when umpiring and playing a game Can explain a skill to others clearly and with confidence</p>	<p>Can perform a hop, step and jump with some control Can perform a standing long jump (with 2 feet take off and land at the same time, arms swing behind body) Can choose the correct type of throw to different targets and different distances Can devise a combination of five basic jumps consecutively to reach the furthest distance possible Can perform s part of a team in a relay and choose in advance the hand that will touch or give and the hand that will receive (passes should be made left to right or right to left)) Can recognise what their strengths are and any areas for improvement in their performances</p>
Sapphire	<u>Travel Through Time</u>		<u>Infinity and Beyond</u>		<u>All the Worlds a Stage</u>	
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	
N/C	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. 	
Links						

	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 			
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>1. Yr5 Gymnastic Activities 1</p> <p>Can perform a counter balance, counter tension balance and matched and mirrored shapes with a partner</p> <p>Can include change of direction, speed, level in their partner sequence</p> <p>Create a sequence with a partner of 8 elements including the balances and travel, jump, rolls</p> <p>Willingness to try out different balances</p>	<p>1.Yr5/6 Dance - Robinhood</p> <p>Can convey Robinhood and other characters through body actions</p> <p>Can adopt different body shapes to show contrasting characters</p> <p>Can carry out actions with control and fluency</p> <p>Can perform showing expressive and exaggerated movements</p> <p>Can incorporate two contrasting characters in one sequence</p> <p>Can create a sequence using four dance elements to depict the story</p> <p>Can incorporate a prop within a sequence</p> <p>Can create perform and improve a sequence</p>	<p>1.Yr5 Gymnastic Activities 2</p> <p>Can perform a counter balance and counter tension balance with a partner on floor and apparatus</p> <p>Can perform a sequence of 8 moves with a partner in unison and canon using apparatus.</p> <p>To include balances, travel, jump, roll</p> <p>Can include change of direction, speed, level in partner sequence</p> <p>Can seek and provide constructive feedback to help improve a sequence</p>	<p>1.Boccia Yr4 or Creative Games Yr5/6</p> <p>Can show different ways of how to propel a boccia ball (bean bag) towards a target</p> <p>Can demonstrate sending a ball into a target with accuracy</p> <p>Can play simple boccia games using simple tactics</p> <p>Can reflect on how to improve performance</p>	<p>1.Yr5/6 Striking/Fielding Games - Rounders</p> <p>Can bowl overarm accurately and consistently</p> <p>Can field a ball and throw back overarm with accuracy and consistency</p> <p>Can strike a bowled ball or from a drop feed</p> <p>Can intercept a ball that has been struck</p> <p>Can make a decision as to when to run safely round bases</p> <p>Can strike a ball away from fielders</p> <p>Can offer practical solutions to help teammates improve</p>	<p>1.Orienteering Yr5</p> <p>Can orientate a map</p> <p>Can record a control card accurately</p> <p>Knows the 8 points of a compass</p> <p>Can plan a route and make appropriate decisions about which marker to visit</p> <p>Can share ideas when working with others</p>

