

# Physical Education

Plan		Perform		Participate		Evaluate		Vocabulary	
Sportspeople can plan activities, games and sports.		Sportspeople participate in a variety of physical activities, games and sports with skill.		Sportspeople work effectively in a team.		Sportspeople evaluate both their own and others' performance		Sportspeople use appropriate subject-specific vocabulary.	
Plan		Perform		Participate		Evaluate		Vocabulary	
N	<p><u>Disciplinary Knowledge</u> To observe the effects of activity on their bodies. To understand that equipment and tools have to be used safely. Learn to develop preferences for forms of expression.</p>	<p><u>Disciplinary Knowledge</u> To enjoy joining in with dancing and ring games. To begin to move rhythmically. To imitate movement in response to music. To use movement to express feelings. To create movement in response to music. To capture experiences and responses with a range of media, such as music, dance and paint and other materials or words.</p> <p><u>Substantive Knowledge</u> To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. To mount stairs, steps or climbing equipment using alternate feet. To walk downstairs, two feet to each step, while carrying a small object. Learn to run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. To stand momentarily on one foot when shown. To catch a large ball. To draw lines and circles using gross motor movements. To tap out simple repeated rhythms.</p>							
Rec	<p><u>Disciplinary Knowledge</u> Learn to show understanding of the need for safety when tackling new challenges and consider and manage some risks. To practice some appropriate safety measures without direct supervision</p> <p><u>Substantive Knowledge</u> Learn to show understanding of how to transport and store equipment safely. <b>To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</b></p>	<p><u>Disciplinary Knowledge</u> To experiment with different ways of moving. To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. <b>To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</b></p> <p><u>Substantive Knowledge</u> To jump off an object and land appropriately. Learn to travel with confidence and skill around, under, over and through balancing and climbing equipment. Learn to show increasing control over an object in pushing, patting, throwing, catching or kicking it. <b>Learn to show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</b></p>							
Year 1	<p><u>Disciplinary Knowledge</u> Follow a simple route around the school grounds or a given outdoor space.</p>	<p><u>Disciplinary Knowledge</u> Show control and co-ordination when moving or standing still.</p> <p><u>Substantive Knowledge</u> Negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles. Pat, throw, kick stop and sometimes catch a ball. Create simple movement patterns, showing awareness of rhythm. Run a short distance with some control. Jump with both feet from standing. Throw a projectile in a given direction. Perform basic sequences, using space safely and recognising simple technical words.</p>	<p><u>Disciplinary Knowledge</u> Perform simple movement or dance work, sometimes with a partner.</p> <p><u>Substantive Knowledge</u> Accurately shadow a partner's movements.</p>	<p><u>Disciplinary Knowledge</u> Identify a simple goal in PE.</p>	<p>Roll, travel, balance Stillness Direction Space Striking Catching Own space Team Speed Direction Forwards Backwards Sideways Roll Slow Body parts</p>				
Year 2	<p><u>Substantive Knowledge</u> Use a range of simple tactics to aid attacking/defending.</p>	<p><u>Disciplinary Knowledge</u> Perform movements to express ideas, emotions or feelings and repeat dance phrases.</p> <p><u>Substantive Knowledge</u> Stop or catch a projectile, such as a bean bag or ball, and hit with a bat or racket. Run a short distance with co-ordination and speed. Throw a projectile overarm. Jump from one foot, landing on the opposite or both feet. Balance and move over, under and through apparatus, creating a variety of shapes with the body and distinguishing a well-performed move. Move over, under and through spaces and obstacles outdoors.</p>	<p><u>Disciplinary Knowledge</u> Perform a simple dance or movement sequence to a small group, expressing ideas, emotions or feelings.</p> <p><u>Substantive Knowledge</u> Pass a ball, bean bag or tag in a team game, working collaboratively.</p>	<p><u>Disciplinary Knowledge</u> Identify a simple goal in PE and talk about how they could achieve it.</p>	<p>Body parts Levels Speed Roll, travel, balance Stillness Direction Space Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow</p>				
Year 3	<p><u>Disciplinary Knowledge</u> Create their own games, adapting rules and displaying knowledge of warm up and cool downs.</p> <p><u>Substantive Knowledge</u> Choose tactics/a suitable strategy to cause problems for opposition. Compare, develop and adapt movements and motifs to create movement patterns.</p>	<p><u>Disciplinary Knowledge</u> Keep control of ball-based equipment (e.g. a hockey stick).</p> <p><u>Substantive Knowledge</u> Demonstrate a range of throwing techniques, using accuracy and power and perform a range of jumps, sometimes with run ups. Vary height and speed in a sequence of gymnastic movements. Create/perform a sequence of movements, showing good balance/body tone.</p>	<p><u>Disciplinary Knowledge</u> Work effectively as part of a team while keeping control of ball-based equipment. Work effectively as part of a team to safely navigate to familiar places, solving problems and evaluating their performance.</p>	<p><u>Disciplinary Knowledge</u> Recognise their strengths in PE, identifying areas for improvement.</p>	<p>Space Repetition Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Stretch push pull step spring crawl still slowly tall long forwards</p>				
Year 4	<p><u>Disciplinary Knowledge</u> Work effectively, as part of a team, choosing an appropriate strategy or tactic to cause problems for the opposition.</p>	<p><u>Disciplinary Knowledge</u> Improvise and move with precision, control and fluency in response to a range of stimuli. Combine movements, actions and balances, individually or collaboratively, to create a fluid routine. Create/perform fluently a sequence of movements, showing good balance/body tone and practise to improve.</p> <p><u>Substantive Knowledge</u> Throw, catch, strike and field a ball with control and accuracy. Run with pace over longer distances and for more extended periods, identifying the difference between this and sprinting. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively.</p>	<p><u>Disciplinary Knowledge</u> Work effectively, as part of a team, to utilise tactics. Work collaboratively to create a fluid routine.</p> <p><u>Substantive Knowledge</u> Follow rules to play more challenging team games, such as rounders, hockey, non-stop cricket and team-tag.</p>	<p><u>Disciplinary Knowledge</u> Respond positively to increased challenges and other team members, showing the ability to listen to feedback. Use constructive feedback to make improvements to their performance.</p>	<p>Space Repetition Action and reaction Pattern Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting Stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump land balance</p>				

## Physical Education

Year 5	<p><b>Disciplinary Knowledge</b> Explain, evaluate, and develop ideas and plans for a game that includes a scoring system.</p> <p><b>Substantive Knowledge</b> Explain how power and stamina is developed and how this improves performance.</p>	<p>Perform safe self-rescue in different water based situations.</p> <p><b>Disciplinary Knowledge</b> Create and perform more complex sequences, including change of direction, travelling, speed and height, showing good stability and core strength. Use the whole body across different levels/spaces, to a range of audiences.</p> <p><b>Substantive Knowledge</b> Use different techniques and skills to pass, dribble, travel and shoot in ball games. Mark an opposing player or players, preventing them from gaining possession. Vary dynamics of a movement or dance, developing actions in time to music. Develop flexibility, strength, technique, control and balance</p>	<p><b>Disciplinary Knowledge</b> Perform individually or with a partner/as part of a group with increasing confidence and accuracy. take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Substantive Knowledge</b> Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.</p>	<p><b>Disciplinary Knowledge</b> Compare performances with previous ones.</p> <p><b>Substantive Knowledge</b> Plan routes and orientate maps, responding positively to increasing challenges, listening to feedback and evaluating their role.</p>	<p>Dance style Technique Pattern Rhythm Variation Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape</p>
Year 6	<p><b>Substantive Knowledge</b> Use and adapt tactics, choosing the most effective one for different situations. Apply tactical knowledge effectively in attacking and defending situations.</p>	<p><b>Disciplinary Knowledge</b> Move in time to music, creating movements that express the meaning and mood of the piece.</p> <p><b>Substantive Knowledge</b> Select and perform combinations of sending and striking skills with confidence, accuracy and consistency. Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing. Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so that they fit into a sequence. Perform sequences on multiple levels to an audience with control and grace, using available space expressively.</p>	<p><b>Disciplinary Knowledge</b> Suggest ways to improve their performance when running, jumping or throwing. Lead groups on problem solving.</p>	<p><b>Disciplinary Knowledge</b> Suggest ways to improve their performance when running, jumping or throwing. Analyse their own effectiveness as a team leader. Explain how they need to improve their own performance in order to achieve their personal best.</p>	<p>Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation</p>

### PE Non Negotiables

All pupils to engage in a minimum of 2 hours of planned, high quality PE lessons.  
 All pupils to have the opportunity to engage in extra curricular activities that promote physical activity.

### Statutory Educational Programme for PE in EYFS.

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children Learn to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children Learn to develop proficiency, control and confidence.

#### Nursery

#### Moving and Handling.

##### Range 4:

Sits up from lying down, stands up from sitting and squats with steadiness to rest or play with object on the ground, and rises to feet without using hands  
Sits comfortably on a chair with both feet on the ground.  
Runs safely on whole foot  
Moves in response to music, or rhythms played on instruments such as drums or shakers  
Jumps up into the air with both feet leaving the floor and can jump forward a small distance  
Begins to walk, run and climb on different levels and surfaces  
Begins to understand and choose different ways of moving  
Kicks a stationary ball with either foot, throws a ball with increasing force and accuracy and starts to catch a large ball by using two hands and their chest to trap it  
Climbs up and down stairs by placing both feet on each step while holding a handrail for support  
Uses wheeled toys with increasing skill such as pedalling, balancing, holding handlebars and sitting astride  
May be beginning Learn to show preference for dominant hand and/or leg/foot  
Turns pages in a book, sometimes several at once  
Shows increasing control in holding, using and manipulating a range of tools and objects such as tambourines, jugs, hammers, and mark making tools.

