

Reception

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
Walking 1 To explore walking using different body parts in different directions, at different levels and at different speeds.	Jumping 1 To explore jumping, in different directions, at different speeds and different levels.	High, Low, Over and Under To introduce, 'champion gymnastics' by moving in a high way and explore making high shapes.	Nursery Rhymes To explore different movements using different parts of the body.	Ourselves To explore different movements using different parts of the body.	Feet 1 To explore different ways of using our feet to move with a ball. To explore what happens when they kick a ball using different parts of their feet.
Dinosaurs To explore different movements using different parts of the body.	Hands 1 To explore different ways of pushing a ball. To learn the meaning of the word control and start to understand why it is important to keep the ball close to them.	Hands 2 To explore different ways of throwing a beanbag. To learn why we need to aim when we are throwing.	Moving To continue to 'champion gymnastics' by moving and making shapes using different body parts.	Games for Understanding To understand why it is important to take turns when playing a game.	Ourselves To explore larger scale travelling movements.

Year One

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Wide, Narrow, Curled To apply 'champion gymnastics' to explore movements and balances in a wide way on the floor and on apparatus.	Running 1 To explore running using different body parts and different techniques and begin to understand how to run efficiently.	Body Parts To apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus	The Zoo To respond to the stimulus (big animals) using a range of different, controlled movements showing character expression. To learn how to control and co-ordinate their bodies to perform movements that represent big animals.	Games for Understanding To understand the basic principles of attack. To learn what 'attacking' means and why we attack during a game.	Health and Well being To consolidate our understanding of agility and when this is applied during sport. To develop different ways of moving at speed and will understand the consequences of not being agile.

Heroes To create a range of controlled movements that represent a superhero. To learn how to control and co-ordinate their bodies to perform a sequence of movements, including a balance (freeze position).	Hands 1 To develop bouncing dribbling). Pupils will understand why we need to keep the ball away from the defender. To explore different ways of sending (passing) the ball to their partner.	Feet 1 To develop their understanding of the meaning of the word, 'control,' and why it is important to keep the ball close to them.	Hands 2 To introduce throwing (underarm). To understand how we throw a bean bag underarm and why.	Rackets, bats and Balls To explore using a racket and a ball together. Pupils will explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled.	Team Building To introduce teamwork. To understand why it is important to include everyone when working as a team and how it feels to be left out. To start to learn and understand what makes an effective team.
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Year Two

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
Hands 1 To develop dribbling in order to keep control and possession of the ball.	Explorers To respond to the stimulus using a range of different, controlled movements. To show how to control and co-ordinate their bodies to perform movements that represent an explorer preparing for an expedition.	Feet 1 To develop dribbling using our feet in order to keep control and possession of the ball.	Hands 2 To develop pupils' execution of an underarm throw and to extend their understanding of why we need to be accurate when we throw.	Games for Understanding To create and understand simple attacking principles, applying them as a team into a game. To develop their understanding of what 'attacking' means and when and why we attack as a team during a game.	Jumping 1 To consolidate pupils jumping and to apply an effective jumping technique.
Linking To apply 'champion gymnastics' to explore different movements that pupils can link together.	Pathways To apply 'champion gymnastics' exploring different pathways (zig-zag), creating	Dodging 1 To explore dodging and learn how to dodge effectively.	Mr Candy's Sweet Factory To respond to the stimulus using a range of different, controlled movements showing	Health and Well Being To consolidate our understanding of agility and when this is applied during sport.	Team Work To develop the skills required to make an effective team. To start to develop their

	movements that pupils can link together.		expression. To learn to control and co-ordinate their bodies to perform movements that represent being in a sweet shop.	To develop different ways of moving at speed and will understand the consequences of not being agile.	communication skills, enabling them to create simple strategies to complete a challenge.
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From Year 3: The focus of the learning is to apply the concept of 'excellent gymnastics'.

(In KS1 we have used 'champion' gymnastics as the language for the success criteria depicting performance level. In KS2 we will refer to this as 'excellent' gymnastics')

Year Three

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
Symmetry and Asymmetry To focus on exploring movements and balances in a symmetrical way.	Handball To focus of the learning is on using passing and moving skills (creating space) to keep possession, developing this concept into mini game situations.	Witches and Wizards To focus of the learning is to respond to different stimuli being able to sustain our character whilst adding drama and emotion to the dance.	Tag Rugby To introduce moving with the ball, passing and receiving in order to keep possession of the ball.	Athletics To consolidate our learning from KS1. To explore how we can use our bodies to make us run as fast as possible.	Rounders To introduce the concept of batting and fielding. To develop an understanding of the purpose of each team.
Netball To introduce passing and receiving in order to keep possession of the ball. To concentrate on the attacking players, keeping possession. To develop an understanding of how to win the ball back (defending), at a later stage, but questions to provoke thinking are appropriate.	Swimming To develop confidence in the water and practise basic swimming techniques.	Problem solving To focus of the learning is to look at what makes an effective team with the focus on cooperation and responsibility.	Mindfulness To focus of the learning is to consider how we feel in our minds and in our bodies, when we experience various emotions. To learn a variety of relaxation techniques to help combat feelings of anxiousness. Pupils will gain an awareness of how to apply these techniques in day-to-day life.	Tennis To introduce how we win a game of tennis, thinking about where and why we throw the ball on the court.	Throwing and Jumping To focus of the learning is to explore the differences between throwing for accuracy and throwing for distance.