		Children can work collaboratively in pairs				
	<p>2.Yr5/6 Invasion Games Netball</p> <p>Can perform chest, bounce and shoulder pass with accuracy, consistently, confidence and control.</p> <p>Can shoot a netball into a hoop with some accuracy</p> <p>Can use attacking skills with a ball appropriately in games ie range of passes, feints, passing to player in space, passing ahead of supporting players</p> <p>Can use attacking skills without the ball appropriately in games ie supporting the player in possession, getting away from defenders, find a space and signal where they want the ball</p> <p>Can use defending skills appropriately in a game ie anticipate an attacker moving when defending, closing down space, intercepting a pass</p> <p>Can make decisions in a game situation</p>	<p>2.Yr5/6 Invasion Games Rugby 1</p> <p>Can close down an opponent and tag a player</p> <p>Can run with the ball in two hands and score a try</p> <p>Can use techniques for passing using a swing pass and catching with consistency, accuracy, confidence and control</p> <p>Can use attacking skills appropriately in games with and without the ball</p> <p>Can use defending skills appropriately in games</p> <p>Make decisions about when to pass the ball</p>	<p>2.Swimming</p> <p>Can swim 25m</p> <p>Water safety</p>	<p>2.Swimming</p> <p>Can swim 25m</p> <p>Water safety</p>	<p>2.Yr5/6 Net/Wall - Badminton</p> <p>Can hold a racket correctly, show a forehand shot ie show good backswing, follow through and feet positioning, backhand shot</p> <p>Can hit a shuttlecock into a target area using a forehand and backhand</p> <p>Keep a rally going</p> <p>Outwit an opponent using simple tactics – can spot the spaces in their opponents court and try to hit the shuttlecock towards them</p> <p>Suggest ways to improve my shots</p>	<p>2.Yr5/6 Athletics</p> <p>Can perform a pull, push, sling and heave throw</p> <p>Can perform jumping by taking off and landing in different ways</p> <p>Can use correct running techniques at different speeds</p> <p>Can perform a combination of jumps</p> <p>Understand the difference between different throws and when to use which throw</p> <p>Understand which running technique to use for short distances and long distances</p> <p>Set goals to improve performance</p>
Amethyst	<u>Travel Through Time</u>		<u>Infinity and Beyond</u>		<u>All the Worlds a Stage</u>	
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	

N/C Links	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 		
	Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	1.Yr6 Gymnastic Activities 1 Perform a counter tension balance with a partner Perform a group balance Perform a group counter balance using apparatus Can include change of direction, speed, level in their partner sequence Create a sequence with a partner of 8 elements including counter balance and counter tension balances with fluency and control	1.Yr5/6 Invasion Games Rugby 1 Can demonstrate passing and catching a rugby ball with consistency, accuracy and control Can apply simple tactics when playing a rugby type game Can apply simple attacking and defending tactics when playing a rugby type game Make decisions about play	1.Yr5/6 Dance Earthlings Have created a solo and demonstrated decision making skills in the creation of a new dance with a partner Can create a well structured group dance depicting their planet Have increased teamwork skills, spatial awareness and timing. Create a group dance that follows a narrative Use different formations and work in unison	1.Yr6 Gymnastic Activities 2 Perform a balance with a group using apparatus Perform a part weight bearing balance with a partner using apparatus Perform in unison as part of a sequence with partner or group Can include change of direction, speed, level in sequence	1.Yr5/6 Striking/Fielding Games - Cricket Can bowl overarm accurately and consistently Can field a ball and throw back overarm with accuracy and consistency Can strike a ball from a cricket tee Can strike a bowled ball Can intercept a ball that has been struck Can make decisions as to when to safely run between wickets	1.Yr5/6 Outdoor Adventurous Activities Can experiment with different ways of communicating directions to guide the robot To transport the ball and bucket to the safe area Can guide their blindfolded partner in a safe manner with clear instructions Can complete the task in the given time	

	Make suggestions on how to improve		Work as a team to share and develop ideas		Can strike a ball away from fielders Can work as a team	Can listen to others, agree a plan and accept a role in the team Can share ideas when solving a problem Be supportive and encouraging
	2.Swimming Can swim 25m Water safety	2.Swimming Can swim 25m Water safety	2.Yr5/6 Invasion Games Rugby 2 Can pass a ball backwards with accuracy to a teammate Can apply simple tactics when playing a rugby type game Can apply attacking tactics when playing a rugby type game Can kick a rugby ball with some accuracy and confidence Can apply simple tactics when playing a competitive rugby type game	2.Yr6 Creative Games Can use different techniques of sending and receiving a ball with consistency, accuracy, confidence and control Can use different techniques of travelling with a ball and shooting with consistency, accuracy, confidence and control Can using attacking skills with and without a ball in a game situation Can work as a team	2.Yr5/6 Net/wall Games - Tennis Hold a racket correctly Show a forehand shot after the ball has bounced Show a backhand after the ball has bounced Hit the ball into a target area using a forehand and backhand Defend an area, keep a rally going Outwit opponents using simple tactics Suggest ways to improve performance	2.Yr5/6 Athletics Can perform a pull, push, sling and heave throw Can perform jumping by taking off and landing in different ways Can use correct running techniques at different speeds Can perform a combination of jumps Understand the difference between different throws and when to use which throw Understand which running technique to use for short distances and long distances Set goals to improve performance