##### Range 5:

Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise  
Walks down steps or slopes whilst carrying a small object, maintaining balance and stability  
Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles  
Can balance on one foot or in a squat momentarily, shifting body weight to improve stability  
Can grasp and release with two hands to throw and catch a large ball, beanbag or an object  
Creates lines and circles pivoting from the shoulder and elbow  
Manipulates a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons

## Physical Education

<p>Holds mark-making tools with thumb and all fingers.</p>	
<b>Health and Self Care</b>	
<p>Range 4:</p> <p>Very energetic in short bursts and needs time for rest and calm with at least three hours of a day of exercise including moderate- to vigorous-intensity physical activity, spread throughout the day</p> <p>Needs to sleep for 10–13 hours in a 24-hour period which may include a nap, with regular sleep and wake-up times</p> <p>Feeds self competently</p> <p>Can hold a cup with two hands and drink well without spilling</p> <p>Develops some independence in self-care and shows an awareness of routines such as handwashing or teeth cleaning but still often needs adult support</p> <p>Develops increasing understanding of and control of the bowel and bladder urges and starts to communicate their need for the preferred choice of potty or toilet</p> <p>Learn to help with and increasingly independently put on and take off simple clothing items such as hats, unzipped jackets, wellington boots</p> <p>Begins to recognise danger and seeks the support and comfort of significant adults</p> <p>Can increasingly express their thoughts and emotions through words as well as continuing to use facial expressions</p> <p>Can tell adults when hungry, full up or tired or when they want to rest, sleep or play</p> <p>Observes and can describe in words or actions the effects of physical activity on their bodies.</p> <p>Can name and identify different parts of the body</p> <p>Takes practical action to reduce risk, showing their understanding that equipment and tools can be used safely</p> <p>Can wash and can dry hands effectively and understands why this is important</p>	<p>Range 5:</p> <p>Willing to try a range of different textures and tastes and expresses a preference. Can name and identify different parts of the body</p> <p>Observes and controls breath, Learn to take deep breaths, scrunching and releasing the breath</p> <p>Can mirror the playful actions or movements of another adult or child</p> <p>Working towards a consistent, daily pattern in relation to eating, toileting and sleeping routines and understands why this is important</p> <p>Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.</p> <p>Dresses with help, e.g. puts arms into open- fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom</p>

### Reception

<b><u>Moving and Handling.</u></b>	
<p>Range 6:</p> <p>Chooses to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p>Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk</p> <p>Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</p> <p>Uses simple tools to effect changes to materials</p> <p>Handles tools, objects, construction and malleable materials safely and with increasing control and intention</p> <p>Shows a preference for a dominant hand</p> <p>Begins to use anticlockwise movement and retrace vertical lines</p> <p>Begins to form recognisable letters independently</p> <p>Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed</p>	<p>Early Learning Goals:</p> <p><b><u>Statutory ELG: Gross Motor Skills</u></b></p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>- Demonstrate strength, balance and coordination when playing;</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> <li>-</li> </ul> <p><b><u>Statutory ELG: Fine Motor Skills</u></b></p> <p>Children at the expected level of development will:</p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery;</p> <p>Begin Learn to show accuracy and care when drawing.</p>

### **Managing Self**

## Physical Education

<p>Range 6:</p> <p>Eats a healthy range of foodstuffs and understands need for variety in food</p> <p>Describes a range of different food textures and tastes when cooking and notices changes when they are combined or exposed to hot and cold temperatures</p> <p>Describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad</p> <p>Can initiate and describe playful actions or movements for other children to mirror and follow</p> <p>Has established a consistent, daily pattern in relation to eating, toileting and sleeping routines and can explain why this is important</p> <p>Usually dry and clean during the day</p> <p>Shows some understanding that good practices with regard to exercise, eating, drinking water, sleeping and hygiene can contribute to good health</p> <p>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks by taking independent action or by giving a verbal warning to others</p> <p>Shows understanding of how to transport and store equipment safely</p> <p>Practices some appropriate safety measures without direct supervision, considering both benefits and risk of a physical experience</p>	<p><b>Statutory ELG: Managing Self</b></p> <p>Children at the expected level of development will:</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>
--	---

<b>Topic 1:</b>	<b>Key Discipline: Beanbag Skills (Invasion)</b>		<b>Key Vocabulary: Balance, posture, control, aim, force, push.</b>		
L1: Learn to balance a beanbag on various body parts.	L2: Learn to balance a beanbag on various body parts. Learn to move the beanbag with control.	L3: Learn to balance a beanbag on various body parts. Learn to move the beanbag with good control.	L4: Learn to move the beanbag with good control. Learn to throw a beanbag at a target.	L5: Learn to throw a beanbag at a target. Learn to take turns with a partner.	L6: Learn to throw a beanbag at a target. Learn to take turns with a partner. Learn to move the beanbag with good control.
<b>Topic 2:</b>	<b>Key Discipline: Dance (The Weather)</b>		<b>Key Vocabulary: spin, light, heavy, low, high, under, over, shelter, stretch.</b>		
L1: Learn to demonstrate spinning actions. Learn to demonstrate contrasting dynamics of light and heavy.	L2: Learn to demonstrate spinning actions. Learn to change levels in the space (low and high.)	L3: Learn to change levels in the space (low and high.) Learn to develop relationships – under and over.	L4: Learn to develop relationships – under and over. Learn to demonstrate contrasting dynamics – light and heavy.	L5: Learn to develop relationships – under and over. Learn to demonstrate yoga poses (shelter shapes).	L6: Learn to develop relationships – under and over. Learn to demonstrate yoga poses (shelter shapes). Learn to demonstrate contrasting dynamics – light and heavy. Learn to demonstrate spinning actions. Learn to change levels in the space ( low and high.)
<b>Topic 3:</b>	<b>Key Discipline: Ball skills at the zoo (Invasion)</b>		<b>Key Vocabulary: space, aim, target, throw, watch, basket, force, trap.</b>		
L1: Learn to show an awareness of space. Learn to roll a ball towards a target.	L2: Learn to show an awareness of space. Learn to bounce a ball.	L3: Learn to throw a ball underarm. Learn to pass and receive a ball. Learn how to use the equipment safely.	L4: Learn to throw a ball underarm with control. Learn to pass and receive a ball. Learn how to use the equipment safely.	L5: Learn to roll a ball towards a target. Learn to show an awareness of space.	L6: Learn to show an awareness of space. Learn to bounce a ball. Learn to roll a ball towards a target. Learn to throw a ball underarm. Learn to pass and receive a ball. Learn how to use the equipment safely.

## Physical Education

Topic 4:	Key Discipline: Gymnastics: Fundamental movement skills leading to vaults.		Key Vocabulary: tension, control, hands then feet, travel		
L1: Learn to develop co-ordination and body control. Learn to travel using jumps with feet together and feet apart. Learn to travel using bunny hops. Learn how to use the equipment safely.	L2: Learn to develop co-ordination, balance, jumps and travelling skills. Learn to travel using bunny hops along a line of connecting hoops. Learn to develop tension when jumping. Learn how to use the equipment safely.	L3: Learn to develop co-ordination, balance, jumps and travelling skills. Learn to travel using bunny hops and with tension. Learn to weight bear on both hands while jumping side to side. Learn to develop tension when jumping. Learn how to use the equipment safely.	L4: Learn to develop co-ordination, balance, jumps and travelling skills. Learn to travel using bunny hops and with tension. Learn to weight bear on both hands while jumping side to side. Learn to develop tension when jumping. Learn how to use the equipment safely.	L5: Learn to develop co-ordination, balance, jumps and travelling skills. Learn to travel using bear crawls. Learn to weight bear on both hands while jumping side to side. Learn to bunny hop up an incline and jump off. Learn how to use the equipment safely.	L6: Learn to travel using bear crawls. Learn to travel using bunny hops and with tension. Learn to jump with tension. Learn to weight bear on both hands while jumping side to side. Learn to bunny hop up an incline and jump off. Learn how to use the equipment safely. Learn to develop co-ordination, balance, jumps and travelling skills.
Topic 5:	Key Discipline: Bats and Balls at the circus ( Net games)		Key vocabulary: control, balance, posture, target, around, over, shuttlecock, tennis ball, football, rugby ball		
L1: Learn to show control and balance in basic movement. Learn to show spatial awareness during running and chasing games.	L2: Learn to run around and over objects, demonstrating control and balance. Learn to name the different equipment.	L3: Learn to hit or push an object towards a stationary target. Learn to show control and balance in basic movement.	L4: Learn to show spatial awareness during running and chasing games. Learn to run around and over objects, demonstrating control and balance.	L5: Learn to hit or push an object towards a stationary target. Learn to name the different equipment.	L6: Learn to show control and balance in basic movement Learn to show spatial awareness during running & chasing games Learn to run around & over objects, demonstrating control & balance Learn to become familiar with the names of different types of equipment Learn to hit or push an object towards a stationary target
Topic 6:	Key Discipline: Dance (Julia Donaldson characters)		Key Vocabulary: wiggling, rescuing, small, big, paper doll, attached, side step, rhythm.		
L1: Learn to demonstrate wiggling and rescuing actions. Learn to move with opposing dynamics (small and big)	L2: Learn to demonstrate wiggling and rescuing actions. Learn to move with opposing dynamics (small and big)	L3: Learn to demonstrate a paper doll shape. Learn to stay attached to a partner whilst moving.	L4: Learn to demonstrate a paper doll shape. Learn to move to the rhythm of the spoken word.	L5: Learn to demonstrate a paper doll shape. Learn to stay attached to a partner whilst moving.	L6: Learn to demonstrate Paper Doll shapes Learn to demonstrate wiggling and rescuing actions Learn to move with opposing (small and big) dynamics Learn to move to the rhythm of spoken word Learn to develop relationships – staying attached to a partner and/or a group
Topic 7:	Key Discipline: Fun games with Friends (outdoor adventure)		Key Vocabulary: co-operate, competition, tactic, move, travel, level, pathway.		
L1: Learn to develop fundamental movement skills.	L2: Learn to participate in co-	L3: Learn to develop simple tactics. Learn to develop fundamental movement skills.	L4: Learn to work within a small group.	L5: Learn to participate in competitive physical activities. Learn to develop simple tactics.	L6: Learn to develop fundamental movement skills