Year Four

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
Hockey To focus of learning is to refine passing and receiving in order to keep possession of the ball. To learn how they can apply their passing, (short and long) and moving skills to keep possession.	Mindfulness To focus of the learning is to interpret music to create movement, that help us to express ourselves and our emotions. Pupils will respond to the emotion behind the music and try to represent this through their movements.	Space To explore movement through improvisation, introducing unison and matching. To sustain their characters to add drama and emotion to the dance.	Football To refine dribbling in order to keep control and possession of the ball. To apply prior learning of how to dribble the ball keeping possession to beat an opponent.	Tennis To develop our understanding of how we can win a game of tennis. To recap the forehand.	Throwing and Jumping To focus of the learning is to develop pupils' understanding of throwing for distance, using a variety of equipment. To explore how we can use our bodies to jump as far as possible in one jump.
Swimming To develop water confidence water and practise basic swimming strokes.	Handball To see how effectively pupils can apply their passing and moving skills to keep possession, developing this concept into mini game situations.	Communications and Tactics To focus of the learning is to look at what makes an effective team leader. To develop the qualities required to lead a team effectively.	Problem Solving To look at what makes an effective team with the focus on cooperation and responsibility.	Bridges To explore movements and balances creating bridges.	Orienteering To introduce the concept of a map or a plan and to be able to use a key correctly to help us navigate.

Year Five

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
Football To refine dribbling and passing skills, combining these skills	Netball/Handball To use passing and moving skills, refining these skills and	Dodgeball To focus of the learning is to develop pupils' understanding of why we might block a ball	Basketball To refine dribbling and passing skills, combining these skills together to create an	Swimming To practise and refine the basic strokes in swimming.	Rounders To consolidate learning from year 4, ensuring that all pupils understand the role of

together to maintain possession.	<p>applying them into game situations.</p> <p>To consolidate passing and receiving skills, using them to move the ball up the court to create a successful shooting opportunity. Pupils will refine these skills and apply them into game situations.</p>	thrown towards us during a game.	attack that results in a shooting opportunity.	To continue to practise swimming to 25 meters.	the batting and fielding team.
<p>Health Related Exercise</p> <p>To take pupils through 4 health related fitness assessments.</p> <p>To record their scores, ready to compare them against their scores recorded at the end of the programme in week 6.</p>	<p>Greeks</p> <p>To use expressive vocabulary to enhance movement quality and dynamics during dance.</p> <p>To learn to interpret and respond to music creating dances using compositional principles.</p>	<p>Counter balance and counter tension</p> <p>To apply "excellent gymnastics" to everything pupils do, and explore the new concept of counter balance.</p>	<p>Problem solving</p> <p>To focus of the learning is to look at what makes an effective team with the focus on cooperation and responsibility.</p>	<p>Communications and tactics</p> <p>To focus of the learning is to look at what makes an effective team with the focus being on creating tactics as a team.</p> <p>Pupils will learn why they need to work as a team to create simple tactics.</p>	<p>Cricket</p> <p>To refine pupils' understanding of batting, applying simple batting tactics into mini games.</p> <p>To learn where, when and why they can apply different physical and cognitive skills when batting to score runs.</p>

Year Six

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer two
<p>Handball</p> <p>To consolidate pupil's ability to use passing and moving skills to keep possession and score.</p>	<p>Dodgeball</p> <p>To create attacking tactics applying them into game situations.</p>	<p>Tag Rugby</p> <p>To focus of the learning is to consolidate defending. Pupils will refine their knowledge of tagging and defensive formations,</p>	<p>Carnival</p> <p>To create group movements selecting and applying choreography into a routine.</p>	<p>Leadership</p> <p>To focus of the learning is for pupils to begin to understand what makes an effective leader.</p>	<p>Swimming</p> <p>To practise and refine the basic strokes in swimming.</p> <p>To practise swimming to 25 meters.</p>

	To start to build on their understanding of where we stand on the court when throwing the ball which results in us hitting our opponent.	<p>which can be used to prevent an attack.</p> <p>Pupils will develop their understanding of why it is important to reduce the space and apply pressure to the attackers to prevent scoring opportunities.</p>	To be able to use their bodies to perform technical movements with control and rhythm.	<p>To be able to identify the different attributes that make an effective leader.</p> <p>To start to lead an activity for small groups of their peers.</p>	
<p>Matching and Mirroring</p> <p>To apply "excellent gymnastics" to everything pupils do and explore the concept of matching.</p>	<p>Problem solving</p> <p>To focus of the learning is to look at what makes an effective team with the focus on communication.</p>	<p>Health Related Exercise</p> <p>To focus of the learning is to understand the functions of the cardiovascular system and how aerobic fitness affects our bodies.</p> <p>To perform a cardio circuit developing their own aerobic fitness.</p>	<p>Cricket</p> <p>To consolidate pupils' understanding of batting.</p>	<p>Tennis</p> <p>To focus of learning is to develop pupils ability to think tactically about which shot to play, during a game.</p> <p>To develop their understanding of when, where and why they are selecting to play that shot to win a point.</p>	<p>Orienteering</p> <p>To focus of the learning is to challenge pupils to orientate a map, locate points on the map, then travel to them and record what they find.</p>

Swimming:

Led by qualified swimming instructors:

By the end of Year 6 each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.