Cycle 2
2022/2023
2024/2025

2021/2022	Autumn		Spring		Summer	
2023/2024						
Diamond	<u>Dig It</u>		<u>Bright Sparks</u>		<u>What a Wonderful World</u>	
	By the end of this unit all children should be able to...		By the end of this unit children should be able to		By the end of this unit children should be able to	
N/C Links	<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Five Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 		<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Five Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 		<ul style="list-style-type: none"> Develop gross and fine motor skills. Focus on the Five Fundamental Movement Skills of: hopping, skipping, jumping, throwing/catching, running, galloping, dodging. 	
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1.EYFS FMS To throw underarm To jump and land safely To throw overarm To hop on left foot To hop on right foot To catch a large ball To travel under, over and through equipment	1.Elmer FMS To throw underarm To jump and land safely To perform a pencil roll	1.How to Catch a Star FMS To throw underarm To jump and land safely To throw overarm	1.Hungry Caterpillar FMS To jump and land safely To perform a pencil roll To perform an egg roll	1.Castles FMS To throw underarm To roll a ball To jump and land safely	1.Rumble in the Jungle FMS To throw underarm To perform a pencil roll To perform an egg roll

	<p>To climb with confidence</p>	<p>To perform an egg roll</p> <p>To run fast</p> <p>To throw overarm</p> <p>To carry equipment safely</p> <p>To work with a partner</p>	<p>To balance in the shape of a star</p> <p>To travel on hands and feet</p> <p>To balance on equipment</p> <p>To climb on climbing frame with confidence</p>	<p>To run fast</p> <p>To balance on a range of body parts</p> <p>To jump in different ways</p> <p>To be determined to keep a balance still</p>	<p>To perform a pencil roll</p> <p>To perform an egg roll</p> <p>To carry equipment safely</p> <p>To climb on the climbing frame with confidence</p>	<p>To throw overarm</p> <p>To travel on hands and feet</p> <p>To carry equipment safely</p> <p>To climb on climbing frame with confidence</p>
	<p>2.Superworm FMS</p> <p>To jump and land safely</p> <p>To throw overarm</p> <p>To hop left foot</p> <p>To hop on right foot</p> <p>To catch a large ball</p> <p>To travel on hands and feet</p> <p>To carry equipment safely</p> <p>To explore different ways of travelling using equipment and apparatus</p> <p>To climb a climbing frame with confidence</p>	<p>2.Transport FMS</p> <p>To throw underarm</p> <p>To roll a ball</p> <p>To jump and land safely</p> <p>To perform a pencil roll</p> <p>To perform an egg roll</p> <p>To carry equipment safely</p> <p>To climb on climbing frame with confidence</p>	<p>2.Space FMS</p> <p>To throw underarm</p> <p>To roll a ball</p> <p>To jump and land safely</p> <p>To perform a pencil roll</p> <p>To perform an egg roll</p> <p>To run fast</p> <p>To throw overarm</p> <p>To carry equipment safely</p> <p>To climb on climbing frame with confidence</p>	<p>2. Mini Beasts</p> <p>To perform the basic skill of jumping</p> <p>To travel over, under and through climbing equipment</p> <p>To balance on equipment</p> <p>To catch a large sponge ball</p> <p>To catch with increasing accuracy</p> <p>To roll in a variety of ways</p>	<p>2.Seaside FMS</p> <p>To throw underarm</p> <p>To jump and land safely</p> <p>To perform a pencil roll</p> <p>To perform an egg roll</p> <p>To run fast</p> <p>To catch a large ball</p> <p>To carry equipment safely</p> <p>To travel and jump off apparatus with confidence</p>	<p>2.Jack and the Beanstalk FMS</p> <p>To throw underarm</p> <p>To jump and land safely</p> <p>To perform a pencil roll</p> <p>To perform an egg roll</p> <p>To hop on left foot</p> <p>To hop on right foot</p> <p>To catch a large ball</p> <p>To carry equipment safely</p> <p>To roll a ball with a partner</p>