## Physical Education

Learn to work within a small group.	operative physical activities. Learn to participate in competitive physical activities.		Learn to participate in co-operative physical activities.		Learn to work within a small group Participate in cooperative physical activities Learn to participate in competitive physical activities Learn to develop simple tactics
Topic 8:	Key Discipline: Gymnastics: Fundamental movement skills leading to a forwards and backwards roll and cartwheels.		Key Vocabulary: pencil roll, tension, rock, reach, tuck, gallop		
L1: Learn to complete a pencil roll. Learn to rock in a ball. Learn to rock and reach to stand.	L2: Learn to travel in a crab crawl. Learn to rock in a ball. Learn to rock and reach to stand.	L3: Learn to travel in a gallop. Learn to rock in a ball. Learn to roll backwards with momentum.	L4: Learn to skip with a hula hoop. Learn to complete a pencil roll moving a bean bag. Learn to roll back with momentum.	L5: Learn to travel using a bear crawl. Learn to weight bear on both hands while jumping from side to side. Learn to weight bear onto a block jumping onto then over it.	L6: Learn to travel using a bear crawl. To weight bear on both hands while jumping from side to side. Learn to weight bear onto a block jumping onto then over it. Learn to skip with a hula hoop. Learn to complete a pencil roll moving a bean bag. Learn to roll back with momentum. Learn to travel in a gallop. Learn to rock in a ball. Learn to rock and reach to stand. Learn to travel in a crab crawl.
Topic 9:	Key Discipline: Fun with coits and cones (athletics)		Key Vocabulary: hurdle, jump, leading leg, posture, aim, target, focus, basket, bring in,		
L1: Learn to develop appropriate running technique. Learn to jump over different sized obstacles.	L2: Learn to throw towards a set target. Learn to competently catch a ball or beanbag.	L3: Learn to develop appropriate running technique.	L4: Learn to jump over different sized obstacles. Learn to throw towards a set target.	L5: Learn to competently catch a ball or beanbag.	L6: Learn to develop appropriate running technique Learn to jump over different sized obstacles Learn to throw towards a set target Learn to competently catch a ball or beanbag
Topic 10:	Key Discipline: Dance (minibeasts)		Key Vocabulary: space, forwards, backwards, sideways, scuttling, 2 dimensional.		
L1: Learn to move in the space using forwards, backwards and sideway actions. Learn to demonstrate scuttling actions.	L2: Learn to demonstrate 2 dimensional shapes. Learn to develop relationships – away, towards and around partner.	L3: Learn to move in the space using forwards, backwards and sideway actions. Learn to move with floaty and fluttery dynamics.	L4: Learn to demonstrate 2 dimensional shapes. Learn to develop relationships – away, towards and around partner.	L5: Learn to demonstrate scuttling actions. Learn to move with floaty and fluttery dynamics.	L6: Learn to demonstrate two-dimensional shapes Learn to demonstrate scuttling actions Learn to move with floaty and fluttery dynamics Learn to move in the space using forwards, backwards and sideway actions Learn to develop relationships – away,

## Physical Education

					towards and around partner.
Topic 11:	Key Discipline: Turn taking on holiday ( Striking and fielding)		Key Vocabulary: throw, aim, target, focus, force,		
L1: Learn to take turns with a partner. Learn to throw a ball in the right direction.	L2: Learn to take turns with a partner. Learn to throw a ball in the right direction.	L3: Learn to take turns with a partner. Learn to develop hand eye co-ordination.	L4: Learn to develop spatial awareness. Learn to run with developing control and fluency.	L5: Learn to develop spatial awareness. Learn to develop hand eye co-ordination.	L6: Learn to develop hand-eye co-ordination Learn to throw a ball in the right direction Learn to take turns with a partner Learn to develop spatial awareness Learn to run with developing control and fluency.
Topic 12:	Key Discipline: Gymnastics: Balances leading to handstands.		Key Vocabulary: tension, rock, reach, tuck, gallop		
L1: Learn to travel in a bear crawl. Learn to weight bear on both hands from a squat position. Learn to weight bear on both hands and jump from side to side.	L2: Learn to travel in a front support position on a wedge. Learn to complete a tucked v-sit. Learn to weight bear on both hands from a raised position with feet in tuck shape.	L3: Learn to travel in a caterpillar walk. Learn to travel along stepping stones. Learn to be complete an arabesque.	L4: Learn to lift hips and pass a bean bag underneath. Learn to travel along stepping stones with tension. Learn to passe balance.	L5: Learn to travel along stepping stones tapping their toes on each step. Learn to walk on toes in a straight line. Learn to complete a shoulder stand on a wedge.	L6: Learn to travel along stepping stones tapping their toes on each step. Learn to walk on toes in a straight line. Learn to complete a shoulder stand on a wedge. Learn to lift hips and pass a bean bag underneath. Learn to passe balance.
<b>Year 1</b>					
<b>Topic 1</b>	Key Discipline: Dance - Animals	Key Vocabulary: Stillness Direction Space Own space Speed Direction Forwards Backwards Sideways Slow			
L1: Learn to demonstrate large and expansive shapes Learn to demonstrate swinging actions with the arms	L2: Learn to demonstrate heavy and strong dynamics Learn to demonstrate large and expansive shapes	L3: Learn to demonstrate swinging actions with the arms	L4: Learn to develop relationships – canon	L5: Learn to perform in slow motion Learn to develop relationships – canon	L6: Learn to demonstrate large and expansive shapes Learn to demonstrate swinging actions with the arms Learn to demonstrate heavy and strong dynamics Learn to perform in slow motion Learn to develop relationships – canon
<b>Topic 2</b>	Key Discipline: Invasion – Throwing and Catching	Key Vocabulary: Catching Team Speed Direction Forwards Backwards Sideways			
L1: Learn to throw a ball/beanbag with accuracy Learn to show an awareness of space	L2: Learn to catch a ball/beanbag with control Learn to throw a ball/beanbag with accuracy	L3: Learn to throw a ball/beanbag with accuracy Learn to catch a ball/beanbag with control Learn to show an awareness of space	L4: Learn to throw a ball/beanbag with accuracy Learn to observe, describe and copy what others are doing	L5: Learn to work collaboratively with a partner Learn to observe, describe and copy what others are doing	L6: Learn to throw a ball/beanbag with accuracy Learn to show an awareness of space Learn to catch a ball/beanbag with control

## Physical Education

	Learn to work collaboratively with a partner				Learn to observe, describe and copy what others are doing Learn to work collaboratively with a partner
<b>Topic 3</b>	Key Discipline: Gymnastics – Balance and Agility	Key Vocabulary: Roll, travel, balance Stillness Direction Space Forwards Backwards Sideways Roll Slow Body parts			
L1: Learn to show an awareness of personal and general space Learn to move with some confidence, imagination and safety	L2: Learn to travel using 'caterpillar', 'monkey' & 'crab' walk Learn to discuss safety when using apparatus	L3: Learn to show an awareness of personal and general space Learn to travel in 'crawling soldier' position	L4: Learn to travel using 'caterpillar', 'monkey' & 'crab' walk Learn to move with some confidence, imagination and safety	L5: Learn to travel in 'crawling soldier' position Learn to discuss safety when using apparatus	L6: Learn to show an awareness of personal and general space Learn to move with some confidence, imagination and safety Learn to travel using 'caterpillar', 'monkey' & 'crab' walk Learn to travel in 'crawling soldier' position Learn to discuss safety when using apparatus
<b>Topic 4</b>	Key Discipline: Partner Games – Strike and Field	Key Vocabulary: Striking Catching Own space Team Speed Direction			
L1: To work collaboratively with a partner To use a range of small equipment	L2: To work collaboratively with a partner To throw to a partner with developing accuracy	L3: Learn to 'mirror' a partner's movements Learn to use a range of small equipment	L4: Learn to listen and observe Learn to 'mirror' a partner's movements	L5: Learn to listen and observe Learn to work collaboratively with a partner	L6: Learn to work collaboratively with a partner Learn to use a range of small equipment Learn to throw to a partner with developing accuracy Learn to 'mirror' a partner's movements Learn to listen and observe
<b>Topic 5</b>	Key Discipline: Dance - Celebrations	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts			
L1: Learn to demonstrate egg shapes Learn to demonstrate actions representing a chick	L2: Learn to demonstrate egg shapes Learn to develop relationships – create an excited dance with a partner	L3: Learn to demonstrate sudden and explosive dynamics Learn to use different floor patterns in the space	L4: Learn to demonstrate actions representing a chick Learn to demonstrate sudden and explosive dynamics	L5: Learn to use different floor patterns in the space Learn to develop relationships – create an excited dance with a partner	L6: Learn to demonstrate egg shapes Learn to demonstrate actions representing a chick Learn to demonstrate sudden and explosive dynamics Learn to use different floor patterns in the space Learn to develop relationships – create an excited dance with a partner
<b>Topic 6</b>	Key Discipline: Invasion – Ball Control	Key Vocabulary: Striking Catching Own space Team Speed Direction Forwards Backwards Sideways Roll Slow			



## Physical Education

L1: Learn to move fluently, changing direction & speed easily Learn to use different movements, speeds & pathways	L2: Learn to recognise space in games Learn to consolidate passing and receiving	L3: Learn to describe and copy what others are doing Learn to move fluently, changing direction & speed easily	L4: Learn to use different movements, speeds & pathways Learn to recognise space in games	L5: Learn to consolidate passing and receiving Learn to describe and copy what others are doing	L6: Learn to move fluently, changing direction & speed easily Learn to use different movements, speeds & pathways Learn to recognise space in games Learn to consolidate passing and receiving Learn to describe and copy what others are doing
<b>Topic 7</b>	Key Discipline: Gymnastics – Position and Direction	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts			
L1: Learn to move from one body position to another Learn to perform balances on different levels	L2: Learn to show a clear beginning & end to shapes/sequences Learn to further explore the large and small apparatus	L3: Learn to balance on small body parts with control Learn to move from one body position to another	L4: Learn to perform balances on different levels Learn to show a clear beginning & end to shapes/sequences	L5: Learn to further explore the large and small apparatus Learn to balance on small body parts with control	L6: Learn to move from one body position to another Learn to perform balances on different levels Learn to show a clear beginning & end to shapes/sequences Learn to further explore the large and small apparatus Learn to balance on small body parts with control
<b>Topic 8</b>	Key Discipline: Striking - Balance and Control (Net Games)	Key Vocabulary: Striking Catching Own space Team Speed Direction			
L1: Learn to aim and strike an object towards a set target Learn to balance a ball on a racket with control	L2: Learn to recognise and begin to use space in games Learn to attempt to strike a ball over and beyond a target	L3: Learn to attempt to 'set' a ball in the air repetitively (Volleyball) Learn to aim and strike an object towards a set target	L4: Learn to balance a ball on a racket with control Learn to recognise and begin to use space in games	L5: Learn to attempt to strike a ball over and beyond a target Learn to attempt to 'set' a ball in the air repetitively (Volleyball)	L6: Learn to aim and strike an object towards a set target Learn to balance a ball on a racket with control Learn to recognise and begin to use space in games Learn to attempt to strike a ball over and beyond a target Learn to attempt to 'set' a ball in the air repetitively (Volleyball)
<b>Topic 9</b>	Key Discipline: Dance – Traditional Tales	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts			
L1: Learn to demonstrate house shapes Learn to demonstrate climbing actions	L2: Learn to move with angry dynamics Learn to move to the beat of the music	L3: Learn to move to the beat of the music	L4: Learn to develop relationships - counterbalances	L5: Learn to demonstrate house shapes	L6: Learn to demonstrate house shapes Learn to demonstrate climbing actions

## Physical Education

					Learn to move with angry dynamics Learn to move to the beat of the music Learn to develop relationships - counterbalances
<b>Topic 10</b>	Key Discipline: Athletics - Fundamentals	Key Vocabulary: Speed Direction Forwards Backwards			
L1: Learn to develop a range of skills associated with Athletics Learn to understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events	L2: Learn to develop a range of skills associated with Athletics Learn to understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events	L3: Learn to develop a range of skills associated with Athletics Learn to understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events	L4: Learn to develop a range of skills associated with Athletics Learn to understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events	L5: Learn to develop a range of skills associated with Athletics To understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events	L6: Learn to develop a range of skills associated with Athletics Learn to understand how to change direction, levels and speed Learn to develop range of skills for distance and accuracy Learn to develop understanding of how we can use our body to improve performance Learn to develop skills in preparation for Athletic style events
<b>Topic 11</b>	Key Discipline: Gymnastics – Jump into the Past	Key Vocabulary: Roll, travel, balance Stillness Direction Space Forwards Backwards Sideways Roll Slow Body parts			
L1: Learn to explore some different rolls Learn to explore gymnastic actions and still shapes	L2: Learn to watch copy and describe what they and others have done Learn to create some wide & narrow shapes	L3: Learn to take off, jump & land with control Learn to explore some different rolls	L4: Learn to explore gymnastic actions and still shapes Learn to watch copy and describe what they and others have done	L5: Learn to create some wide & narrow shapes Learn to take off, jump & land with control	L6: Learn to explore some different rolls Learn to explore gymnastic actions and still shapes Learn to watch copy and describe what they and others have done Learn to create some wide & narrow shapes Learn to take off, jump & land with control
<b>Topic 12</b>	Key Discipline: Athletics – Running and Jumping	Key Vocabulary: Team Speed Direction Forwards Backwards			
L1: Learn to consolidate appropriate running technique	L2: Learn to jump whilst travelling Learn to throw towards a stationary target	L3: Learn to know what the term 'healthy eating' means Learn to consolidate appropriate running technique	L4: Learn to jump with control & balance on landing Learn to jump whilst travelling	L5: Learn to throw towards a stationary target Learn to know what the term 'healthy eating' means	L6: Learn to consolidate appropriate running technique Learn to jump with control & balance on landing

## Physical Education

Learn to jump with control & balance on landing					Learn to jump whilst travelling Learn to throw towards a stationary target Learn to know what the term 'healthy eating' means
<b>Year 2</b>					
<b>Topic 1</b>	Key Discipline: Dance – Traditional Dances	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to develop relationships – folk dance moves with a partner Learn to demonstrate folk dance actions	L2: Learn to demonstrate star and arch shapes Learn to demonstrate happy and energetic dynamics	L3: Learn to use the space to create different formations Learn to demonstrate happy and energetic dynamics	L4: Learn to demonstrate folk dance actions Learn to develop relationships – folk dance moves with a partner	L5: Learn to demonstrate star and arch shapes Learn to develop relationships – folk dance moves with a partner	L6: Learn to demonstrate star and arch shapes Learn to demonstrate folk dance actions Learn to demonstrate happy and energetic dynamics Learn to use the space to create different formations Learn to develop relationships – folk dance moves with a partner
<b>Topic 2</b>	Key Discipline: Invasion – Sending and Receiving	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: Learn to further increase their understanding of space Learn to begin to aim towards a given target	L2: Learn to further increase their understanding of space Learn to accurately pass and receive a range of balls	L3: Learn to pass a ball using different parts of the body Learn to receive a ball using different parts of the body	L4: Learn to begin to aim towards a given target Learn to accurately pass and receive a range of balls	L5: Learn to pass a ball using different parts of the body Learn to receive a ball using different parts of the body	L6: Learn to begin to aim towards a given target Learn to accurately pass and receive a range of balls Learn to further increase their understanding of space Learn to pass a ball using different parts of the body Learn to receive a ball using different parts of the body
<b>Topic 3</b>	Key Discipline: Gymnastics – Balance and Coordination	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to travel, showing change of speed and direction Learn to develop body awareness through varying body balances	L2: Learn to perform 'Teddy bear' & 'Pencil' rolls Learn to create, remember and perform simple movement sequences	L3: Learn to adopt the positions 'Happy cat' & 'Angry cat' Learn to create, remember and perform simple movement sequences	L4: Learn to travel, showing change of speed and direction Learn to perform 'Teddy bear' & 'Pencil' rolls	L5: Learn to develop body awareness through varying body balances Learn to adopt the positions 'Happy cat' & 'Angry cat'	L6: Learn to travel, showing change of speed and direction Learn to develop body awareness through varying body balances Learn to perform 'Teddy bear' & 'Pencil' rolls Learn to adopt the positions 'Happy cat' & 'Angry cat'

## Physical Education

					Create, remember and perform simple movement sequences
<b>Topic 4</b>	Key Discipline: Strike and Field – Group Games	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: Learn to work effectively within a small group Learn to develop agility and co-ordination	L2: Learn to develop co-ordination when running Learn to negotiate space effectively in group games	L3: Learn to develop agility and co-ordination Learn to attempt to create a group game using small equipment.	L4: Learn to work effectively within a small group Learn to develop co-ordination when running	L5: Learn to negotiate space effectively in group games Learn to attempt to create a group game using small equipment.	L6: Learn to work effectively within a small group Learn to attempt to create a group game using small equipment Learn to develop agility and co-ordination Learn to negotiate space effectively in group games Learn to develop co-ordination when running
<b>Topic 5</b>	Key Discipline: Dance - Pirates	Key Vocabulary: Body parts Levels Speed Roll, travel, balance Stillness Direction Space			
L1: Learn to move with strong and fierce dynamics Learn to demonstrate pirate actions	L2: Learn to move with strong and fierce dynamics Learn to demonstrate pirate actions	L3: Learn to demonstrate different levels (low / medium / high) Learn to demonstrate treasure shapes	L4: Learn to develop relationships – contact work in boats Learn to demonstrate different levels (low / medium / high)	L5: Learn to demonstrate treasure shapes Learn to develop relationships – contact work in boats	L6: Learn to demonstrate treasure shapes Learn to demonstrate pirate actions Learn to move with strong and fierce dynamics Learn to demonstrate different levels (low / medium / high) Learn to develop relationships – contact work in boats
<b>Topic 6</b>	Key Discipline: Invasion – Kicking and Dribbling (Hockey and Football)	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: To kick accurately towards a target To kick the ball confidently with the inside of your foot	L2: Learn to develop knowledge of stronger and weaker sides of the body To dribble around various cones and objects	L3: To kick the ball confidently with the inside of your foot To kick accurately towards a target	L4: Learn to travel whilst moving a ball with your feet or apparatus Learn to develop knowledge of stronger and weaker sides of the body	L5: To dribble around various cones and objects Learn to travel whilst moving a ball with your feet or apparatus	L6: To kick accurately towards a target Learn to travel whilst moving a ball with your feet or apparatus Learn to develop knowledge of stronger and weaker sides of the body Learn to dribble around various cones and objects Learn to kick the ball confidently with the inside of your foot
<b>Topic 7</b>	Key Discipline: Gymnastics – 2D and 3D Shapes	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			