Ruby	<u>Dig It</u>		<u>Bright Sparks</u>		<u>What a Wonderful World</u>	
N/C Links	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1.Yr1 Lost and Found FMS Baseline Bouncing a ball, Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Running fast, Skipping, Underarm throw. To show willpower when bouncing a ball To know I can learn I can get better at PE skills if I try To keep trying even when we find it hard	1.Yr1 FMS Catching and bouncing a ball. Can bounce a ball with control when moving with the ball Can catch a bean bag or ball with some consistency Can hop rhythmically on one leg Can apply a simple tactic ie pretend to throw a ball one way and throw it the other Can move into the path of a ball and catch it when playing a game Keeps trying at a skill they find difficult	1.Dance Yr1 Toy Story Can link movements to show different character of different toys in Toy Story Can convey the different emotions within a relationship Can link travel, turn and stillness within a sequence depicting a different mood Can travel from one space to another using different pathways and levels Can work in a group to create a sequence	1. Yr1 FMS Tri Throlf Can throw underarm with accuracy Can roll a ball with the right pace Can throw overarm for distance Can side gallop Can decide which throw to use in a game of Throlf Can demonstrate a simple tactic in a game-pretend to send an object one way but send it another way Can focus on throwing with accuracy	1.Yr1 FMS Rolling a Ball Can demonstrate rolling a ball with some accuracy Can roll a ball using different equipment with some accuracy Can demonstrate a simple tactics in a rolling game and outwit an opponent Show cooperation when working with others	1.FMS End of KS1 Assessment for Yr2 Bouncing a ball, Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Running fast, Skipping, Underarm throw

		Can work in a small group cooperatively and encourage others Can focus on applying a tactic in a game	Can work in collaboration with others to create a dance sequence	Can follow the rules of the game and not cheat Can focus on applying the tactics in a game		
	<p>2.Yr1 Supertato FMS Baseline Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Skipping, Underarm throw To know I can learn and get better at PE skills if I try To keep trying even when I find it hard</p>	<p>2.Yr1 Gymnastic Activities 1. Can carry apparatus safely Can perform a pencil and egg roll showing basic control and coordination Can record their sequence using symbols they can understand and explain Make up and perform a sequence of gymnast actions with two shapes Repeat a simple movement phase/keep repeating it showing control/accuracy Can focus on what they need to do to improve Can concentrate on creating a sequence</p>	<p>2.Year1 Gymnastic Activities 2 Can carry apparatus safely Can perform a balance on one leg Can perform a jump off apparatus safely Can perform balances on three and four parts of their body Can travel on hands and feet showing basic control and coordination using apparatus Can create a sequence to link three actions on the floor and apparatus and be able to remember and repeat the movement Can record their sequence using symbols they can understand and explain Repeat a simple movement phase/keep repeating it showing control/accuracy</p>	<p>2. Yr1 Zog Can jump and land safely Can run fast Can throw overarm Can hop on left leg Can hop on right leg Can travel on hands and feet using apparatus Shows courage when jumping and landing Can control their fear when using apparatus Practices their skills to be the best they can be</p>	<p>2. Yr1 FMS Underarm Throw Can perform a side gallop with some rhythm Can throw a bean bag underarm Can throw a beanbag underarm at a range of different targets Can choose a tactic to outwit an opponent ie pretend to throw one way and throw the other Can defend the hoop sometimes Can throw with a level of accuracy into target Does keep trying when they find something difficult Does show will power when performing skills Can focus on applying a tactic in a game</p>	<p>2.Yr1 Athletics Can jump 2 feet to 2 feet for distance and land safely with control Can perform at least 5 rhythmical hops Can roll a ball underarm with opposite arm to foot Can run and change direction with some control</p>
Topaz	<u>Dig It</u>		<u>Bright Sparks</u>		<u>What a Wonderful World</u>	
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	
N/C	Yr2	<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing 	Yr2	<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing 	Yr2	<ul style="list-style-type: none"> Develop and master the FMS including: Hopping, skipping, jumping, throwing