## Physical Education

L1: Learn to control my body whilst balancing & travelling Learn to turn whilst jumping	L2: Learn to consolidate the positions front, back & side support Learn to think of more than one way to create a sequence which follows a set of 'rules'	L3: Learn to climb safely Learn to control my body whilst balancing & travelling	L4: Learn to turn whilst jumping Learn to consolidate the positions front, back & side support	L5: Learn to think of more than one way to create a sequence which follows a set of 'rules' Learn to climb safely	L6: Learn to control my body whilst balancing & travelling Learn to turn whilst jumping Learn to consolidate the positions front, back & side support Learn to think of more than one way to create a sequence which follows a set of 'rules' Learn to climb safely
<b>Topic 8</b>	Key Discipline: Net Games – Striking for Accuracy	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: Learn to aim, strike & follow through towards a target Learn to hit an object with varying power using a racket	L2: Learn to hit a ball or object towards a partner Learn to explore a badminton racket and shuttlecock	L3: Learn to attempt a 'forearm' or 'bump' pass (Volleyball) Learn to aim, strike & follow through towards a target	L4: Learn to hit an object with varying power using a racket Learn to hit a ball or object towards a partner	L5: Learn to explore a badminton racket and shuttlecock Learn to attempt a 'forearm' or 'bump' pass (Volleyball)	L6: Learn to aim, strike & follow through towards a target Learn to hit an object with varying power using a racket Learn to hit a ball or object towards a partner Learn to explore a badminton racket and shuttlecock Learn to attempt a 'forearm' or 'bump' pass (Volleyball)
<b>Topic 9</b>	Key Discipline: Dance – Dangerous Animals	Key Vocabulary: Body parts Levels Speed Roll, travel, balance Stillness Direction Space			
L1: Learn to create shapes to represent a dangerous animal Learn to move demonstrating fierce dynamics	L2: Learn to move demonstrating fierce dynamics Learn to develop relationships – action and reaction in George and the Dragon fight	L3: Learn to develop relationships – action and reaction in George and the Dragon fight Learn to demonstrate clawing tiger actions	L4: Learn to demonstrate clawing tiger actions Learn to use the space to create an entrance	L5: Learn to use the space to create an entrance Learn to create shapes to represent a dangerous animal	L6: Learn to create shapes to represent a dangerous animal Learn to demonstrate clawing tiger actions Learn to move demonstrating fierce dynamics Learn to use the space to create an entrance Learn to develop relationships – action and reaction in George and the Dragon fight
<b>Topic 10</b>	Key Discipline: Athletics - Movements	Key Vocabulary: Forwards Backwards Sideways			
L1: Learn to run in a coordinated & fluent way over obstacles	L2: Learn to throw a range of different throwing implements	L3: Learn to hit a ball off a tee Learn to run in a coordinated & fluent way over obstacles	L4: Learn to develop awareness of distance & weight	L5: Learn to develop awareness of distance & height Learn to hit a ball off a tee	L6: Learn to run in a coordinated & fluent way over obstacles

## Physical Education

Learn awareness of distance & weight	Learn awareness of distance & height		Learn to throw a range of different throwing implements		Learn awareness of distance & weight Learn to throw a range of different throwing implements Learn awareness of distance & height Learn to hit a ball off a tee
<b>Topic 11</b>	Key Discipline: Gymnastics – Famous People	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to take weight on different body parts Learn to develop knowledge of balance on large & small body parts	L2: Learn to adopt the positions forward and side lunge Learn to transition between positions 'Cup' & 'Saucer'	L3: Learn to set up apparatus safely and securely Learn to take weight on different body parts	L4: Learn to develop knowledge of balance on large & small body parts Learn to adopt the positions forward and side lunge	L5: Learn to transition between positions 'Cup' & 'Saucer' Learn to set up apparatus safely and securely	L6: Learn to take weight on different body parts Learn to develop knowledge of balance on large & small body parts Learn to adopt the positions forward and side lunge Learn to transition between positions 'Cup' & 'Saucer' Learn to set up apparatus safely and securely
<b>Topic 12</b>	Key Discipline: Outdoor Adventure – Rule Making	Key Vocabulary: Fairness, passion, belief, respect, honesty, determination, teamwork, rules.			
L1: Learn to continually develop fundamental skills Learn to take part in competitive activities	L2: Learn to begin to work as a team Learn to further develop thinking and creativity	L3: Learn to create different rules for games Learn to continually develop fundamental skills	L4: Learn to take part in competitive activities Learn to begin to work as a team	L5: Learn to further develop thinking and creativity Learn to create different rules for games	L6: Learn to continually develop fundamental skills Learn to take part in competitive activities Learn to begin to work as a team Learn to further develop thinking and creativity Learn to create different rules for games
<b>Year 3</b>					
<b>Topic 1</b>	Key Discipline: Gymnastics – Symmetrical Shapes	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to build strength through pushing & pulling motions Learn to perform with developing symmetry	L2: Learn to use a change of direction in between jumps Learn to copy and add to a shape	L3: Learn to find different ways to exit and enter apparatus Learn to build strength through pushing & pulling motions	L4: Learn to perform with developing symmetry Learn to use a change of direction in between jumps	L5: Learn to copy and add to a shape Learn to find different ways to exit and enter apparatus	L6: Learn to build strength through pushing & pulling motions Learn to perform with developing symmetry Learn to use a change of direction in between jumps Learn to copy and add to a shape Learn to find different ways to exit and enter apparatus
<b>Topic 2</b>	Key Discipline: Invasion – Dribbling	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			

## Physical Education

	(Hockey and Football)				
L1: Learn to develop their dribbling skills with a stick and/or a ball Learn to use space within the pitch area	L2: Learn to develop knowledge of attacking whilst invading Learn to consolidate dribbling with a football	L3: Learn to keep possession whilst dribbling Learn dribbling skills with a stick and/or a ball	L4: Learn to use space within the pitch area Learn to develop knowledge of attacking whilst invading	L5: Learn to consolidate dribbling with a football Learn to keep possession whilst dribbling	L6: Learn to develop their dribbling skills with a stick and/or a ball Learn to use space within the pitch area Learn to develop knowledge of attacking whilst invading Learn to consolidate dribbling with a football Learn to keep possession whilst dribbling
<b>Topic 3</b>	Key Discipline: Dance - Magnets	Key Vocabulary: Body parts Levels Speed Roll, travel, balance Stillness Direction Space			
L1: Learn to demonstrate force and tension dynamics Learn to demonstrate connecting body part actions	L2: Learn to demonstrate connecting body part actions Learn to demonstrate force and tension dynamics	L3: Learn to develop relationships – away / towards Learn to develop relationships – contact work	L4: Learn to develop relationships – contact work Learn to show acceleration in speed	L5: Learn to develop relationships – away / towards Learn to show acceleration in speed	L6: Learn to demonstrate force and tension dynamics Learn to demonstrate connecting body part actions Learn to develop relationships – away / towards Learn to develop relationships – contact work Learn to show acceleration in speed
<b>Topic 4</b>	Key Discipline: Invasion – Passing (Basketball and Football)	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: Learn to pass a ball accurately and with speed Learn to pass with control and technique	L2: Learn to catch a ball consistently Learn to further increase their understanding of space	L3: Learn to pass a ball accurately and with speed Learn to work collaboratively within a small group	L4: Learn to pass a ball accurately and with speed. Learn to work collaboratively within a small group	L5: Learn to pass with control and technique Learn to pass a ball accurately and with speed	L6: Learn to pass a ball accurately and with speed Learn to catch a ball consistently Learn to pass through throwing and kicking Learn to further increase their understanding of space Learn to work collaboratively within a small group
<b>Topic 5</b>	Key Discipline: Gymnastics – Jumping - Splashing Rivers	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to perform some basic jumps Learn to demonstrate shapes whilst in the air	L2: Learn to develop knowledge of 'take off'	L3: Learn to change direction whilst jumping Learn to perform some basic jumps	L4: Learn to demonstrate shapes whilst in the air Learn to change direction whilst jumping	L5: Learn to develop knowledge of 'landing' Learn to develop knowledge of 'take off'	L6: Learn to perform some basic jumps Learn to demonstrate shapes whilst in the air

## Physical Education

	Learn to develop knowledge of 'landing'				Learn to develop knowledge of 'take off' Learn to develop knowledge of 'landing' Learn to change direction whilst jumping
<b>Topic 6</b>	Key Discipline: Net Games – Over the Net	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling			
L1: Learn to identify & describe some rules of tennis & badminton Learn to consolidate the underarm serve technique	L2: Learn to explore forehand hitting Learn to move towards a ball or object before striking it	L3: Learn to explore the 'serve' technique (volleyball/badminton) Learn to identify & describe some rules of tennis & badminton	L4: Learn to consolidate the underarm serve technique Learn to explore forehand hitting	L5: Learn to move towards a ball or object before striking it Learn to explore the 'serve' technique (volleyball/badminton)	L6: Learn to identify & describe some rules of tennis & badminton Learn to consolidate the underarm serve technique Learn to explore forehand hitting Learn to move towards a ball or object before striking it Learn to explore the 'serve' technique (badminton)
<b>Topic 7</b>	Key Discipline: Dance - Bollywood	Key Vocabulary: Body parts Levels Speed Roll, travel, balance Stillness Direction Space			
L1: Learn to demonstrate Bollywood technique – 'mudras' and arm gestures Learn to demonstrate physical skill –looking at the hands whilst dancing	L2: Learn to express happy dynamics Learn to demonstrate Bollywood technique – 'mudras' and arm gestures	L3: Learn to demonstrate physical skill – looking at the hands whilst dancing Learn to express happy dynamics	L4: Learn to demonstrate relationships -unison and canon Learn to create an illusion - 1 person with 6 arms	L5: Learn to create an illusion - 1 person with 6 arms Learn to demonstrate relationships -unison and canon	L6: Learn to express happy dynamics Learn to demonstrate physical skill –looking at the hands whilst dancing Learn to demonstrate Bollywood technique – mudras and arm gestures Learn to demonstrate relationships -unison and canon Learn to create an illusion - 1 person with 6 arms
<b>Topic 8</b>	Key Discipline: Strike and Field - Exploring	Key Vocabulary: Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring			
L1: Learn to vary the speed and direction of a ball Learn to describe what is successful in their own and other's play	L2: Learn to strike a ball with some accuracy Learn to develop understanding of distance and power when striking	L3: Learn to describe what is successful in their own and other's play Learn to perform the basic skills needed for the games with control and consistency	L4: Learn to strike a ball with some accuracy Learn to vary the speed and direction of a ball	L5: Learn to develop understanding of distance and power when striking Learn to perform the basic skills needed for the games with control and consistency	L6: Learn to strike a ball with some accuracy Learn to vary the speed and direction of a ball Learn to perform the basic skills needed for the games with control and consistency Learn to describe what is successful in their own and other's play



## Physical Education

					Learn to develop understanding of distance and power when striking
<b>Topic 9</b>	Key Discipline: Gymnastics - Travelling	Key Vocabulary: Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow			
L1: Learn to travel in creative ways Learn to form different 'Bridges'	L2: Learn to work collaboratively whilst mirroring travel Learn to consolidate different rolling techniques	L3: Learn to perform 'Shoulder stand' and 'Straddle' positions Learn to travel in creative ways	L4: Learn to form different 'Bridges' Learn to work collaboratively whilst mirroring travel	L5: Learn to consolidate different rolling techniques Learn to perform 'Shoulder stand' and 'Straddle' positions	L6: Learn to travel in creative ways Learn to form different 'Bridges' Learn to work collaboratively whilst mirroring travel Learn to consolidate different rolling techniques Learn to perform 'Shoulder stand' and 'Straddle' positions
<b>Topic 10</b>	Key Discipline: Athletics – Being an Athlete	Key Vocabulary: Forwards Backwards Sideways Travel			
L1: Learn to attempt to throw a shot putt using the rotation technique Learn to consolidate different throwing techniques	L2: Learn to attempt a javelin throw with correct technique Learn to continually develop awareness of distance	L3: Learn to pass & receive a relay baton Learn to continually develop awareness of distance	L4: Learn to attempt to throw a shot putt using the rotation technique Learn to attempt a javelin throw with correct technique	L5: Learn to pass & receive a relay baton Learn to consolidate different throwing techniques	L6: Learn to attempt to throw a shot putt using the rotation technique Learn to consolidate different throwing techniques Learn to attempt a javelin throw with correct technique Learn to pass & receive a relay baton Learn to continually develop awareness of distance
	Key Discipline: Dance – Shang Dynasty	Key Vocabulary: Stretch push pull step spring crawl still slowly tall long forwards			
L1: To demonstrate and create 2 dimensional shapes. To execute animal style actions.	L2: Learn to execute animal style actions. Able Learn to develop relationships – contact and balance with partner.	L3: Learn to move with rigid and floppy dynamics.	L4: Learn to develop relationships – contact and balance with partner. Learn to demonstrate and create 2 dimensional shapes.	L5: Learn to demonstrate isolations with the head and shoulders. Learn to move with rigid and floppy dynamics.	L6: Learn to move with rigid and floppy dynamics Learn to execute animal-style actions Learn to develop relationships – contact and balance with partner Learn to demonstrate isolations with the head and shoulders Learn to demonstrate and create 2-dimensional shapes
<b>Topic 12</b>	Key Discipline: Outdoor Adventure – Thinking Aloud	Key Vocabulary: Trust, symbol, co-operation, mapping, orienteering, teamwork.			

## Physical Education

L1: Learn to place trust in teammates Learn to develop problem solving skills	L2: Learn to create and recognise some map symbols Learn to develop basic map reading skills	L3: Learn to work cooperatively to solve group/paired challenges Learn to place trust in teammates	L4: Learn to develop problem solving skills Learn to create and recognise some map symbols	L5: Learn to develop basic map reading skills Learn to work cooperatively to solve group/paired challenges	L6: Learn to place trust in teammates Learn to develop problem solving skills Learn to create and recognise some map symbols Learn to develop basic map reading skills Learn to work cooperatively to solve group/paired challenges
<b>Year 4</b>					
<b>Topic 1</b>	Key Discipline: Invasion – Dribbling and Movement (Hockey and Football)	Key Vocabulary: Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space			
L1: Learn to develop skills in finding and using space Learn to consolidate dribbling using a football and/or a hockey stick	L2: Learn to develop teamwork and team play Learn to develop attacking and defending skills	L3: Learn to play games competitively Learn to develop skills in finding and using space	L4: Learn to consolidate dribbling using a football and/or a hockey stick Learn to develop attacking and defending skills	L5: Learn to develop teamwork and team play Learn to play games competitively	L6: Learn to play games competitively Learn to develop teamwork and team play Learn to develop attacking and defending skills Learn to consolidate dribbling using a football and/or a hockey stick Learn to develop skills in finding and using space
<b>Topic 2</b>	Key Discipline: Dance – Charleston (Will-I-am version)	Key Vocabulary: Space Repetition Action and reaction Pattern			
L1: Learn to express cheeky and over the top dynamics Learn to demonstrate physical skill – flexed wrists	L2: Learn to demonstrate Charleston technique – footwork patterns Learn to express cheeky and over the top dynamics	L3: Learn to demonstrate Charleston technique – footwork patterns Learn to demonstrate relationships - mirroring	L4: Learn to demonstrate physical skill – flexed wrists Learn to demonstrate relationships - mirroring	L5: Learn to demonstrate relationships - mirroring Learn to demonstrate physical skill – flexed wrists	L6: Learn to express cheeky and over the top dynamics Learn to demonstrate physical skill – flexed wrists Learn to demonstrate Charleston technique – footwork patterns Learn to demonstrate relationships - mirroring Learn to demonstrate contrasting levels in still positions
<b>Topic 3</b>	Key Discipline: Net Games – Returning (Tennis and Volleyball)	Key Vocabulary: Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules			
L1: Learn to develop reaction time and agility	L2: Learn to attempt an overhand serve in tennis	L3: Learn to attempt to 'Spike' in volleyball Learn to develop reaction time and agility	L4: Learn to explore backhand hitting Learn to attempt an overhand serve in tennis	L5: Learn to develop knowledge of returning & rallying Learn to attempt to 'Spike' in volleyball	L6: Learn to develop reaction time and agility Learn to explore backhand hitting

## Physical Education

Learn to explore backhand hitting	Learn to develop knowledge of returning & rallying				Learn to attempt an overhand serve in tennis Learn to develop knowledge of returning & rallying Learn to attempt to 'Spike' in volleyball
<b>Topic 4</b>	Key Discipline: Gymnastics – Perfecting Sequencing	Key Vocabulary: Stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump land balance			
L1: Learn to know what 'canon' means and how to use it Learn to know what 'unison' means and how to use it	L2: Learn to develop and demonstrate balance within a routine Learn what makes a performance effective	L3: Learn to develop and demonstrate balance within a routine Learn to suggest improvements based on information	L4: Learn what makes a performance effective Learn to suggest improvements based on information	L5: Learn what 'unison' means and how to use it Learn what 'canon' means and how to use it	L6: Learn to develop and demonstrate balance within a routine Learn what 'canon' means and how to use it Learn what 'unison' means and how to use it Learn what makes a performance effective Learn to suggest improvements based on information
<b>Topic 5</b>	Key Discipline: Strike and Field – Fielding within net games	Key Vocabulary: Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting			
L1: Learn to work collaboratively in groups Learn to throw an object or ball overarm	L2: Learn to choose appropriate positioning when fielding Intercept an object or ball	L3: Learn to throw an object with varying speed and accuracy Learn to work collaboratively in small teams	L4: Learn to throw an object or ball overarm Learn to choose appropriate positioning when fielding	L5: Learn to intercept an object or ball Learn to throw an object with varying speed and accuracy	L6: Learn to throw an object with varying speed and accuracy Learn to throw an object or ball overarm Learn to choose appropriate positioning when fielding Intercept an object or ball Learn to work collaboratively in small teams
<b>Topic 6</b>	Key Discipline: Dance - Electricity	Key Vocabulary: Space Repetition Action and reaction Pattern			
L1: Learn to demonstrate sudden and sharp dynamics Learn to demonstrate street dance actions	L2: Learn to demonstrate time – counts of 8 Learn to demonstrate sudden and sharp dynamics	L3: Learn to demonstrate street dance actions Learn to develop relationships – canon	L4: Learn to explore the space around them – action / reaction Learn to develop relationships – canon	L5: Learn to explore the space around them – action / reaction Learn to demonstrate time – counts of 8	L6: Learn to demonstrate sudden and sharp dynamics Learn to demonstrate street dance actions Learn to develop relationships – canon Learn to explore the space around them – action / reaction Learn to demonstrate time – counts of 8
<b>Topic 7</b>	Key Discipline: Swimming	Key Vocabulary: front crawl, breath, breast stroke, technique, tread water, down sweep, in sweep, up sweep,			

## Physical Education

Learn to perform correct front crawl arm action Learn to perform correct front crawl leg action Learn to breathe correctly with face in and out of water Learn to demonstrate 'Push & Glide' Learn to discuss safe self-rescue Learn to regulate breathing Learn to evaluate their own performance Learn to perform correct breast stroke arm action Learn to perform correct breast stroke leg action Learn to perform correct breathing technique to breaststroke Learn to evaluate & compare techniques Learn to consolidate front/back crawl technique Learn to consolidate breast stroke technique Learn to tread water for a sustained period of time Learn to swim a distance of 25 metres

Learn to explore different strokes and use at least one basic stroke confidently, breathing properly. If using floats, learn to swim with a controlled leg kick. Learn co-ordination and control in leg movements. Learn personal survival skills safely. Learn to swim 25 m.