<p>Links</p>	<p>under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast.</p> <ul style="list-style-type: none"> Develop balance, agility, coordination 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 <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best. 		<p>under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast.</p> <ul style="list-style-type: none"> Develop balance, agility, coordination 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 <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best 		<p>under and overarm, catching, rolling a ball, kicking and bouncing a ball, running fast.</p> <ul style="list-style-type: none"> Develop balance, agility, coordination 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 <p>Yr3</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	
<p>Cultural Capital</p>						
<p>Unit Outcomes</p>	<p>Autumn 1</p>	<p>Autumn 2</p>	<p>Spring 1</p>	<p>Spring 2</p>	<p>Summer 1</p>	<p>Summer 2</p>
	<p>1.Yr2 FMS Playground Games Can change direction quickly Can hop on left leg Can hop on right leg Can catch Can throw underarm Can side gallop Can work in a small group cooperatively and encourage each other Can throw a ball into a space away from an opponent</p>	<p>1.FMS Rolling a Ball Can demonstrate rolling a ball with some accuracy Can roll a ball using different equipment with some accuracy Can demonstrate a simple tactics in a rolling game and outwit an opponent Show cooperation when working with others</p>	<p>1.Yr2 Dance Activities Moving Along Can link 4 contrasting travelling movements in the style of transport Developed teamwork skills by working in a group. Can create movement ideas to to perform a short dance in unison Can plan and follow a pathway</p>	<p>1.Gymnastic Activities 2 Yr3 and Yr2 Can demonstrate travelling with control on 4 points Can show balances on 1, 2,3, or 4 points of the body Can combine actions of travelling and balance Can demonstrate basic rolls with accuracy and control.</p>	<p>1. Yr2 Net/Wall Games Can perform a side gallop Can return a ball by striking it when thrown to them Can strike a dropped ball with some consistency Can explain where the best place is to strike the ball to score a point Can use simple tactics ie looking for space to strike the ball into</p>	<p>1.FMS End of KS1 Assessment for Yr2 Bouncing a ball, Catching, Hopping, Jumping, Kicking a ball, Overarm throw, Rolling a ball, Running fast, Skipping, Underarm throw</p>

	<p>Can explore different ways of playing games Can keep trying at a skill I find difficult Can focus on applying a tactic in a game to outwit an opponent</p>		<p>Can create a dance sequence with a partner containing 4 elements Have confidence when dancing</p>	<p>Can move from one action to another Can demonstrate jumping and landing safely Can demonstrate a sequence to a partner Can create and demonstrate a gymnastic sequence of at least 6 actions using travelling, rolling, jumping and balancing on small body parts Can show trust to willingly accept feedback from a partner to help improve</p>	<p>Can focus on the skills of performing the skills of side gallop and catching Can recognise that they can improve striking a ball into a space if they practice Can listen to instructions and focus on the task</p>	
	<p>2.Yr2 Gymnastic Activities 1 Can perform animal movements (crab, caterpillar, bunny hop bear) with coordination and control Can perform balances on large body parts (dish, arch, shoulders, bottom) Can perform jumps with different shapes in the air (star, straight, tuck) Can perform rolls with control (pencil, egg and teddy roll) Can adapt the sequence and perform it using apparatus Can create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end</p>	<p>2.Yr2 Piggy in the Middle Can catch a ball with some level of coordination and consistency Can change direction with coordination and control Can throw a ball underarm with accuracy Can use a simple tactics ie pretend to throw one way then throw the other, running into a space Can help others develop their skills Can be honest about the number of passes made in a group game Can focus on what to do to improve</p>	<p>2.FMS Underarm Throw Can perform a side gallop with some rhythm Can throw a bean bag underarm Can throw a beanbag underarm at a range of different targets Can choose a tactic to outwit an opponent ie pretend to throw one way and throw the other Can defend the hoop sometimes Can throw with a level of accuracy into target Does keep trying when they find something difficult Does show will power when performing skills Can focus on applying a tactic in a game</p>	<p>2. Yr2 Dance Seaside Explore a range of actions related to activities at the seaside Can compose and perform a dance phrase showing the movements of the ocean Can respond to a stimulus and work with a partner to create a dance Can explore body shapes and movements which communicate different creatures found at the seaside Can explore movements that depict life in a seaside village Can remember, repeat and perform a short dance to represent life in a seaside village</p>	<p>2.Yr3/4 Creative Game Dodgeball Can demonstrate throwing a ball at a target using a one handed pass and do so with accuracy in a game situation Can control emotions in a game situation</p>	<p>2.Yr2 Athletics Can jump distance and land on two feet Can perform running techniques Can throw an object overarm for distance Can throw an object underarm Can complete an obstacle course with speed and agility</p>