### Year 5

<b>Topic 1</b>	Key Discipline: Gymnastics – Travelling and Turning	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape			
L1: Learn to show clear differences between levels, speeds and directions Learn to perform actions, shapes and balances clearly, consistently and fluently	L2: Learn to demonstrate body tension and extension Learn to adapt sequences to include a partner or a small group	L3: Learn to vary direction, levels and pathways Learn to show clear differences between levels, speeds and directions	L4: Learn to perform actions, shapes and balances clearly, consistently and fluently Learn to demonstrate body tension and extension	L5: Learn to adapt sequences to include a partner or a small group Learn to vary direction, levels and pathways	L6: Learn to show clear differences between levels, speeds and directions Learn to perform actions, shapes and balances clearly, consistently and fluently Learn to demonstrate body tension and extension Learn to adapt sequences to include a partner or a small group Learn to vary direction, levels and pathways
<b>Topic 2</b>	Key Discipline: Invasion – Rules and Concepts (Football and Netball)	Key Vocabulary: Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking			
L1: Learn the need to warm up and cool down Learn to recognise the importance of rules within games	L2: Learn to further develop their understanding of space. Learn the need to warm up and cool down	L3: Learn to further develop their understanding of space. Learn to recognise the importance of rules within games	L4: Learn to know how to 'mark' an opponent Learn to develop knowledge of attacking and defending	L5: Learn to develop knowledge of attacking and defending Learn to know how to 'mark' an opponent	L6: Learn to develop knowledge of attacking and defending Learn to know how to 'mark' an opponent Learn to further develop their understanding of space Learn to recognise the importance of rules within games Learn the need to warm up and cool down
<b>Topic 3</b>	Key Discipline: Dance - Space	Key Vocabulary: Dance style Technique Pattern Rhythm Variation			
L1: Learn to demonstrate light and floaty dynamics Learn to demonstrate realistic gestures to represent an astronaut	L2: Learn to demonstrate realistic gestures to represent an astronaut Learn to explore the space around them – entrances and exits	L3: Learn to demonstrate light and floaty dynamics Learn to explore time – continuous and sustained	L4: Learn to develop relationships – unison Learn to explore the space around them – entrances and exits	L5: Learn to develop relationships – unison Learn to explore time – continuous and sustained	L6: Learn to demonstrate light and floaty dynamics Learn to demonstrate realistic gestures to represent an astronaut Learn to develop relationships – unison

## Physical Education

					Learn to explore the space around them – entrances and exits Learn to explore time – continuous and sustained
<b>Topic 4</b>	Key Discipline: Invasion – Teamwork (Hockey and Ball Skills)	Key Vocabulary: Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking			
L1: Learn to develop team work through communication Learn to play games competitively	L2: Learn to pass a ball towards a space for a team mate to receive Learn to understand, choose and apply a range of tactics and strategies for defence and attack	L3: Learn to understand how it feels to win and lose Learn to develop team work through communication	L4: Learn to play games competitively Learn to pass a ball towards a space for a team mate to receive	L5: Learn to understand, choose and apply a range of tactics and strategies for defence and attack Learn to understand how it feels to win and lose	L6: Learn to develop team work through communication Learn to play games competitively Learn to pass a ball towards a space for a team mate to receive Learn to understand, choose and apply a range of tactics and strategies for defence and attack Learn to understand how it feels to win and lose
<b>Topic 5</b>	Key Discipline: Dance – Rock and Roll	Key Vocabulary: Dance style Technique Pattern Rhythm Variation			
L1: Learn to express energetic dynamics Learn to demonstrate Rock n' Roll technique – Hand jive and flicks	L2: Learn to demonstrate Rock n' Roll technique – Hand jive and flicks Learn to express energetic dynamics	L3: Learn to demonstrate relationships - contact work	L4: Learn to demonstrate relationships - contact work Learn to demonstrate physical skill – extension through the limbs	L5: Learn to execute lifts safely and competently Learn to demonstrate physical skill – extension through the limbs	L6: Learn to express energetic dynamics Learn to demonstrate physical skill – extension through the limbs Learn to demonstrate Rock n' Roll technique – hand jive and flicks Learn to demonstrate relationships - contact work Learn to execute lifts safely and competently
<b>Topic 6</b>	Key Discipline: Net Games – Accuracy and Rallies	Key Vocabulary: Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking			
L1: Learn to develop acceleration & speed Learn to consolidate backhand and forehand strokes	L2: Learn to explore the 'Smash' in badminton Learn to explore the 'Lobbing' technique in tennis	L3: Learn to explore 'Overarm serve' in volleyball Learn to develop acceleration & speed	L4: Learn to consolidate backhand and forehand strokes Learn to explore the 'Smash' in badminton	L5: Learn to explore the 'Lobbing' technique in tennis Learn to explore 'Overarm serve' in volleyball	L6: Learn to develop acceleration & speed Learn to consolidate backhand and forehand strokes Learn to explore the 'Smash' in badminton Learn to explore the 'Lobbing' technique in tennis Learn to explore 'Overarm serve' in volleyball

## Physical Education

<b>Topic 7</b>	Key Discipline: Gymnastics – Balance (Vikings)	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape			
L1: Learn to gain elevation from a powerful run & jumping technique Learn to perform different movements with a range of dynamics	L2: Learn to perform a sequence of movements to music Learn to evaluate a gymnastic performance	L3: Learn to review different methods of balance Learn to gain elevation from a powerful run & jumping technique	L4: Learn to perform different movements with a range of dynamics Learn to perform a sequence of movements to music	L5: Learn to evaluate a gymnastic performance Learn to review different methods of balance	L6: Learn to gain elevation from a powerful run & jumping technique Learn to perform different movements with a range of dynamics Learn to perform a sequence of movements to music Learn to evaluate a gymnastic performance Learn to review different methods of balance
<b>Topic 8</b>	Key Discipline: Outdoor Adventure - Leadership	Key Vocabulary: orientation, orienteering, countryside code, respect, protect, enjoy, symbol, marker, control card, route, terrain.			
L1: Learn to develop some knowledge of the countryside code Learn to revise the concept of orientating a map	L2: Learn to record information accurately Learn to solve simple challenges and problems as leaders	L3: Learn to further develop knowledge of orienteering Learn to develop some knowledge of the countryside code	L4: Learn to revise the concept of orientating a map Learn to record information accurately	L5: Learn to solve simple challenges and problems as leaders Learn to further develop knowledge of orienteering	L6: Learn to develop some knowledge of the countryside code Learn to revise the concept of orientating a map Learn to record information accurately Learn to solve simple challenges and problems as leaders Learn to further develop knowledge of orienteering
<b>Topic 9</b>	Key Discipline: Dance - History	Key Vocabulary: Dance style Technique Pattern Rhythm Variation			
L1: Learn to move with low and high status dynamics Learn to execute actions representing manual labour	L2: Learn to move with low and high status dynamics Learn to explore the space around them with straight pathways	L3: Learn to execute actions representing manual labour	L4: Learn to develop relationships – contrast Learn to create straight lines and geometric shapes	L5: Learn to develop relationships – contrast Learn to explore the space around them with straight pathways	L6: Learn to move with low and high status dynamics Learn to execute actions representing manual labour Learn to develop relationships – contrast Learn to explore the space around them with straight pathways Learn to create straight lines and geometric shapes
<b>Topic 10</b>	Key Discipline: Athletics - Olympics	Key Vocabulary: check mark, take off foot, power position, chin-knee-toe position, hop-step-jump			
L1: Learn to develop knowledge of the triple jump technique	L2: Learn to develop the basic skills for acceleration Learn to throw a discus with	L3: Learn to develop knowledge of how to gain & maintain fitness Learn to develop knowledge of the triple jump technique	L4: Learn to develop knowledge of how to gain & maintain fitness Learn to throw a discus with developing technique	L5: Learn to develop the basic skills for acceleration Learn to begin a sprint in the crouching position	L6: Learn to develop knowledge of the triple jump technique Learn to begin a sprint in the crouching position

## Physical Education

Learn to begin a sprint in the crouching position	developing technique				Learn to throw a discus with developing technique Learn to develop the basic skills for acceleration Learn to develop knowledge of how to gain & maintain fitness
<b>Topic 11</b>	Key Discipline: Gymnastics – Abstract Angles	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape			
L1: Learn to perform a headstand Learn to link movements into a sequence	L2: Learn to perform a handstand Learn to work effectively as a group	L3: Learn to use various body positions to form different angles Learn to perform a headstand	L4: Learn to link movements into a sequence Learn to perform a handstand	L5: Learn to work effectively as a group Learn to use various body positions to form different angles	L6: Learn to perform a headstand Learn to link movements into a sequence Learn to perform a handstand Learn to work effectively as a group Learn to use various body positions to form different angles
<b>Topic 12</b>	Key Discipline: Strike and Field - Exploring	Key Vocabulary: Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking			
L1: Learn to explore the use of space during games Learn to choose appropriate positioning when fielding	L2: Learn to strike a ball/object using both hands and feet Learn to retrieve, intercept and stop a ball when fielding	L3: Learn to develop the range and consistency of their skills Learn to explore the use of space during games	L4: Learn to choose appropriate positioning when fielding Learn to strike a ball/object using both hands and feet	L5: Learn to retrieve, intercept and stop a ball when fielding Learn to develop the range and consistency of their skills	L6: Learn to explore the use of space during games Choose appropriate positioning when fielding Learn to strike a ball/object using both hands and feet Learn to retrieve, intercept and stop a ball when fielding Learn to develop the range and consistency of their skill
<b>Year 6</b>					
<b>Topic 1</b>	Key Discipline: Dance – WW2	Key Vocabulary: Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction Keeping possession			
L1: Learn to execute jitterbug actions Learn to develop relationships – leading and following	L2: Learn to execute jitterbug actions Learn to develop relationships – leading and following	L3: Learn to demonstrate and create shapes representing unity Learn to move with a range dynamics to express different emotions	L4: Learn to demonstrate unison as a group Learn to demonstrate and create shapes representing unity	L5: Learn to demonstrate unison as a group Learn to move with a range dynamics to express different emotions	L6: Learn to move with a range dynamics to express different emotions Learn to execute jitterbug actions Learn to develop relationships – leading and following Learn to demonstrate unison as a group Learn to demonstrate and create shapes representing unity
<b>Topic 2</b>	Key Discipline: Invasion – Scoring	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			

## Physical Education

	(Hockey and Football)				
L1: Learn to develop teamwork Learn to dribble a ball with control and fluency using foot or hockey stick	L2: Learn to strike a ball or object towards a target or goal with power and accuracy Learn to further develop attacking tactics	L3: Learn to further develop defensive tactics Learn to develop teamwork	L4: Learn to further develop defensive tactics Learn to dribble a ball with control and fluency using foot or hockey stick	L5: Learn to further develop attacking tactics Learn to strike a ball or object towards a target or goal with power and accuracy	L6: Learn to develop teamwork Learn to further develop defensive tactics Learn to dribble a ball with control and fluency using foot or hockey stick Learn to further develop attacking tactics Learn to strike a ball or object towards a target or goal with power and accuracy
<b>Topic 3</b>	Key Discipline: Gymnastics - Travelling	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation			
L1: Learn to demonstrate safety whilst using the apparatus Learn to travel in and out of counter balances in different ways	L2: Learn to review modes of travel in gymnastics Learn to take off both one and two footed	L3: Learn to perform with confidence in front of the class Learn to demonstrate safety whilst using the apparatus	L4: Learn to travel in and out of counter balances in different ways Learn to review modes of travel in gymnastics	L5: Learn to take off both one and two footed Learn to perform with confidence in front of the class	L6: Learn to demonstrate safety whilst using the apparatus Learn to travel in and out of counter balances in different ways Learn to review modes of travel in gymnastics Learn to take off both one and two footed Learn to perform with confidence in front of the class
<b>Topic 4</b>	Key Discipline: Invasion Games – Defending (Rugby League)	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			
L1: Learn to further develop basic passing and handling ball skills Learn to understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios Learn to consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice	L2: To further develop basic passing and handling ball skills To understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios To consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice	L3: To further develop basic passing and handling ball skills To understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios To consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice	L4: To further develop basic passing and handling ball skills To understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios To consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice	L5: To further develop basic passing and handling ball skills To understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios To consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice	L6: To further develop basic passing and handling ball skills To understand different ways to outwit a defender Learn to develop tactical awareness in game play scenarios To consolidate all skills associated to rugby league To experience attacking v defending scenarios, putting skills into practice



## Physical Education

<b>Topic 5</b>	Key Discipline: Dance – Street Dance	Key Vocabulary: Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction Keeping possession			
L1: Learn to express attitude and strong dynamics Learn to demonstrate street dance technique - top rock, slides, helicopter	L2: Learn to develop physical skill - strength in upper body Learn to express attitude and strong dynamics	L3: Learn to demonstrate relationships - confrontation Learn to develop physical skill - strength in upper body	L4: Learn to demonstrate relationships - confrontation Learn to explore space - directions and formation	L5: Learn to explore space - directions and formation Learn to demonstrate street dance technique - top rock, slides, helicopter	L6: Learn to express attitude and strong dynamics Learn to develop physical skill - strength in upper body Learn to demonstrate street dance technique - top rock, slides, helicopter Learn to demonstrate relationships - confrontation Learn to explore space - directions and formation
<b>Topic 6</b>	Key Discipline: Invasion – Competition (Netball and Basketball)	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			
L1: Learn to further develop knowledge of attacking and defending Learn to know how to intercept a pass	L2: Learn to know how to invade as a team Learn to communicate effectively with team mates	L3: Learn to develop sportsmanship Learn to further develop knowledge of attacking and defending	L4: Learn to know how to intercept a pass Learn to know how to invade as a team	L5: Learn to communicate effectively with team mates Learn to develop sportsmanship	L6: Learn to further develop knowledge of attacking and defending Learn to know how to intercept a pass Learn to know how to invade as a team Learn to communicate effectively with team mates Learn to develop sportsmanship
<b>Topic 7</b>	Key Discipline: Gymnastics – Complex Sequences	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation			
L1: Learn to move supporting body parts further away from each other Learn to hold and receive body weight	L2: Learn to stretch, extend and elevate unused body parts Learn to develop the use of counter balance	L3: Learn to use small points to create a spin Learn to move supporting body parts further away from each other	L4: Learn to hold and receive body weight Learn to stretch, extend and elevate unused body parts	L5: Learn to develop the use of counter balance Learn to use small points to create a spin	L6: Learn to move supporting body parts further away from each other Learn to hold and receive body weight Learn to stretch, extend and elevate unused body parts Learn to develop the use of counter balance Learn to use small points to create a spin
<b>Topic 8</b>	Key Discipline: Net Games - Points	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			
L1: Learn to develop aerobic fitness Learn to develop overall volleyball skills:	L2: Learn to develop overall badminton skills: serve and smash	L3: Learn to play competitively and evaluate performance Learn to develop aerobic fitness	L4: Learn to develop overall volleyball skills: set, forearm, serve & spike	L5: Learn to develop overall tennis skills: fore/backhand, service and lob Learn to play competitively and evaluate performance	L6: Learn to develop aerobic fitness

## Physical Education

set, forearm, serve & spike	Learn to develop overall tennis skills: fore/backhand, service and lob		Learn to develop overall badminton skills: serve and smash		Learn to develop overall volleyball skills: set, forearm, serve & spike Learn to develop overall badminton skills: serve and smash Learn to develop overall tennis skills: fore/backhand, service and lob Learn to play competitively and evaluate performance
<b>Topic 9</b>	Key Discipline: Dance - Materials	Key Vocabulary: Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction Keeping possession			
L1: Learn to demonstrate a range of dynamics: energetic and quick; flowing and continuous; rigid and hard Learn to explore the space around them – travelling everywhere	L2: Learn to explore the space around them – specific pathways Learn to demonstrate a range of dynamics: energetic and quick; flowing and continuous; rigid and hard	L3: Learn to explore the space around them – specific pathways Learn to explore the space around them – travelling everywhere	L4: Learn to demonstrate rippling and pouring actions Learn to develop relationships – over / under / around	L5: Learn to develop relationships – over / under / around Learn to demonstrate rippling and pouring actions	L6: Learn to demonstrate a range of dynamics: energetic and quick; flowing and continuous; rigid and hard Learn to demonstrate rippling and pouring actions Learn to develop relationships – over / under / around Learn to explore the space around them – travelling everywhere Learn to explore the space around them – specific pathways
<b>Topic 10</b>	Key Discipline: Athletics – Going for Gold	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			
L1: Learn to develop the technique in order to race walk Learn to measure & record performance	L2: Learn to train the body Learn to run for a longer duration Learn to sustain pace over longer distances	L3: Learn to choose appropriate techniques for specific events Learn to develop the technique in order to race walk	L4: Learn to measure & record performance Learn to train the body Learn to run for a longer duration	L5: Learn to sustain pace over longer distances Learn to choose appropriate techniques for specific events	L6: Learn to develop the technique in order to race walk Learn to measure & record performance Learn to train the body Learn to run for a longer duration Learn to sustain pace over longer distances Learn to choose appropriate techniques for specific events
<b>Topic 11</b>	Key Discipline: Gymnastics – Perfecting quadrants	Key Vocabulary: Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation			
L1: Learn to review and perfect holding shapes in flight	L2: Learn to identify different elements of a gymnastic routine	L3: Learn to use gymnastic terminology Learn to review and perfect holding shapes in flight	L4: Learn to form asymmetrical body shapes	L5: Learn to review some complex gymnastic positions Learn to use gymnastic terminology	L6: Learn to review and perfect holding shapes in flight

## Physical Education

Learn to form asymmetrical body shapes	Learn to review some complex gymnastic positions		Learn to identify different elements of a gymnastic routine		Learn to form asymmetrical body shapes Learn to identify different elements of a gymnastic routine Learn to review some complex gymnastic positions Learn to use gymnastic terminology
<b>Topic 12</b>	Key Discipline: Strike and Field - Teamwork	Key Vocabulary: Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting			
L1: Learn to strike a ball or object 'cleanly' using different equipment Learn to strike a ball or object using both sides of the body	L2: Learn to retrieve, intercept and stop a ball when fielding Learn to strike a ball or object 'cleanly' using different equipment	L3: Learn to field as a collaborative team unit Learn to retrieve, intercept and stop a ball when fielding	L4: Learn to recognise their own and other's strengths Learn to strike a ball or object using both sides of the body	L5: Learn to recognise their own and other's strengths	L6: Learn to field as a collaborative team unit Learn to strike a ball or object 'cleanly' using different equipment Learn to retrieve, intercept and stop a ball when fielding Learn to strike a ball or object using both sides of the body Learn to recognise their own and other's strengths