	Can overcome the challenge of jumping high with a shape Can control fears of performing a new roll					
Emerald	<u>Dig It</u> By the end of this unit children should be able to		<u>Bright Sparks</u> By the end of this unit children should be able to		<u>What a Wonderful World</u> By the end of this unit children should be able to	
N/C Links	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best 		
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1.Yr4 Gymnastic Activities 1 Can use travelling actions on feet and hands and feet Can balance in front and back support Can demonstrate the dish and arch shape Can combine travelling, jumping and balancing actions Can demonstrate basic rolling actions	Yr3/4 Dance Superheroes Can explore movement and communicate character Can use simple choreographic principles and perform a more complex dance phrase to communicate narrative with a partner Can convey more than one character Work as a group to to create a dance sequence	1.Yr4 Gymnastic Activities 2 Can show a mirrored shape with a partner Can create a matched balance with a partner Can create a sequence of gymnastic actions including matched and mirrored shapes with a partner on mats and on apparatus Can use problem solving skills in creating shapes and balances	1,Target Games Boccia Can show different ways of how to propel a boccia ball (bean bag) towards a target Can demonstrate sending a ball into a target with accuracy Can play simple boccia games using simple tactics Can reflect on how to improve performance	1.Yr3/4 Net/Wall Core Task 2 Explore different throwing actions Consistently catch an object Strike the ball with hand or bat Can devise their own game	1.Outdoor Adventurous Activities Trust and Trials Can demonstrate with a partner how to solve trust challenges Can work with others to complete a journey within the school Communicate with others Show how to use a control card

	<p>Can plan and perform a simple sequence to include travel, rolling and jumping</p> <p>Can balance one foot and arabesque</p> <p>Can create and demonstrate a sequence of 6 actions and teach it to a partner. Make simple assessments of the quality of their performance</p> <p>Use self motivation to set personal challenge to practice and improve skills and performances</p>					<p>To navigate safely to each control site</p> <p>Can show how to keep a map 'set or 'orientated'</p> <p>Know some of the symbols on an orienteering map</p>
	<p>2.Yr3/4 Invasion Games - Netball</p> <p>Can pass using a chest pass, bounce pass, and move into a space after using in a game</p> <p>Can apply a feint when passing to outwit an opponent</p> <p>Apply a tactic to outwit an opponent</p> <p>Play with honesty</p>	<p>2.Yr3 Invasion Games - Rugby</p> <p>Can throw and catch a ball using a swing pass with: limited control or control and accuracy, or with speed and precision</p> <p>Can pass and move into a space with help or to a teammate in a space</p> <p>Can use a simple tactic to outwit an opponent ie pretend to throw one way and then another</p> <p>Communicates with teammates and signals where they want the ball</p> <p>Moves away from a defender into a space to receive the ball</p> <p>Can recognise rules and evaluate play</p>	<p>2.Yr3/4 Creative Games Tag and Tig</p> <p>Can demonstrate rolling a ball at a target at a mature level with accuracy</p> <p>Can perform a dodging skill which is smooth and coordinated</p> <p>Can perform an underarm throw at mature level with accuracy</p> <p>Can use non dominant hand to perform an underhand throw and rolling a ball at a target</p> <p>Can be aware of space around them when playing a tag game</p>	<p>2.Yr4 Target Boccia</p> <p>Can show different ways of how to propel a boccia ball (bean bag) towards a target</p> <p>Can demonstrate sending a ball into a target with accuracy</p> <p>Can play simple boccia games using simple tactics</p> <p>Can reflect on how to improve performance</p>	<p>2.Yr3/4 Striking/Fielding Games - Cricket</p> <p>Can bowl overarm accurately and consistently</p> <p>Can field a ball and throw back overarm with accuracy and consistency</p> <p>Can strike a ball from a cricket tee</p> <p>Can strike a bowled ball</p> <p>Can intercept a ball that has been struck</p> <p>Can make decisions as to when to safely run between wickets</p> <p>Can strike a ball away from fielders</p> <p>Can work as a team</p>	<p>2.Yr3/4 Athletics</p> <p>Can demonstrate a pull, pus and sling throw with some accuracy and control</p> <p>Can perform a hop, step and jump with some control</p> <p>Can perform a standing long jump (with 2 feet take off and land at the same time, arms swing behind body)</p> <p>Can choose the correct type of throw to different targets and different distances</p> <p>Can devise a combination of five basic jumps consecutively to reach the furthest distance possible</p> <p>Can perform s part of a team in a relay and choose in advance the hand that will touch or give and the hand that will receive (passes</p>

			Can be balanced at all times and ready to move in any direction			should be made left to right or right to left)) Can recognise what their strengths are and any areas for improvement in their performances
			Can create and evaluate a target game			
			Can cooperate with other people in a team			
Sapphire	<u>Dig It</u>		<u>Bright Sparks</u>		<u>What a Wonderful World</u>	
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to	
N/C Links	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 		<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in contexts. Play competitive games. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Take part in outdoor activity challenges both individually and as a team. Compare their performances with previous ones to demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively. Perform safe self-rescue in different water-based situations 	
Cultural Capital						
Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

	<p>1.Yr5 Gymnastic Activites 1 Can perform a counterbalance, counter tension balance and matched and mirrored shapes with a partner Can include change of direction, speed, level in their partner sequence Create a sequence with a partner of 8 elements including the balances and travel, jump, rolls Willingness to try out different balances</p>	<p>1.Yr5/6 Dance Highway Man Can investigate words and actions which create an atmosphere Can convey a character through movement Can combine travel, turn, jump, gesture and stillness to convey events and emotions Can explore contrasting actions to depict different characters. Create a sequence using travel, jump, turn, gesture and stillness Retell the poem through movement</p>	<p>1.Yr5 Gymnastic Activities 2 Can perform a counter balance and counter tension balance with a partner on floor and apparatus Can perform a sequence of 8 moves with a partner in unison and canon using apparatus. To include balances, travel, jump, roll Can include change of direction, speed, level in partner sequence Can seek and provide constructive feedback to help improve a sequence</p>	<p>1.Yr4 Boccia Can show different ways of how to propel a boccia ball (bean bag) towards a target Can demonstrate sending a ball into a target with accuracy Can play simple boccia games using simple tactics Can reflect on how to improve performance</p>	<p>1.Yr5/6 Striking/Fielding Games - Cricket Can bowl overarm accurately and consistently Can field a ball and throw back overarm with accuracy and consistency Can strike a ball from a cricket tee Can strike a bowled ball Can intercept a ball that has been struck Can make decisions as to when to safely run between wickets Can strike a ball away from fielders Can work as a team</p>	<p>1.Athletics Yr5/6 Can perform a pull, push, sling and heave throw Can perform jumping by taking off and landing in different ways Can use correct running techniques at different speeds Can perform a combination of jumps Understand the difference between different throws and when to use which throw Understand which running technique to use for short distances and long distances Set goals to improve performance</p>
	<p>2.Yr5/6 Invasion Games - Netball Can perform chest, bounce and shoulder pass with accuracy, consistently, confidence and control. Can shoot a netball into a hoop with some accuracy Can use attacking skills with a ball appropriately in games ie range of passes, feints, passing to player in space, passing ahead of supporting players</p>	<p>2.Yr5/6 Invasion Games - Rugby 2 Can pass a ball backwards with accuracy to a teammate Can apply simple tactics when playing a rugby type game Can apply attacking tactics when playing a rugby type game Can kick a rugby ball with some accuracy and confidence Can apply simple tactics when playing a competitive rugby type game</p>	<p>2.Swimming Can swim 25m Water safety</p>	<p>2.Swimming Can swim 25m Water safety</p>	<p>2.Yr5/6 Net/Wall Games - Tennis Hold a racket correctly Show a forehand shot after the ball has bounced Show a backhand after the ball has bounced Hit the ball into a target area using a forehand and backhand Defend an area, keep a rally going Outwit opponents using simple tactics Suggest ways to improve performance</p>	<p>2.Yr5/6 Outdoor Adventurous Activities Can experiment with different ways of communicating directions to guide the robot To transport the ball and bucket to the safe area Can guide their blindfolded partner in a safe manner with clear instructions Can complete the task in the given time Can listen to others, agree a plan and accept a role in the team</p>

	<p>Can use attacking skills without the ball appropriately in games</p> <p>ie supporting the player in possession, getting away from defenders, find a space and signal where they want the ball</p> <p>Can use defending skills appropriately in a game</p> <p>ie anticipate an attacker moving when defending, closing down space, intercepting a pass</p> <p>Can make decisions in a game situation</p>				<p>Can share ideas when solving a problem</p> <p>Be supportive and encouraging</p>
Amethyst	<u>Dig It</u>		<u>Bright Sparks</u>		<u>What a Wonderful World</u>
	By the end of this unit children should be able to		By the end of this unit children should be able to		By the end of this unit children should be able to
N/C Links	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in contexts. • Play competitive games. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor activity challenges both individually and as a team. • Compare their performances with previous ones to demonstrate improvement to achieve their personal best • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations 	
Cultural Capital					

Unit Outcomes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>1. Yr6 Gymnastic Activities 1 Perform a counter tension balance with a partner Perform a group balance Perform a group counter balance using apparatus Can include change of direction, speed, level in their partner sequence Create a sequence with a partner of 8 elements including counter balance and counter tension balances with fluency and control Make suggestions on how to improve</p>	<p>1.Yr5/6 Invasion Games - Rugby 1 Can demonstrate passing and catching a rugby ball with consistency, accuracy and control Can apply simple tactics when playing a rugby type game Can apply simple attacking and defending tactics when playing a rugby type game Make decisions about play</p>	<p>1.Yr5/6 Dance Food Glorious Food Can create short dance sequences based on action words Create a group dance Learn and performed a range of counter balances and or lifts with a partner Work cooperatively with others in creating dances</p>	<p>1.Yr6 Gymnastic Activities 2 Perform a balance with a group using apparatus Perform a part weight bearing balance with a partner using apparatus Perform in unison as part of a sequence with partner or group Can include change of direction, speed, level in sequence</p>	<p>1.Yr5/6 Striking/Fielding Games - Rounders Can bowl underarm accurately and consistently Can field a ball and throw back overarm with consistency and accuracy Can strike a ball or from a drop feed Can intercept a ball that has been struck Can make a decision as to when to run safely round bases Can strike a ball away from fielders Can set goals and evaluate performance</p>	<p>1.Athletics Yr5/6 Can perform a pull, push, sling and heave throw Can perform jumping by taking off and landing in different ways Can use correct running techniques at different speeds Can perform a combination of jumps Understand the difference between different throws and when to use which throw Understand which running technique to use for short distances and long distances Set goals to improve performance</p>
	<p>2.Swimming Can swim 25m Water safety</p>	<p>2.Swimming Can swim 25m Water safety</p>	<p>2.Yr5/6 Invasion Games - Rugby 2 Can pass a ball backwards with accuracy to a teammate Can apply simple tactics when playing a rugby type game Can apply attacking tactics when playing a rugby type game Can kick a rugby ball with some accuracy and confidence</p>	<p>2.Yr6 Creative Games Can use different techniques of sending and receiving a ball with consistency, accuracy, confidence and control Can use different techniques of travelling with a ball and shooting with consistency, accuracy, confidence and control Can using attacking skills with and without a ball in a game situation</p>	<p>2.Yr5/6 Net/Wall Games Badminton Can demonstrate a forehand shot with some consistency Demonstrate a forehand and backhand shot with some consistency Direct the shuttlecock reasonably well to a partner to continue a rally Can demonstrate a simple tactic in a net type game ie hit a</p>	<p>2.Orienteering Yr5 Can orientate a map Can record a control card accurately Knows the 8 points of a compass Can plan a route and make appropriate decisions about which marker to visit Can share ideas when working with others</p>

			Can apply simple tactics when playing a competitive rugby type game	Can work as a team	shuttlecock away from a player Can incorporate tactics to score points	
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